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EDUCATION

1991 Ph.D. in Exercise Science, University of Massachusetts

Dissertation: The Prediction of Power and Economy During Near-Maximal Rowing;
Directed by Patty S. Freedson

1980 M.S. in Adult Fitness/Cardiac Rehabilitation, University of Wisconsin-La Crosse

Thesis: The Influence of Combining Arm and Leg Cycling on Maximum Oxygen
Uptake of Intercollegiate Women Swimmers; Directed by Nancy K. Butts

1977 B.A. double major in Biology/Physical Education with Physiology emphasis, St. Cloud
State University

PROFESSIONAL EXPERIENCE

Professor: Northern Michigan University, Marquette, MI; 8/2001 to present. Taught classes in biomechanics, applied exercise physiology, research methods, and statistics at the undergraduate and graduate levels. Conducted research in aquatics, cycling, and the effect of strength on exercise performance. Advised and supervised undergraduate and graduate student research.

Visiting Professor: University of Konstanz, Konstanz, Germany; 8/2012 to 7/2013. Taught class in Strength and Conditioning. Conducted research on jump landing mechanics onto a gymnastics beam; effect of plyometrics and agility training on jump performance; and methods of using accelerometers as gait attractor devices.

Visiting Professor: University of Limerick, Limerick, Ireland; 6/2002 to 6/2003. Team taught 3D Analysis of Sports Activities. Supervised Final Year Projects on: Complex training effect on rowing; Effect of contact time on jump height; and Neural training mechanisms in strength gain. Also supervised Sports Applications projects: Effect of stretching on 1 RM strength; Effect of cycling position on subsequent running performance; Investigation into the psychological effects of different fluid intakes on performance; and Analysis of the hydration habits of an Irish athletic population. Conducted research on mechanics of uphill sand dune and grass hill running; validity and reliability of laser determination of running velocity; and effect of growth and development on muscle function.

Associate Professor: Northern Michigan University, Marquette, MI; 8/1998 to 8/2001. Taught classes in biomechanics, applied exercise physiology, research methods, and statistics at the undergraduate and graduate levels. Conducted research in the effect of strength on exercise performance. Advised and supervised undergraduate and graduate student research.

Assistant Professor: Northern Michigan University, Marquette, MI; 8/1995 to 8/1998. Taught classes in biomechanics, applied exercise physiology, and statistics at the undergraduate and graduate levels. Conducted research into the effect of strength on exercise performance. Advised and supervised undergraduate and graduate student research.

Assistant Professor: University of North Texas, Denton, TX; 9/1991 to 8/1995. Taught classes in aquatics, biomechanics and applied exercise physiology at the undergraduate and graduate levels. Conducted research on the effect of strength on functional ability in the elderly and on exercise performance. Advised and supervised undergraduate and graduate student research.

Research Assistant: University of Massachusetts, Amherst, MA; 9/1986 to 5/1991. Responsible for training and supervision of undergraduate interns in the Body Shop Fitness Centers. Assisted in conducting research projects on the effects of strength training. Taught undergraduate exercise physiology.

Cardiac Monitor Observer: Holyoke Hospital, Holyoke, MA; 3/1987 to 9/1990. Part time, responsible for detecting EKG abnormalities of telemetry monitored patients in CCU, ICU and TCU.

Fitness Director/Instructor promoted to Assistant Professor: Michigan Technological University, Houghton, MI; 9/1980 to 8/1986. Taught graduate exercise physiology and lab technique classes and undergraduate first aid and activity classes in aquatics, running, and fitness. Assisted on graduate student projects.

Phase II Cardiac Rehab Specialist: Johnson Space Center/Kelsey-Seybold Clinic, Houston, TX; 1/1980 to 6/1980. Assisted on research to design in-space fitness programs for astronauts. Designed and supervised exercise prescriptions for Phase II cardiac rehab patients.

