

## CHRISTOPHER J. SOLE

Assistant Professor

The Citadel – The Military College of South Carolina  
171 Moultrie Street, Charleston, South Carolina 29409

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### CURRICULUM VITAE

#### EDUCATION

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**Ph.D. Sport Physiology and Performance** 2015  
East Tennessee State University  
Johnson City, Tennessee

*Dissertation: Analysis of countermovement vertical jump force-time curve phase characteristics in athletes.*

**M.S. Exercise Science** 2009  
East Stroudsburg University of Pennsylvania  
East Stroudsburg, Pennsylvania

*Thesis: Kinematic analysis of the effects of heavy resistance exercise on short-term agility performance.*

**B.S. Exercise Science - Magna Cum Laude** 2008  
Manhattan College  
Riverdale, New York

#### TEACHING EXPERIENCE

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**The Citadel – The Military College of South Carolina** 2015-Present  
Department of Health and Human Performance  
Charleston, South Carolina

##### Instructor of Record

- EXSC/PHED200 - Motor Development
- EXSC235 – Motor Learning
- EXSC305 – Measurement and Evaluation
- EXSC403 – Exercise Testing and Prescription
- HESS506 – Applied Exercise Physiology

- HESS540 – Research Techniques and Methods
- HESS541 – Current and Future Trends in Health, Exercise, and Sport Science
- HESS544 – Exercise Testing and Assessment
- HESS547 – Techniques for Conditioning in Sport and Exercise

**East Tennessee State University**

2012-2014

Department of Sport and Exercise Science  
Johnson City, Tennessee

**Instructor of Record**

- PEXS4062 – Cardiovascular Exercise Testing
- PEXS4061 – Exercise and Fitness Testing
- PEXS3032 – Psychomotor Development in Infants and Children
- PHED1130 – Wellness for Life

**Monmouth University**

2011-2012

Marjorie K. Unterberg School of Nursing and Health Studies  
West Long Branch, New Jersey

**Instructor of Record**

- PR422 – HIV/AIDS and The Global Society
- HE225 – Mind/Body Connection
- HE160 – Substance Use and Abuse

**County College of Morris**

Spring 2010 and 2011

Department of Health and Exercise Science  
Randolph, New Jersey

**Instructor of Record**

- HES211 – Kinesiology
- HES127 – Beginner Weight Training

**PEER-REVIEWED PUBLICATIONS**

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Carroll, K. M., Wagle, J. P., **Sole, C. J.**, & Stone, M. H. (2019) Intrasession and intersession reliability of countermovement jump testing in division-I volleyball athletes. *The Journal of Strength and Conditioning Research*. 33(11), 2932-2935.

Sands, W. A., Cardinale, M., McNeal, J. R., Murray, S. R., **Sole, C. J.**, Reed, J. P., Apostolopoulos, N., & Stone, M. H. (2019) Recommendations for measurement and management of an elite athlete. *Sports*. 7(5), 105.

- Beckham, G. K., Suchomel, T. J., **Sole, C. J.**, Bailey, C.A., Grazer, J. L., Kim, S. B., Talbot, K. B., & Stone, M. H. (2019) Influence of sex and maximum strength on reactive strength index-modified. *Journal of Sports Science and Medicine*. 18, 65-72.
- Sole, C. J.**, Suchomel, T. J., & Stone, M. H. (2018). Preliminary scale of reference values for evaluating reactive strength index-modified in male and female NCAA Division I athletes. *Sports*. 6(4), 133.
- Suchomel, T. J., Taber, C. B., **Sole, C. J.**, & Stone, M. H. (2018). Force-Time differences between ballistic and non-ballistic half-squats. *Sports*. 6(3), 79.
- Sole, C. J.**, Mizuguchi, S., Sato, K., Moir, G. L., & Stone, M. H. (2018). Phase characteristics of the countermovement jump force-time curve: A comparison of athletes by jumping ability. *The Journal of Strength and Conditioning Research*. 32(4), 1155-1165.
- Bazyler, C. D., Mizuguchi, S., **Sole, C. J.**, Suchomel, T. J., Sato, K., Kavanaugh, A. A., DeWeese, B. H., & Stone, M. H. (2018). Jumping performance is preserved, but not muscle thickness in collegiate volleyball players after a taper. *The Journal of Strength and Conditioning Research*. 32(4), 1020-1028.
- Suchomel, T. J. & **Sole, C. J.** (2017). Power-time comparison between weightlifting derivatives. *Journal of Sports Science and Medicine*. 16(3), 407-413.
- Sole, C. J.**, Kavanaugh, A. A., & Stone, M. H. (2017). Injuries in collegiate women's volleyball: A four-year retrospective analysis. *Sports*. 5(26), 1-9
- Suchomel, T. J. & **Sole, C. J.** (2016). Comparison of force-time curves between weightlifting derivatives. *International Journal of Sports Physiology and Performance*. 12(4), 431-439.
- Suchomel, T. J., **Sole, C. J.**, & Stone, M. H. (2016). Comparison of methods that assess lower body stretch-shortening cycle utilization. *The Journal of Strength and Conditioning Research*. 30(2), 547-554
- Suchomel, T. J., **Sole, C. J.**, Bailey, C.A., Grazer, J. L., & Beckham, G. K. (2015). A comparison of reactive strength index-modified between six U.S. collegiate athletic teams. *The Journal of Strength and Conditioning Research*. 29(5), 1310-1316.
- Suchomel, T. J., Bailey, C.A., **Sole, C. J.**, Grazer, J. L., & Beckham, G. K. (2015). Using reactive strength index-modified as an explosive performance measurement tool in Division I athletes. *The Journal of Strength and Conditioning Research*. 29(4), 899-904.

