

**Ryan S. Sacko, Ph.D., A.T.C., C.S.C.S., T.S.A.C-F**

The Citadel  
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**ACADEMIC DEGREES**

<u>Date</u>	<u>Degree</u>	<u>Major</u>	<u>University</u>
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 Assistant, Department 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

**AWARDS**

New Faculty Excellence Award – Health and Human Performance Department - 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.

*Principle 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-present)**

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 ongoing injury prevention programs such as the Performance Readiness Bar (calcium and vitamin D supplement).

*Principle Investigator Dr. Stephen Foulis*

### Partnerships

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

### **ABCs for PE: Assessing Behavior and Cognition in Physical Education (2020-present)**

The purpose of this proposal is to investigate the utility and validity of student assessment rubrics and how these discriminate student performances in the 2<sup>nd</sup>, 5<sup>th</sup>, 8<sup>th</sup> and high school grades (9-12) as the achievement of SHAPE America's physical education learning standards and progress toward achieving the goal of 50 Million Strong by 2029 (see website for additional details <https://www.shapeamerica.org/>). This study will utilize a participatory approach that creates bidirectional communities of practice through existing collaborations, such as, school-university partnerships, teachers, teacher educators, and educational researchers. Data collection from students will serve as free professional development.

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

### Partnerships

University of Texas at Austin, University of South Carolina, Louisiana State University, New Mexico State University, Central Michigan University, University of Idaho, University of Hawaii at Manoa, Fayetteville State University

## **RESEARCH GRANTS – TOTAL FUNDING ≈ \$37,000**

### **A. External Funding (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.

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)

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)

### **B. Internal Funding (10)**

#### **The Citadel Foundation Research Grants (3)**

Sacko, R.S. (2023). **Faculty Summer Provost Research (SUPR) Grant.** *Youth Energy Expenditure of Discrete Skills* 8,150.00.

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

**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 (3)**

**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

**Sacko, R.S.** (2019-2020). *Academic Enhancement Grant*, The Citadel Foundation. The Citadel – \$2366.00.

**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 (4)**

**Sacko, R.S., Bott, T.,** (2022-2023). *Cadet Travel Grant*. The Citadel – \$1,346.00.

**Sacko, R.S., Bott, T.,** (2021-2022). *Cadet Travel Grant*. The Citadel – \$1,272.00.

**Sacko, R.S., Bott, T.,** (2019-2020). *Cadet Travel Grant*. The Citadel – \$2,366.62.

**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 (2)

#### *External*

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-IIRA. Catalog of Federal Domestic Assistance Number: 12.420 Military Medical Research and Development. (Maximum award: 2.0M)

#### *Internal*

**Sacko, R.S.** (2023). *Faculty Summer Provost Research Grant (SuPR)*, The Citadel Foundation.  
The Citadel – \$7400.00 (12,500 maximal grant allowed)

### D. Not Funded (4)

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

### E. In Preparation (2)

**Sacko, R.S.**, Stodden, D.F. *Youth Metabolic Expenditure During Object Projection Skill Performance.* National Institute of Health R21. (in preparation).

**Sacko, R.S.**, Duncan, M., Stodden, D.F. *Metabolic Expenditure During Skill Performance.* International Collaboration Grant, National Strength and Conditioning Association. 50,000 (in preparation).

## SCHOLARLY PUBLICATIONS

### A. Book Chapters (2)

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

### B. Journal Articles (32)

1. 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.
2. 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. Evaluation of a Motor Competence “Proficiency Barrier” on Health-Related Fitness in Youth. (2023) *European Journal of Sport Science*, 1-8. DOI: 10.1080/17461391.2022.2153300 IF: 5.3
3. 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
4. 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
5. 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
6. 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
7. 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

8. 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
9. 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
10. 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
11. **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: 4.155
12. 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: 1.437
13. **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>
14. **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
15. 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
16. **Sacko, R.S.** (2020) MC = MVPA. *Journal of Physical Education, Recreation and Dance (JOPERD)*. DOI: 10.1080/07303084.2020.1724501
17. 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

