

The Citadel

Associate Professor, Department of Health and Human Performance

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CURRICULUM VITAE

ACADEMIC DEGREES

Date	Degree	Major	University
2018	Ph.D.	Physical Education	University of South Carolina
2006	M.S.	Exercise Science	University of South Carolina
2003	B.S.	Athletic Training	Charleston Southern University

PROFESSIONAL ACADEMIC POSITIONS

2023 – present	Associate Professor, Department of Health and Human Performance, The Citadel.
2018 – 2023	Assistant Professor, Department of Health and Human Performance, The Citadel.
2016 – 2018	Graduate Assistant, Department of Physical Education, University of South Carolina, Columbia.
2015 - 2016	Graduate Research Asst, Dept. of Physical Education & Athletic Training, University of South Carolina, Columbia.
2007 - 2015	Instructor, Department of Physical Education & Athletic Training, University of South Carolina, Columbia.
2003 - 2005	Graduate Assistant Athletic Trainer, Athletics Department, University of South Carolina, Columbia,

LICENSURES AND CERTIFICATIONS

- Certified Athletic Trainer, National Athletic Trainers Association, 2003-present
- South Carolina Athletic Trainer, 2003-present
- Certified Strength and Conditioning Specialist, National Strength and Conditioning Association 2007-present
- Tactical Strength and Conditioning Facilitator, National Strength and Conditioning Association 2014-present
- CPR for the professional rescuer, current Red-Cross
- Advanced Online Teaching, Center for Excellence and Innovation in Teaching 2024-present

AWARDS

External

Lolas E. Halverson Motor Development *Young Investigator Award* presented by the International Motor Development Research Consortium (IMDRC) - 2023

SCAPHERD *Scholar Award* for Innovation, Significant Contributions, and Active Involvement presented by the South Carolina Alliance for Health, Physical Education Research & Dance - 2023

Internal

Provost's *Excellence in Research Award* for significant contributions to research that enhance student learning and strengthen the institution's academic reputation - 2025

Outstanding Research Award – Health and Human Performance Department: 2022-2023, 2024-2025

New Faculty Excellence Award – Health and Human Performance Department: 2021-2022

RESEARCH

[Google Scholar Profile](#)

[Researchgate Profile](#)

RESEARCH PARTNERSHIPS

Citadel Cadet Research Initiative (2018-present)

The purpose of this research is to investigate the relationship between motor skill competence, a primary underlying mechanism linked to negative developmental trajectories of physical fitness, physical activity, and obesity across childhood, adolescence, and into adulthood, and military performance outcomes. A secondary purpose is to investigate the relationship between motor skill competence, and injury/attrition rates in military populations.

Principal Investigator: Ryan S. Sacko

Partnerships

The Citadel Department of Psychology

The University of South Carolina, Department of Physical Education

The University of South Carolina Department of Exercise Science & Athletic Training.

USARIEM (2018-2025)

The US Army Research Institute of Environmental Medicine (USARIEM) is a DoD research facility within the US Army Medical Research and Materiel Command. USARIEM's mission is to provide solutions to optimize Warfighter health and performance through medical research. USARIEM is responsible for conducting basic and applied research to determine the effects of exposure to environmental extremes, occupational tasks, physical training, deployment, operational stress and nutritional factors on the health, cognitive, and physical performance of military personnel. The Institute contains wet laboratories that are equipped to run general biochemistries on the clinical chemistry analyzer, ELISAs and other biological assays. Each investigator at the facility has a personal computer with software for data management, analysis, presentation and report generation. Their computers are interfaced with a network server for easy, secure data handling and transfer.

The overarching goal of this study is to develop an optimized predictive model of risk factors for MSI, based on results from testing of the study hypotheses. In addition to development of a predictive model of MSI, this study will provide evidence-based recommendations and potential solutions for injury prevention to Army leaders. Included in the study objectives will be an assessment of the Occupational Performance Assessment Test (OPAT) initiative as a screening metric predictive of physical performance to high physical demands tasks required by Soldiers and determination of the effectiveness of present injury prevention programs such as the Performance Readiness Bar (calcium and vitamin D supplement).

Principal Investigator Dr. Stephen Foulis

Partnerships

The University of South Carolina, Department of Exercise Science and Athletic Training.

Foulis, S. A., Proctor, S. P., Spiering, B. A., Walker, L. A., Aaron, K. G., Castellani, C. M., ... Taylor, K. M., & the ARIEM Reduction in Musculoskeletal Injury (ARMI) Study Team. (2025). *Model for musculoskeletal injury risk factors among US Army basic combat trainees*. JAMA Network Open, 8(6), e2513177. <https://doi.org/10.1001/jamanetworkopen.2025.13177>

Named as a non-author collaborator (data collection and manuscript support) with the ARMI Study Team. Contribution: Data collection and writing support as part of the ARMI Study Team (multi-site collaboration).

ABCs 4 PE: Assessing Behavior and Cognition in Physical Education (2020-present)

ABC's 4 PE was developed to address current issues with assessment in the motor domain (i.e., lack of assessment feasibility, lack of required training, lack of lifespan tracking capability, cost of equipment, developmental and cultural validity) that impact our capability to facilitate large-scale assessment of motor competence and predict its impact on other critical developmental domains (physical fitness, physical activity, psychological, social-emotional, cognition) across childhood and adolescence. This assessment battery also is intended to advance measurement of motor development based on enhanced complexity of movement tasks and integration of multiple skills within individual assessments via a novel dual-task performance paradigm that requires increased cognitive demands. A collaboration of research teams from the U.S., Italy, and Spain will provide presentations involving four product-oriented motor competence assessments – Throw & Catch, Kick & Receive, Supine-to-Stand & Go, and Standing Long Jump - that uniquely combine object projection/control, locomotor, and functional coordination skills. Collectively, presentations will demonstrate a) developmental validity and sensitivity to discriminate change across childhood and adolescence using data from ages 8-25 yrs, b) global applicability (i.e., culturally inclusive) and ecological validity with comparisons of data samples from Spain, Italy, and the U.S., c) predictive utility with physical fitness, athletic talent identification, and executive functions. Physical Education (PE) continues to be the most appropriate, advantageous, yet virtually untapped environment to globally track development in multiple domains across childhood and adolescence. Thus, it is critical that PE teachers and practitioners are provided assessments

that are feasible, do not pose a financial burden, and can be used across childhood and adolescence to better track holistic development.

Relevance: The long-term impact of motor development (or lack thereof) as an antecedent and foundation for multiple domains of functioning warrants large-scale data collection capabilities, which is critical for advancing our field. Issues that impact large-scale assessment capabilities in motor competence and other critical domains remain, specifically for PE teachers, and need to be addressed.

Principal Investigator(s): David F. Stodden, Darla M. Castelli

Partnerships

David Stodden, University of South Carolina; Ryan Hulteen, Louisiana State University; Aida Carbello Fazanes, University of Santiago de Compostela; Francesco Sgrò, University of Enna “Kore”

The CLEAR Study: Comparing Liquid Equipment and Assessing Rehydration (2025-Present)

The CLEAR Study is a collaborative research initiative designed to investigate how the design of hydration systems influences fluid intake and hydration status in cadets during intense physical training at The Citadel. The project addresses critical issues related to heat illness prevention and operational readiness in military training environments, with specific attention to modifiable behavioral and environmental factors, such as visual feedback from hydration systems. The study employs a mixed-methods, field-based protocol involving daily body mass assessments, urine collection and analysis (specific gravity, pH, and biomarker analysis), and novel wearable sweat patch technology to triangulate hydration status under real-world conditions.

This research directly contributes to the growing body of literature focused on optimizing performance, health, and safety in physically demanding and thermally stressful environments. It also examines behavioral determinants of hydration adherence, particularly the role of equipment visibility, and has practical implications for institutional policy and product design.

Relevance: This work is critical for informing scalable, evidence-based hydration practices in military and tactical populations. By linking environmental stress, hydration system design, and physiological outcomes, the CLEAR Study aims to advance both preventive health strategies and performance optimization for cadets and military trainees. Long-term, this research supports broader efforts to mitigate heat-related illness risks and enhance human performance through applied, accessible interventions.

Principal Investigator(s): Ryan S. Sacko

Partnerships

University of South Carolina’s Department of Exercise Science (Dr. Katie Hirsch, Dr. Amy Fraley, Dr. Susan Yeargin), Dr. Bryan Terlizzi, and students from The Citadel and USC

RESEARCH GRANTS – TOTAL FUNDING ≈ \$50,000+

A. External Funding (3)

1. Carbone, C., **Sacko, R.S.**, Hand, A.F. (2022-2023). *Who serves those who serve? The availability of athletic trainers to ROTC programs across the United States*. NATA Research & Education Foundation Graduate Research Grant (1,000.00)
2. Binkley, S., Hand, A.F., **Sacko, R.S.** (2022-2023). *Yoga Practices on Improving Balance, Performance, and Anxiety in Collegiate Athletes*. NATA Research & Education Foundation Graduate Research Grant (1,000.00)
3. **Sacko, R.S.**, Stodden, D. F. (2016-2017). *Metabolic Expenditure of Fundamental Motor Skill Performance*. University of South Carolina. SHAPE America (Society of Health and Physical Educators) Graduate Research Grant. \$2,500.

B. Internal Funding & Institutional Support (24)

The Citadel Foundation Research Grants (8)

1. Libby, J., **Sacko, R.** (2026) Summer Undergraduate Research Experience (SURE). *Catching the Difference: A Comparative Study of Throwing and Catching Performance Assessments*. 5,500.00.
2. Dubose, J., **Sacko, R.** (2026) T-MOVE Study: Transitional Movement and Operational Velocity Evaluation. 5,500.00.
3. Elder, A., **Sacko, R.** (2025) Summer Undergraduate Research Experience (SURE). *Investigating the Relationship Between Motor Competence and Conduct in Cadets at The Citadel*. 5,000.00.
4. Murphy, L., **Sacko, R.** (2025) Summer Undergraduate Research Experience (SURE). *Battle of the Bottles*. 4,000.00
5. **Sacko, R.S.** (2023). **Faculty Summer Provost Research (SUPR) Grant**. *Youth Energy Expenditure of Discrete Skills* 8,150.00.
6. Hymes, S., **Sacko, R.** Summer Undergraduate Research Experience (SURE). *Is a Cup enough? Levels of Energy Expenditure During Speed Stacking*. 4,000.00.
7. Sole, C., **Sacko, R.S.** (2021-2022). **FGC Faculty Research Grant for Tenured and Tenure-Track Faculty**, The Citadel Foundation. The Citadel. *The InVESTigation. Investigation of load carriage systems and personal protective equipment on physical performance in law enforcement personnel*. \$6000.0
8. **Sacko, R.S.** (2019) **FGC Faculty Research Grant for Tenured and Tenure-Track Faculty**, The Citadel Foundation. The Citadel - 2,850.00.

The Citadel Foundation Presentation Grants (7)

1. **Sacko, R.S.** (2026). **FGC Faculty Development and Presentation Grant**, The Citadel. Funding to attend the International Motor Development Research Consortium in Brazil, 2026. The Citadel Foundation, The Citadel – 2,700.00.
2. **Sacko, R.S.** (2026). **FGC Faculty Development and Presentation Grant**, The Citadel. Funding to attend the North American Society for the Psychology of Sport and Physical Activity in Montreal CAN, 2026. The Citadel Foundation, The Citadel - 2,800.00.
3. **Sacko, R.S.** (2024). **FGC Faculty Development and Presentation Grant**, The Citadel. Funding to attend the North American Society for the Psychology of Sport and Physical Activity in Lake Tahoe, CA, 2025. The Citadel Foundation, The Citadel - 2,800.00.
4. **Sacko, R.S.** (2024). **FGC Faculty Development and Presentation Grant & Professional Officers Funding**, The Citadel. Funding to attend the International Motor Development Research Consortium in Belgium, 2024. The Citadel Foundation, The Citadel - 2,800.00.
5. **Sacko, R.S.** (2019-2020). **FGC Faculty Development and Presentation Grant**, The Citadel Foundation. The Citadel. Novel & innovative methodologies for improving children's physical assessment and motor competence; How the choice of measuring instruments impacts the strength of the relationship between children's actual and perceived motor competence; Energy expenditure of discrete skill performance (ages 7-9) - \$2000.00
6. **Sacko, R.S.** (2019-2020). *Academic Enhancement Grant*, The Citadel Foundation. The Citadel - \$2366.00.
7. **Sacko, R.S.**, Bott, T., (2018-2019). *Academic Enhancement Grant*, The Citadel Foundation. The Citadel - \$2061.00 of \$3702.00 submitted jointly with Dr. Christopher Sole.

