

**Curriculum Vitae**  
Updated 09 JAN 2020  
**Richard J. Schmidt**

**Academic Credentials**

- 2006 PG Cert. Intelligence Analysis  
Michigan State University
- 1988 Ph.D. Major: Education - Psychological & Cultural Studies  
University of Nebraska  
Dissertation: The effects of Shotokan karate training on self-concept and Eastern cultural value orientation of college men and women.
- 1975 Graduate coursework in exercise physiology  
University of Colorado - Boulder
- 1971 M.Ed. in Education (Exercise Science)  
University of Nebraska
- 1969 B.S. in Education (Physical Education)

**Academic Appointments**

- 2003 to present Associate Professor, University of Nebraska  
Department of Nutrition & Health Sciences  
Asian Studies Faculty Affiliate – College of Arts & Sciences
- 1994-2003 Associate Professor, University of Nebraska  
Department of Health & Human Performance  
Asian Studies Faculty Affiliate – College of Arts & Sciences
- 1975-1993 Assistant Professor, University of Nebraska  
School of Health, Physical Education & Recreation  
Asian Studies Faculty Affiliate – College of Arts & Sciences  
Tenure (1975): Graduate Faculty appointment – November 1993
- 1971-1974 Instructor, University of Nebraska  
Department of Physical Education for Men (FTE 0.5 - Sept 1973 to Aug 1974)  
Research Associate  
Division of Medical Research – UNL Health Center (FTE 0.5 - Sept 1973 to Aug 1974)

**Military Service & Education**

- United States Navy  
United States Naval Flight School  
Aviation Officer Candidate School - NAS Pensacola, Sep 69 - Apr 70  
Honorable Discharge (DD 214 available on request)
- United States Air Force  
Aerospace Physiology Specialist U.S. Air Force (AFIADL)  
Squadron Officer School – U.S. Air Force (AFIADL)

**Professional Credentials****Exercise Science**

Registered Clinical Exercise Physiologist (issued 2001)  
*American College of Sports Medicine*

Exercise Specialist (1977)  
*American College of Sports Medicine*

Exercise Test Technologist (1977)  
*American College of Sports Medicine*

Designated Health/Fitness Instructor Examiner  
*American College of Sports Medicine*

**Combatives (Law Enforcement)**

Certified Law Enforcement Instructor  
*American Society for Law Enforcement Trainers*  
*Nebraska Commission on Law Enforcement and Criminal Justice*  
*Texas Commission on Law Enforcement Officer Standards and Education*  
*National Law Enforcement Training Center*

**Combatives (Military)**

Designated Range Safety Officer, UNL Navy-Marine ROTC Unit (per OPNAVIST 3591.13 [20 Feb 2007])

Designated Small Arms Weapons Instructor, UNL Navy-Marine ROTC Unit (per OPNAVIST 3591.13 [20 Feb 2007])

Combatives instructor – UNL Navy-Marine Corps and Army ROTC

**Combatives (Japanese Martial Arts)*****Gendai and Koryu Budo (Modern and Classical Martial Arts)***

Shotokan karate: Rokudan - 7<sup>th</sup> degree black belt  
Issued by Shotokan Okano-ha Karate-do Kenkojuku (Okano Tomokatsu, Kancho)  
Asayama Ichiden Ryu Taijutsu

Kendo (traditional Japanese fencing): Yondan - 4<sup>th</sup> degree black belt  
Issued by All United States Kendo Federation (Nakabara Torataro, Hachidan, Hanshi)

Iaido: (traditional Japanese swordsmanship): Godan - 5<sup>th</sup> degree black belt  
Issued by All United States Kendo Federation  
Zen Nihon Seitei Iaido  
Omori Ryu Iaijutsu (Koryu)  
Hasegawa Eishin Ryu iaijutsu (Koryu)  
Musō Jikiden Eishin Ryu iaijutsu (Koryu)

Naginata (traditional Japanese halberd art): Nidan - 2<sup>nd</sup> degree black belt  
Issued by All Japan Naginata Federation (Konishi Shizuko)  
*Atarahii naginata (gendai)*  
*Tendo-Ryu Naginata (koryut) – Shingetsu-kai: Initiate - 2006*

Tenshin Shoden Katori Shinto Ryu: (Koryu) *Initiate (keppan) – 2007*  
Instructor in United States: Phil Relnick, Menykyo  
Instructor in Japan: Otake Risuke, Menykyo Kaiden

**Professional Affiliations**

American College of Sports Medicine

ACSM Special Interest Groups (SIGs) affiliate:

- *Clinical Exercise Physiology*
- *Occupational Physiology*
- *Military Sports Medicine*
- *Combatives*
- *Exercise Sciences Education*

Aerospace Medical Association (AsMA)

Aerospace Physiology Society (AsPS)

National Strength & Conditioning Association

NSCA Special Interest Group (SIG) affiliate

- *Tactical Strength and Conditioning (Military and Law Enforcement)*

Phi Epsilon Kappa (Professional physical education honorary)

Nippon Budo Gakkai (Japanese Research Academy of Budo)

Nippon Taiiku Gakkai (Japanese Society of Physical Education)

American Society for Law Enforcement Training- ASLET (Former Nebraska State Representative)

International Hoplological Society

**Awards and Honors**

- 2016 50 years of teaching Shotokan karate – Okano Tomokatsu Kancho, Kenkojuku Karatedo Association
- 2004 Professor of the Month (November) – Black Masque Chapter of Mortar Board, UN-L (Student nomination)
- 2003 Certificate of “Recognition for Contributions to Students” UNL Parents’ Association (Student nomination)
- 1998 Certificate of “Recognition for Contributions to Students” UNL Parents’ Association (Student nomination)
- 1993 Certificate of “Recognition for Contributions to Students” UNL Parents’ Association (Student nomination)
- 1990 Certificate of “Recognition for Contributions to Students” UNL Parents’ Association (Student nomination)
- Elected Fellow - Research Consortium (AAHPERD)
- 1980 Recipient, Distinguished Teaching Award, University of Nebraska
- 1971 Eugene C. Gross Memorial Fellowship Award, University of Nebraska
- 1970 Graduate Assistantship, University of Nebraska

**PUBLICATIONS & PRESENTATIONS\***

\* Where two authors are listed, both participated equally in the study design and helped draft and approve the manuscript while aiding in data collection. Where more than two authors are listed, the first two authors participated equally in the study design, data collection, and writing of initial manuscript draft. Remaining co-authors assisted equally in data collection, reading, editing, and approval of the final manuscript.

**Invited International Research Presentation (Peer-reviewed)**

Schmidt, R. J., and G. H. Bristol. The Effects of the Japanese Martial Arts on the Development of the United States Marine Corps Martial Arts Program. "Budo in the 21<sup>st</sup> Century: Past, Present, and Future." International Research Center for Japanese Studies, Kyoto, Japan. Sponsored by the International Research Center for Japanese Studies - funded by the Monbusho (Japan Ministry of Education). 2003.

**International Research Presentations (Peer-reviewed)**

Schmidt, R. J., and C. J. Ansorge. Eastern cultural value orientation of Western budo trainers. Nihon Daigaku, Tokyo, Japan, 19th Annual Meeting of the Nippon Budo Gakkai. October, 1986.

Schmidt, R. J., T. J. Housh, and R. A. Hughes. Metabolic response to kendo. Tokyo Noko Daigaku, Tokyo, Japan, 17th Annual Meeting of the Nippon Budo Gakkai. October, 1984.

Schmidt, R. J. Beikoku kendo rekishi (History of kendo in the United States). Tsukuba Daigaku, Ibaraki, Japan, 14th Annual Meeting of the Nippon Budo Gakkai. November, 1981.

**Published Conference Proceedings**

Schmidt, R. J., and G. H. Bristol. The Effects of the Japanese Martial Arts on the Development of the United States Marine Corps Martial Arts Program. "Budo in the 21<sup>st</sup> Century: Past, Present, and Future." International Research Center for Japanese Studies: Kyoto, Japan. KW Publications, Auckland, NZ. 2005.

Schmidt, R. J. Acculturation and socialization in the martial arts - What is taught and what is learned?: Cross-cultural implications. Sport in the Global Village: Comparative Perspectives. Eighth Biennial Conference of the International Society for Comparative Physical Education and Sport. June 12-18, Houston, TX. 1992.

Schmidt, R. J. The Martial Arts and Development of the Self-Concept. In "Japanese Martial arts and American sports: cross-cultural perspectives on means to personal growth." Institute for Religion and Culture, Nanzan University, Nagoya, Japan. 1990.

Schmidt, R. J. Martial arts and the development of self-concept and Eastern cultural value orientations - A review. U.S.-Japan Conference on Japanese Martial Arts and American Sports; Cross-Cultural Perspectives on Means to Personal Growth, University of Wisconsin-Madison. August, 1989.

Schmidt, R. J. Japanese martial arts as spiritual education. Big Ten CIC Symposium: "Mind and Body of East and West," The Ohio State University, Columbus, OH, October 13-15. Proceedings published by S. Kleinman (Ed), Human Kinetics Publishers, Inc. Champaign, IL. 1986.

**Peer-reviewed Research Paper Presented at Regional Meeting**

Schmidt, R.J. & Ansorge, C.J. (April, 1998). Images and perceptions of Shotokan karate by Shotokan karate trainers and non-karate university students. Presented at the 75th annual meeting of the Central States Anthropological Society: Kansas City, Mo.

**Articles in Professional Journals and Research Newsletter**

Schmidt, R.J. (1982). The Katori Shinto ryu: An etic impression. (a research newsletter of the International Hoplogical Research Center), Tokyo, Japan. *HOPLOS*, 4, 1.