PROFESSIONAL ACTIVITIES

Member of:

American College of Sports Medicine
American Society of Biomechanics
Exercise and Sport Science Association of Ireland
International Society of Biomechanics in Sport (Board of Directors 2006 to 2011; Secretary General 2011 to 2015)
National Strength and Conditioning Association
Public Responsibility in Medicine and Research
Sigma Xi

Reviewer for professional journals:

BioMed Central Public Health
Brazilian Journal of Physical Education & Sport
British Journal of Sports Medicine
CHOICE
European Journal of Sports Sciences
Frontiers in Neurology
International Journal of Sports Medicine
International Journal of Sports Physiology and Performance
Journal of Biomechanics

Journal of Science and Cycling
Journal of Sport Sciences
Journal of Strength and Conditioning Research (Associate Editor)
Measurement in Physical Education and Exercise Science (Editorial Review Board)
Medicine and Science in Sports and Exercise
Pediatric Exercise Science
Research Quarterly for Exercise and Sport
Sports Biomechanics (Editorial Advisory Board)
Sports Medicine Training and Rehabilitation
International Symposium on Biomechanics in Sports

Chair of Organizing Committee for XXVIII International Society of Biomechanics in Sport Conference held at Northern Michigan University; Marquette, MI 19-23 July 2010.

Board of Directors of High Tech Sports Science, LLC; a company developing a new muscle monitoring system. 2010-2012

AWARDS AND CERTIFICATIONS

Fellow of American College of Sports Medicine
Fellow of International Society of Biomechanics in Sports
2002 Telly Award for “Strong Women”. Panel on the public television show Massachusetts School of Law Educational Forum, taped August 2000.
National Strength and Conditioning Association Certified Strength and Conditioning Specialist since 2005
Recipient of Northern Michigan University 2007 Excellence in Professional Development Award
Recipient of Northern Michigan University 2012 Distinguished Faculty Award
Nominee for Presidents’ Council State Universities of Michigan Distinguished Professor of the Year Award 2013.

GRANTS AND CONTRACTS

- 12/91 Influence of Strength and Exercise Mode on Blood Lactate Kinetics. Research Initiation Grant from the University of North Texas. Amount \$1500.
- 1/92 The Estimation of Anaerobic Energy Transformation by Blood Lactate Accumulation and Recovery Oxygen Cost. Junior Faculty Summer Research Grant from the University of North Texas. Amount \$3500.
- 9/93 A Comparison of Training Programs Using Deep Water and Land Based Running. With University of North Texas graduate students John Mercer and Matt Morrow. Excel Sports Science. Amount \$525.
- 8/94 Effect of a 12-week Strength Training Program on Functional Capability of Individuals With and Without Difficulties Performing ADL's. With Patricia Brill. Academy for Research and Professional Development, College of Education, University of North Texas. Amount \$1000.
- 8/94 The Estimation of Caloric Cost During Hydraulic Resistive Walking. Sports Specific of America. Amount \$2195.