The Citadel Cadet Travel Grant (6)

8. **Sacko, R.S.**, Bott, T., (2024-2025). *Cadet Travel Grant*. The Citadel – \$1.454.00.
9. **Sacko, R.S.**, Bott, T., (2023-2024). *Cadet Travel Grant*. The Citadel – \$1.834.00.
10. **Sacko, R.S.**, Bott, T., (2022-2023). *Cadet Travel Grant*. The Citadel – \$1.346.00.
11. **Sacko, R.S.**, Bott, T., (2021-2022). *Cadet Travel Grant*. The Citadel – \$1.272.00.
12. **Sacko, R.S.**, Bott, T., (2019-2020). *Cadet Travel Grant*. The Citadel – \$2.366.62.
13. **Sacko, R.S.**, Bott, T., (2018-2019). *Cadet Travel Grant*. The Citadel – \$2061.62.

The University of South Carolina (3)

- Sacko, R. S.** (2017). *MC=MVPA: New Insight for Activity Intensity Relativity*. University of South Carolina Graduate School International Travel Grant- \$1,200.
- Sacko, R. S.** (2017). *Children's MC=MVPA: New Insight for Activity Intensity Relativity*. Department of Physical Education E150 Research Grant, University of South Carolina. \$800.
- Sacko, R. S.** (2016). *Product-Oriented Throwing, Kicking and Jumping Motor Performance Data Across Childhood*. University of South Carolina Graduate School International Travel Grant \$1,200.

C. Pending (1)

External

National Institutes of Health-National Institute of Child Health and Human Development
Development of Normative Motor Competence Standards Among US Youth

Funding Opportunity Number: PA-25-301

Proposed Funding: \$2,588,257 (TDIC)

Proposed Project Dates: 8/2027-7/2032

Role: Site PI

Applied: June 2026

Authors: Hulteen (PI), Stodden, Gioia, Drews (CI), **Sacko**, True, Logan, Egan, Phillips, Ferkel, Ertel (Site-PI) and Webster(Consultant).

Internal

D. Not Funded (7)

- Stodden, D.F., Weist, M., **Sacko, R.S.**, Terlizzi, B. De Meester, A. “Advancing Youth Development and Achievement with a Holistic Focus.” Duke Foundation - Health Care, Child & Family Wellbeing Concept Proposal. (LOI application denied) \$635,000. (PI). (2025).
- Dragomir-Daescu, D. (PI), Popp, K. (PI), **Sacko, R.S. (Co-I)**, Bornstein, D. (Co-I), (2023-2026) *Computational models for personalized bone fracture risk assessment for women and men in the military*. Department of Defense Health Program Congressionally Directed Medical Research Programs Peer Reviewed Medical Research Program Investigator-Initiated Research Award. Funding Opportunity Number: W81XWH-20-PRMRP-IIIRA. Catalog of Federal Domestic Assistance Number: 12.420 Military Medical Research and Development. (Maximum award: 2.0M)
- Stodden, D.F., Hikmet, N., & **Sacko, R.** Using Machine Learning to Assess Long-Term Impacts of COVID-19 (Post-COVID Conditions) on Physical Activity and Physical Fitness in a Senior Military College. Big Data Health Science Center (BDHSC) Pilot Grant Program. \$20,000. (Co-I).
- McDaniel, A. (PI), **Sacko, R.S. (PI)**, Wayland, T. (Co-I), Heijnen, M. (Co-I). Haugen, K. (Co-I), (2022-2023). *Efficacy of Army Combat Fitness Test (ACFT) 12-Week Exercise Program*. National Strength and Conditioning Association Young Investigators Grant. (Maximum award: 20,000)
- Sacko, R.S.**, Stodden, D.F. (2017-2018). *Children’s Metabolic Expenditure of Fundamental Motor Skill Performance in Children*. University of South Carolina. SPARC Graduate Research Grant.
- Sacko, R.S.**, Stodden, D.F. (2016-2017). *Metabolic Expenditure of Fundamental Motor Skill Performance*. University of South Carolina. NASPSA Graduate Research Grant.
- Sacko, R.S.**, Stodden, D.F. (2016-2017). *Metabolic Expenditure of Fundamental Motor Skill Performance in Children*. University of South Carolina. SPARC Graduate Research Grant

SCHOLARLY PUBLICATIONS

A. Book Chapters (2)

1. **Sacko, R.S.**, Morris, R., Noon, M. (2024). Fitness and Skill Assessment for Grassroots Soccer Coaches. In Duncan, M., Noon, M., Seabra, A. (Eds.) *Science and Practice of Youth Soccer*. Chapter 11 (pp. 175-192) New York: Routledge/Taylor & Francis.
2. Barnett, L.M., Stodden, D.F., Hulteen, R.M. & **Sacko, R.S.** (2020). Motor Proficiency Assessment (Chapter 19). In T. Brusseau, S. Fairclough & D. Lubans (Eds.). *The Routledge Handbook of Youth Physical Activity*. Chapter 19 (pp. 384-408) New York: Routledge.

B. Journal Articles (41)

1. Beach, T., Fraley, A. F., & Sole, C., Leone, G.E., Waddy, D., **Sacko, R. S.** (2026). Examining external load variability in a cadet sample: Impact on vertical jump performance. Manuscript submitted for publication to *Military Medicine*. DOI: [10.1093/milmed/usag105](https://doi.org/10.1093/milmed/usag105) (IF: 1.1, CS 2.1)
2. Hulteen, R. M., True, L., Sgrò, F., Carballo-Fazanes, A., Ferkel, R., **Sacko, R.S.**, Terlizzi, B., Leone, G., Altintas, O., Abrams, T. C., De Meester, A., & Stodden, D. F. (2026). Cross-cultural comparison of motor competence and health-related fitness in young adults from the United States, Italy, and Spain. *Journal of Motor Learning and Development*. (IF: 1.4, CS: 1.6)
3. Quinto, A., **Sacko, R.**, Schembri, R., Diquattro, G., Barca, M., Stodden, D., & Sgrò, F. (2026). Exploring functional fitness in children: Preliminary insights from an Italian elementary school cohort. *Journal of Motor Learning and Development*. <https://doi.org/10.1123/jmld.2025-0063> (IF: 1.4, CS: 1.6)
4. Altintas, O., Terlizzi, B. M., **Sacko, R. S.**, De Meester, A., Abrams, T. C., Brian, A. S., Leone, G., Fraley, A. L., & Stodden, D. F. (2025). Preliminary evidence of construct validity and reliability of the Supine-to-Stand and Go Task as a functional motor competence assessment in young adults. *Journal of Motor Learning and Development*. <https://doi.org/10.1123/jmld.2025-0068> (IF: 1.4, CS: 1.6)
5. Hymes, S., **Sacko, R. S.**, Duncan, G., & Bott, T. (2025). Is a cup enough? Levels of energy expenditure during Speed Stacking (accepted). *Research Quarterly for Exercise and Sport*. DOI: 10.1080/02701367.2025.2549064 (IF: 1.4)
6. Leone, G.E., Abrams, T. C., Terlizzi, B., **Sacko, R.S.**, Stodden, D.F. & Monsma, E. V. (2025). Psychological skill strategies and physical performance: Implications for military readiness. *Military Review*. <https://www.armyupress.army.mil/Journals/Military-Review/Online-Exclusive/2025-OLE/Psychological-Skill/>
7. **Sacko, R. S.**, Terlizzi, B. M., Sgrò, F., Quinto, A., Mollame, F., Duncan, G., Hymes, S., Abrams, T. C., & Stodden, D. F. (2025). Practice, we’re talking about practice...for holistic development. Manuscript submitted for publication to the *Journal of Motor Learning and Development*. <https://doi.org/10.1123/jmld.2025-0065> (IF: 1.4, CS: 1.6)
8. Foulis, S. A., Proctor, S. P., Spiering, B. A., Walker, L. A., Guerriere, K. I., Castellani, C. M., Hussian, I. M., Heaton, K. J., Boussein, M. L., Gaffney-Stomberg, E., Fraley, A. L., Popp, K. L., Davis, I. S., Staab, J. S., Staab, J. E., Judkins, J. L., Merkle, S. L., Ritland, B. M., Matheny, R. W., Jr., Hauret, K. G., ...**Sacko, R.S.**, ... Taylor, K. M. (2025). Predictive model of risk factors of musculoskeletal injuries from a large, prospective study of U.S. Army Basic Combat Trainees: The ARIEM Reduction in Musculoskeletal Injury (ARMI) Study [2025]. *JAMA*.