Schmidt, R.J. (April, 1982). Kendo: The martial way of Japanese fencing. *Journal of Physical*

*Education, Recreation and Dance.*

Schmidt, R.J. (1981). Exercise science: Undergraduate curriculum for strength coaches and related personnel at UNL, *National Strength Coaches Association Journal*, 3, 2.

Schmidt, R.J. (1981). Quantification of the aerobic component in strength/conditioning programs, *National Strength Coaches Association Journal*, 3, 2.

Schmidt, R.J. (1972). Karate-do: An innovative activity for physical education, *Nebraska Journal for Health, Physical Education and Recreation*, 4, 3.

**Peer-reviewed Journal Publications**

Keller, J. L., Housh, T., Hill, E. C., Smith, C. M., Schmidt, R., Johnson, G. (2019). Are there sex-specific neuromuscular or force responses to fatiguing isometric muscle actions anchored to a high perception of effort? *To appear in NSCA to appear in Journal Of Strength and Conditioning Research*.

Bergstrom, H. C., Housh, T., Dinyer, T. J., Byrd, M. T., Jenkins, N. D., Snyman, K. C., Succi, P. J., Schmidt, R., Johnson, G., Zuniga, J. M. (2019). Neuromuscular responses of the superficial quadriceps femoris muscles: muscle specific fatigue and inter-individual variability during severe intensity treadmill running. *To appear in Journal of Musculoskeletal and Neuronal Interactions*.

Hill, E. C., Housh, T., Keller, J. L., Smith, C. M., Anders, J. P., Schmidt, R., Johnson, G., Cramer, J. (2019). Low-Load Blood Flow Restriction Elicits Greater Concentric Strength than Non-Blood Flow Restriction Resistance Training but Similar Isometric Strength and Muscle Size. *Springer European Journal of Applied Physiology*.

Keller, J. L., Housh, T., Hill, E. C., Smith, C. M., Schmidt, R., Johnson, G. (2019). Self-Regulated Force and Neuromuscular Responses During Fatiguing Isometric Leg Extensions Anchored to a Rating of Perceived Exertion. *Applied psychophysiology and biofeedback*, 44(4), 343-350.

Anders, J. P., Keller, J. L., Smith, C. M., Hill, E. C., Neltner, T. J., Housh, T., Schmidt, R., Johnson, G. (2019). Performance fatigability and neuromuscular responses for bilateral versus unilateral leg extensions in women. *To appear in Elsevier Journal of electromyography and kinesiology*, 50, 102367.

Hill, E. C., Housh, T., Smith, C. M., Keller, J. L., Schmidt, R., Johnson, G. (2019). Eccentric and concentric blood flow restriction resistance training on indices of delayed onset muscle soreness in untrained women. *European journal of applied physiology*, 119(10), 2363-2373. <https://www.ncbi.nlm.nih.gov/pubmed/31473805>

Dinyer, T. K., Byrd, M. T., Cochrane-Snyman, K. C., Jenkins, N. N., Housh, T., Schmidt, R., Johnson, G., Bergstrom, H. C. (2019). Time course of changes in neuromuscular responses during rides to exhaustion above and below critical power. *Journal of musculoskeletal & neuronal interactions*, 19(3), 266-275.

Smith, C. M., Housh, T., Hill, E. C., Keller, J. L., Anders, J.P. V., Johnson, G., Schmidt, R. (2019). Variable resistance training versus traditional weight training on the reflex pathway following four weeks of leg press training. *Somatosensory & motor research*, 36(3), 223-229.

Anders, J. P., Smith, C. M., Keller, J. L., Hill, E. C., Housh, T. J., Schmidt, R., Johnson, G. (2019). Inter- and Intra-Individual Differences in EMG and MMG during Maximal, Bilateral, Dynamic Leg Extensions. *Sports (Basel, Switzerland)*, 7(7).

Smith, C. M., Housh, T., Holl, E. C., Keller, J. L., Schmidt, R., Johnson, G. (2019). A biosignal analysis for reducing prosthetic control durations: a proposed method using electromyographic and mechanomyographic control theory. *Journal of musculoskeletal & neuronal interactions*, 19(2), 142-149.

Hill, E. C., Housh, T., Keller, J. L., Smith, .. M., Schmidt, R., Johnson, G. (2019). The validity of the EMG and MMG techniques to examine muscle hypertrophy. *Physiological measurement*, 40(2), 025009. <https://www.ncbi.nlm.nih.gov/pubmed/30736032>

Keller, J. L., Housh, T., Hill, E. C., Smith, C. M., Schmidt, R., Johnson, G. (2019). The effects of Shilajit supplementation on fatigue-induced decreases in muscular strength and serum hydroxyproline levels. *International Society of Sports Nutrition Journal of the International Society of Sports Nutrition*, 16(1), 3.

- Hill, E. C., Housh, T. J., Keller, J. L., Smith, C. M., Schmidt, R., Johnson, G. O. (2018). Early phase adaptations in muscle strength and hypertrophy as a result of low-intensity blood flow restriction resistance training. *European journal of applied physiology*, 119(9), 1831-1843.
- Hill, E. C., Housh, T. J., Smith, C. M., Schmidt, R., Johnson, G. O. (2018). Gender and Muscle Specific Responses During Fatiguing Exercise. *Journal of strength and conditioning research*, 32(5), 1471-1478.
- Keller, J. L., Housh, T. J., Hill, E. C., Smith, C. M., Schmidt, R., Johnson, G. O. (2018). Neuromuscular responses of recreationally active women during a sustained, submaximal isometric leg extension muscle action at a constant perception of effort. *European journal of applied physiology*.
- Hill, E. C., Housh, T. J., Smith, C. M., Keller, L. L., Schmidt, R., Johnson, G. O. (2018). Sex- and Mode-specific Responses to Eccentric Muscle Fatigue. *International journal of sports medicine*.
- Smith, C. M., Housh, T. J., Hill, E. C., Keller, J. L., Johnson, G. O., Schmidt, R. (2018). The contributions of arterial cross-sectional area and time averaged flow velocity to arterial blood flow. *Journal of Medical Ultrasound*.
- Keller, J. L., Housh, T. J., Camic, C. L., Bergstrom, H. G., Smith, D., Smith, C. M., Hill, E. C., Schmidt, R., Johnson, G. O., Zuniga, J. M. (2018). The effect of epoch length on time and frequency domain parameters of electromyographic and mechanomyographic signals. *Journal of electromyography and kinesiology*, 40, 88-94.
- Hill, E. C., Housh, T. J., Camic, C. L., Smith, C. M., Schmidt, R., Johnson, G. O. (2018). Velocity Dependent Changes in Electrical Efficiency of the Leg Extensors during Eccentric Isokinetic Muscle Actions. *International journal of sports medicine*.
- Hill, E. C., Housh, T. J., Keller, J. L., Smith, C. M., Schmidt, R., Johnson, G. O. (2018). Sex differences for fatigued-induced changes in muscle blood flow, but not eccentric peak torque or neuromuscular responses. *Journal of Musculoskeletal and Neuronal Interactions*, 18(4). <https://www.ncbi.nlm.nih.gov/pubmed/30511947>
- Smith, C. M., Housh, T. J., Hill, E. C., Keller, J. L., Johnson, G. O., Schmidt, R. (2018). Co-Activation, Estimated Anterior and Posterior Cruciate Ligament Forces, and Motor Unit Activation Strategies during the Time Course of Fatigue. *Sports*, 6.
- Hill, E. C., Housh, T. J., Smith, C. M., Keller, J. L., Schmidt, R., Johnson, G. O. (2018). High versus low intensity fatiguing eccentric exercise on muscle thickness, strength, and blood flow. *Journal of Strength and Conditioning Research*.
- Bergstrom, H. C., Housh, T., Cochrane-Snyman, K. C., Jenkins NDM, Byrd, M. T., Switalla, J. R., Schmidt, R., Johnson, G. (2017). A Model for Identifying Intensity Zones Above Critical Velocity. *Journal of strength and conditioning research*, 31(12), 3260-3265
- Keller, J. L. (Presenter & Author), Housh, T., Hill, E. C. (Presenter Only), Smith, C. M. (Presenter Only), Johnson, G., Schmidt, R., American College of Sports Medicine Conference, American College of Sports Medicine, Orlando, "Assessment of performance fatiguability during resistance exercise anchored to rating of perceived exertion", Research/Creative Activity, Conference, National, peer-reviewed/refereed, published in proceedings, Accepted. (July 12, 2019).
- Anders, J. P. (Presenter & Author), Smith, C. M. (Presenter Only), Keller, J. L. (Presenter Only), Hill, E. C. (Presenter Only), Housh, T. (Presenter Only), Schmidt, R. (Presenter Only), Johnson, G. (Presenter Only), American College of Sports Medicine Conference, American College of Sports Medicine, Orlando, "Time course of changes in neuromuscular parameters during maximal bilateral dynamic muscle actions", Research/Creative Activity, Conference, National, published in proceedings, Accepted. (July 12, 2019).
- Keller, J. L. (Presenter & Author), Housh, T. (Presenter Only), Hill, E. C. (Presenter Only), Smith, C. M. (Presenter Only), Schmidt, R. (Presenter Only), Johnson, G. (Presenter Only), European Congress of Sports Science Conference, European Congress of Sports Science, Prague, Czechoslovakia, "Sex-specific neuromuscular and force responses following a fatiguing task anchored to low and high perceptions of effort", Research/Creative Activity, Conference, International, peer-reviewed/refereed, published in proceedings, Accepted. (July 12, 2019).