Suchomel, T. J., DeWeese, B. H., Beckham, G. K., Serrano, A. J., & **Sole, C. J.** (2014). The jump shrug: A progressive exercise into weightlifting derivatives. *Strength & Conditioning Journal*, 36(3), 43-47.

**Sole, C. J.**, Moir, G. L., Davis, S. E., & Witmer, C. A. (2013). Mechanical analysis of the acute effects of a heavy resistance exercise warm-up on agility performance in court-sport athletes. *Journal of Human Kinetics*, 39(1), 147-156.

Beckham, G. K. & **Sole, C. J.** (2013). Maximal strength and landing mechanics. *National Strength and Conditioning Association - Hot Topic*. Available at:  
<http://www.nsc.com/Education/Articles/Maximal-Strength-and-Landing-Mechanics/>

#### BOOK CHAPTERS

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**Sole, C. J.** (2017). Plyometric training. In: P. Comfort & A. Turner (Eds.), *Advanced Strength and Conditioning: An Evidence-based Approach*. (274-290). London: Routledge. ISBN: 978-1138687356

#### PUBLISHED ABSTRACTS / CONFERENCE PAPERS

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**Sole, C. J.**, Manceaux, K. P., & Suchomel, T. J. (2019) Intersession reliability of reactive strength index-modified in military cadets. *The Journal of Strength and Conditioning Research*, 33(2), e170.

Beckham, G. K., Suchomel, T.J., **Sole, C. J.**, Bailey, C.A., Grazer, J. L., Kim, S. B., Talbot, K. B., & Stone, M. H. (2019) Influence of sex and maximum strength on reactive strength index-modified. *The Journal of Strength and Conditioning Research*, 33(2), e191-192.

**Sole, C. J.**, Mizuguchi, S., Sato, K., Moir G. L., & Stone, M. H. (2016). A comparison of countermovement jump force-time phase characteristics between athletes stratified by maximal isometric strength. *The Journal of Strength and Conditioning Research*, 30(S), 3-4.

Suchomel, T. J. & **Sole, C. J.** (2016). Power-time curve comparisons between weightlifting derivatives. *The Journal of Strength and Conditioning Research*, 30(S), 1165.

Bazyler, C. D., Suchomel, T. J., **Sole, C. J.**, Mizuguchi, S., & Stone, M. H. (2016). Changes in muscle architecture and explosive ability in collegiate volleyball players throughout a competitive season. *Medicine and Science in Sports and Exercise*, 48(5), 806.