18. 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
19. **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
20. **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
21. 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
22. **Sacko, R.S.**, Brazendale, K., Brian, A., McIver, K., Nesbitt, D., Pfeifer, C., Stodden D.F. (2018) 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
23. 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
24. 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
25. 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
26. 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
27. 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



28. **Sacko, R.S.**, McIver, 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
29. 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
30. 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
31. **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
32. 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 (1)

1. Terlizzi, B., Hulteen, R., Rudd, J., Sgro, F., Jaakkola, T., Brian, A., **Sacko, R.S.**, Nesbitt, D., De Meester, A., Hand, A., Stodden, D.F., A Pre-longitudinal Screen of Performance in an Integrated Assessment of Throwing and Catching Skill. *Physical Education and Sport Pedagogy*.

### D. In Preparation (8)

2. Seiler, B., Newman-Norlund, R., **Sacko, R.S.**, Gibson, M., Weber, S. & Monsma, E.V. Do you see what I see? Neuroactivity breadth and depth differentiate good movement imagers from those self-reporting lower abilities. (To be submitted to the *Journal of Sport and Exercise Psychology*)
3. Terlizzi, B., Hulteen, R., Rudd, J., Sgro, F., Jaakkola, T., Brian, A., **Sacko, R.S.**, Nesbitt, D., De Meester, A., Hand, A., Stodden, D.F., A Pre-longitudinal Screen of Performance in an Integrated Assessment of Throwing and Catching Skill. *Physical Education and Sport Pedagogy*.
4. Leone, G., Abrams, T.C., Terlizzi, B., Stodden, D.F., Sacko, R.S., Monsma, E. Associations Among Psychological Skills, Functional Motor Competence, and Physical Fitness Scores in a Military Reserve Officers Training Corps Cadets. *Journal Unidentified*. (In-progress).
5. **Sacko, R.S.**, De Meester, A., Bardid, F., Stodden, D.F. Children's Levels of Energy Expenditure, Perceived Exertion, and Fun During Discrete Skill. *Journal Unidentified*. (In-progress).

6. **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)
7. **Sacko, R.S.**, Hand, A.F., Stodden, D.F., Sole, C., Bellon, C., Grieve, G., Yee, K., Bornstein, D., Spaulding, D., Silvey, K., Dubina, M., Hong, S., Terlizzi, B., Abrams, C., Haughen K. The Citadel cadet research initiative: innovation for the fitness pillar. Journal Unidentified (In-progress)
8. 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)
9. **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)

### PAPERS READ TO PROFESSIONAL SOCIETIES

<sup>‡</sup> denotes Citadel cadet

<sup>#</sup>denotes Citadel graduate student

#### A. **International (30)** *Refereed Papers (Presentations with published abstracts)*

1. 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 (NASPSPA) 2023 Conference, Toronto, Ontario Canada.
2. **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.
3. 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.
4. Abrams, C.T., Terlizzi, B., Stodden, D.F., Hand, A.F., <sup>μ</sup>Leone, G., Silvey, K., **Sacko, R.S.** (June 2021) Associations between tests of motor competence and a military fitness test. To be presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA). Virtual Conference.
5. Terlizzi, B., Abrams, C., Stodden, D.F., Hand, A.F., <sup>μ</sup>Leone, G., Silvey, K., **Sacko, R.S.** (June 2021) Comparison of a throw-catch task and maximum throwing speed in young adults. To be

presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA). Virtual Conference.

6. 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. To be presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA). Virtual Conference.
7. **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 competences in a military college cadet population. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Vancouver, British Columbia, Canada. (Virtual Conference, COVID-19)
8. 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.
9. **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 (I-MDRC) & Children's Physical Activity and Sport (CIAPSE) Conference, Verona, Italy.
10. **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 (I-MDRC) & Children's Physical Activity and Sport (CIAPSE) Conference, Verona, Italy.
11. **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 (I-MDRC) & Children's Physical Activity and Sport (CIAPSE) Conference, Verona, Italy.
12. 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.
13. 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.

14. **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
15. 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.
16. **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.
17. 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.
18. **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
19. 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.
20. 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.
21. 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.