- Keller, J. L. (Presenter & Author), Housh, T., Hill, E. C. (Presenter Only), Smith, C. M. (Presenter Only), Schmidt, R., Johnson, G. (Presenter Only), International Society of Sports Nutrition Conference, International Society of Sports Nutrition, Las Vegas, "Applications and Perspectives of the RPE clamp protocol during resistance training to investigate ergogenic aids", Research/Creative Activity, Conference, International, peer-reviewed/refereed, Accepted. (July 12, 2019).
- P., A. J. (Presenter & Author), L., K. J. (Presenter Only), M., S. C. (Presenter & Author), C., H. E. (Presenter Only), Housh, T., O., J. G. (Presenter Only), Schmidt, R., International Society of Sports Nutrition Conference, International Society of Sports Nutrition, Las Vegas, "The rate of fatigue during unilateral versus bilateral, maximal, isokinetic leg extensions", Research/Creative Activity, Conference, International, peer-reviewed/refereed, published in proceedings, Accepted. (July 12, 2019).
- Smith, C. M. (Presenter & Author), Housh, T., Keller, J. L. (Presenter Only), Hill, E. C. (Presenter Only), Johnson, G., Schmidt, R., National Strength and Conditioning Association Conference, National Strength and Conditioning Association, Washington, DC, "Effects of four weeks of traditional versus variable resistance leg press training on strength and muscular endurance", Research/Creative Activity, Conference, National, peer-reviewed/refereed, published in proceedings, Accepted. (July 12, 2019).
- Anders, J. P. (Presenter & Author), Smith, C. M. (Presenter Only), Keller, J. L. (Presenter Only), Hill, E. C., Housh, T., Schmidt, R., Johnson, G. (Presenter Only), National Strength and Conditioning Association Conference, National Strength and Conditioning Association, Washington, DC, "Patterns of Neuromuscular Responses during fatiguing, maximal, bilateral leg extensions", Research/Creative Activity, Conference, National, peer-reviewed/refereed, published in proceedings, published elsewhere, Accepted. (July 12, 2019).
- Hill, E. C. (Presenter & Author), Housh, T. (Presenter Only), Keller, J. L. (Presenter Only), Smith, C. M. (Presenter Only), Anders, J. P. (Presenter Only), Schmidt, R., Johnson, G., National Strength and Conditioning Association Conference, National Strength and Conditioning Association, Washington, DC, "Reciprocal forearm flexion-extension resistance training elicits comparable increases in muscle strength with and without blood flow restriction", Research/Creative Activity, Conference, National, peer-reviewed/refereed, published in proceedings, Accepted. (July 12, 2019).
- Bergstrom, H. C. (Presenter & Author), Housh, T. (Presenter Only), Dinyer, T. K. (Presenter Only), Byrd, T. K. (Presenter Only), Succi, T. (Presenter Only), Jenkins, N. D.M. (Presenter Only), Snyman, K. C. (Presenter Only), Schmidt, R. (Presenter Only), Johnson, G. (Presenter Only), American College of Sports Medicine Conference, American College of Sports Medicine, Orlando, "Time course of changes in perceptual, respiratory, and neuromuscular responses in the severe intensity domain", Research/Creative Activity, Conference, National, peer-reviewed/refereed, published in proceedings, Accepted. (May 29, 2019).
- Keller, J. L., Housh, T., Smith, C. M., Hill, E. C., Schmidt, R., Johnson, G. (2017). Sex-Related Differences in The Accuracy of Estimating Target Force Using Percentages of Maximal Voluntary Isometric Contractions Versus Ratings of Perceived Exertion During Isometric Muscle Actions. *Journal of strength and conditioning research*.
- Smith, C. M., Housh, T., Hill, E. C., Keller, J. L., Johnson, G., Schmidt, R. (2017). Effects of fatigue and recovery on electromechanical delay during isokinetic muscle actions. *Physiological measurement*, 38(10), 1837-1847.
- Smith, C. M., Housh, T., Hill, E. C., Keller, J. L., Johnson, G., Schmidt, R. (2017). Effects of Fatigue on Voluntary Electromechanical and Relaxation Electromechanical Delay. *International journal of sports medicine*, 38(10), 763-769.
- Smith, C. M., Housh, T., Hill, E. C., Keller, J. L., Johnson, G., Schmidt, R. (2017). Effects of intensity on muscle-specific voluntary electromechanical delay and relaxation electromechanical delay. *Journal of sports sciences*, 1-8.
- Smith, C. M., Housh, T., Hill, E. C., Johnson, G., Schmidt, R. (2017). Changes in electromechanical delay during fatiguing dynamic muscle actions. *Muscle & nerve*, 56(2), 315-320.

- Smith, C. M., Housh, T., Zuniga, J. M., Camic, C. L., Bergstrom, H. C., Smith, D. B., Herda, T., Weir, J. P., Hill, E. C., Jenkins, N. D., Schmidt, R., Johnson, G. (2017). Influences of Interelectrode Distance and Innervation Zone on Electromyographic Signals. *International journal of sports medicine*, 38(2), 111-117.
- Smith, C.M., Housh, T.J., Hill, E.C., Johnson, G.O., and Schmidt, R.J. “Alternating Forces Induces Less Pronounced Fatigue-Related Responses Than Repeated Force Muscle Actions”. *Isokinetic and Exercise Science*. Accepted 2017.
- Smith, C.M., Housh, T.J., Hill, E.C., Johnson, G.O., and Schmidt, R.J. “Are there Mode-Specific and Fatigue-Related Electromechanical Delay Responses for Maximal Isokinetic and Isometric Muscle Actions” *Journal of Electromyography in Kinesiology*. Accepted 2017.
- Smith, C.M., Housh, T.J., Hill, E.C., Johnson, G.O., and Schmidt, R.J. “Time Course of Changes in Neuromuscular Parameters from the Superficial Quadriceps Muscles During Maximal Isokinetic Muscle Actions” *Journal of Nature and Science*. Accepted 2017.
- Smith, C.M., Housh, T.J., Hill, E.C., Johnson, G.O., and Schmidt, R.J. “Effect of Fatigue and Recovery on Electromechanical Delay During Isokinetic Muscle Actions” *Muscle & Nerve*. Accepted 2017.
- Smith, C.M., Housh, T.J., Hill, E.C., Johnson, G.O., and Schmidt, R.J. “Influences of Interelectrode Distance and Innervation Zone on Electromyographic Signals”. *International Journal of Sports Medicine*, 2016.
- Smith, C.M., Housh, T.J., Hill, E.C., Johnson, G.O., and Schmidt, R.J. “Effects of Fatiguing Constant versus Alternating Intensity Intermittent Isometric Muscle Actions on Maximal Torque and Neuromuscular Responses”. *Journal of Musculoskeletal & Neuronal Interactions*, 16(4), 318, 2016.
- Smith, C.M., Housh, T.J., Hill, E.C., Cochrane, K.C., Jenkins, N.D.M., Schmidt, R.J., Johnson, G.O. “Combining regression and mean comparisons to identify the time course of changes in neuromuscular responses during the process of fatigue” *Physiological Measurement*, 7(11), 1993, 2016.
- Smith, C.M., Housh, T.J., Hill, E.C., Johnson, G.O., and Schmidt, R.J. “Dynamic versus Static Electromechanical Delay in Non-Fatigued and Fatigued Muscle: A Combined Electromyographic, Mechanomyographic, and Force Approach.” *Journal of Electromyography and Kinesiology*. Published Ahead of Print (Online) 2017.
- Smith, C.M., Housh, T.J., Hill, E.C., Johnson, G.O., and Schmidt, R.J. “Changes in Electromechanical Delay During Fatiguing Dynamic Muscle Actions” *Muscle & Nerve*. Published Ahead of Print (Online) 2017.
- Smith, C.M., Housh, T.J., Hill, E.C., Johnson, G.O., and Schmidt, R.J. “Influences of Interelectrode Distance and Innervation Zone on Electromyographic Signals”. *International Journal of Sports Medicine*, 38(02),111-117, 2017.
- Smith CM, Housh TJ, Herda TJ, Zuniga JM, Camic CL, Bergstrom HC, Smith DB, Weir JP, Hill EC, Cochrane KC, Jenkins ND, Schmidt RJ, Johnson GO. “Time Course of Changes in Neuromuscular Parameters during Sustained Isometric Muscle Actions”. *Journal of Strength & Conditioning Research* 30(10): 2697–2702, 2016
- Smith CM, Housh TJ, Herda T, Zuniga JM, Camic CL, Bergstrom HC, Smith DB, Weir JP, Cramer JT, Hill EC, Cochrane KC, Jenkins ND, Schmidt RJ, Johnson G. “Electromyographic Responses from the Vastus Medialis during Isometric Muscle Actions”. *International Journal of Sports Medicine*. 37(08): 647-652, 2016.
- Smith, C.M., Housh, T.J., Hill, E.C., Johnson, G.O., and Schmidt, R.J. “Time Course of Changes in Neuromuscular Responses at 30% versus 70% 1 Repetition Maximum during Dynamic Constant External Resistance Leg Extensions to Failure”. *International Journal of Exercise Science*, 10(3), 365-378, 2017.
- Smith, C.M., Housh, T.J., Herda, T.J., Zuniga, J.M., Ryan, E.D., Camic, C.L., Bergstrom, H.C., Smith, D.B., Weir, J.P., Cramer, J.T., Hill, E.C., Cochrane, K.C., Jenkins, N.D.M., Schmidt, R.J., and Johnson, G.O. “Effects of the Innervation Zone on the Time and Frequency Domain Parameters of the Surface Electromyographic Signal.” *Journal of Electromyography and Kinesiology* 25(4): 565-570, 2015.
- Hill, E.C., Housh, T.J., Camic, C.L., Jenkins, N.D.M., Smith, C.M., Cochrane, K.C., Cramer, J.T., Schmidt, R.J., Monaghan, M.M., and Johnson, G.O. “Effects of Velocity on Peak Torque and Neuromuscular Responses during Eccentric Muscle Actions. *Isokinetics and Exercise Science* 24(1): 1-6, 2016