9. Terlizzi, B., Hulteen, R., Rudd, J., **Sacko, R.S.**, Sgro, F., Jaakkola, Abrams, T.C., Brian, A., Nesbitt, D., De Meester, A., Hand, A., Stodden, D.F., (2024). A Pre-longitudinal Screen of Performance in an Integrated Assessment of Throwing and Catching Competence. *Physical Education and Sport Pedagogy*. DOI: 10.1080/17408989.2024.2335147 (IF: 5.83)
10. Hand, A. F., Hong, S., Pfeifer, C. E., Stodden, D. F., Haugen, K. H., Terlizzi, B. M., ... & Sacko, R. S. (2023). The Functional Movement Screen and self-reported injury in senior military college cadets. *Military medicine*, usad285. (IF: 2.90)
11. Abrams, C., Terlizzi, B., De Meester, A., **Sacko, R.S.**, Irwin, J.M., Luz, C., Rodrigues, L.P., Cordovil, R., Lopes, V.P., Schneider, K., Stodden, D.F. Potential relevance of a motor skill “proficiency barrier” on health-related fitness in youth. (2023) *European Journal of Sport Science*, 1-8. DOI: 10.1080/17461391.2022.2153300 (IF: 3.98)
12. Bornstein, D. B., **Sacko, R. S.**, Nelson, S. P., Grieve, G., Beets, M., Forrest, L., ... & Jones, B. (2022). A state-by-state and regional analysis of the direct medical costs of treating musculoskeletal injuries among US Army trainees. *Progress in cardiovascular diseases*, 74, 53-59. <https://doi.org/10.1016/j.pcad.2022.10.008> IF: 11.27
13. Hulteen, R.H., Terlizzi, B., Abrams, C., **Sacko, R.S.**, De Meester, A., Pesce, C., and Stodden, D.F. Reinvest to Assess: Advancing Approaches to Motor Competence Measurement Across the Lifespan. (2022) *Sport Medicine* DOI: 10.1007/s40279-022-01750-8 IF: 13.671
14. Seiler, B., Monsma E., Newman-Norlund, R., **Sacko, R.S.** (2022) Neural Activity During Imagery Supports Three Imagery Abilities as Measured by the Movement Imagery Questionnaire-3. *Journal of Sport and Exercise Psychology*. DOI: 10.1123/jsep.2021-0229 IF: 2.106
15. Ferkel, R., Allen, R., Stodden, D.F., **Sacko, R.S.** (2022) Physical Education, we must educate the physical or become obsolete: What are we doing? *International Journal of Physical Education, Sports and Health (IJPESH 2022:9(3): 173-178)*. P-ISSN: 2394-1685 RJIF: 5.38
16. Monsma, E.V., Seiler, B., Gregg, M.J., **Sacko, R.S.**, Hall, C.R. (2022) Convergent Validity and Sex Invariant Factor Structure of the Movement Imagery Questionnaire 3 - Second Version (MIQ-3S): Healthy, Young Adult Reference Data. *Musculoskeletal Science and Practice*. DOI: 10.1016/j.msksp.2022.102537 IF: 2.52
17. Davies, K.F., **Sacko, R.S.**, Lyons, M.A., Duncan, M.J., (2022) Association between functional movement screen scores and athletic performance in adolescents: A systematic review *Sports*. DOI: 10.3390/sports10030028
18. Terlizzi, B., Abrams, C., **Sacko, R.S.**, Hand, A.F., Silvey, K., Stodden, D.F. (2022) The Relationship between Functional Motor Competence and Performance on the Army Combat Fitness Test in Army Reserve Officer Training Corps Cadets. *Military Medicine*. DOI: 10.1093/milmed/usab537 IF: 1.437
19. Egan, C.E., **Sacko, R.S.** (2021) Hindsight from 2020: lessons from a global pandemic. *Journal of Physical Education, Recreation and Dance (JOPERD)*. DOI: 10.1080/07303084.2021.1866925
20. **Sacko, R.S.**, Egan, C., Fisher, J., Shortt, C., McIver, K. Assessment of Energy Expenditure during Discrete Skill Performance using Systematic Observation and Indirect Calorimetry. *Journal of Teaching in Physical Education*. (2021). DOI: 10.1123/jtpe.2020-0072 IF: 4.15
21. Silvey, K., Porter, J., **Sacko, R.S.**, Hand, A.F., Terlizzi, B.M., Abrams, T.C., Stodden, D.F. (2021) The Potential Role of Functional Motor Competence to Promote Physical Military Readiness: A Developmental Perspective. *Military Medicine*. <https://doi.org/10.1093/milmed/usab043> IF: 1.44
22. **Sacko, R.S.**, Utesch, T., Bardid, F., Stodden, D.F. (2021). The impact of motor competence on energy expenditure during object projection skill performance in children and young adults. *Brazilian Journal of Motor Behavior*. <https://doi.org/10.20338/bjmb.v15i2.208>
23. **Sacko, R.S.**, Utesch, T., Cordovil, R., De Meester, A., Ferkel, R., True, L., Gao, Z., Goodway, J., Bott, T., Stodden D.F. (2020) Developmental Sequences for Forceful Kicking. *European Physical Education Review*. 27(3), 493-511 DOI: 10.1177/1356336X20962134 IF: 3.790
24. Duncan, M., Dobell, A., Noon, M., Clark, C., Roscoe, C., Faghy, M., Stodden, D.F., **Sacko, R.S.**, & Eyre, E. (2020). Calibration and Cross-Validation of Accelerometry for Estimating Movement Skills in Children Aged 8–12 Years. *Sensors*, 20(10), 2776. DOI: 10.3390/s20102776 IF: 3.576
25. **Sacko, R.S.** (2020) MC = MVPA. *Journal of Physical Education, Recreation and Dance (JOPERD)*. DOI: 10.1080/07303084.2020.1724501
26. Pfeifer, CE, **Sacko, R.S.**, Ortaglia, A, Beattie, PF, Goins, J, Monsma, EV, Stodden, D.F. (2019) Fit to Play? Health-Related Fitness Levels of Youth Athletes. *Journal of Strength and Conditioning Research*. DOI: 10.1519/jsc.0000000000003430. IF: 3.775
27. Kramer, T.A., **Sacko, R.S.**, Pfeifer, C., Gatens, D., Goins, J.M., Stodden, D.F., (2019) Association between The Functional Movement Screen, Y-Balance Test, and Physical Performance in High School Athletes. *International Journal of Sports Physical Therapy*. PMID: 31803523. IF: 0.78
28. **Sacko, R.S.**, McIver, K., Brazendale, K., Pfeiffer, C., Brian, A., Nesbitt, D., & Stodden D.F. (2019) Comparison of Indirect Calorimetry & Accelerometry based Energy Expenditure During Children’s Discrete Skill Performance. *Research Quarterly for Exercise and Sport*. DOI: 10.1080/02701367.2019.1642440 IF: 2.50
29. **Sacko, R. S.**, Nesbitt, D., McIver, K., Brian, A., Bardid, F., & Stodden, D. F. (2019) Children’s Metabolic Expenditure during Object Projection Skill Performance: New Insight for Activity Intensity Relativity. *Journal of sports sciences*. DOI: 10.1080/02640414.2019.1592801 IF: 2.73

30. Pfeifer, CE, **Sacko, R.S.**, Ortaglia, A, Beattie, PF, Goins, J, Monsma, EV, Stodden, DF. (2019) Functional Movement Screen in Youth Sport Participants: Evaluating the Proficiency Barrier for Injury. *International Journal of Sports Physical Therapy*, 14(3), 436-444. IF: 2.55
31. **Sacko, R.S.**, Brazendale, K., Brian, A., Mclver, K., Nesbitt, D., Pfeifer, C., Stodden D.F. (2019) Comparison of Indirect Calorimetry- and Accelerometry-based Energy Expenditure During Object Project Skill Performance. *Measurement in Physical Education and Exercise Science*. DOI: 10.1080/1091367X.2018.1554578 IF: 1.67
32. Stewart, G., Webster, C. A., Weaver, R. G., Stodden, D. F., Brian, A., Egan, C. A., Michael, R. D., **Sacko, R. S.**, & Patey, M. (2018) Evaluation of a classroom movement integration training delivered in a low socioeconomic school district. *Evaluation and Program Planning*. IF: 1.849
33. Luz, C., Cordovil, R., Rodrigues, L.P., Gao, Z., Goodway, J., **Sacko, R.S.**, Nesbitt, D., Ferkel, R., True, L., Stodden, D.F. (2018). Motor competence and health-related fitness in children: A cross-cultural comparison between Portugal and the United States. *Journal of Sport and Health Science*. IF: 7.179 DOI:10.1016/j.jshs.2019.01.005
34. Pfeifer, C.E., Beattie, P.F., **Sacko, R.S.**, Hand, A.L. (2018) Risk Factors of Non-Contact Anterior Cruciate Ligament Injury in Sport: A Systematic Review. *International Journal of Sports Physical Therapy*. 13(4), 575-587. DOI: 10.26603/ijsp20180575 IF: 0.78
35. Brian, A., Taunton, S., Shortt, C., Pennell, A., & **Sacko, R.S.** (2018). Predictors of physical activity for preschool children with and without disabilities from socioeconomically disadvantaged settings. *Adapted Physical Activity Quarterly* IF: 2.929
36. Brian, A., Pennell, A., **Sacko, R.S.**, & Schenkelberg, M. (2018) Preschool teachers' preparedness for knowing, enabling, and meeting of the Active Start Guidelines for Physical Activity. *Journal of Motor Learning and Development*. DOI: 10.1123/jmld.2017-0033
37. **Sacko, R.S.**, Mclver, K., Brian A., Stodden D.F. (2018) New Insight for Activity Intensity Relativity, Metabolic Expenditure During Object Projection Skill Performance. *Journal of Sports Sciences*, 1-7. DOI:10.1080/02640414.2018.1459152 IF: 2.73
38. Nesbitt, D., Molina, S. L., **Sacko, R.**, Brian, A., Robinson, L. E., & Stodden, D. (2018). Examining the Feasibility of Supine-to-Stand as a Measure of Functional Motor Competence. *Journal of Motor Learning and Development*, 1-34. DOI: 10.1123/jmld.2017-0016
39. Baracks, J., Casa, D., Covassin, T., **Sacko, R.S.**, Scarneo, S.E., Schnyer, D., Yeargin, S., Neville, C. (2018) Acute sports-related concussion screening for collegiate athletes using an instrumented balance assessment. *Journal of Athletic Training*. DOI: 10.4085/1062-6050-174-17 IF: 2.860
40. **Sacko, R.S.**, Egan, C., Michael, D., Moore, E., Kaysing, N., Brazendale, K., & Webster, C.A. (2017) Activity Levels of College Students Enrolled in Physical Activity Courses. *American Journal of College Health*, 32(3). IF: 0.27
41. Stodden, D., **Sacko, R.**, & Nesbitt, D. (2017). A Review of the Promotion of Fitness Measures and Health Outcomes in Youth. *American Journal of Lifestyle Medicine*, 11(3), 232-242. DOI: 10.1177/1559827615619577

C. In Review (5)

1. Azarmehri, M., Daneshmandi, H., **Sacko, R.S.**, Rashid, H.F. A Volleyball-Specific Functional Movement Screening Predicts Musculoskeletal Injuries in Elite Adolescent Volleyball Players: A Prospective Cohort Study. *Physical Therapy in Sport* (In Review).
2. Moehling, S.A., Park, K., Lee, J.Y., **Sacko, R.S.** The Moderating Role of Narcissism in the Relationship Between Makeup Use and Self-Esteem Among Female Athletes in Competitive Sport. *Journal of Sport Behavior* (In Review).
3. **Sacko, R.S.**, De Meester, A., Stodden, D.F. Children's Levels of Energy Expenditure, Perceived Exertion, and Fun During Discrete Skill. *Journal of Teaching in Physical Education*. (In review).
4. Hulteen, R. M., True, L., Ferkel, R., Logan, S.W., **Sacko, R.S.**, Brian, A., Goodway, J., & Stodden, D. F. Same Skills, Different Stories: How Product and Process Motor Competence Scores Differentially Relate to Health Outcomes in Children. *Sports Medicine*.
5. Seaton, L., **Sacko, R.S.**, Mensch, J.M., Games, K., Fraley, A.F. Cadre Perceptions of Athletic Training in the ROTC Setting. *Journal of Athletic Training Education and Practice*.

D. In Preparation (9)

1. Leone, G.E., **Sacko, R.S.**, Abrams, T.C., Fraley, A., Stodden, D.F., Duncan, G., Terlizzi, B., Haugen K. No Story is a Straight Line: Physical Fitness Levels Across Enrollment in a Military College Environment? (To be submitted to *Military Medicine*).
2. Turlington, K., **Sacko, R. S.**, & Fraley, A. F. (in preparation). *Exertional heat illness and sickle cell trait preparedness within the U.S. ROTC*.
3. **Sacko, R.S.**, Hand, A.F., et al., Measures of motor behavior and prevalence of injury in United States Army basic combat training trainees. *Journal Unidentified* (In-progress)
4. **Sacko, R.S.**, Hand, A.F., Stodden, D.F., Sole, C., Bellon, C., Grieve, G., Yee, K., Spaulding, D., Silvey, K., Dubina, M., Hong, S., Terlizzi, B., Abrams, C., Haughen K., Waddy, D. The Citadel cadet research initiative: innovation for the fitness pillar. *Journal Unidentified* (In-progress)

5. Dubina, M., Hand, A.F., De Meester A., **Sacko, R.S.**, Prevalence of musculoskeletal injuries, self-perceptions and attrition rate of United States Army basic trainees. Journal Unidentified (In-progress)
6. **Sacko, R.S.**, Hand, A.F., Stodden, D.F., Silvey, K., Terlizzi, B., Abrams, C. Motor competence and army combat fitness testing; what are we missing? Journal Unidentified (In-progress)
7. Sacko – Albert – Blanton: Minotaur paper
8. T.C. Abrams Hop paper
9. Terlizzi TC paper