22. 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.
23. 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.
24. **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.
25. **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.
26. 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.
27. 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.
28. **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
29. **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.
30. **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 (12)

1. **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.
2. 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.
3. 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.
4. 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). To be presented at the annual meeting of the Southeastern American College of Sports Medicine (ACSM), San Diego, CA.
5. 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. To be presented at the National Assembly of the International Motor Development Research Consortium, Charleston, SC.
6.  $\mu$ Cleeve, T.,  $\mu$ Thompson, H.,  $\mu$ 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. To be presented at the National Assembly of the International Motor Development Research Consortium, Charleston, SC.
7.  $\#$  Oladimeji, A.,  $\mu$ Thompson, H.,  $\mu$ 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.
8. **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.
9. 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.

10. **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.
11. **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.
12. 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 (25)

1. 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.
2. **Sacko, R.S.** Tague, W., White, R., Riley, N. (November, 2022) Handball. To be presented at the annual South Carolina Alliance for Health, Physical Education, Recreation and Dance Symposium (SCAHPERD), Myrtle Beach, SC.
3. 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.
4. 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.
5. 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.
6. 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.

7. 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.
8. 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.
9. 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-WARFITR study). National Strength and Conditioning Association South Carolina State Clinic, April 9th, 2022 Charleston SC.
10. 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-WARFITR). To be presented at the annual meeting of the Southeastern American College of Sports Medicine (SEACSM), Greenville, SC.
11. **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.
12. **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.
13. 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.
14.  $\mu$ Textor, 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.
15. Sole, C.J.,  $\mu$ Textor, 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.
16.  $\mu$ Textor, 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.

17. 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.
18. 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.
19. **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.
20. **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.
21. **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.
22. 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.
23. **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.
24. **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.
25. **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 (5)**

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. **Sacko, R.S.** (February, 2020) MVPE: Moderate to Vigorous Physical Education. Presented to the Charleston County School District Middle School Learning Community #LOVE2020.
3. **Sacko, R.S.** (February, 2020) MVPE: Moderate to Vigorous Physical Education. Presented to the Charleston County School District Elementary and High School Learning Community.
4. **Sacko, R.S.** (March 2016) Finding Balance. Presented at the annual Leadership Summit for the South Carolina Chapter of Government Management Information Sciences.
5. **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

#### (22) The Citadel (2018-present)

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

21. RPED 155/130 Strength and Conditioning
22. TAPR 601 Intro to Human Performance and Coaching

## **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)

#### **D. Membership on Thesis and Project Committees:**

<sup>c</sup> Denotes chair or co-chair

##### **Doctoral Dissertation (3)**

1. Terlizzi, B. (2019-2022). Evaluation of the Throw-Catch Assessment. University of South Carolina
2. Abrams, C. (2022) Grant Review Committee. Sub-committee of Dissertation Committee. USC
3. Silvey, K. (2018 – 2021). The Relationship Between U.S. Army Physical Fitness and Motor Competence. University of South Carolina

##### **Master's Thesis (29)**

1. <sup>c</sup>McQueen, M (2022 ongoing) Title TBD. University of South Carolina
2. <sup>c</sup>Horton, E (2022 ongoing) Title TBD. University of South Carolina
3. <sup>c</sup>Miller, H (2022 ongoing) Title TBD. University of South Carolina
4. <sup>c</sup>Leone, G (2021). Motor Competence and Physical Fitness in a Military Cadet Population Across the COVID-19 Pandemic. The Citadel.
5. <sup>c</sup>Binkley, S. (2023). Effectiveness of yoga, stretch therapy, and meditation on injury prevention, performance, and overall health. University of South Carolina.
6. <sup>c</sup>Clayton, B. (2023). Female Contraception Use in Army Basic Combat Training. University of South Carolina.
7. <sup>c</sup>Torsone, C. (2023). Oxidative Stress and Self-Reported Musculoskeletal Pain during Army Basic Combat Training. University of South Carolina
8. <sup>c</sup>Jones, K. (2023). Spiritual Readiness and Cognitive Health and Resilience Changes in U.S. Army Trainees. University of South Carolina.
9. <sup>c</sup>Carbone, C. (2023). Who serves those who serve? the availability of athletic trainers to ROTC programs across the United States. University of South Carolina.
10. <sup>c</sup>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.
11. <sup>c</sup>Reyes, A. (2022) Factors Affecting Scores in Physical Readiness Tests: An Exploratory Study into the New Army Combat Fitness Test. University of South Carolina.