- Cochrane, K.C., Housh, T.J., Hill, E.C., Smith, C.M., Jenkins, N.D.M., Cramer, J.T., Johnson, G.O., and Schmidt, R.J. "Physiological responses underlying the perception of effort during moderate and heavy intensity cycle ergometry". *Sports* 3:369-382; doi: 10.3390/sports3040369, 2015.
- Hill, E.C., Housh, T.J., Camic, C.L., Jenkins, N.D.M, Smith, C.M., Cochrane, K.C., Cramer, J.T., Schmidt, R.J., and Johnson, G.O. "The effects of velocity on electromyographic, mechanomyographic, and torque responses to repeated eccentric muscle actions". *Journal of Strength and Conditioning Research*. Epub ahead of print, Nov 2015.
- Jenkins, N.D.M., T.J. Housh, S.L. Buckner, H.C. Bergstrom, C.M. Smith, K.C. Cochrane, E.C. Hill, A.A. Miramonti, R.J. Schmidt, G.O. Johnson, and J.T. Cramer. Four weeks of high- versus load-load resistance training to failure on rate of torque development, electromechanical delay, and contractile twitch properties. *Journal of Musculoskeletal and Neuronal Interactions* (In Press).
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#### **Published Research Abstracts and Presentations**

Keller, J. L. (Presenter & Author), Housh, T., Hill, E. C. (Presenter Only), Smith, C. M. (Presenter Only), Johnson, G., Schmidt, R., American College of Sports Medicine Conference, American College of Sports Medicine, Orlando, "Assessment of performance fatigability during resistance exercise anchored to rating of perceived exertion", Research/Creative Activity, Conference, National, peer-reviewed/refereed, published in proceedings, Accepted. (July 12, 2019).

Anders, J. P. (Presenter & Author), Smith, C. M. (Presenter Only), Keller, J. L. (Presenter Only), Hill, E. C. (Presenter Only), Housh, T. (Presenter Only), Schmidt, R. (Presenter Only), Johnson, G. (Presenter Only), American College of Sports Medicine Conference, American College of Sports Medicine, Orlando, "Time course of changes in neuromuscular parameters during maximal bilateral dynamic muscle actions", Research/Creative Activity, Conference, National, published in proceedings, Accepted. (July 12, 2019).

Keller, J. L. (Presenter & Author), Housh, T. (Presenter Only), Hill, E. C. (Presenter Only), Smith, C. M. (Presenter Only), Schmidt, R. (Presenter Only), Johnson, G. (Presenter Only), European Congress of Sports Science Conference, European Congress of Sports Science, Prague, Czechoslovakia, "Sex-specific neuromuscular and force responses following a fatiguing task anchored to low and high perceptions of effort", Research/Creative Activity, Conference, International, peer-reviewed/refereed, published in proceedings, Accepted. (July 12, 2019).

Keller, J. L. (Presenter & Author), Housh, T., Hill, E. C. (Presenter Only), Smith, C. M. (Presenter Only), Schmidt, R., Johnson, G. (Presenter Only), International Society of Sports Nutrition Conference, International Society of Sports Nutrition, Las Vegas, "Applications and Perspectives of the RPE clamp protocol during resistance training to investigate ergogenic aids", Research/Creative Activity, Conference, International, peer-reviewed/refereed, Accepted. (July 12, 2019).

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Hill, E. C. (Presenter & Author), Housh, T. (Presenter Only), Keller, J. L. (Presenter Only), Smith, C. M. (Presenter Only), Anders, J. P. (Presenter Only), Schmidt, R., Johnson, G., National Strength and Conditioning Association Conference, National Strength and Conditioning Association, Washington, DC, "Reciprocal forearm flexion-extension resistance training elicits comparable increases in muscle strength with and without blood flow restriction", Research/Creative Activity, Conference, National, peer-reviewed/refereed, published in proceedings, Accepted. (July 12, 2019).

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Bergstrom, H.C., T.J. Housh, J.M. Zuniga, C.L. Camic, D.A. Traylor, R.J. Schmidt, and G.O. Johnson. A new single workout test to estimate critical power and anaerobic work capacity. <http://journals.lww.com/nsca-jscr>. (Presented at the National Strength and Conditioning Annual Convention, 2011, Las Vegas).

Camic, C.L., T.J. Housh, J.M. Zuniga, C.R. Hendrix, H.C. Bergstrom, G.O. Johnson, R.J. Schmidt, and D.J. Housh. The influence of electrode placement on the physical working capacity at the fatigue threshold. <http://journals.lww.com/nsca-jscr>. (Presented at the National Strength and Conditioning Association Annual Convention, 2010, Orlando).

Camic, C.L., T.J. Housh, C.R. Hendrix, J.M. Zuniga, G.O. Johnson, D.J. Housh, and R.J. Schmidt. A comparison of fatigue thresholds derived from the frequency domain of the electromyographic signal and gas exchange parameters. *Medicine and Science in Sports and Exercise* 42: S528, 2010. (Presented at the American College of Sports Medicine Annual Convention, 2010, Baltimore).

Bergstrom, H.C., J.M. Zuniga, T.J. Housh, C.L. Camic, C.R. Hendrix, G.O. Johnson, and R.J. Schmidt. The relationship between skinfold thickness and the time and frequency domains of the surface electromyographic signal during cycle ergometry. <http://journals.lww.com/nsca-jscr>. (Presented at the National Strength and Conditioning Association Annual Convention, 2010, Orlando).

Hendrix, C.R., T.J. Housh, J.M. Zuniga, M. Mielke, C.L. Camic, G.O. Johnson, and R.J. Schmidt. Comparison of a new mechanomyographic frequency-based fatigue threshold test and critical torque. *Medicine and Science in Sports and Exercise* 42: S413, 2010. (Presented at the American College of Sports Medicine Annual Convention, 2010, Baltimore).

Zuniga, J.M., T.J. Housh, C.L. Camic, C.R. Hendrix, H.C. Bergstrom, G.O. Johnson, and R.J. Schmidt. The relationship between skinfold thicknesses and mechanomyography at different locations on the vastus lateralis during incremental cycle ergometry. <http://journals.lww.com/nsca-jscr>. (Presented at the National Strength and Conditioning Association Annual Convention, 2010, Orlando).

Zuniga, J.M., T.J. Housh, C.L. Camic, C.R. Hendrix, G.O. Johnson, and R.J. Schmidt. A comparison of fatigue thresholds derived from the amplitude and frequency domains of the electromyographic signal. *Medicine and Science in Sports and Exercise* 42:S527, 2010. (Presented at the American College of Sports Medicine Annual Convention, 2010, Baltimore).

Camic, C.L., T.J. Housh, J. Zuniga, C.R. Hendrix, M. Mielke, G.O. Johnson, R.J. Schmidt, and D.J. Housh. Effects of four weeks of an arginine-based supplement on the ventilatory threshold and peak oxygen uptake. (Presented at the Southwest American College of Sports Medicine Annual Convention, 2009, San Diego.)

Zuniga, J., C.R. Hendrix, C.L. Camic, M. Mielke, G.O. Johnson, R.J. Schmidt, and T.J. Housh. The effects of creatine supplementation on anaerobic performance and leg extension strength. (Presented at the Southwest American College of Sports Medicine Annual Convention, 2009, San Diego.)

Hendrix, C.R., T.J. Housh, J.M. Zuniga, M. Mielke, C.L. Camic, G.O. Johnson, D.J. Housh, and R.J. Schmidt. Effects of polyethylene glycosylated creatine supplementation on muscular strength. (Presented at the Southwest American College of Sports Medicine Annual Convention, 2009, San Diego.)

Zuniga, J.M., T.J. Housh, C.L. Camic, M. Mielke, C.R. Hendrix, G.O. Johnson, R.J. Schmidt, and D.J. Housh. Gender comparisons of anthropometric characteristics of young sprint swimmers. <http://www.nscalift.org/abstracts/searchabstracts.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2009, Las Vegas).

Hendrix, C.R., T.J. Housh, M. Mielke, C.L. Camic, J.M. Zuniga, G.O. Johnson, and R.J. Schmidt. A comparison of critical torque and the electromyographic mean power frequency fatigue threshold during isometric leg extension. <http://www.nscalift.org/abstracts/searchabstracts.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2009, Las Vegas).

Camic, C.L., T.J. Housh, J.M. Zuniga, C.R. Hendrix, M. Mielke, G.O. Johnson, R.J. Schmidt, and D.J. Housh. Effects of four weeks of arginine supplementation on the physical working capacity at the fatigue threshold. <http://www.nscalift.org/abstracts/searchabstracts.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2009, Las Vegas).

Zuniga, J.M., T.J. Housh, C.L. Camic, M. Mielke, C.R. Hendrix, G.O. Johnson, R.J. Schmidt. The effects of parallel versus perpendicular electrode orientations on EMG amplitude and mean power frequency from the biceps brachii. *Medicine and Science in Sports and Exercise* 41: S344, 2009. (Presented at the American College of Sports Medicine Annual Convention, 2009, Seattle).

Camic, C.L., M. Mielke, C.R. Hendrix, J.M. Zuniga, T.J. Housh, G.O. Johnson, and R.J. Schmidt. The effect of electrode orientation on electromyographic amplitude and mean power frequency versus isometric torque relationship. *Medicine and Science in Sports and Exercise* 41:S344, 2009. (Presented at the American College of Sports Medicine Annual Convention, 2009, Seattle).