- Suchomel, T. J., & **Sole, C. J.** (2015). Force-time curve comparisons between weightlifting derivatives. In proceedings of: *10<sup>th</sup> Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 11-12
- Sole, C. J.**, Suchomel, T.J., Bellon, C.R., Rapp, C. B., VanGoethem, A. E., Reed, J.P., Mizuguchi, S., & Stone, M. H. (2014). Relationship between accumulated volume load and rate of force development in the countermovement vertical jump. In proceedings of: *9<sup>th</sup> Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 5-6.
- Sole, C. J.**, Rapp, C. B., & Stone, M. H. (2014). Quantification of resistance training dosage: A one-year retrospective review. In proceedings of: *9<sup>th</sup> Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 5-6.
- Sole, C. J.**, Yoshida, N., Alban, B.A., Bazylar, C.D., & Mizuguchi, S. (2014). Using the Minimaxx accelerometer to quantify the demands of preseason training in NCAA volleyball: A descriptive case-study. In proceedings of: *9<sup>th</sup> Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 5-6.
- Suchomel, T.J., **Sole, C. J.**, Sams, M. L., & Stone, M. H. (2014). The effect of a competitive season on the explosive performance characteristics of collegiate male soccer players. In proceedings of: *9<sup>th</sup> Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 5-6.
- Bailey, C.A., Suchomel, T.J., Beckham, G. K., **Sole, C. J.**, & Grazer, J. L. (2014). A comparison of baseball positional differences with reactive strength index-modified. In proceedings of: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.
- Beckham, G. K., Suchomel, T. J., Bailey, C.A., **Sole C. J.**, & Grazer, J. L. (2014). The relationship of reactive strength index-modified and measures of force development in the isometric mid-thigh pull. In proceedings of: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.
- Chiang, C. Y., Bailey, C. A., **Sole, C. J.**, Suchomel, T. J., Sato, K., & Stone, M. H. (2014). Leg dynamic strength predictors of a pre-planned change of direction task in NCAA Division-I soccer players. In proceedings of: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.

- Sole, C. J.**, Mizuguchi, S., Suchomel, T.J., Sands, W. A., and Stone, M. H. (2014). Longitudinal monitoring of countermovement jump mechanical variables: A preliminary investigation. In proceedings of: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.
- Suchomel, T. J., **Sole, C. J.**, Bailey, C.A., Grazer, J. L., & Beckham, G. K. (2014). Reactive strength index-modified: A comparison between six U.S. collegiate athletic teams. In proceedings of: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.
- Suchomel, T. J., Bailey, C.A., **Sole, C. J.**, Grazer, J. L., & Beckham, G. K. (2014). The use of reactive strength index-modified as an explosive performance in male and female athletes. In proceedings of: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.
- Suchomel, T. J., **Sole, C. J.**, & Stone, M. H. (2014). A comparison of three methods of assessing lower body stretch-shortening cycle in athletes. *The Journal of Strength and Conditioning Research*, 28(S), 21.
- Sole, C. J.**, Kavanaugh, A. A., Sands, W. A., Reed, J.P., & Stone, M. H. (2014). Time-series analysis of injury occurrence in NCAA Division I women's volleyball. *Medicine and Science in Sports and Exercise*, 46(5), 761.
- Chiang, C. Y., Sato, K., Bailey, C.A., **Sole, C. J.**, Suchomel, T. J., Alexander, R. P., Sayers, A. L., Sands, W. A., & Stone, M. H. (2014). Is change of direction ability related to vertical jump height in female soccer players? *Medicine and Science in Sports and Exercise*, 46(5), 959.
- Sole, C. J.**, Kavanaugh, A. A., Reed, J.P., Israetel, M. A., Devine, L. E., Ramsey, M. W., Sands, W. A., & Stone, M. H. (2013). The sport performance enhancement group: A five-year analysis of interdisciplinary athlete development. In Proceedings of: *8th annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 13-14.
- Sands, W. A., McNeal, J. R., Alumbaugh, B., Penitente, G., Jemni, M., Murray, S. R., Chiang, C. Y., **Sole, C. J.**, & Stone M. H. (2013). Tumbling take-off foot contact comparisons: Two types of gymnastics spring floors. *Medicine and Science in Sports and Exercise* 45(5), 543.

#### NON PEER-REVIEWED WORK

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- Sole, C. J.** (2013) The Warm-Up. In: G. K. Beckham, A. P. Harrison, S. Mizuguchi, **C. J. Sole**, M. A. South, T. J. Suchomel, & A. Swisher, A. (Eds.) *East Tennessee State University Exercise and Sport Science Laboratory Manual: S.P.E.C. Athlete Monitoring Program*. 15-20. Johnson City, TN: East Tennessee State University.