12. © 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.
13. © 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.
14. © 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.
15. 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.
16. Sherlock, M. (2021). The relationship between psychological skills and injury incidence among ROTC cadets in the collegiate setting. University of South Carolina.
17. © Palm, M. (2021). Comparing burnout found in firefighters, police officers and military/ROTC compared to burnout found in athletic trainers. University of South Carolina.
18. © Tansey, S. (2021) Injury Incidence in ROTC Cadets across Branches. University of South Carolina.
19. © Orth, N. (2021). Ankle dorsiflexion and supine to stand as predictors for injury. University of South Carolina.
20. © Panetta, M. (2021). Psychological factors and effect on return from injury in ROTC cadets. University of South Carolina.
21. © Dubina, M. (2020). Prevalence of musculoskeletal injuries, self-perceptions and attrition rate of United States Army basic trainees. University of South Carolina.
22. © 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.
23. © Spaulding, D. (2020). Physical readiness and assessment of military college cadets. University of South Carolina.
24. Perkins, C. (2020) Determining the prevalence of residual gross motor and vestibular deficits post-concussion. University of South Carolina.
25. Textor, B., (2019). Countermovement Vertical Jump & Standing Long Jump Force Production Application to 2020 Army Combat Fitness Test Performance. The Citadel.

26. 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.
27. Rabas, M. (2018). The Effect of Practice on Lower Extremity Functional Movement Assessment. University of South Carolina.
28. 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.
29. Gilleland, S. (2016). Factor structure and reliability of the Motor Rehabilitation Movement Imagery Questionnaire. University of South Carolina.

### **C. Undergraduate Research Supervision (4)**

#### The Citadel

1. 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

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

#### International

3. Jonathan Kuban (2017-2018, Universität Münster, Germany)
4. Moritz Eggelbush (2016-2017, Universität Münster, Germany)

### **E. Mentorship**

1. Giovanna Lione (2019-2021). Supervised research related to the Citadel Cadet Research Initiative and coordinated the roll-out of the NAIMDRC conference.
2. Hannah Thompson (2019-2020). Supervised research related to the Citadel Cadet Research Initiative.

## **SERVICE**

### **A. College and University**

#### The Citadel

*Department*

- Physical Education Majors Committee (2021 ongoing)
- 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*

- Swain Family School of Science and Mathematics Faculty Research and Grants Committee (2021-present)
- Graduate Curriculum Committee member (2019-2022)
- Professional Education Board member (2019-present)
- Athletic Advisory Committee (2018-2019)
- Participation in “pre-knob” student recruitment events on The Citadel campus (2018-present)

## **B. Professional Service**

### *Committees*

- International Motor Development Research Consortium (IMDRC) executive committee Communications Director 2024-2026
- South Carolina Athletic Trainers Association (SCATA) Conference Planning Committee (2024)
- South Carolina Athletic Trainers Association (SCATA) Conference Planning Committee (2023)
- 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 – present
- 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*

- National Assembly of the International Motor Development Research Consortium (NAIMDRC) conference moderator October 11-13, 2020.
- Integrated Public Health-Aligned Physical Education (IPHPE) Conference: Policy, Guidelines, and recommendations panel discussion moderator (Sept 26, 2019)
- Poster Session Moderator, 2018 North American Society for the Psychology of Sport and Physical Activity, Denver, CO, June, 2018
- 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*