Hendrix, C.R., T.J. Housh, G.O. Johnson, M. Mielke, C.L. Camic, J.M. Zuniga, and R.J. Schmidt. Anaerobic work capacity from linear and nonlinear mathematical models. *Medicine and Science in Sports and Exercise* 41:S348, 2009. (Presented at the American College of Sports Medicine Annual Convention, 2009, Seattle).

Mielke, M., T.J. Housh, M.H. Malek, T.W. Beck, C.R. Hendrix, J.M. Zuniga, C.L. Camic, R.J. Schmidt and G.O. Johnson. A test for determining critical heart rate using the critical power model. *Medicine and Science in Sports and Exercise* 41:S543, 2009. (Presented at the American College of Sports Medicine Annual Convention, 2009, Seattle).

Hendrix, C.R., T.J. Housh, M. Mielke, C.L. Camic, J.M. Zuniga, G.O. Johnson, and R.J. Schmidt. A comparison of critical force and electromyographic fatigue during isometric muscle actions of the leg extensors. <http://www.nscalift.org/abstracts/searchabstracts.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2008, Las Vegas).

Camic, C.L., T.J. Housh, M. Mielke, C.R. Hendrix, J.M. Zuniga, G.O. Johnson, D.J. Housh, and R.J. Schmidt. Anthropometric growth patterns of young wrestlers. <http://nscalift.org/abstracts/searchabstracts.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2008, Las Vegas).

Zuniga, J.M., T.J. Housh, C.L. Camic, M. Mielke, C.R. Hendrix, G.O. Johnson, R.J. Schmidt, and D.J. Housh. Validity of fat-free weight equations for estimating mean and peak power in high school wrestlers. <http://www.nscalift.org/abstracts/searchabstracts.asp>.

[lift.org/abstracts/searchabstracts.asp](http://lift.org/abstracts/searchabstracts.asp). (Presented at the National Strength and Conditioning Association Annual Convention, 2008, Las Vegas).

Mielke, M., T.J. Housh, M.H. Malek, T.W. Beck, C.R. Hendrix, J.M. Zuniga, C.L. Camic, R.J. Schmidt, G.O. Johnson, and D.J. Housh. The effects of a calorie dense high protein supplement on exercise performance and body composition during resistance training. <http://www.nasca-lift.org/abstracts/searchabstracts.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2008, Las Vegas).

Schmidt, R.J., M. Mielke, M.H. Malek, T.J. Housh, C.L. Camic, J.M. Zuniga, C.R. Hendrix, and G.O. Johnson. Comparison of Army, Navy, and Marine Corps ROTC physical fitness test scores and evaluation of special forces assessment and selection success. <http://www.nasca-lift.org/abstracts/searchabstracts.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2008, Las Vegas).

M. Mielke, T.J. Housh, FACSM, C. R. Hendrix, C. L. Camic, J. M. Zuniga, R.J. Schmidt, and G.O. Johnson. Oxygen uptake, heart rate, and ratings of perceived exertion at the PWC<sup>VO<sub>2</sub></sup> (submitted for presentation, ACSM 2008 conference).

Mielke, M., T. J. Housh, T. W. Beck, M. H. Malek, R. J. Schmidt, and C. R. Hendrix. (2007). An examination of the estimated times to exhaustion at the PWCBOG, PWCOMNI, AND VT. National Strength and Conditioning Association Annual Conference, Atlanta, GA. 2007.

Mielke, M., T. J. Housh, T. W. Beck, M. H. Malek, R. J. Schmidt, G. O. Johnson, and C. R. Hendrix. (May 2007). An examination of the estimated time to exhaustion at the PWCVO<sub>2</sub>, PWCHRT, and VT. *Med Sci Sports Exerc.*, Suppl. 39(5): S346. (Presented at the 2007 Annual American College of Sports Medicine Conference in New Orleans, Louisiana).

Schmidt, R.J., M.H. Malek, T.W. Beck, M. Mielke, T.J. Housh, G.O. Johnson, D.J. Housh. Comparison of Physical Fitness Profiles Among Four Groups of Army ROTC (AROTC) Cadets and Evaluation of Special Operations Assessment and Selection Success. <http://nsca-lift.org/Abstracts/Bycategory.asp>. Presented at the annual meeting of the National Strength & Conditioning Association, July 12<sup>th</sup>, 2006: Washington, D.C.

Mielke, M., T. J. Housh, M. H. Malek, T. W. Beck, G. O. Johnson, D. J. Housh, and R. J. Schmidt. (November, 2006). The effects of leucine and whey protein supplementation on muscular strength, endurance, and body composition during resistance training with single vs. multiple sets. <http://www.swacsm.org/past-abstracts.htm>. (Presented at Southwest American College of Sports Medicine Annual Conference in San Diego, California).

Mielke, M., M.H. Malek, T. J. Housh, J. W. Coburn, R. J. Schmidt, J. P. Weir, T. W. Beck, and G. O. Johnson. (June, 2006). A test for determining physical working capacity at the rating of perceived exertion threshold. *Med Sci Sports Exerc.*, Suppl. 38(5): S508. (Presented at the 2006 Annual American College of Sports Medicine Conference in Denver, Colorado).

Mielke M., M. H. Malek, T. J. Housh, T. W. Beck, J. W. Coburn, D. J. Housh, R. J. Schmidt, and G. O. Johnson (July, 2006). Effects of supplementation with whey protein and leucine during reduced volume resistance training and detraining. <http://nsca-lift.org/Abstracts/Bycategory.asp>. (Presented at National Strength and Conditioning Association Annual Conference in Washington D.C.).

Schmidt, R.J., J. Bailey, Ryan J. Schmidt, T.J. Housh, M.H. Malek, J.W. Coburn, T.W. Beck, and G.O. Johnson. Comparison of physical fitness and morphologic variables between police patrol and special weapons and tactics officers. <http://nsca-lift.org/Abstracts/Bycategory.asp>. (Presented at National Strength and Conditioning Association Annual Conference; Las Vegas, NV), 2005.

Beck T. W., T. J. Housh, G. O. Johnson, R. J. Schmidt, D.J. Housh, J. W. Coburn, and M. H. Malek (November, 2005). Effects of a protease enzyme supplement on muscular strength and selected markers of delayed-onset muscle soreness following high-intensity eccentric exercise. <http://www.swacsm.org/past-abstracts.htm>. (Presented at Southwest American College of Sports Medicine Annual Conference in Las Vegas, NV).

- Malek, M. H., T. J. Housh, J. W. Coburn, T. W. Beck, and R. J. Schmidt. (2005, July). Effects of 8-weeks of caffeine ingestion and endurance training on, running time to exhaustion, and body composition. <http://nsca-lift.org/Abstracts/Bycategory.asp>. (Presented at National Strength and Conditioning Association Annual Conference in Las Vegas, NV).
- Beck T. W., T. J. Housh, R. J. Schmidt, G. O. Johnson, J. W. Coburn, and M. H. Malek. (2005, July). The acute effects of a caffeine supplement on bench press performance. <http://nsca-lift.org/Abstracts/Bycategory.asp> (Presented at National Strength and Conditioning Association Annual Conference in Las Vegas, NV).
- Malek, M. H., T. J. Housh, J. W. Coburn, R. J. Schmidt, J. P. Weir, T. W. Beck, and G. O. Johnson. (June, 2005). The effects of interelectrode distance on electromyographic amplitude and mean power frequency during incremental cycle ergometry. *Med Sci Sports Exerc.*, Suppl. 37(5): S442. (Presented at the 2005 Annual American College of Sports Medicine Conference in Nashville, Tennessee).
- Schmidt, R.J., M.H. Malek, T.W. Beck, M. Mielke, T.J. Housh, G.O. Johnson, D.J. Housh. Comparison of Physical Fitness Profiles Among Four Groups of Army ROTC (AROTC) Cadets and Evaluation of Special Operations Assessment and Selection Success. <http://nsca-lift.org/Abstracts/Bycategory.asp>. (Presented at the annual meeting of the National Strength & Conditioning Association, 2006: Washington, D.C).
- Schmidt, R.J., Schmidt, Ryan J., Bailey, J., Malek, M., Housh, Coburn, J., & Beck, T., & G.O. Johnson. Comparison of Selected Physical Fitness and Morphologic Variables between Law Enforcement Patrol vs. Special Weapons and Tactics Officers. . <http://nsca-lift.org/Abstracts/Bycategory.asp>. (Presented at the annual meeting of the National Strength & Conditioning Association, 2005: Las Vegas, NV).
- Schmidt, R.J., Schmidt, Ryan J., Bailey, J., Stover, J., & Williams, M., Physical Fitness Changes in Nebraska State Patrol Trooper Recruits. . <http://nsca-lift.org/Abstracts/Bycategory.asp>. (Presented at the annual meeting of the National Strength & Conditioning Association, 2003:
- Schmidt, R.J., Schmidt, Ryan J., Anderson, D., Barnica, R., Branstiter, T., Bombeck, B., Lamken, S., Stolz, D., Teter, D., & Urbanek, B. (2003). Comparison of Two Predictive Models of a Law Enforcement Physical Agility Criterion Task Test. *Med Sci Sports Exerc*, Suppl. 35(5): S134. (Presented at the 2003 Annual American College of Sports Medicine Conference in Baltimore, MD).
- Schmidt, R. J., J. Cramer, R.L. Nielsen, J. Berning, D. Anderson, R.Barnica, T. Branstiter, B. Bombeck, S. Lamken, D. Stolz, D. Teter, & B. Urbanek. (2001). Comparison of Instructor-Led vs. Voluntary Physical Fitness Programs in Male Law Enforcement Officer Recruits. *Med Sci Sports Exerc*, Suppl. 33(5): S167. (Presented at the 2003 Annual American College of Sports Medicine Conference in San Francisco, CA).
- Schmidt, R.J., Nielsen, R.L., Ansoerge, C.J., Anderson, D., Barnica, R., Branstiter, T., Bombeck, B., Lamken, S., Stolz, D., Teter, D., & Urbanek, B. Changes in Selected Physical Fitness and Performance Variables in Male Law Enforcement Officer Recruits. *Med Sci Sports Exerc.*, Suppl. 32(5): S109. (Presented at the 2003 Annual American College of Sports Medicine Conference in Indianapolis, IN).
- Schmidt, R.J., Nielsen, R.L., Ansoerge, C.J., Anderson, D., Barnica, R., Branstiter, T., Bombeck, B., Lamken, S., Stolz, D., Teter, D., & Urbanek, B. (2000). Changes in Selected Physical Fitness and Performance Variables in Female Law Enforcement Officer Recruits. <http://nsca-lift.org/Abstracts/Bycategory.asp>. (Presented at the annual meeting of the National Strength & Conditioning Association, June 15<sup>th</sup>, 2000: Orlando, FL).
- Schmidt, R.J. & Ansoerge, C.J. (April, 1998). Images and perceptions of Shotokan karate by Shotokan karate trainers and non-karate university students. (Presented at the 75th annual meeting of the Central States Anthropological Society: Kansas City, MO).
- Wandzilak, T., Ansoerge, C.J., Callahan, J.R., and Schmidt, R.J. The effects of aerobic swim and karate classes on cardiovascular fitness, fat, self-esteem and mood states of college students. Annual meeting of the AAHPERD, 1987.