## PRESENTATIONS

### INTERNATIONAL & NATIONAL MEETINGS

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- Beckham, G. K., Suchomel, T.J., **Sole, C. J.**, Kim, S. B., & Stone, M. H. (2019) Influence of sex, relative maximum strength, and unloaded vertical jump height on the loaded countermovement vertical jump. Poster presentation: *42<sup>st</sup> Annual Conference of the National Strength and Conditioning Association*. Washington, DC. July 11-14.
- Sole, C. J.**, Manceaux, K. P., & Suchomel, T. J. (2018) Intersession reliability of reactive strength index-modified in military cadets. Poster presentation: *41<sup>st</sup> Annual Conference of the National Strength and Conditioning Association*. Indianapolis, IN. July 11-14.
- Beckham, G. K., Suchomel, T.J., **Sole, C. J.**, Bailey, C.A., Grazer, J. L., Kim, S. B., Talbot, K. B., & Stone, M. H. (2018) Influence of sex and maximum strength on reactive strength index-modified. Podium presentation: *41<sup>st</sup> Annual Conference of the National Strength and Conditioning Association*. Indianapolis, IN. July 11-14.
- Sole, C. J.**, Mizuguchi, S., Sato, K., Moir G. L., & Stone, M. H. (2016). A comparison of countermovement jump force-time phase characteristics between athletes stratified by maximal isometric strength. Podium presentation: *39<sup>th</sup> Annual Conference of the National Strength and Conditioning Association*. New Orleans, LA. July 6- 9.
- Suchomel, T. J. & **Sole, C. J.** (2016). Power-time curve comparisons between weightlifting derivatives. Podium presentation: *39<sup>th</sup> Annual Conference of the National Strength and Conditioning Association*. New Orleans, LA. July 6-9.
- Bazyler, C. D., Suchomel, T. J., **Sole, C. J.**, Mizuguchi, S., & Stone, M. H. (2016). Changes in muscle architecture and explosive ability in collegiate volleyball players throughout a competitive season. Poster presentation: *63<sup>rd</sup> Annual Meeting of the American College of Sports Medicine*. Boston, MA. May 31-June 4.
- Sole, C. J.**, (2014). Longitudinal monitoring of countermovement jump mechanical variables: A preliminary investigation. Oral presentation: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 13.
- Bailey, C.A., Suchomel, T.J., Beckham, G. K., **Sole, C. J.**, & Grazer, J. L. (2014). A comparison of baseball positional differences with reactive strength index-modified. Poster presentation: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.
- Beckham, G. K., Suchomel, T.J., Bailey, C.A., **Sole C. J.**, & Grazer, J. L. (2014). The relationship of reactive strength index-modified and measures of force development in the isometric

mid-thigh pull. Poster presentation: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.

Chiang, C. Y., Bailey, C. A., **Sole, C. J.**, Suchomel, T. J., Sato, K., & Stone, M. H. (2014). Leg dynamic strength predictors of a pre-planned change of direction task in NCAA Division-I soccer players. Poster presentation: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.

Suchomel, T. J., **Sole, C. J.**, Bailey, C.A., Grazer, J. L., & Beckham, G. K. (2014). Reactive strength index-modified: A comparison between six U.S. collegiate athletic teams. Poster presentation: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.

Suchomel, T. J., Bailey, C. A., **Sole, C. J.**, Grazer, J. L., & Beckham, G. K. (2014). The use of reactive strength index-modified as an explosive performance in male and female athletes. Poster presentation: *XXXII Congress of the International Society of Biomechanics in Sports*. Johnson City, TN. July 12-16.

Suchomel, T. J., **Sole, C. J.**, & Stone, M. H. (2014). A comparison of three methods of assessing lower body stretch-shortening cycle in athletes. Poster presentation: *37<sup>th</sup> Annual National Conference and Exhibition of the National Strength and Conditioning Association*. Las Vegas, NV. July 9-12.

**Sole, C.J.**, Kavanaugh, A. A., Sands, W. A., Reed, J.P., & Stone, M. H. (2014). Time-series analysis of injury occurrence in NCAA Division I women's volleyball. Poster presentation: *61<sup>st</sup> Annual Meeting of the American College of Sports Medicine*. Orlando, FL. May 27-31.

Chiang, C. Y., Sato, K., Bailey, C. A., **Sole, C. J.**, Suchomel, T. J., Alexander, R. P., Sayers, A. L., Sands, W.A., & Stone, M.H. (2014). Is change of direction ability related to vertical jump height in female soccer players? Poster presentation: *61<sup>st</sup> Annual Meeting of the American College of Sports Medicine*. Orlando, FL. May 27-31.

Sands, W. A., McNeal, J. R., Alumbaugh, B., Penitente, G., Jemni, M., Murray, S. R., Chiang, C. Y., **Sole, C. J.**, & Stone, M. H. (2013). Tumbling take-off foot contact comparisons: Two types of gymnastics spring floors. Poster presentation: *60<sup>th</sup> Annual Meeting of the American College of Sports Medicine*. Indianapolis, IN. May 28 – June 1.