PAPERS READ TO PROFESSIONAL SOCIETIES

[‡] denotes Citadel cadet

[″]denotes Citadel graduate student

A. International (46) Refereed Papers (Presentations with published abstracts)

1. **Sacko, R.S.**, Altintas, O., Terlizzi, B., Bott, T.J., Bott, T., De Meester, A., Leone, G., Rifenburg, P., Lim, C., Stodden, D.F. Task-Specific Effects of Body Size on Motor Skill Performance in K-6 Students: When Height and Weight Help or Hinder. To be presented at the 7th Assembly of the International Motor Development Research Consortium. October 29-31, 2026, Florianopolis, Santa Catarina, Brazil
2. Waddy, D., Fraley, A., Stodden, D.F., Terlizzi, B., Duncan, G., Perry, G., **Sacko, R.S.** Supine-to-Stand Time and Standing Long Jump as Predictors of Health-Related Fitness in Young Adults. To be presented at the 7th Assembly of the International Motor Development Research Consortium. October 29-31, 2026, Florianopolis, Santa Catarina, Brazil
3. Quinto, A.M.V., Zymbal, V., Schembri, R., Diquattro, G., Sacco, A., Castagna, G., **Sacko, R.S.**, Stodden, D.F., Sgro, F. Functional Fitness in Elementary School Children: Longitudinal Changes and the Impact of the Summer Break. To be presented at the 7th Assembly of the International Motor Development Research Consortium. October 29-31, 2026, Florianopolis, Santa Catarina, Brazil
4. Terlizzi B., **Sacko, R.S.**, Altintas, O., Bott, T., Bott, T.J., Rifenburg, P., Lim, C., De Meester, A., Stodden, D.F. Concurrent Indicators of Throwing Skill: Evidence from the Throw-Catch Assessment in Children. To be presented at the 7th Assembly of the International Motor Development Research Consortium. October 29-31, 2026, Florianopolis, Santa Catarina, Brazil
5. Palmer, S., Terlizzi, B., **Sacko, R.S.**, Stodden, D.F., Robinson, L.E. Same Skills, Different Stories: How Assessment Method Shapes Motor Competence Interpretation. To be presented at the 7th Assembly of the International Motor Development Research Consortium. October 29-31, 2026, Florianopolis, Santa Catarina, Brazil
6. Hulteen, R., True, L., Ferkel, R., Logan, S.W., **Sacko, R.S.**, Brian, A., Goodway, J.D., Stodden, D.F. Stronger Together: Product and Process Scores Combined Explain More Variance in Health-Related Outcomes. To be presented at the 7th Assembly of the International Motor Development Research Consortium. October 29-31, 2026, Florianopolis, Santa Catarina, Brazil
7. **Sacko, R.S.**, Stodden, D.F. *Affective Responses and Energy Expenditure During Skill-Based and Continuous Physical Activities in Youth: The Utility of a Novel Fun Scale*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA) 2026 Conference, Montreal, CAN.
8. Hulteen, R., True, L., Rerkel, R., Logan, S.W., **Sacko, R.S.**, Brian, A., Goodway, J.D., Stodden, D.F. *Relationship or situationship? Product and process motor competence scores differentially relate to health outcomes*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA) 2026 Conference, Montreal, CAN.
9. Quinto, A.M.V., **Sacko, R.S.**, Pinto, S., Schembri, R., Lipoma M., Stodden D.F. Tracking Functional Fitness Progress in Primary School: A 9-Month Study. Presented to the Societa Italiana delle Scienze Motorie E Sportive (SISMES) November 6-8, 2025, University of Parma, ITA
10. **Sacko, R.S.**, Stodden, D.F., Terlizzi, B.M., Abrams, T.C., Leone, G.E., Duncan, G., Leonard, E., Hymes, S., Fraley, A.L. *Changes in functional motor competence and BMI in military college cadets across three years: A multi-cohort study (2019-2023)* Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA) 2025 Conference, Lake Tahoe, CA.
11. Altintas, O., Leone, G.E., De Meester, A., Abrams, T.C., Terlizzi, B.M., **Sacko, R.S.**, Stodden, D.F. *Examining Construct Validity and Reliability of Supine-To-Stand and Go as a Lifespan Functional Motor Competence Assessment*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA) 2025 Conference, Lake Tahoe, CA. -*Recipient of the Outstanding Student Paper Award in the area of Motor Development-
12. Terlizzi, B.M., Abrams, T.C., **Sacko, R.S.**, Griffin, S.G., Leone, G.E., Altintas, O., Fraley, A.L., Stodden, D.F. *Influence of throwing speed on performance in the throw-catch assessment*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA) 2025 Conference, Lake Tahoe, CA.

13. Altintas, O., Leone, G., Ertel, M., Brian, A., Terlizzi, B.M., Abrams, T.C., **Sacko, R.S.**, Hikmet, N., Porter, J., Stodden, D.F., (June 2024) *Predicting future physical military readiness using youth motor competence and fitness growth curve trajectories*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA) 2024 Conference, New Orleans, LA.
14. Altintas, O., Leone, G., Ertel, M., Brian, A., Terlizzi, B.M., Abrams, T.C., **Sacko, R.S.**, Hikmet, N., Porter, J., Stodden, D.F., (June 2024) *Supine-to-stand and go: Examining the feasibility of combining supine-to-stand and 10-m shuttle run as a functional motor competence assessment*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA) 2024 Conference, New Orleans, LA.
15. Stodden, D.S., Hulstijn, R., Carballo Fazanes, A., Sgro, F., **Sacko, R.S.** (June, 2024) *Assessing Behaviors & Cognition 4 (motor, psychological, social-emotional, cognition) Physical Education – ABC's 4 PE: A Motor Assessment Focus – Symposium*. Presented at the first International Society of Research Advocacy for Development Coordination Disorder and International Motor Development Research Consortium (DCD15-IMDRC6) Conference.
 - a. Hulstijn, R.M., Sgro, F., Abela-Gomez, C., Carballo Fazanes, A., **Sacko, R.S.**, De Meester, A. Quinto, A., Lipoma, M., Nesbitt, D., Leone, G., Abrams, C., Terlizzi, B and Stodden, D.F. A Cross-Cultural Comparison of Motor Competence in Young Adults. Joint Meeting of the Development Coordination Disorder and International Motor Development Research Consortium Groups. Ghent, Belgium, June 2024. Oral.
16. Leone, G., Abrams, T.C., Terlizzi, B., Hand, A.F., **Sacko, R.S.**, Stodden, D.F., Monsma, E., (June 2023) *Associations among psychological skills, functional motor competence, and fitness scores in Military Reserve Officers Training Corps Cadets*. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA) 2023 Conference, Toronto, Ontario Canada.
17. De Meester A, Abrams TC, Terlizzi BM, Leone G, Hand AF, Beausoleil Z, **Sacko RS**, Stodden DF. Do ROTC cadets' motor competence, fitness, autonomous motivation and self-perceptions predict their Physical Fitness and Combat Fitness Test scores? *J Sport Exec Psychol.* 2023;45:S13-S14. Presented at the *North American Society for the Psychology of Sport and Physical Activity Conference*, Toronto, Ontario. (June 1-3, 2023).
18. **Sacko, R.S.**, Stodden, D.F. (September 2021) A comparison of preferred and non-preferred limb functional motor skills to examine a global measure of motor competence. Presented at the 5th Assembly of the International Motor Development Research Consortium (IMDRC), Virtual Conference.
19. Abrams, C.T., Terlizzi, B., **Sacko, R.S.**, Hand, A.F., Lyon, A.W., Stodden, D.F. (September 2021) Associations between linear single leg hop and 6-meter crossover hop tasks on measures of motor competence in an adult population. Presented at the 5th Assembly of the International Motor Development Research Consortium (IMDRC), Virtual Conference.
20. Abrams, C.T., Terlizzi, B., Stodden, D.F., Hand, A.F., Leone, G., Silvey, K., **Sacko, R.S.** (June 2021) Associations between tests of motor competence and a military fitness test. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA). Virtual Conference.
21. Terlizzi, B., Abrams, C., Stodden, D.F., Hand, A.F., Leone, G., Silvey, K., **Sacko, R.S.** (June 2021) Comparison of a throw-catch task and maximum throwing speed in young adults. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA). Virtual Conference.
22. Orth, N., Hand, A.F., Nesbitt, D., Terlizzi, B., **Sacko, R.S.** Comparison of supine-to-stand and weight-bearing lunge measures in US Army basic combat training trainees. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA). Virtual Conference.
23. **Sacko, R.S.**, Stodden, D.F., Hand, A.F., Silvey, K., Terlizzi, B., Abrams, T.C., Thompson, H., Leone, G. (June, 2020) Comparison of product- and process-oriented measures of motor competencies in a military college cadet population. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSA), Vancouver, British Columbia, Canada. (Virtual Conference, COVID-19)
24. Oriendorf, K., Egan, C., & **Sacko, R.S.** Using GoPros to Go Pro. (January, 2020) Presented at the 18th Annual Hawaii International Conference on Education Honolulu, Hawaii.
25. **Sacko, R.S.**, Paw, Chinapaw, M., Altenburg, T., Duncan, M., Stratton, G., Stodden, D.F. (September, 2019) Symposium: What have we been missing? Novel and innovative methodologies for improving children's physical activity assessment and motor competence. Presented at the International Motor Development Research Consortium (IMDRC) & Children's Physical Activity and Sport (CIAPSE) Conference, Verona, Italy.
26. **Sacko, R.S.**, De Meester, A., Irwin, M., Shortt, C., Stodden, D.F. (September, 2019) How the choice of measuring instrument impacts the strength of the relationship between children's actual and perceived motor competence. Presented at the International Motor Development Research Consortium (IMDRC) & Children's Physical Activity and Sport (CIAPSE) Conference, Verona, Italy.
27. **Sacko, R.S.**, Stodden, D.F. (September, 2019) Energy expenditure of discrete skill performance (ages 7-9) and measurement discrepancies using accelerometry, SOFIT, SOPLAY, and OSRAC. Presented at the International Motor Development Research Consortium (IMDRC) & Children's Physical Activity and Sport (CIAPSE) Conference, Verona, Italy.

28. De Meester, A., Stodden, D.F., Irwin, M., **Sacko, R.S.**, Haerens, L. (September, 2019) Are skilled children more physically active than their less skilled peers? Presented at the International Motor Development Research Consortium (I-MDRC) & Children's Physical Activity and Sport (CIAPSE) Conference, Verona, Italy.
29. De Meester, A., Stodden, D.F., Irwin, M., **Sacko, R.S.**, Haerens, L. (September, 2019). A cross-cultural comparison of American and Portuguese children's motor competence. Presented at the International Motor Development Research Consortium (I-MDRC) & Children's Physical Activity and Sport (CIAPSE) Conference, Verona, Italy
30. **Sacko, R.S.**, Brian, A., Taunton, S., McIver, K., Wadsworth, D., Gilbert, E., Stribing, A., Patey, M. (June, 2019) Comparison of Indirect Calorimetry- and Accelerometry-Based Energy Expenditure in a Low Socioeconomic Preschool Movement Skill Intervention. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Denver, CO
31. Shortt, C., **Sacko, R. S.**, Webster, C. A., (February, 2019). The influence of early childhood sport experience on the physical activity levels of university students. Presented at the Active Living Research Conference, Charleston, SC.
32. **Sacko, R.S.**, Kuban, J., Shortt, C., Stewart, G., Fisher, J., Egan, C., Webster, J., McIver, K. (August, 2018) Assessment of Energy Expenditure during Discrete Skill Performance using Systematic Observation and Indirect Calorimetry. Presented at the annual meeting of the North American Society for Pediatric Exercise Medicine (NASPEM), Oakland, CA.
33. Fisher, J., Pennell, A., Brian, A., Taunton, S., **Sacko, R.S.**, Haibach-Beach, P., & Lieberman, L.J. (July, 2018). Developmental sequences assessment concurrent validity with TGMD-3 for visual impairments. Presented at the Association for Education and Rehabilitation of the Blind and Visually Impaired (AER-BVI) International Conference, Reno, NV.
34. **Sacko, R.S.**, McIver, K., Gorab, J., Brian, A., Nesbitt, D., Stodden, D.F. (June, 2018) Children's Metabolic Expenditure During Object Projection Skill Performance. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Denver, CO
35. Luz, C., Cordovil, R., Rodrigues, L.P., Gao, Z., Goodway, J., **Sacko, R.S.**, Nesbitt, D., Ferkel, R., True, L., Stodden, D.F., (June, 2018) A cross-cultural comparison of motor competence and health related fitness variables between Portuguese and American children. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Denver, CO.
36. Fisher, J.R., Brian, A., Taunton, S., **Sacko, R.S.**, Goodway, J.D., Ferkel, R., True, L., Stodden, D.F. (June, 2018). Concurrent Validity of Total Body Developmental Sequences: A Preliminary Investigation. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Denver, CO.
37. Newman-Norlund, R., Seiler, B., **Sacko, R.S.**, Gibson, M., Weber, S. & Monsma, E.V. (June, 2018). Neuroactivity during imagery of the same movement delineates kinesthetic and visual movement imagery abilities as screened by questionnaires. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Denver, CO.
38. Seiler, B., Newman-Norlund, R., **Sacko, R.S.**, Gibson, M., Weber, S. & Monsma, E.V. (June, 2018). Do you see what I see? Neuroactivity breadth and depth differentiate good movement imagers from those self-reporting lower abilities. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Denver, CO.
39. Monsma, E.V., Burns, R.L.H., **Sacko, R.S.** (June, 2018). Shifting the mirror: Meta-perceptions, body image and objectification predict social physique anxiety – and clothing matters. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Denver, CO.
40. **Sacko, R.S.**, Utesch, T., Cordovil, R., De Meester, A., Eggelbusch, M., Bott, T., Stodden D.F. (June, 2017) The Developmental Sequences for Forceful Kicking. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), San Diego, California.
41. **Sacko, R.S.**, Utesch, T., Eggelbusch, M., Bott, T., Stodden D.F. (June, 2017) Associations of Product and Process Oriented Motor Competence with Energy Expenditure. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), San Diego, California.
42. Brian, A., Pennell, A., Schenkelberg M.A., **Sacko, R.S.**, (June, 2017) Preschool teachers' readiness for promoting gross motor competence and physical activity in young children: An observational study. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), San Diego, California.
43. Monsma, E.V., Brian, A.S., Weber, S., Seiler, B., **Sacko, R.S.**, Newman-Norlund, R. (July, 2017) The factor structure and reliability of the Movement Imagery Questionnaire for rehabilitation-Second Edition (MIQ-RS2): A multi-trait, multimethod approach. Presented at the 14th World Congress of Sport Psychology (ISSP), Spain.
44. **Sacko, R.S.**, McIver K., & Stodden D.F. (January, 2017) MC=MVPA: New Insight for Activity Intensity Relativity. Presented at the Children's Physical Activity and Sport (CIAPSE 2) Conference, Jyväskylä, Finland
45. **Sacko, R.S.**, Stodden, D.F., (2016, November). MC=MVPA: New Insight for Activity Intensity Relativity. Presented at the 2nd Assembly of the International Consortium on Motor Development Research (ICoMDR), Columbia, SC.