Ansorge, C.J., Scheer, J.K., Wandzilak, T., Potter, G., Schmidt, R.J., Petrakis, E., and O'Donnell, D. Effects of an 11-week physical education program on fitness, body fat, strength, flexibility, and health knowledge. AAHPERD National Convention, Atlanta, GA, April, 1985.

LaGuardia, R., Dienstbier, R.A., Tharp, G.D., and Schmidt, R.J. Increasing adrenaline and noradrenaline levels through an aerobic exercise program. Midwest Symposium on exercise and Mental Health, Lake Forest College, Lake Forest, IL, April 23-24, 1982.

Schmidt, R.J. Modern Japanese budo, Symposium on Cultural Understanding - University of Nebraska, June 10<sup>th</sup>, 1980.

Schmidt, R.J. Nippon-to (The Japanese sword): Transition from war to sport. AAHPER Abstracts. (Presented at the 1979 Annual Conference of the American Association for Health, Physical Education and Recreation, 1979: New Orleans, LA).

Schmidt, R.J. Japan - Its martial tradition, Teacher Training Symposium "Knowing About Japan," University of Nebraska, November, 1976.

Schmidt, R.J. Acute and chronic adaptations to exercise, Nebraska YMCA Physical Fitness Instructor Certification Clinic, Lincoln, NE, November 1973.

Schmidt, R.J. Anabolic steroids and the coach. Nebraska State AAHPER Convention, Columbus, NE, October, 1973

**Chapters in Professional Books**

Schmidt, R. J. Karate. In “*Sports and recreational activities for men and women*” (11th ed., D.P. Mood, F.M. Musker, and D.A. Armbruster, Eds. St. Louis, MO: The C.V. Mosby Co. 2007.

Schmidt, R. J. “Exercise and Sport Psychology.” In “*Introduction to Exercise Science*” (3rd ed., T. J. Housh, and D. Housh, Eds. Boston: Allyn & Bacon Company. 2007.

Schmidt, R. J. *Accountability: Dimensions in Physical Education* (2nd ed., C.A. Bucher, Ed.). St. Louis, MO: C. V. Mosby Co. 1974.

**Book (Physical education instructional text)**

Schmidt, R. J., and J. Hesson. *Karate: A sport for life*. Glenview, IL: Scott, Foresman, Brown, Little Company. 1988.

**Encyclopedic Entry**

Schmidt, R. J. Aikido. In “*Sports Encyclopedia of North America*” (J. D. Windhausen, Ed.). 1984.

**Laboratory Report**

Rose, K. D., R. J. Robertson, R. J. Schmidt, F. M. Royer, and W. J. Freidlander. *The Effect of Exercise on the EEG and Blood Chemistry of Epileptics*. Unpublished manuscript, Physical Fitness Research Laboratory, University of Nebraska, Lincoln, Nebraska. October, 1972.

**Editorial Review Board**

1991 – present Editorial Board, *Journal of Asian Martial Arts*

**Research Grants****Funded**

- 2017 An Analysis of Localized Muscle Fatigue, I-Beam Surface Coating, and Harness and Tool Belt on Gait Stability for Steel Erection  
Role: Co-investigator with other IANR/CEHS Faculty  
T. Stentz, Ph.D. – Principal Investigator  
Amount requested: \$300,000/amount received: \$300,000  
Stepan Specialty Products LLC, Industry, Research
- 2015 RAR-CLA for Older Adults  
Role: Co-investigator with other IANR/CEHS faculty  
Amount requested: \$150,447/amount received: \$150,447
- 2007 The Acute Effects of TPB on Endurance Performance and Muscular Strength  
Role: Co-investigator with other IANR/CEHS Faculty  
Terry J. Housh, Ph.D. – Principal Investigator  
Amount requested: \$45,000/amount received: \$45,000  
General Nutrition Corporation
- 2006 Effects of a Calorie Dense High Protein Supplement on Body Composition and Exercise Performance During Resistance Training  
Role: Co-investigator with other IANR/CEHS associated faculty  
Terry J. Housh, Ph.D. – Principal Investigator  
Amount requested: \$128,400/amount funded: \$128,400  
General Nutrition Corporation

- 2006 Effects of TMB-E on Endurance Performance, Rating of Perceived Exertion and Muscular Strength.  
Role: Co-investigator with other IANR/CEHS associated faculty  
Terry J. Housh, Ph.D. – Principal Investigator  
Amount requested: \$86,760/amount funded: \$86,760  
General Nutrition Corporation
- 2005 Effects of leucine and whey protein supplementation on muscular strength and endurance and body composition during resistance training with single versus multiple sets.  
Role: Co-investigator with other IANR/CEHS associated faculty  
Terry J. Housh, Ph.D. – Principal Investigator  
Amount requested: \$98,160/amount funded: \$98,160  
General Nutrition Corporation
- 2005 Effects of leucine and whey protein supplementation on muscular strength and endurance and body composition during reduced volume resistance training and detraining.  
Role: Co-investigator with other IANR/CEHS associated faculty  
Terry J. Housh, Ph.D. – Principal Investigator  
Amount requested: \$98,160/amount funded: \$98,160  
General Nutrition Corporation
- 2005 The effects of an enzyme supplement on delayed-onset of muscular soreness (DOMS) in humans as compared to placebo.  
Role: Co-investigator with other IANR/CEHS Faculty  
Terry J. Housh, Ph.D. – Principal Investigator  
Amount requested: \$60,000/amount received: \$60,000  
General Nutrition Corporation
- 1986 Eastern cultural value orientation of Western budo trainers.  
Nihon Daigaku, Tokyo, Japan, 19th annual meeting of the Nippon Budo Gakkai. Tokyo, Japan. Schmidt, R.J. and Ansorge, C.J.  
University Research Council Travel Grant (Layman funds) (\$800).
- 1986 The effect of exercise on muscular soreness and creatine kinase levels.  
M. A. Scheumann and R. J. Schmidt, UNL Research Council (\$1,401)
- 1983 Seishin kyoiku toshite no Nippon budo (Japanese martial arts as spiritual education). Schmidt, R.J. Big Ten CIC Symposium: "Mind and Body of East and West," The Ohio State University, Columbus, OH, October 13-15. University Research Council Travel Grant (\$800)

### **Grants (Not funded)**

- 2005 The acute effects of exercise and omega-3 fatty acids supplementation on immune and endocrine responses in obese subjects.  
Role: Co-investigator Role: Investigator with other IANR/CEHS associated faculty  
Terry J. Housh, Ph.D. – Principal Investigator  
Amount requested: \$10,000/not funded  
University of Nebraska Research Council

### **Panel Moderator**

Japanese Budo Symposium: University of Missouri-St. Louis, October 19-21, 2001.

### **Expert Panel**

Nebraska Coaches Association. "The Female Athlete Triad" Panel (Cindy Fluit, Christy Keim, M.D., Cheryl Moss, Wanda Koszewski, Ph.D., & R. J. Schmidt). 2004.