- 11/94 Impact of Strength Training on Older Adults' Functional Ability. With M. Jean Keller. University of North Texas Small Grants Program. Amount \$750.
- 5/96 Portable Computer for Data Acquisition and Demonstration in Exercise and Sport Science Classes. Northern Michigan University Learning Technology Fee Grants Program. Amount \$2000.
- 4/97 NMU Faculty Research Grant: Creating an environment to measure ground reaction forces: Specifically during in-line skating and rock climbing. Amount \$4398.
- 1/98 Student Work Stations in Exercise Science. Northern Michigan University Learning Technology Fee Grants Program. Amount \$5000.
- 5/00 Hamstring electromyographic response of the back squat at different knee angles during eccentric and concentric phases. Northern Michigan University College of Behavioral Sciences, Human Services, and Education Internal Research Grants Program. Amount \$2000.
- 4/02 Use of a high-speed video camera for biomechanical analysis of cross-country skiing. Northern Michigan University College of Professional Studies; Internal Research Grants Program. Amount \$2350.
- 12/02 Use of an instrumented bicycle wheel to determine power output during weighted, uphill bicycling over-ground and on a treadmill. Northern Michigan University College of Professional Studies; Internal Research Grants Program. Amount \$1388.
- 3/03 Neural activity during the pre-contraction phase of jumping. Northern Michigan University College of Professional Studies; Internal Research Grants Program. Amount \$1200.
- 12/03 Variations in hand position when falling from a rock climbing hold. Northern Michigan University College of Professional Studies; Internal Research Grants Program. Amount \$2450.
- 12/04 Gait analysis in college aged and elderly individuals: Identifying risk factors for falling. Northern Michigan University Faculty Research Grant. Amount \$7000.
- 4/04 Take-off forces and body position of novice and elite ski jumpers. Northern Michigan University College of Professional Studies; Internal Research Grants Program. Amount \$1871.
- 4/05 Expanding NMUs International Biomechanics Curriculum and Research. Northern Michigan University College of Professional Studies; Internal Research Grants Program. Amount \$2349.
- 4/06 Effect of different handlebar positions and drafting techniques on cycling power output and muscle activity. Northern Michigan University College of Professional Studies; Internal Research Grants Program. Amount \$2500.

- 4/09 The integration of scholarship within the International Society of Biomechanics in Sports conference. Northern Michigan University College of Professional Studies; Internal Research Grants Program. Amount \$3200.
- 6/09 Determining the reactive strength index in countermovement jumping. Co-Investigator with undergraduate student, Sarah Leissring. Northern Michigan University; University Scholars Research Grant Program. Amount \$ 1000.
- 6/10 Variability of Ground Reaction Force during the first 20% of a horizontal jump and side cut task. Co-Investigator with undergraduate student, Sarah Leissring. Northern Michigan University; University Scholars Research Grant Program. Amount \$ 1000.
- 11/11 Research and Scholarship during the International Society of Biomechanics in Sports conference. With undergraduate Mitchell Stephenson. Northern Michigan University College of Professional Studies; Internal Research Grants Program. Amount \$3500.
- 6/12 Northern Michigan University Honors Program Lundin Summer Research Fellowship: *Kinematic Analysis of the Strongman Event: The Tire Flip*. Co-Investigator with Mitchell Stephenson. Amount: \$5000
- 11/13 Use of accelerometers in movement analysis. Northern Michigan University College of Professional Studies; Internal Research Grants Program. Amount \$4325.
- 11/14 Integration of Research and Scholarship in an International Biomechanics setting. Northern Michigan University College Health Sciences and Professional Studies; Internal Research Grants Program. Amount \$5000.

PROFESSIONAL JOURNAL ARTICLES

- 1) Jensen, RL & Katch, FI. A new approach to rowing ergometry: Establishing exercise intensity relative to maximum force output. *European Journal of Applied Physiology*. 1991; 62: 44-48.
- 2) Jensen, RL & Kline, G. The resampling cross-validation technique in exercise science: Modeling rowing power. *Medicine and Science in Sports and Exercise*. 1994; 26: 929-933.
- 3) Cornelius, WL, Jensen, RL, and Odell, ME. Effects of PNF stretching phases on acute arterial blood pressure. *Canadian Journal of Applied Physiology*. 1995; 20: 223-231.
- 4) Jensen, RL, Freedson, PS, Hamill, J. The prediction of power and efficiency during near-maximal rowing. *European Journal of Applied Physiology*. 1996; 73: 98-104.
- 5) Jackson, AW, Morrow, JR, Jr., Jensen, RL, Jones, NA, Schultes, SS. Reliability of the Prudential FITNESSGRAM trunk lift test in young adults. *Research Quarterly for Exercise and Sport*. 1996; 67: 115-117.
- 6) Mercer, JA & Jensen, RL. Reliability and validity of a deep water running graded exercise test. *Measurement in Physical Education and Exercise Science*. 1996; 1: 213-222.