- 2024 Society of Health and Physical Education (SHAPE), Cleveland, OH, March 2024
  - Physical Activity and Health Promotion
  - Presentation Reviewer
- 2023 Society of Health and Physical Education (SHAPE), Seattle, WA, March-April 2023
  - Physical Activity and Health Promotion
  - Presentation Reviewer
- 2022 Society of Health and Physical Education (SHAPE), New Orleans, LA, April 2022
  - Physical Activity and Health Promotion, *Chair*
  - Motor Behavior
- 2021 Society of Health and Physical Education (SHAPE), Baltimore, MD, April 2021
  - 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 2020
  - Physical Activity and Health Promotion
  - Motor Behavior
- 2019 Society of Health and Physical Education (SHAPE), Tampa, FL, April 2019
  - Physical Activity and Health Promotion

#### *Journal Reviewer (11 journals)*

- Journal of Teaching in Physical Education, 2018 ongoing.
- Journal of Motor Learning and Development, 2018 ongoing.
- Journal of Sport Science, 2018 ongoing.
- The Sport Psychologist, 2018 ongoing.



- Journal of Science and Medicine in Sport, 2018 ongoing.
- Scandinavian Journal of Medicine and Science in Sports, 2019 ongoing
- European Physical Education Review, 2020 ongoing
- International Journal of Environmental Research and Public Health, 2020 ongoing
- Frontiers, 2021 ongoing
- Journal of Science and Sport in Exercise 2021 ongoing
- Sports Medicine and Health Science 2021 ongoing
- BMC Pediatrics 2023 ongoing

#### **D. Journal Articles Reviewed (28)**

1. Painted Playgrounds for Preschoolers' Physical Activity and Fundamental Motor Skill Improvement: A Randomized Controlled Pilot Trial of Preliminary Feasibility and Effectiveness for BMC Pediatrics.
2. "Trust the "Process"? When Motor Competence Scores are Reliably Unreliable" for Measurement in Physical Education and Exercise Science.
3. Physical literacy in children: exploring the construct validity of a multidimensional physical literacy construct." for European Physical Education Review.
4. Athletes' Preference for and Use of Imagery Perspective for The Sport Psychologist.
5. 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
6. Physical literacy in children: exploring the construct validity of a multidimensional physical literacy construct for the European Physical Education Review
7. Are flexibility and muscle-strengthening activities associated with functional limitation? for Sports Medicine and Health Science
8. 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.
9. Energy expenditure of adolescents during over ground walking and running for the Journal of Science in Sport and Exercise.
10. Impacts of Graspability and Stepping on Ball Velocity Acquisition Process for the Frontiers Journal.
11. The Test of Gross Motor Development Third Edition: A Bifactor Model, Dimensionality, and Measurement Invariance for the Journal of Motor Learning and Development

12. 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.
13. 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>
14. 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.
15. 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
16. The Cognitive Component of Elite high Jumpers' Pre-Performance Routines, for The Sport Psychologist. DOI: 10.1123/tsp.2019-0093
17. Physical Activity Levels during a Sport Education season of Games from Around the World, for the European Physical Education Review journal.
18. Canadian assessment of physical literacy in Grades 7-9 (12-16 years): Descriptive results for the Journal of Sports Sciences
19. 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
20. 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
21. 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
22. 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
23. 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
24. 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

25. The relations between the dimensions of empathy and imagery in sport, for *The Sport Psychologist*
26. 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
27. The effect of core stability exercise on the reaction time of deep trunk muscles, for the *Journal of Sport Sciences*. DOI: 10.17265/2332-7839/2018.05.004
28. The influence of confounding factors on the reliability of the highly qualified wrestlers' technique, for the *Journal of Sport Sciences*.

### C. Community Outreach

- 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 practical application of Moderate to Vigorous Physical Education (MVPE) to Charleston area school teachers in collaboration with Holly Kut. August 16<sup>th</sup>, 2019.
- South Carolina Alliance for Health, Physical Education, Recreation and Dance round table *Chair and Discussant* 2019 (SCAHPERD, 15-17 November 2019, Myrtle Beach, SC)
- Teacher In-service: provide 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 27<sup>th</sup> 2019.
- Consultant, Sandhills School Columbia, South Carolina. Provided expert advice and commentary to 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 4<sup>th</sup> and 5<sup>th</sup> 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)