**Ph.D. Graduate Student Committees (Member on all committees unless otherwise designated)**

- 2016 Nathaniel Jenkins, Neuromuscular adaptations to three and six weeks of high- versus low-load leg extension resistance training.
- 2016 Kristen Cochrane, Physiological responses at the rating of perceived exertion at and above the gas exchange threshold during treadmill running.
- 2014 Haley Bergstrom, Physiological Responses at the Critical Heart Rate During Treadmill Running.
- 2011 Clayton Camic, An Assessment of the Motor Control Strategies and Effect of Fatigue Specific to Isometric, Concentric, and Eccentric Muscle Actions.
- 2011 Jorge Zuniga, Patterns of Responses for Neuromuscular and Metabolic Parameters for Ramp Versus Step Incremental Cycle Ergometer Tests.
- 2009 Michelle Mielke, An Examination of the Physiological Responses at the Critical Heart Rate.
- 2007 Shinya Takahashi
- 2007 Jan Ping Xue – Health Education
- 2007 Travis Beck, The Influence of Electrode Placement Over the Innervation Zone on Electromyographic Amplitude and Mean Power Frequency Versus Isokinetic and Isometric Torque Relationships.
- 2007 Moh Malek, Examination of the Relationship Between the Slow Component of Oxygen Uptake Kinetics and Plasma Ammonia Concentrations During Cycle Ergometer Exercise.
- 2006 Ming Qu, Alcohol expectancies and drinking behavior among adolescents in Inner Mongolia, China (
- 2006 Janping Xue, Cultural orientation and Chinese adolescents' drinking practices (Member)
- 2006 Tracy Zontek, Factors contributing to occupational injuries in direct care workers (Member)
- 2004 Khalid Muteb Assem Almutairi, Predicting smoking behavior among male Saudi Arabian college students
- 2004 Joseph Berning, Characteristics, attitudes and normative factors of anabolic steroid use among college-aged males and females: An application of the theory of reasoned action (Member)
- 2003 Joel Cramer, The Acute Effects of Static Stretching on Peak Torque, Mean Power Output, Mechanomyography, and Electromyography during Maximal, Eccentric, Isokinetic Muscle Actions.
- 2003 Heyam Reda Ali Mohammed, Behaviors, attitudes, and knowledge toward smoking sheesha among selected students in a teacher certificate program in Kuwait
- 2001 Anthony Bull, Oxygen Kinetic During Continuous Running at Critical Velocity.
- 2001 Sharon Perry, Mechanomyographic and Electromyographic Responses of the Superficial Quadriceps Femoris Muscles During Fifty Maximal Isokinetic Muscle Actions at Different Velocities.
- 2001 Doug Smith, The Effects of Isometric Strength Training of the Quadriceps Femoris on Electromyography, Mechanomyography, and Peak Torque.
- 2000 Kyle Ebersole, The Effects of Isometric Strength Training of the Biceps Brachii on Electromyography, Mechanomyography, and Muscle Strength.

- 2000 Kemal Makasci, Effects of Interactive, Computer-Based, CD-ROM Instruction on Improving Psychomotor Skill Analysis Ability of Soccer Skills (Co-chair)
- 1998 Tammy Evetovich, The Effects of Concentric Isokinetic Strength Training of the Quadriceps Femoris on Electromyography, Mechanomyography, and Muscle Strength.
- 1997 Terry Lee Stentz, Neck anthropometry and the prediction of sleep apnea in adult females
- 1991 Dona Jo Housh, The effects of unilateral concentric isokinetic training on muscle cross-sectional area

**Masters' Student Thesis Committees (M.P.E., M.S., & M.A.)**

- 2016 Ethan Hill, Electromyographic and mechanomyographic time and frequency response during fatiguing, submaximal, isokinetic muscle actions of the biceps brachii.
- 2016 Cory Smith, Time course of changes in neuromuscular parameters during fatiguing high-load and low-load concentric dynamic constant external resistance leg extension muscle actions.
- 2016 Nathaniel Jenkins, Test-retest reliability for voluntary and evoked measures of peak torque, electromechanical delay, and rate of torque development in older men
- 2013 Robert Lewis, The effects of intermittent isometric fatigue on concentric, eccentric, and isometric torque.
- 2011 Haley Bergstrom, A new single workout test to estimate critical power and anaerobic work capacity.
- 2007 Izumi Jinnai (MA), The social meaning of alcohol-related flushing among Chinese college students (Member)
- 2007 Crystal Zabka,
- 2005 Yap Ching Chew, Biotinyl transferases and hydrolysis in human cells
- 2005 Jared Coburn, Responses of Mechanomyography, Electromyography, and Peak Torque to Three Days of Velocity-Specific Isokinetic Training.
- 2005 Dave Guderian, Cholesterol-lowering properties of plant sterol esters made with beef tallow fatty acids
- 2005 Elliot Jesch, Cholesterol solubility in micelles as affected by sitosterol
- 2005 Alice Kueh, Characterization of biotinylation sites in human histones
- 2004 Travis Beck, Mechanomyographic and electromyographic amplitude and frequency responses during fatiguing isokinetic muscle actions of the biceps brachii.
- 2004 Brian Drewel: Less than adequate vitamin E status was observed in a group of preschool boys and girls of varying ethnicities
- 2001 Joel Cramer, Gender Comparisons Among Peak Torque, Mean Power Output, Mechanomyographic and Electromyographic Responses During Maximal, Eccentric Isokinetic Muscle Actions.
- 1998 Anthony Bull, The Effect of Mathematical Modeling on the Estimation of Critical Power.
- 1998 Sharon Perry, Validity of the Physical Working Capacity at the Heart Rate Threshold Test.
- 1996 Kyle Ebersole, The MMG and EMG Responses of the Superficial Quadriceps Muscles During Isometric Contractions.

- 1992 Dave Pavlat, Validation of the Electromyographic Fatigue Threshold Test.
- 1992 Bruce Warner, The Accuracy of the Critical Power Test for Predicting Time to Exhaustion During Arm Cranking Ergometry. (Member)
- 1991 Merrell Pepper, The Accuracy of the Critical Velocity Test for Predicting Time to Exhaustion During Treadmill Running.

**M.Ed., M.P.E., & MS (non-thesis) Primary Adviser**

Jeff Alexander, MS

Laura Dotson, MS

Caey Elison, MS

Caitlin Heany, MS

Katie James, MS

Katie Jonas, MS

Janelle Nordine, MS

Janani Prahlad, MS

Lindsey Remmers, MS

Brett Rosen, MS

Lindsey Ross, MS

Steve Saalfeld, MS

Justin Scherff, MS

Lona Smith-Alexander, MS

Mike Zafft, MS

2007 Ben Plouzek, MS

2007 Greg Howe, MS

2005 Matthew O'Brien, M.Ed.

2004 Elijah Knight, M.Ed.

2004 Kuniaki Motegi, M.Ed.

2003 Victoria Maria Galfre, M.P.E.

2003 Scott Gardner, M.Ed.

2002 Amanda Hall, M.Ed.

2002 Mikhail Gorbatenko, M.Ed.

2002 Shane Adcock, M.Ed.

2002 Carla Vidoni, M.Ed.

2002 Ryan Martin, M.Ed.

2001 Akiko Dezawa, M.Ed.

2001 Michelle Garrison, M.Ed.

2000 Risako Handa, M.Ed.

2000 Nguyen, Phong The, M.Ed.

1999 Shinoda Yousuke, M.Ed. 1999

1998 Hyo Sook Wang, M.P.E..

## **Service**

### **State-level Service**

Governor's Council on Physical Fitness (1972-1973)

### **University Service**

Chancellor's ROTC Review Committee (2003 to present)

Asian Studies Committee member (1975 to present)

Naval ROTC – Performance Review Board member (1990 to present)

Navy-Marine Corps ROTC Range Safety Officer (RSO) & Small Arms Marksmanship instructor (SAMI)  
IAW OPNAVIST 3591.1

US Army ROTC Combatives Instructor

Navy-Marine Corps Combatives Instructor

Japan Festival – Martial Arts demonstration; 06 Nov 2004 Dr. Noriko Asato – as part of Asian  
Studies program

External Reviewer for Douglas Smith, Ph.D. request for promotion to associate professor rank – Oklahoma  
State University (2007)

### **College of Education & Human Sciences/Teachers College Service**

Goal II Task Force Committee (College) (1974)

Teachers College Promotion & Tenure Committee (1978-82 [Secretary 1980-82])

Teachers College Subcommittee on General Requirements (1989)

Teachers College International Education Committee (1992-1993)

Consultant in Intercultural Education for Teachers College Education 131 Curriculum Group (1993)

### **NHS Department Service**

NHS Promotion & Tenure Committee (Member)

Chair's Advisory Council



NHS MS Option II Program: Nutrition & Exercise (Advisor)  
2004 (summer/fall) - In cooperation with Tim Carr and Wanda Koszewski - established new area of specialization (Nutrition & Exercise) MS option II .

Graduate Committee – NHS 2003-2004 (Member)

International Nutrition Program (INP) (Member)  
International Nutrition Program (INP) Admissions Committee (Member) 2006-2008

Safety Committee – NHS 2013-2016

**Previous UNL Department/School of HPER Service**

**Department of Physical Education for Men**

Goals & Objectives Committee 1972-73

Building Renovation Committee 1972-73.

**School of Health, Physical Education and Recreation**

Promotion & Tenure Committee 1972-73/76-77

Curriculum Committee 1973.

Area Chairperson - Combatives (1974-79)

C.L. Wear Research Lecture Series Committee 1976-87.

Ad Hoc Committee for Independent Study (1976-77)

Exercise Science Committee 1978-93,

Healthy Lifestyles Individual Learning Committee 1980-81.

Basic Instructional Program Working Group 1981-82.

Distinguished Teaching Award Committee, Chair 1981-82.

School Committee 1984-85.

Faculty Advisor: Phi Epsilon Kappa 1976-77.

Faculty Advisor: UNL SCUBA Club 1976-77.

Faculty Advisor: Weight Lifting Club

Developed and taught workshops for exercise science students who registered for the Health Fitness Instructor and Exercise Test Technologist Certification Examinations offered by the American College of Sports Medicine

**Department of Health and Human Performance**

Departmental Committee (1992-93)

Grade Appeals Committee (1996)

Exercise Science Undergraduate Curriculum Committee Member (1999-2003)

Exercise Science Graduate Curriculum Committee Member (1999-2003)  
 Graduate Chair (1998-2003)

Department of Health & Human Performance – Director - M.Ed. option II program in Exercise Physiology

**NUTR 496 Student Internship faculty supervisor**

Akiko Dezawa	Summer 2000	St. Elizabeth Cardiac Rehabilitation
Laura Leigh Wilcher	Summer 2004	BryanLGH Cardiac Rehabilitation
Greg Howe	Summer 2004	St. Elizabeth Cardiac Rehabilitation
Greg Howe	Summer 2007	Lincoln Plating Industries
Steve Saalfeld	Fall 2008	St. Elizabeth Cardiac Rehabilitation

**Outreach Activities**

**Program development**

2007 Committee member of group tasked with developing a course in intelligence analysis for the University of Illinois – Police Training Institute (Catherine Somers, Associate Director; Don Needham, Lead Instructor)

**Director and Chief Instructor UNL-NHS-CEHS Martial Arts Center of Excellence - Jinbukan Dojo**

Sponsored four instructors from Japan to provide demonstrations and teaching to University faculty, staff, and students (Fall semester 2013). Partial funding provided through UNL Foundation grant.