- 7) Brill, PA, Jensen, RL, Koltyn, KF, Morrow, JR, Jr., Jackson, AW, Keller, MJ, Morgan, LA. The feasibility of conducting a group-based progressive strength training program in residents of a multi-level care facility. *Activities, Adaptation and Aging*. 1997; 22(4): 53-64.
- 8) Ebben, WP & Jensen, RL. Strength training for women: Debunking myths that block opportunity. *Physician and Sportsmedicine*, 1998; 26(5): 86-97.
- 9) Mercer, JA & Jensen, RL. Heart rates at equivalent submaximal VO₂ rates do not differ between deep water running and treadmill running. *Journal of Strength and Conditioning Research*. 1998; 12: 161-165. http://journals.lww.com/nsca-jscr/Abstract/1998/08000/Heart_Rates_at_Equivalent_Submaximal_Levels_of_VO2.7.aspx
- 10) Blackard, DO, Jensen, RL, Ebben, WP. Challenging kinetic chain terminology through analysis of EMG values during biomechanically comparable exercises. *Medicine and Science in Sports and Exercise*. 1999; 31:443-448.
- 11) Gannon, EK & Jensen, RL. Reliability of peak forces during isometric curl-ups in a population of 50-84 year olds. *Measurement in Physical Education and Exercise Science*. 1999; 3: 101-106.
- 12) Ebben, WP, Blackard, DO, Jensen, RL. Quantification of medicine ball vertical impact forces: Estimating effective training loads. *Journal of Strength and Conditioning Research*. 1999; 13: 271-274. http://journals.lww.com/nsca-jscr/Abstract/1999/08000/Quantification_of_Medicine_Ball_Vertical_Impact.15.aspx
- 13) Ebben, WP, Leigh, DS, Jensen, RL. The role of the back squat as a hamstring training stimulus. *Strength and Conditioning Journal*. 2000; 22 (5): 15-17. http://journals.lww.com/nsca-scj/Citation/2000/10000/The_Role_of_the_Back_Squat_as_a_Hamstring_Training.4.aspx
- 14) Ebben, WP, Jensen, RL, Blackard, DO. Electromyographic and kinetic analysis of complex training exercise variables. *Journal of Strength and Conditioning Research*. 2000; 14: 451-456. http://journals.lww.com/nsca-jscr/Abstract/2000/11000/Electromyographic_and_Kinetic_Analysis_of_Complex.13.aspx
- 15) Ebben, WP & Jensen, RL. Electromyographic and kinetic analysis of traditional, chain and elastic band squats. *Journal of Strength and Conditioning Research*. 2002; 16: 547-550. http://journals.lww.com/nsca-jscr/Abstract/2002/11000/Electromyographic_and_Kinetic_Analysis_of.9.aspx
- 16) Jensen, RL & Ebben, WP. Kinetic analysis of complex training rest interval effect on vertical jump performance. *Journal of Strength and Conditioning Research*. 2003; 17: 345-349. http://journals.lww.com/nsca-jscr/Abstract/2003/05000/Kinetic_Analysis_of_Complex_Training_Rest_Interval.22.aspx
- 17) Biwer, CJ, Jensen, RL, Schmidt, WD, Watts, PB. The effect of creatine on treadmill running with high intensity intervals. *Journal of Strength and Conditioning Research*. 2003; 17: 439-445. http://journals.lww.com/nsca-jscr/Abstract/2003/08000/The_Effect_of_Creatine_on_Treadmill_Running_With.3.aspx