## REGIONAL MEETINGS

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Manceaux K. P., Hickey B., Bickley J. M., Rourke F. E., & **Sole C. J.** (2019) Physiological impact of structural personal protective ensemble during steady-state exercise. Poster presentation: *Southeast Regional Conference of the National Strength and Conditioning Association*. Rock Hill, SC. September 14.



- Textor, B. C., **Sole, C. J.**, Sacko, R. S., & Bornstein, D. B. (2019). Relationships between countermovement vertical jump force production characteristics and performance in the 2020 Army Combat Fitness Test. Poster presentation: *Southeast Regional Conference of the National Strength and Conditioning Association*. Rock Hill, SC. September 14.
- Sole, C. J.** & Manceaux, K. P. (2019). Influence of bilateral asymmetry on countermovement jump performance outcomes. Poster presentation: *46<sup>th</sup> Annual Meeting of the Southeast Chapter of American College of Sports Medicine*. Greenville, SC. February 14-16.
- Bornstein, D., **Sole, C. J.**, Sacko, R. S., Macdonald, A., Hickey, B. T., Townes, L., Crews, S. L. (2019). Tactical performance resiliency: An interdisciplinary approach to fitness and performance in military and paramilitary populations. Symposium: *46<sup>th</sup> Annual Meeting of the Southeast Chapter of American College of Sports Medicine*. Greenville, SC. February 14-16.
- Sole, C. J.** (2018) Vertical jump: Application to athlete performance monitoring. Invited presentation: *National Strength and Conditioning Association Wisconsin State Clinic*. Waukesha, WI. April 14.
- Manceaux, K. P., Winch, S. J., Rodgers, I. M., & **Sole, C. J.** (2018). Effect of Instructions on force-time characteristics of the countermovement vertical jump. Poster presentation: *45<sup>th</sup> Annual Meeting of the Southeast Chapter of American College of Sports Medicine*. Chattanooga, TN. February 15-17.
- Bornstein, D. B., Overton, A., **Sole, C. J.**, Duke, C., Hucks, K., & Boucher, D. (2018). Efficacy of strength and conditioning-based physical training as compared to military-based training in military cadets. Poster presentation: *45<sup>th</sup> Annual Meeting of the Southeast Chapter of American College of Sports Medicine*. Chattanooga, TN. February 15-17.
- Powers, L. V., Rodgers, I. M., & **Sole, C. J.** (2017). Relationship between maximal strength and power production at submaximal loads in the bench press. Poster presentation: *44<sup>th</sup> Annual meeting of the Southeast Chapter of the American College of Sports Medicine*. Greenville, SC. February 16-18.
- Sole, C. J.**, Suchomel, T. J., Mizuguchi, S., & Stone, M. H. (2016). Comparison of peak mechanical power estimations in longitudinal vertical jump monitoring. Poster presentation: *43<sup>rd</sup> Annual meeting of the Southeast Chapter of the American College of Sports Medicine*. Greenville, SC. February 18-20.
- Suchomel, T.J., & **Sole, C. J.** (2015). Force-time curve comparisons between weightlifting derivatives. Poster presentation: *10<sup>th</sup> Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 11-12.

- Sole, C. J.**, Bazylar, C.D., Kavanaugh, A. A., Mizuguchi, S., & Stone, M. H. (2015). Relationships between internal and external estimates of training-load using wearable inertial sensors. Poster presentation: *42<sup>nd</sup> Annual meeting of the Southeast Chapter of the American College of Sports Medicine*. Jacksonville, FL. February 12-14.
- Sole, C. J.**, Suchomel, T. J., Bellon, C. R., Rapp, C. B., VanGoethem, A. E., Reed, J.P., Mizuguchi, S., & Stone, M. H. (2014). Relationship between accumulated volume load and rate of force development in the countermovement vertical jump. Poster presentation: *9th Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 5-6.
- Sole, C. J.**, Rapp, C. B., & Stone, M. H. (2014). Quantification of resistance training dosage: A one-year retrospective review. Poster presentation: *9th Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 5-6.
- Suchomel, T. J., **Sole, C. J.**, Sams, M. L., & Stone, M. H. (2014). The effect of a competitive season on the explosive performance characteristics of collegiate male soccer players. Poster presentation: *9th Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 5-6.
- Sole, C. J.**, Yoshida, N., Alban, B. A., Bazylar, C. D., & Mizuguchi, S. (2014). Using the Minimaxx accelerometer to quantify the demands of preseason training in NCAA volleyball: A descriptive case-study. Poster presentation: *9th Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 5-6.
- Suchomel, T. J., **Sole, C. J.**, Sams, M. L., & Stone, M. H. (2014). The effect of a competitive season on the explosive performance characteristics of collegiate male soccer players. Poster presentation: *9th Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 5-6.
- Beckham, G. K., Suchomel, T. J., Bailey, C. B., **Sole, C. J.**, & Stone, M. H. (2014). Influence of sex on reactive strength index-modified. Poster presentation: *33<sup>rd</sup> Annual Meeting of the Southwest Chapter of the American College of Sports Medicine*. Costa Mesa, CA. October 17-18.
- Sole, C. J.**, Kavanaugh, A. A., Reed, J. P., Israetel, M. A., Devine, L. E., Ramsey, M. W., Sands, W.A., & Stone, M.H. (2013). The sport performance enhancement group: A five-year analysis of interdisciplinary athlete development. Poster presentation: *8th Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 13-14.