1971 - 2008 Provide instruction in the Japanese martial arts of Shotokan karate, kendo, naginata (atarashii naginata & Tendo Ryu Naginata Heiho), iaido (Seitei iai, Omori Ryu, Hasegawa Eishin Ryu, Muso Jikiden Eishin Ryu), and Asayama Ichiden Ryu taijutsu.

1986 Provided martial arts demonstration (Kendo kata and Iaido kata) for dedication ceremony for Lentz Center for Asian Culture at Morrill Hall, University of Nebraska

1985 - 2008 University sponsor for Lincoln YMCA Children's Karate Club

1993 Member - Organizing Committee for Third International Naginata Taikai, Los Angeles

1992 Member – United State Naginata Team member (Chuken); Paris, France (June)

1991 Member – United States Shotokan Karate Kenkojuku Team member (July)

1973-74 Lincoln Public Schools –Extramural Self-defense instructor

1973-75 Guest Instructor in Combatives – Concordia Teachers College - Seward, Nebraska

2004-07 Guest Instructor in Combatives – Nebraska Wesleyan University

1975 - 2007 Provided martial arts demonstration at annual University of Nebraska “Japan Night Festival

**Law Enforcement-Military Outreach Activities**

- U.S. Naval Reserve Center: Lincoln, NE (POC-Lt. Andrew Case) - Combatives Instructor, 2002 - 2006
- University of Nebraska Navy-Marine ROTC Unit - Designated Range Safety Officer (RSO) and Designated Small Arms Weapons Instructor (SAMI)
- University of Nebraska Army ROTC Unit – Combatives instructor – 1977 to present
- Police Department - University of Nebraska – Tactical Instructor
- Lincoln Police Department: Lincoln, NE – Defensive tactics and riot control instructor
- Nebraska State Patrol, Lincoln Police Department, Lancaster County Sheriff's Office, & Nebraska Air National Guard Security Force (Defensive tactics and physical fitness instructor)
- Nebraska Law Enforcement Training Center - Nebraska Use-of-Force Trainers' Association Conference - Firearms Instructor
- Department of Corrections: State of Nebraska - Defensive Tactics Instructor – 1980-81
- American Society for Law Enforcement Trainers' Annual Conference; Ontario, CA. Tactical weapons Instructor - 2003
- Nebraska State Patrol – Subject-matter-expert in exercise testing and training – 2000 to 2008
- Nebraska State Patrol – Invited lecturer – NSP Recruit Class, 2006.
- Nebraska State Patrol – Invited lecturer for NSP Training Officers Annual Meeting – 2007
- Precision Rifle Works – Greeley, CO: Invited instructor - Basic Police Sniper Course -2008

### **Professional Development**

I have maintained continuous currency of the following American College of Sports Medicine certifications since their initial award dates.

Registered Clinical Exercise Physiologist (2001)  
*American College of Sports Medicine*

Exercise Specialist (1977)  
*American College of Sports Medicine*

Exercise Test Technologist (1977)  
*American College of Sports Medicine*

Designated Health/Fitness Instructor Examiner  
*American College of Sports Medicine*

### **Combatives (Law Enforcement)**

Certified Law Enforcement Instructor  
*American Society for Law Enforcement Trainers*  
*Nebraska Commission on Law Enforcement and Criminal Justice*  
*Texas Commission on Law Enforcement Officer Standards and Education*  
*National Law Enforcement Training Center*

Completed seminars in combatives (law enforcement and Japanese martial arts) since 1973: (training venues include United States, Japan, and Europe):

Combatives (*Japanese martial arts*)  
Asian martial arts: 150+ since 1965 (to include judo, Shotokan karate, kendo, iaido, naginata, Tai Chi, Okinawan kobudo, Asayama Ichiden Ryu Taijutsu, and Tenshin Shoden Katori Shinto Ryu.

Combatives and related training (*Law Enforcement*)  
Intelligence analysis training: Six (6) since 2004  
Use-of-Force training: Forty-five (45) since 1998

Completed 9 hours of graduate coursework in exercise physiology at the University of Colorado (1975)

### **Curriculum Development (Developed and Taught Following Courses)**

Developed the following courses for the University of Nebraska-Lincoln:

NUTR 991	Field Experiences: Graduate internships in cardiac rehabilitation-cooperate fitness (3-6 cr. hrs.)
NUTR 488	Field Experiences: Graduate internships in cardiac rehabilitation-cooperate fitness (3-6 cr. hrs.)
NUTR 456/856	Clinical Exercise Physiology (3 cr. hrs)
NUTR 480/880	Functional Electrocardiography (3 cr. hrs)
NUTR 486/886	Exercise Testing and Training in Adult Fitness and Cardiac Rehabilitation (4 cr. hrs.)
PE 320	Sports Physiology for Coaches (3 cr. hrs)
PE 290	Weight Training and Conditioning for Physical Education Majors (3 cr. hrs)
NUTR 887	Theory and Assessment of Exercise and Health Behavior Planning (3 cr. hrs.)
NUTR 205	Asian Martial Culture (3 cr. hrs)

Former School of HPER and now Campus Recreation courses developed and taught:

Shotokan Karate I	Kendo I
Shotokan Karate II	Kendo II
Judo I	Japanese Martial Arts Weapons
Judo II	SCUBA Diving
Army ROTC/Navy ROTC Physical Fitness Course	
Defensive Tactics & Physical Fitness Law Enforcement Personnel	

#### **Previous Academic Courses Taught at UNL**

PE 805	Interpretations of Physical Education
NUTR 887	Theory and Assessment of Exercise and Health Behavior Planning (3 cr. hrs.)
HHP 984	Advanced Exercise Physiology (3 cr. hrs.)

#### **Current Courses Taught**

NUTR 100	Health and Fitness/Healthy Living
NUTR 205	Asian Martial Culture
NUTR 450-850	Functional Electrocardiography
NUTR 456-856	Clinical Exercise Physiology
NUTR 486-886	Exercise Testing and Prescription
NUTR 896	Nutrition and Exercise (3 cr. hrs.) (Co-teach)
NUTR 484/884	Physiology of Exercise (3 cr. hrs)
COMB101D	Shotokan Karate
COMB101J	Kendo
COMB101N	Naginata

**Teaching Improvement Efforts**

- 2008 Certificate – UNL Summer Institute for Online Teaching (SIOT). The institute will focus on four skills critical to online teaching: planning, communication, evaluation and management skills. Course topics included planning and organizing an online course, building community and instructor presence, developing online content, assessments, and managing an online course.
- 1995 Completion of assessment of teaching for Combatives 101D utilizing the ALT-PE (“Academic Learning Time in Physical Education”) computerized evaluation method– 1995. Evaluator: Dr. Tom Sharpe.
- 1992 “Active Learning for the Classroom – Cooperative Learning” workshop offered through the Teaching & Learning Center – November 1992. Evaluator: Dr. Delivee Wright.
- 1992 Completion of teaching assessment for Combatives 101D: “Active Learning in the classroom.” Offered through the UNL Teaching & Learning Center – April 1992. Evaluator: Dr. Delivee Wright.

**Department-level Internship Development Efforts**

1. Bryan Memorial Hospital Cardiac Rehabilitation Center - Lincoln, Nebraska (Cindy Kugler - Director).
2. Creighton University: The cardiac Center - Omaha, Nebraska (Dr. Mark Williams, Director).
3. Kawasaki Motor Manufacturing Corporation - Lincoln, Nebraska (Jim Townsend - Director).
4. Union Pacific Railroad Employee Fitness Program - Omaha, Nebraska (Michelle Baade - Director).
5. Lincoln Racquet Club - Lincoln, Nebraska (Pam Hroza - Director).
6. Federal Building - Lincoln, Nebraska (Cherie Minear - Director).
7. Cherry Creek Fitness Center - Denver, Colorado (Tara Stolz - Director).
8. Saint Elizabeth Regional Medical Center Cardiac Rehabilitation Unit (Pam Robertson, RN – Director)
9. Bjorkman Physical Therapy, Lincoln, Nebraska
10. Verizon Wireless, Lincoln, Nebraska
11. Nebraska Heart Institute, Lincoln, Nebraska
12. York Hospital Cardiac Rehabilitation Program; York, NE
13. Inverness Fitness Center – Denver, Colorado

**Exercise Science Workshops, in-service programs, invited lecturer**

- 2002 Invited speaker - Principles of Exercise Testing and Training in Adult Fitness. Southeast Community College -Fitness/Wellness Class (Mary O'Hare) (January 17).
- 1984 Subject-matter-expert for in-service workshop on Multicultural Education (Terasita Aguilar); Teachers College – University of Nebraska
- 1983 – 2003 Taught workshops for exercise science students in the School of HPER and the Department of Health and Human Performance in preparation to sit for the Health Fitness

Instructor and Exercise Test Technologist Certification Examinations offered by the American College of Sports Medicine.

- 1973 YMCA Instructor Certification Clinic - Lincoln, NE, November 1973.
- 1972 YMCA Physical Fitness Instructor Certification Clinic: Lincoln, NE