46. **Sacko, R. S.**, Pfeifer, C., Nesbitt, D., Stodden, D.F., (2016, June) Product-oriented throwing, kicking and jumping motor performance data across childhood. Presentation at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Montreal, Canada.

B. National (19)

1. Libby, J., Terlizzi, B., **Sacko, R.S.**, (April, 2027) Catching Competence: Practical Assessment of Object-Control Competence. Submitted to the annual meeting of the Society of Health and Physical Educators in America (SHAPE), Charlotte, NC (April 7-10, 2027).
2. Seaton LV, **Sacko RS**, Mensch JM, Games KE, Fraley AL. Cadre perceptions of athletic trainers and athletic training services in the Reserve Officers' Training Corps. *J Athl Train*. 2026;61(6):S-60. Presented at the National Athletic Trainers' Association (NATA) Annual Meeting and Clinical Symposia, Philadelphia, PA. (July 1, 2026)
3. Turlington KT, Sacko RS, Haggard CR, Fraley AL. Exertional heat illness and sickle cell trait preparedness within the United States' Reserve Officers' Training Corps. *J Athl Train*. 2026;61(6):S-144. Presented at the National Athletic Trainers' Association (NATA) Annual Meeting and Clinical Symposia, Philadelphia, PA. (July 2, 2026).
4. Horton, E., **Sacko, R.S.**, Fraley, A.L., Examination and Comparison of Musculoskeletal Injury Reporting Barriers and Behaviors in ROTC Cadets. Presented to the 76th annual meeting of the National Athletic Trainers Association in Orlando, FL, June 24-27, 2025.
5. Miller H, **Sacko RS**, Duncan G, James S, Kay J, Mills M, Fraley A. The Effect of Concussion History on the Vestibular System and Postural Stability in Reserve Officers' Training Corps Cadets. Presented to the 71st Annual Meeting of the American College of Sports Medicine in Boston MA, May 28-31, 2024.
6. Carbone C, **Sacko RS**, Uriegas NA, Fraley AL Who Serves Those Who Serve? The Availability of Athletic Trainers in Reserve Officers' Training Corps Programs. Presented at the National Athletic Trainers Association (NATA) Convention, June 25-28, 2024 in New Orleans, LA.
7. Binkley S, **Sacko RS**, Watson S, Fraley AL. The Effect of Yoga Practices on Balance and Anxiety in Collegiate Softball Players. Presented at the National Athletic Trainers Association (NATA) Convention, June 25-28, 2024 in New Orleans, LA.
8. **Sacko, R.S.**, Hand, A.F., Leone, G.E., Abrams, T.C., Stodden, D.F., Duncan, G., Robinson, J., Tracy, A. (September 27-28, 2023) Longitudinal Assessment of Physical Fitness Test Scores at a Senior Military College. Presented at the Warrior Research Center Tactical Athlete Summit in Auburn AL.
9. Grieve GL, Reid RJ, Sole CJ, Bellon C, Yee KE, **Sacko, R.S.** (2022) The validation of a weighted aerobic run for improving tactical readiness (V-WARFITR). Presented at the National ACSM Annual Meeting in San Diego, CA.
10. Tansey, S., **Sacko, R.S.**, Hamula, B., Uriegas, N.A., Hand, A.F. (June –July, 2022) Descriptive Injury Epidemiology of Reserve Officers' Training Corps Cadets at a Large Southeastern US University. Presented at the annual meeting of the National Athletic Training Association (NATA), Philadelphia, PA.
11. Grieve, G., Reid, R., Sole, C.F., Bellon, C., Yee, K.E., **Sacko, R.S.** (2022) The Validation of a Weighted Aerobic Run for Improving Tactical Readiness(V-WARFITR). Presented at the annual meeting of the Southeastern American College of Sports Medicine (ACSM), San Diego, CA.
12. Hong, S., Hand, A., Pfeifer, C., Goins, J., Silvey, K., Yee, K., Dubina, M., Spaulding, D., **Sacko, R.S.** (October, 2020) Functional Movement Screen, Citadel Physical Fitness Test, and Incidence of Pain Among Freshmen Cadets. Presented at the National Assembly of the International Motor Development Research Consortium, Charleston, SC.
13. μ Cleeve, T., μ Thompson, H., μ Leone, G., **Sacko, R.S.** (October , 2020) Examining Correlations Between Motivation (BREQ-2) in ROTC and Non-ROTC Cadets and Physical Fitness Exam Scores at a Senior Military College. Presented at the National Assembly of the International Motor Development Research Consortium, Charleston, SC.
14. μ Oladimeji, A., μ Thompson, H., μ Leone, G., **Sacko, R.S.** (February, 2020) Associations Between a Measure of Self-Determination Theory (BREQ-2) and a Test of Physical Readiness at a Senior Military College. Presented at the Igniting the Dream of Medicine conference, Augusta, GA.
15. **Sacko, R.S.**, De Meester, A., Bardid, F., Stodden, D.F. (April, 2019) Children's Levels of Energy Expenditure, Perceived Exertion, and Fun During Discrete Skill Practice. Presented at the annual meeting of the Society of Health and Physical Educators in America (SHAPE), Tampa, FL.
16. Orendorff, K., Anders, A., Patey, M., Fisher, J., Egan, C., **Sacko, R.S.** (October, 2018) Physical Education Students' Perceptions of an International Cultural-Immersion Teaching Experience. Presented at the annual meeting of the Society of Health and Physical Educators in America PETE & HETE, Salt Lake City, UT.
17. **Sacko, R.S.**, Egan, C., Michael, D., Moore, E., Kaysing, N., Brazendale, K., & Webster, C.A., (March, 2018) Activity Levels of College Students Enrolled in Physical Activity Courses. Presented at the annual meeting of the Society of Health and Physical Educators in America (SHAPE), Nashville, TN.

18. **Sacko, R.S.**, Nesbitt, D.R., McIver, K., & Stodden, D.F., (March, 2017) Metabolic Expenditure During Object Projection Skill Performance. Presented at the annual meeting of the Society of Health and Physical Educators in America (SHAPE), Boston, MA.
19. Nesbitt, D.R., Molina, S., **Sacko, R.S.**, & Stodden, D.F. (2017, March). The relationship between Supine-to-Stand and health-related fitness in young adults. Presented at the annual meeting of the Society of Health and Physical Educators in America (SHAPE), Boston, MA.

C. Regional (41)

1. Taylor, J., Wilson, E., Lanham, L., Howitt, G., Motte, J., Freiburger, A., Lazenby, A., Altintas, O., **Sacko, R.S.**, Terlizzi, B., Bott, T., Meester, A., Bott, T.J., Stodden, D.F. (2026). Comparison of Holistic Developmental Profiles Between Childhood and Pre-Adolescents. Discover USC Undergraduate Research Symposium.
2. Motte, J., Fraley, A., Monsma, Eva., DeMeester, A., **Sacko, R.S.**, Terlizzi, B., Abrams, C., Altintas, O., Stodden, D.F. (2026). Comparison of TOPS and Physical Self-Concept Scores in ROTC Cadets. Discover USC Undergraduate Research Symposium.
3. Gantt, G., Fraley, A.F., Stodden, D.F., Waddy, D., Yee, K., **Sacko, R.S.** Examining Self-Determined Motivation in Military Cadets Compared to Non-Military Students. To be presented to the annual meeting of the Southeastern American College of Sports Medicine (SEACSM) February 26-28, 2026.
4. Elder, A., Fraley, A.F., Terlizzi, B., Leone, G., Yee, K., Duncan, G., Waddy, D., **Sacko, R.S.** Cadets with Stronger Fitness and Motor Competence Profiles Were Less Likely to Face Disciplinary Removal. To be presented to the annual meeting of the Southeastern American College of Sports Medicine (SEACSM) February 26-28, 2026.
5. Murphy, L., Fraley, A.F., **Sacko, R.S.** Visual Access and Fluid Intake: Pilot Study of Hydration Methods in Cadet Training. To be presented to the annual meeting of the Southeastern American College of Sports Medicine (SEACSM) February 26-28, 2026.
6. **Sacko, R.S.**, Nilo Ramos, Tim Bott, An De Meester, Meghan Dennis, Stodden, D.F. (2024). Policy to Practice: Preparing PE Teachers for South Carolina's New Landscape. Annual meeting for the South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) 2025 Conference, Myrtle Beach, South Carolina U.S.
7. Beach, T., Fraley, A.L., Sole, C.J., Leone, G. E., **Sacko, R.S.**, (2025). Examining External Load Variability in a Cadet Population: Impact of Vertical Jump Performance. National Strength and Conditioning Association South Carolina State Clinic, Lexington, SC. (March 29, 2025)
8. Elder, A., Duncan, G., Leone, G., Fraley, A., & **Sacko, R.S.** (2025, March 23). *Strength and discipline: Examining the relationship between physical fitness and conduct*. Presented at The Citadel Academy of Science & Mathematics Annual Awards Banquet, Charleston Gaillard Center.
9. Murphy, L., Hymes, S., Duncan, G., Leone, G., Fraley, A., & **Sacko, R.S.** (2025, March 23). *From the ground up: Investigating the relationship between CPFT performance and supine-to-stand tasks*. Presented at The Citadel Academy of Science & Mathematics Annual Awards Banquet, Charleston Gaillard Center.
10. Wayman, E., Hymes, S., Duncan, G., Leone, G., Fraley, A., & **Sacko, R.S.** (2025, March 23). *Jumping to new standards: Assessing the feasibility of the standing long jump in the CPFT*. Presented at The Citadel Academy of Science & Mathematics Annual Awards Banquet, Charleston Gaillard Center.
11. Terlizzi, B.M., Altintas, O., **Sacko, R.S.**, Stodden, D.F. (2024). The throw-catch assessment: A research-based, teacher-friendly solution for motor competence evaluation. Annual meeting for the South Carolina Alliance for Health, Physical Education, Recreation, and Dance (SCAHPERD) 2024 Conference, Myrtle Beach, South Carolina U.S.
12. **Sacko RS.**, Bott, T. (November 2024) Speed Ball. Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
13. Hymes, S.C., Duncan, G., McDowell, M., **Sacko, R.S.** (February 22-24, 2024) Is A Cup Enough? Levels of Energy Expenditure During Speed Stacking. Accepted by the Southeastern American College of Sports Medicine (SEACSM) in Greenville SC
14. Hymes, S., Duncan, G., McDowell, M., **Sacko, RS.** Is a Cup Enough? Levels of Energy Expenditure During Speed Stacking. (November, 2023) Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
15. Bott, T., **Sacko RS.** Evolve or Die. (November 2023) Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
16. **Sacko, RS.**, Bott, T., Hamilton, R., Stodden, D.F. ABC's 4 PE. (November 2023) Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
17. Leone, G. E., **Sacko, R.S.**, Abrams, T.C., Duncan, G., Robinson, J., Tracy A., Stodden, D.F. Cadet Physical Fitness Test Scores Across Four Years at a Senior Military College. National Strength and Conditioning Association South Carolina State Clinic, March 25, 2023 Lexington SC.
18. **Sacko, R.S.** Tague, W., White, R., Riley, N. (November, 2022) Handball. Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.