**Sole, C. J. & Suchomel, T. J. (2013).** Developing strength and power with weightlifting movements. Oral Presentation: *Annual Meeting of the Mountain Athletic Trainers Society*. Kingsport, TN. June 11.

**Sole, C. J., Moir, G. L., Davis, S. E., & Witmer, C. A. (2009).** Kinematic analysis of the effects of heavy resistance exercise on short-term agility performance. Poster presentation: *4th Annual Center of Excellence for Sport Science and Coach Education Coaching and Sport Science College*. Johnson City, TN. December 18-19.

## PROFESSIONAL EXPERIENCE

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<b>Assistant Professor</b> ( <i>tenure-track</i> ) Department of Health, Exercise, and Sport Science The Citadel – The Military College of South Carolina	2015-Present
<b>Research Assistant</b> ( <i>Graduate assistantship</i> ) Department of Exercise and Sport Science East Tennessee State University	2013-2014
<b>Head Sport Scientist/Strength and Conditioning Coach</b> East Tennessee State University Women’s Volleyball	2012-2015
<b>Sport Performance Consultant</b> Key2 Sports Training, Wall Township, NJ	2010-2012
<b>Adjunct Faculty</b> Marjorie K. Unterberg School of Nursing and Health Studies Monmouth University	2011-2012
<b>Adjunct Faculty</b> Department of Health and Exercise Science County College of Morris	2010-2011
<b>Strength and Conditioning Intern</b> Rutgers University Football	2009
<b>Assistant Coach of Track and Field</b> Horace Mann School, Riverdale, NY	2007-2008

## **HONORS AND AWARDS**

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<b>Outstanding Research Poster Award (Sport Science)</b> 10 <sup>th</sup> CESSCE Coaches College	2015
<b>Outstanding Research Poster Award (Sport Science)</b> , 9 <sup>th</sup> CESSCE Coaches College	2014
<b>Dissertation Fellowship</b> , East Tennessee State University	2014-15
<b>Outstanding Graduate Assistant Award</b> , East Tennessee State University	2013
<b>Outstanding Research Poster Award</b> , 8 <sup>th</sup> CESSCE Coaches College	2013
<b>Graduate Assistantship</b> , East Tennessee State University	2013-14
<b>Tuition Scholar</b> , East Tennessee State University	2012-13
<b>Research Poster Award (3<sup>rd</sup> place)</b> , 4 <sup>th</sup> CESSCE Coaches College	2009
<b>Graduate Assistantship</b> , East Stroudsburg University	2008-2009
<b>Magna Cum Laude</b> , Manhattan College	2008
<b>Epsilon Sigma Pi Honor Society</b> , Manhattan College	2008
<b>Jasper Award for Academic and Athletic Excellence</b> , Manhattan College	2008
<b>Metro Atlantic Athletic Conference Student-Athlete of the Year – Finalist</b>	2008
<b>ESPN the Magazine All-Academic First Team All-District</b> , Manhattan College	2008
<b>ESPN the Magazine All-Academic First Team All-District</b> , Manhattan College	2007
<b>Athletic Scholarship</b> , Manhattan College	2004-08

## **SCHOLARLY AND PROFESSIONAL MEMBERSHIPS**

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American College of Sports Medicine

American College of Sports Medicine – Southeast Chapter

National Strength and Conditioning Association

## **CERTIFICATIONS**

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Certified Strength and Conditioning Specialist – National Strength and Conditioning Association

USA Track and Field Level I Coach – USA Track and Field

USA Weightlifting – Certified Sports Performance Coach

CPR/AED – American Red Cross