19. Tansey, S., **Sacko, R.S.**, Hamula, B., Uriegas, N., Hand, A.F. (June, 2022) Descriptive Injury Epidemiology of Reserve Offices Training Corps Cadets at a Large Southeastern US University. Presented at the annual South Carolina Athletic Trainers Association (SCATA) Annual Conference, Columbia, SC
20. Leone, G. E., **Sacko, R.S.**, Sole, C.S., Yee, K., Stodden, D.F. Motor Competence and Physical Fitness in a Cadet Population Across a Pandemic. National Strength and Conditioning Association South Carolina State Clinic, April 9th, 2022 Charleston SC.
21. Abrams, C., Terlizzi, B., **Sacko, R.S.**, Hand, A.F., Stodden, D.F. The influence of task complexity on associations between functional motor performance and Army Combat Fitness Test performance. National Strength and Conditioning Association South Carolina State Clinic, April 9th, 2022 Charleston SC.
22. Bellon, C., Sole, C.J., Yee, K.E., **Sacko, R.S.**, Bott, T.S., Grieve, G.L., The effects of a periodized training intervention on muscular power, maximal strength, and aerobic endurance in AROTC cadets. National Strength and Conditioning Association South Carolina State Clinic, April 9th, 2022 Charleston SC.
23. Terlizzi, B. M., **Sacko, R. S.**, Hand, A. F., Stodden, D. F. (2022) Associations between performance on lower and higher complexity motor competence tests and army combat fitness test performance. National Strength and Conditioning Association South Carolina State Clinic, April 9th, 2022 Charleston SC.
24. Bott, T.J., Sole, C.S., Reid, R.J., Miller, D.S., Jennings, J.P., Chapman, A.J., Bellon, C., **Sacko, R.S.**, Grieve, G.L. Harnessing muscle memory to maximize performance outcomes in combat arms and special operations. National Strength and Conditioning Association South Carolina State Clinic, April 9th, 2022 Charleston SC.
25. Grieve GL, Reid RJ, Sole CJ, Bellon C, Yee KE, **Sacko, R.S.** The development of a novel aerobic field test for tactical athletes (V-WARFTR study). National Strength and Conditioning Association South Carolina State Clinic, April 9th, 2022 Charleston SC.
26. Grieve, G., Reid, R., Sole, C.F., Bellon, C., Yee, K.E., **Sacko, R.S.** (February, 2022) The Validation of a Weighted Aerobic Run for Improving Tactical Readiness(V-WARFTR). Presented at the annual meeting of the Southeastern American College of Sports Medicine (SEACSM), Greenville, SC.
27. **Sacko, R.S.** (November, 2021) Its All in the Hips. Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
28. **Sacko, R.S.** ‡Sears, W., ‡Smith, W.J., Lewis, J.B., Hamilton, F.R., Wilson, K., Tague, W., Greene, W.E. (November, 2021) APEX Frisbee. Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
29. Orth, N., Hand, A.F., Nesbitt, D., Terlizzi, B., **Sacko, R.S.** (March 4-5, 2021) Comparison of product- and process-oriented measures of Supine-to-Stand measures in US Army Basic Combat Training Trainees. Presented at the Central States American College of Sports Medicine (CSACSM), National Assembly of the International Motor Development Research Consortium, Virtual Meeting.
30. µTextor, B.C., Sole, C.J., **Sacko, R.S.**, Bornstein, D.B. (February, 2020) Relationship Between Force Production Characteristics in the Countermovement Vertical Jump. Presented at the annual meeting of the Southeastern American College of Sports Medicine (SEACSM), Greenville, SC.
31. Sole, C.J., µTextor, B.C., **Sacko, R.S.**, Bornstein, D.B. (February, 2020) Force Production Symmetry Carry-over Between Bilateral Jumping Tests. Presented at the annual meeting of the Southeastern American College of Sports Medicine (SEACSM), Greenville, SC.
32. µTextor, B. C., Sole, C. J., **Sacko, R. S.**, & Bornstein, D. B. (September, 2019) Relationships Between Countermovement Vertical Jump Force Production Characteristics and Performance in the 2020 Army Combat Fitness Test. Presented at the annual meeting of the Southeastern National Strength and Conditioning Association (SE NSCA), Rock Hill, SC.
33. Silvey, K., **Sacko, R. S.**, Hand, A.F., & Stodden, D.F. (September, 2019) Relationships Between Functional Motor Competence and Physical Military Readiness Tests. Presented at the annual meeting of the Southeastern National Strength and Conditioning Association (SE NSCA), Rock Hill, SC.
34. Bornstein, D., Sole, C. J., **Sacko, R. S.**, Macdonald, A., ‡Hickey, B., Townes, L. (February, 2019) Tactical Performance Resiliency: An Interdisciplinary Approach to Fitness and Performance in Military and Paramilitary Populations. Presented at the annual American College of Sports Medicine South Eastern Regional meeting (ACSMSE), Greenville, SC.
35. **Sacko, R.S.** (November, 2019) Higher Ed Share Out. (Organizer and Chair). Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
36. **Sacko, R.S.** (November, 2019) Higher Ed Round Table. (Moderator). Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
37. **Sacko, R.S.** ‡Sears, W., ‡Neal, R., Bott, T. (November, 2019) Soccer Golf. Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
38. Pfeifer C.E., **Sacko, R.S.**, Ortaglia, A., Beattie, P.F, Stodden, D.F (April, 2019). Fit to Play? Health-Related Fitness of Youth Athletes. Presented at the South Carolina Public Health Association Annual Conference, Myrtle Beach, SC.
39. **Sacko, R.S.** (November, 2018) How to Achieve MVPA when Practicing Object Projection Control Skills. Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.

40. **Sacko, R.S.**, ‡Barnes, W., ‡Kistler, G., ‡Rachunek, D. and Bott, T. FORE! (November, 2018) Instructional Guidelines for Youth Golf Instruction. Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
41. **Sacko, R.S.** (November, 2018) PETE/HETE Share Out. Presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.

D. Invited and Non-Refereed Presentations (7)

1. **Sacko, R.S.**, Stodden, D.F. (June 8-9, 2023) Bridging a Generational Divide: How Functional Movement Deficits Impact Physical Fitness, Bone Health, and Combat Readiness. Presented at the Bone Stress Injury Symposium, Columbia, SC.
2. Leone, G., **Sacko, R.S.**, Abrams, T.C., Duncan, G., Robinson, J., Tracy, A., Stodden, D.F., (March 2023) Cadet Physical Fitness Test Scores Across Four Years at a Senior Military College. Presented at the annual meeting of the National Strength and Conditioning Association (NSCA) 2023 State Clinic, Lexington, SC.
3. **Sacko, R.S.** (February, 2020) MVPE: Moderate to Vigorous Physical Education. Presented to the Charleston County School District Middle School Learning Community #LOVE2020.
4. **Sacko, R.S.** (February, 2020) MVPE: Moderate to Vigorous Physical Education. Presented to the Charleston County School District Elementary and High School Learning Community.
5. Silvey, K., **Sacko, R. S.**, Hand, A.F., Stodden, D.F. (September, 2019) Relationships Between Functional Motor Competence and Physical Military Readiness Tests. Presented at the annual meeting of the Southeastern National Strength and Conditioning Association (SE NSCA), Rock Hill, SC.
6. **Sacko, R.S.** (March 2016) Finding Balance. Presented at the annual Leadership Summit for the South Carolina Chapter of Government Management Information Sciences.
7. **Sacko, R.S.** (June 2015) Health Concerns and Healthy Practices for the Certified Athletic Trainer. Presented at the annual South Carolina Athletic Trainers Association Symposium (SCATA), Columbia, SC.

TEACHING

A. Courses Taught

(29) The Citadel (2018-present)

1. CGAP 601 Intro to Coaching and Performance (Formally TAPR 601)
2. EXSC 200 Motor Development
3. EXSC 200 E1 Motor Development (online)
4. EXSC 314 Biomechanical Kinesiology
5. EXSC 314 W1 Biomechanical Kinesiology (online)
6. EXSC 420 Senior Research Project
7. EXSC 421 Seminar in Health Exercise & Sport Science
8. HESS 505 Motor Development and Motor Learning
9. HESS 535 History, Philosophy, Curriculum in Physical Education
10. HESS 550 Instructional Aspects of Teaching Physical Education
11. HESS 547 Techniques of Conditioning for Sports
12. HESS 554 Analysis of Sport Skills and Techniques
13. HESS 560 Research Techniques and Methods in HESS II
14. HESS 561 Advanced Measurement and Evaluation in Physical Education
15. HESS 598 Thesis in Health Exercise and Sport Science I
16. HESS 599 Thesis in Health Exercise and Sport Science II
17. HESS 620 Internship in P.E.
18. HLED 407 Advocacy and Accountability in Public Health
19. HLED 411 Techniques of Strength and Conditioning
20. PHED 201 Intro to Physical Education and Coaching
21. PHED 335 Advanced Performance and Athlete Development – Team Sports
22. PHED 350 Advanced Performance and Athlete Development – Individual and Dual Sports
23. PHED 404 Administration of Health Exercise and Sport Sciences

24. PHED 421 Sem: Health Exercise and Sport Science
25. PHED 499 Internship in Teaching
26. RPED 155/130 Strength and Conditioning
27. RPED 155 Physical Education Majors
28. STRC 201 Anatomy & Physiology for HHP (online)
29. STRC 211 Anatomy & Physiology Lab for HHP (online)

B. Guest Lecturer (11)

The Citadel

1. EXSC 315 Techniques of Conditioning in Sports (Fall 2019)
2. HESS 505 Motor Development and Motor Learning (Fall 2017)

University of South Carolina

3. EXSC 342 Practicum in Life Span Motor Development (Spring, 2018)
4. PEDU 833 Research Practicum in Physical Education (Fall 2017)
5. PEDU 420 Motor Learning in Physical (Spring 2017)
6. PEDU 190 Introduction to Analysis of Human Movement (Fall 2015, 2016)
7. PEDU 155 Personal Training Preparation (Fall 2015, 2016)

Lander University

8. PEES 202 Personal Health and Health Promotion (Fall 2017)
9. PEES 228 Motor Learning (Fall 2017)
10. PEES 310 Exercise Kinesiology and Biomechanics (Spring 2018)

University of Gloucestershire

11. Sports Therapy II (May 5, 2021)

C. Curriculum & Instructional Development Activities

The Citadel

Developed Graduate Level Course – HESS 547 “Techniques of Conditioning for Sports” (2019)
 Developed Online Graduate Level Course – HESS 560 “Research Techniques and Methods II” (2020)
 Developed Graduate Level Hybrid Course – HESS 561 “Advanced Measurement in PE (2020)
 Developed Online Graduate Level Course – HESS 505 “Motor Development” (2020)
 Developed Undergraduate Hybrid Course – EXSC 200 “Motor Development” (2020)
 Developed Undergraduate Hybrid Course – PHED 335 “Teaching Tech and Tactics of Team Sports”
 Developed Undergraduate Course – TSAC 211 “Applied Functional Anatomy & Physiology Lab”
 Developed Undergraduate Course – RPED 155 “Strength and Conditioning” (2020)
 Developed Undergraduate Hybrid Course – PHED 350 “Advanced Dev of Inv. Dual Spt” (2020)
 Developed Undergraduate Hybrid Course – PHED 201 “Teaching Meth in PE and Coaching” (2020)
 Developed Online Graduate Course – TAPR 601 “Intro to Human Performance & Coaching” (2020)
 Developed Online Undergraduate Course – EXSC 314 “Biomechanical Kinesiology” (2020)
 Developed Undergraduate Hybrid Course – PHED 335 “Advanced Dev of Team Sports” (2021)
 Developed Online Undergraduate Course – EXSC 200 “Motor Development” (2021)
 Developed Graduate Level Hybrid Course – HESS 535 His, Phil, of Physical Education (2023)
 Developed Undergraduate Online Course – STRC 201 “Anatomy and Physiology” (2025)
 Developed Undergraduate Online Course – STRC 211 “Anatomy and Physiology Lab” (2025)

D. Membership on Thesis and Project Committees

^c Denotes chair or co-chair

Doctoral Dissertation (4)

1. Leone, G. (2022 - 2025). Reassessing Readiness: Physical Performance Trajectories and Future Physical Military Readiness.
 University of South Carolina
 Current Position:

2. Terlizzi, B. (2019-2022). Evaluation of the Throw-Catch Assessment. University of South Carolina
Current Position: Assistant Professor, The Citadel
3. Abrams, C. (2022) Grant Review Committee. Sub-committee of Dissertation Committee. USC
Current Position: Data Scientist Shaw Air Force Base
4. Silvey, K. (2018 – 2021). The Relationship Between U.S. Army Physical Fitness and Motor Competence. University of South Carolina
Current Position: Senior Lab Manager, Therabody Inc.

Master's Thesis (37)

1. ° Delgado, V (2024 present) Title TBD. University of South Carolina
2. ° Cotes, S (2024 present) Title TBD. University of South Carolina
3. Moehling, S (2025). The Moderating Effect of Narcissism on the Relationship Between Makeup Use and Self-Esteem in Athletic Competitions. The Citadel
4. Azarmehri, M (2025) Sports injuries prediction based on volleyball functional movements screen in Iranian elite volleyball players. Guilan University, Iran
5. ° Beach, T (2025), Examining External Load Variability in a Cadet Sample: Impact on Vertical Jump Performance. University of South Carolina
6. ° Stegall, H (2025) Effects of a Yoga Intervention on Anxiety, Flexibility, and Injury Incidence in College Softball Athletes. University of South Carolina
7. ° Turlington, K (2025). Exertional Heat Illness and Sickle Cell Trait Preparedness within the U.S ROTC. University of South Carolina
8. ° Seaton, L (2025). The value of an embedded athletic trainer in ROTC programs. University of South Carolina
9. ° McQueen, M (2024) Identifying Injury, Reporting, and Injury Management Trends Among EMS Providers in South Carolina. University of South Carolina
10. ° Horton, E (2024) Examination and Comparison of Reporting Behaviors and Barriers for Musculoskeletal Injuries in ROTC Cadets. University of South Carolina
11. ° Miller, H (2024) The Effect of Concussion History on the Vestibular System and Postural Stability in Reserve Officers Training Corps Cadets. University of South Carolina
12. ° Leone, G (2021). Motor Competence and Physical Fitness in a Military Cadet Population Across the COVID-19 Pandemic. The Citadel.
13. ° Binkley, S. (2023). Effectiveness of yoga, stretch therapy, and meditation on injury prevention, performance, and overall health. University of South Carolina.
14. ° Clayton, B. (2023). Female Contraception Use in Army Basic Combat Training. University of South Carolina.
15. ° Torsone, C. (2023). Oxidative Stress and Self-Reported Musculoskeletal Pain during Army Basic Combat Training. University of South Carolina
16. ° Jones, K. (2023). Spiritual Readiness and Cognitive Health and Resilience Changes in U.S. Army Trainees. University of South Carolina.
17. ° Carbone, C. (2023). Who serves those who serve? the availability of athletic trainers to ROTC programs across the United States. University of South Carolina.
18. ° Turner, A. (2022) Validity and Inter-rater Reliability of Handheld Stopwatches Compared to Video Timing Using the Supine to Stand Functional Motor Test. University of South Carolina.
19. ° Reyes, A. (2022) Factors Affecting Scores in Physical Readiness Tests: An Exploratory Study into the New Army Combat Fitness Test. University of South Carolina.
20. ° Ward, M. (2022). Relationship Between the Star Excursion Balance Test and the KTK Balance Beam Test When Screening for Musculoskeletal Injury in U.S. Army Basic Trainees. University of South Carolina.
21. ° Osborn, M. (2022). The Validity and Inter-Rater Reliability of Hand Timing When Compared to Video Timing on a Single Leg Hopping Speed Task. University of South Carolina.
22. ° Adams, M. (2022) Influence of Skillfulness during Throwing and Forceful kicking on military fitness testing scores at a senior military college. University of South Carolina.
23. Decamp, B. (2021). The relationship between injury incidents and psychological skills in military setting with and without athletic trainers: a preliminary analysis. University of South Carolina.
24. Sherlock, M. (2021). The relationship between psychological skills and injury incidence among ROTC cadets in the collegiate setting. University of South Carolina.
25. ° Palm, M. (2021). Comparing burnout found in firefighters, police officers and military/ROTC compared to burnout found in athletic trainers. University of South Carolina.
26. ° Tansey, S. (2021) Injury Incidence in ROTC Cadets across Branches. University of South Carolina.

- 27.^c Orth, N. (2021). Ankle dorsiflexion and supine to stand as predictors for injury. University of South Carolina.
- 28.^c Panetta, M. (2021). Psychological factors and effect on return from injury in ROTC cadets. University of South Carolina.
- 29.^c Dubina, M. (2020). Prevalence of musculoskeletal injuries, self-perceptions and attrition rate of United States Army basic trainees. University of South Carolina.
- 30.^c Hong, S. (2020). The relationship between the composite score of the functional movement screen and risk of injury among student cadets in a military academic institution. University of South Carolina.
- 31.^c Spaulding, D. (2020). Physical readiness and assessment of military college cadets. University of South Carolina.
32. Perkins, C. (2020) Determining the prevalence of residual gross motor and vestibular deficits post-concussion. University of South Carolina.
33. Textor, B., (2019). Countermovement Vertical Jump & Standing Long Jump Force Production Application to 2020 Army Combat Fitness Test Performance. The Citadel.
34. Kramer, T. (2018). Association Between the Y-Balance Test and the Functional Movement Screen on Physical Performance in High School Sport Athletes. University of South Carolina.
35. Rabas, M. (2018). The Effect of Practice on Lower Extremity Functional Movement Assessment. University of South Carolina.
36. O'Neal, C. (2016). The Effect of Socioeconomic Status and Location of School Attended on Concussion Knowledge, Attitudes and Self-reporting Behaviors. University of South Carolina.
37. Gilleland, S. (2016). Factor structure and reliability of the Motor Rehabilitation Movement Imagery Questionnaire. University of South Carolina.

E. Undergraduate Research Supervision (11)

The Citadel

1. James Libby (2026), Toss Up: A Comparative Study of Throwing and Catching Performance Assessments
2. Joshua DuBose (2026), T-MOVE: Transitional Movement and Operational Velocity Evaluation
3. Luke Murphy (2024), From the Ground Up: Investigating the Relationship Between CPFT Performance and Supine-to-Stand Tasks (CASM Banquet 2025)
4. Erin Wayman (2024), Jumping to New Standards: Assessing the Feasibility of the Standing Long Jump in the CPFT (CASM Banquet 2025)
5. Aiden Elder (2024), Strength and Discipline: Examining the Relationship Between Physical Fitness and Conduct at The Citadel (CASM Banquet 2025)
6. William Templeton (2023), Exploring the Relationship Between Grip Strength, Supine to Stand, and the Citadel's Physical Fitness Test: A Cross-Sectional Analysis (CASM Banquet 2024)
7. Samuel Hymes (2022-2024), Is a cup enough? Energy Expenditure of Speed Stacking. Summer Undergraduate Research Experience (SURE grant summer 2023, CASM Banquet 2024).
8. Adebowale Tosin Oladimeji (2019-2020), Associations between a measure of self-determination theory (BREQ-2) and a test of physical readiness at a Senior Military College, presented at the Igniting the Dream of Medicine Conference February 2020

University of South Carolina Honors College

9. Daniel Quigley (2021), Children's physical activity and elementary physical education: review and recommendations.

International

10. Jonathan Kuban (2017-2018, Universität Münster, Germany)
11. Moritz Eggelbush (2016-2017, Universität Münster, Germany)

F. Mentorship

1. Destiney Waddy (2024-present). Mentored research related to human performance and the Citadel Cadet Research Initiative, including research examining motor competence, physical fitness, and performance in cadets; Waddy is currently pursuing her Ph.D. at the University of South Carolina
2. Thomas "TJ" Beach (2024-present). Mentored research related to human performance and the Citadel Cadet Research Initiative, including research examining external training load and physical performance in cadets; Beach is currently a Ph.D. candidate at The Ohio State University and a recipient of the Pat Tillman Foundation's Tillman Scholar award.
3. Grace Duncan (2022-2024). Supervised research related to the Citadel Cadet Research Initiative and USC related data sets. Winner of CASM Outstanding Graduate Student award and Swain Family School of Mathematics and Science Outstanding Graduate Student award 2023-2024.
4. Giovanna Lione (2019-2021). Supervised research related to the Citadel Cadet Research Initiative and coordinated the roll-out of the NAIMDRC conference, earned PhD from University of South Carolina 2024.

5. Hannah Thompson (2019-2020). Supervised research related to the Citadel Cadet Research Initiative.

SERVICE

A. College and University Service

The Citadel

Department

- Department Faculty and Staff Awards Committee, Chair (2024, present)
- HHP Online Policy Committee member, Bryan Terlizzi chair (2024, present)
- Program Assistant hiring committee member: Chris Sole chair (2024)
- Exercise Science tenure-track hiring committee, member (2023-2024)
- Physical Education Majors Committee (2021-present)
- Grade Grievance Committee (2023-present)
- Sports Management tenure-track hiring committee, Chair (2021-2022)
- Sports Management tenure-track hiring committee, Chair (2021)
- Sport Management tenure-track hiring committee member: Chris Sole chair (2019)
- Exercise Science Tenure Track hiring committee member: Dan Bornstein chair (2019)
- Exercise Science visiting professor hiring committee member: Dan Bornstein chair (2019)
- Program Assistant hiring committee member: Tim Bott chair (2019)
- Tenure and Promotion review committee member: Harry Davakos chair (2018-2019)
- Strand development committee member: Chris Sole chair (2018-2019)

College

- Zucker Family School of Education STEM center hiring committee, member (2024)
- Zucker Family School of Education Dean hiring committee, member (2024)
- Leadership Day, Faculty mentor, Fall 2023
- New Faculty Resource Course: Active Learning Presentation: October 12, 2023
- Sabbaticals Review Committee (2023-present)
 - Vice-Chair (2025-2026)
 - Chair (2026-present)
- Swain Family School of Science and Mathematics Faculty Research and Grants Committee (2021-present)
 - Chair (2026, present)
- Graduate Curriculum Committee member (2019-2025)
 - Senate Liaison (2023-2025)
- Zucker Family School of Education Professional Education Board member (2019-2025)
- Athletic Advisory Committee (2018-2019)
- Participation in “pre-knob”, “inside the gates” student recruitment events on The Citadel campus (2018-present)

B. Professional Service

Editorial Appointment

Associate Editor, Movement Science, Frontiers in Psychology (2026-present)

Committees

- International Motor Development Research Consortium (IMDRC) Executive Committee (2024-present)
 - Communications Director 2024-2026, 2026-2028
 - International Motor Development Research Consortium (IMDRC) strategic planning committee
- North American Society for the Psychology of Sport and Physical Activity (NASPSA) Motor Development planning committee (2025-present)
- South Carolina Athletic Trainers Association (SCATA) Conference Planning Committee (2023, 2024, 2025)
- South Carolina Alliance for Physical Education and Sport (SCAPES) 2018-present.
- International Motor Development Research Consortium (IMDRC) advisory committee member 2022-2024

- International Motor Development Research Consortium (IMDRC) strategic planning committee
- International Motor Development Research Consortium (IMDRC) awards review committee
- Editorial Board member of the Journal of Physical Education, Recreation and Dance (JOPERD) 2021 – 2024
- National Assembly of the International Motor Development Research Consortium (NAIMDRC) conference planning committee, *Organizer and Chair* (2019-2020)

Conference: October 11-13, 2020

- South Carolina Alliance for Physical Education and Sport (SCAPES):
Higher Education Committee Chair (2018-2020)
- South Carolina Alliance for Health, Physical Education, Recreation and Dance (SCAPHERD) Higher Ed “Share-Out” *Chair* 2019 (SCAHPERD, 15-17 November 2019, Myrtle Beach, SC)

Moderator

- North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Motor Development poster session moderator June 20, 2026.
- North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Motor Development session moderator June 3, 2025.
- DCD15-IMDRC6 Oral Poster Presentation Moderator Belgium. June, 2024.
- National Assembly of the International Motor Development Research Consortium (NAIMDRC) conference moderator October 11-13, 2020.

Integrated Public Health-Aligned Physical Education (IPHPE) Conference:

- Poster Session Moderator, 2018 North American Society for the Psychology of Sport and Physical Activity, Denver, CO, June, 2018
- Policy, Guidelines, and recommendations panel discussion moderator (Sept 26, 2019)
- Society of Health and Physical Educators (SHAPE) America National Convention

Session Chair for “Surveillance, Evaluation and Assessment of Physical Activity Programs” (March, 2018)

- Society of Health and Physical Educators (SHAPE) America National Convention

Session Chair for “The Effects of Physical Activity, Motor Performance and Gender” (March, 2018)

Conference Abstract Reviewer

- North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Motor Development abstract reviewer June 18-20, 2026.
- 2025 Society of Health and Physical Education (SHAPE), Baltimore, MD, April 1-5 2025
 - Physical Activity and Health Promotion
- 2024 DCD15-IMDRC6 Abstract Peer Reviewer. Ghent, Belgium. June, 2024.
- 2024 Society of Health and Physical Education (SHAPE), Cleveland, OH, March 2025
 - Physical Activity and Health Promotion
 - Presentation Reviewer
- 2023 Society of Health and Physical Education (SHAPE), Seattle, WA, March-April 2024
 - Physical Activity and Health Promotion
 - Presentation Reviewer
- 2022 Society of Health and Physical Education (SHAPE), New Orleans, LA, April 2023
 - Physical Activity and Health Promotion, *Chair*
 - Motor Behavior
- 2021 Society of Health and Physical Education (SHAPE), Baltimore, MD, April 2022
 - Physical Activity and Health Promotion
 - Motor Behavior
- 2020 National Assembly of the International Motor Development Research Consortium conference (NAIMDRC), Virtual (October, 2020). *Chair*
- 2020 Society of Health and Physical Education (SHAPE), Salt Lake City, UT, April 2021
 - Physical Activity and Health Promotion
 - Motor Behavior
- 2019 Society of Health and Physical Education (SHAPE), Tampa, FL, April 2020
 - Physical Activity and Health Promotion

C. Journal Reviewer (12 journals)

- Journal of Teaching in Physical Education, 2018 present.
- Journal of Motor Learning and Development, 2018 present.
- Journal of Sport Science, 2018 present.
- The Sport Psychologist, 2018 present.
- Journal of Science and Medicine in Sport, 2018 present.
- Scandinavian Journal of Medicine and Science in Sports, 2019 present
- European Physical Education Review, 2020 present
- International Journal of Environmental Research and Public Health, 2020 present
- Frontiers, 2021 present
- Journal of Science and Sport in Exercise 2021 present
- Sports Medicine and Health Science 2021 present
- BMC Pediatrics 2023 present

D. Journal Articles Reviewed (35)

1. Multidimensional determinants of 20-meter shuttle run performance in primary school children: Insights beyond aerobic capacity for Sports.
2. Experimental study on the effect of variable resistance training on the direct boxing of elite male boxers for Frontiers in Sports and Active Living Editorial.
3. Improving brain oxygen utilization and mental health with exercise. Manuscript Number: MENPA-D-26-00148 for the Mental Health and Physical Activity Journal.
4. The effects of a 10-week intervention training program on running kinematic characteristics of preschoolers for the Journal of Motor Learning and Development.
5. From throws to catches; measuring propulsive and receptive object-control skills in pre-schoolers." for the Journal of Motor Learning and Development
6. Design and test-retest reliability of a new test to assess motor competence in healthy older adults for the Journal of Motor Learning and Development
7. Bidirectional relationship over time between body mass index and fundamental movement skill domains measured by a process-oriented method in childhood: A three-year longitudinal study" for the Journal of Motor Learning and Development for Journal of Motor Development and Learning
8. Painted Playgrounds for Preschoolers' Physical Activity and Fundamental Motor Skill Improvement: A Randomized Controlled Pilot Trial of Preliminary Feasibility and Effectiveness for BMC Pediatrics.
9. "Trust the "Process"? When Motor Competence Scores are Reliably Unreliable" for Measurement in Physical Education and Exercise Science.
10. Physical literacy in children: exploring the construct validity of a multidimensional physical literacy construct." for European Physical Education Review.
11. Athletes' Preference for and Use of Imagery Perspective for The Sport Psychologist.
12. Applying the principles of motor learning in preventative programs of overuse injuries in young athletes: a scoping review for the Journal of Motor Learning and Development
13. Physical literacy in children: exploring the construct validity of a multidimensional physical literacy construct for the European Physical Education Review
14. Are flexibility and muscle-strengthening activities associated with functional limitation? for Sports Medicine and Health Science
15. Cross-cultural comparison of fundamental movement skills in 9- to 10- year old children from the United Kingdom and China" for European Physical Education Review.
16. Energy expenditure of adolescents during over ground walking and running for the Journal of Science in Sport and Exercise.
17. Impacts of Graspability and Stepping on Ball Velocity Acquisition Process for the Frontiers Journal.
18. The Test of Gross Motor Development Third Edition: A Bifactor Model, Dimensionality, and Measurement Invariance for the Journal of Motor Learning and Development
19. Perceived Movement Skill Competence in Stability: Validity and Reliability of a Pictorial Scale in Early Adolescents" for the Scandinavian Journal of Medicine and Science in Sports.
20. Associations between Weight Status and Situational Motivation toward Fitness Testing in Physical Education: The Mediator Role of Physical Fitness, for the International Journal of Environmental Research and Public Health DOI: <https://doi.org/10.3390/ijerph17134821>

21. Physical fitness, exercise capacity, activities of daily living in primary ciliary dyskinesia: a retrospective study, for the Scandinavian Journal of Medicine and Science in Sports.
22. A longitudinal examination of the accuracy of perceived physical competence in middle childhood, for the Journal of Motor Learning and Development. DOI: 10.1123/jmld.2019-0045
23. Cognitive Component of Elite high Jumpers' Pre-Performance Routines, for The Sport Psychologist. DOI: 10.1123/tsp.2019-0093
24. Physical Activity Levels during a Sport Education season of Games from Around the World, for the European Physical Education Review journal.
25. Canadian assessment of physical literacy in Grades 7-9 (12-16 years): Descriptive results for the Journal of Sports Sciences
26. Girls from schools of social disadvantage exhibit greater object control skills than those in schools on the upper levels of socioeconomic development, for the Journal of Motor Learning and Development. DOI: 10.1123/jmld.2019-0014
27. How actual motor competence and perceived motor competence influence motor skill engagement of a novel cycling task, for the Scandinavian Journal of Medicine and Science in Sports. DOI: 10.1111/sms.13492
28. Muscle strength field-based tests to identify European adolescents at risk of metabolic syndrome: The HELENA study, for the Journal of Science and Medicine in Sport. DOI: 10.1016/j.jsams.2019.04.008
29. Can Movement Games Enhance Executive Function in Overweight Children? A randomized controlled trial for the Journal of Teaching in Physical Education DOI: 10.1123/jtpe.2019-0165
30. Gross motor skills of South African preschool-aged children for the Journal of Science and Medicine in Sport. DOI: 10.1016/j.jsams.2018.12.009
31. The effectiveness of two interventions on fundamental movement skill proficiency among a cohort of Irish primary school children for the Journal of Motor Learning and Development DOI: 10.1123/jmld.2018-0011
32. The relations between the dimensions of empathy and imagery in sport, for The Sport Psychologist
33. Early life factors are associated with trajectories of consistent organized sport participation over childhood and adolescence: Longitudinal analysis from the Raine Study for the Journal of Science and Medicine in Sport. DOI: 10.1016/j.jsams.2018.11.006
34. The effect of core stability exercise on the reaction time of deep trunk muscles, for the Journal of Sports Sciences. DOI: 10.17265/2332-7839/2018.05.004
35. The influence of confounding factors on the reliability of the highly qualified wrestlers' technique, for the Journal of Sport Sciences.

E. Community Outreach

- Pattison's Academy Olympic Day October 28-30, 2025, March 28, 2026
- "Field of Dreams" partnership with Pattison's Academy, March 28, 2025
- South Carolina Alliance for Health, Physical Education, Recreation and Dance round table *Discussant* 2022 (SCAHPERD, 11-13 November 2022, Myrtle Beach, SC)
- Mock Interviewer, South Carolina Athletic Training Association (SCATA). Served as lead in mock interview sessions for Masters students attending the SCATA annual conference. (July, 2021).
- Mock Interviewer, College of Exercise Science, Department of Physical Education & Athletic Training. Served as lead in mock interview sessions for Masters students in the Athletic Training department. (November, 2020)
- Teacher In-service: provide lectures related to the practical application of Moderate to Vigorous Physical Education (MVPE) to Charleston area school teachers in collaboration with Holly Kut. August 16th, 2019.
- South Carolina Alliance for Health, Physical Education, Recreation and Dance roundtable *Chair and Discussant*, 2019 (SCAHPERD, 15-17 November 2019, Myrtle Beach, SC)
- Teacher In-service: provided lectures related to practical application activities for the visually impaired to Charleston area school teachers in collaboration with Holly Kut and Alexandra Stribing. March 19, 2019 & November 12, 2019.
- Charleston Police Department Wellness Committee member. 2019-2020
- Coach: administered practice sessions, 2 hours in length, for The Citadel's soccer club focused on technical and tactical development for offense and defense. 1/29, 2/5, 2/19
- Career Fair at Jennie Moore Elementary. Provided career explanation and promotion of The Citadel Physical Education department, February 27th 2019.
- Consultant, Sandhills School, Columbia, South Carolina. Provided expert advice and commentary to the committee tasked with the development of weight room protocols and weight training curricula. Summer 2017.
- Career Day at Lake Murray Elementary. Presented and conducted interactive career activities with 4 doctoral students to 7 classes of 4th and 5th graders, Spring 2015

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

Alphabetical

- International Motor Development Research Consortium (I-MDRC)
- National Athletic Trainers Association (NATA)
 - (Certified Athletic Trainer, 2003-present)
- National Strength and Conditioning Association (NSCA)
 - (Certified Strength and Conditioning Specialist, 2007-present)
 - (Tactical Strength and Conditioning Facilitator, 2014-present)
- North American Society for Pediatric Exercise Medicine (NASPEM)
- North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
- Society of Health and Physical Educators in America (SHAPE)
- South Carolina Alliance for Health, Physical Education, Recreation & Dance (SCAPHERD)
- South Carolina Alliance for Physical Education and Sport (SCAPES)
- South Carolina Athletic Trainers Association (SCATA)