- 18) Watts, PB & Jensen, RL. Reliability of peak forces during a finger curl motion common in rock climbing. *Measurement in Physical Education and Exercise Science*. 2003; 7: 263-267.
- 19) Shafat, A, Butler, P, Jensen, RL, Donnelly, AE. Effects of dietary supplementation with vitamins C and E on muscle function during and after eccentric contractions in humans. *European Journal of Applied Physiology*. 2004; 93: 196-202.
<http://www.springerlink.com/content/4ctvwry9947vnjkq/?p=5a503bf20b48456382964f75b697c3d4&pi=25>
- 20) Fischer, SL, Watts, PB, Jensen, RL, Nelson, J. Energy expenditure, heart rate response, and metabolic equivalents (METS) of adults taking part in children's games. *Journal of Sports Medicine and Physical Fitness*. 2004; 44(4): 398-403.
<http://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y2004N04A0398>
- 21) Harrison, AJ, Jensen, RL, Donoghue, O. A comparison of laser and video techniques for determining velocity during running. *Measurement in Physical Education and Exercise Science*. 2005; 9 (4): 219-231.
- 22) Biwer, CJ, Jensen, RL, Schmidt, WD, Watts, PB. The effect of acute creatinine monohydrate loading on Wingate test results in 18-21 years old male soccer players. *Acta Physiologica Hungarica*. 2006; 92: 221-230.
- 23) Comyns, TM, Harrison, AJ, Hennessy, L, Jensen, RL. The optimal complex training rest interval for athletes from anaerobic sports. *Journal of Strength and Conditioning Research*. 2006; 20: 471-476. http://journals.lww.com/nsca-jscr/Abstract/2006/08000/The_Optimal_Complex_Training_Rest_Interval_for.3.aspx
- 24) Jensen, RL. Commentary 2: The effect of aging on the stride pattern of veteran marathon runners. *British Journal of Sports Medicine*. 2006; 40: 604.
- 25) Comyns, TM, Harrison, AJ, Hennessy, L, Jensen, RL. Identifying the optimal resistive load for complex training in male rugby players. *Sport Biomechanics*. 2007; 6(1): 59-70.
<http://ezpolson.nmu.edu:5977/ehost/detail?vid=3&hid=101&sid=842b644d-1f57-4bae-85c3-0fb75bdd9716%40sessionmgr110&bdata=JnNpdGU9ZWhvc3QtG12ZQ%3d%3d#db=sph&AN=33763858>
- 26) McGinley, C, Jensen, RL, Byrne, CA, Shafat, A. Early-phase strength gains during traditional resistance training compared with an upper-body air-resistance training device. *Journal of Strength and Conditioning Research*. 2007; 21(2): 621-627. http://journals.lww.com/nsca-jscr/Abstract/2007/05000/Early_Phase_Strength_Gains_During_Traditional.57.aspx
- 27) Jensen, RL & Ebben, WP. Quantifying plyometric intensity via rate of force development, knee joint and ground reaction forces. *Journal of Strength and Conditioning Research*. 2007; 21(3): 763-767. http://journals.lww.com/nsca-jscr/Abstract/2007/08000/Quantifying_Plyometric_Intensity_Via_Rate_of_Force.18.aspx
- 28) Ebben, WP, Flanagan, E, Jensen, RL. Gender similarities in rate of force development and time to takeoff during the countermovement jump. *Journal of Exercise Physiologyonline*. 2007; 10(6):10-17.

- 29) Watts, PB, Gannon, E, Jensen, RL, Kobeinia, R, Maynard, J, Sansom, J. Forearm EMG during rock climbing differs from EMG during handgrip dynamometry. *International Journal of Exercise Science*. 2008; 1(1): 4-13. <http://digitalcommons.wku.edu/ijes/vol1/iss1/2/>
- 30) Watts, PB, Jensen, RL, Agena, SM, Majchrzak, JA, Schellinger, RA, Wubbels, CS. Changes in EMG and finger force with repeated hangs from the hands in rock climbers. *International Journal of Exercise Science*. 2008; 1(2): 62-70. <http://digitalcommons.wku.edu/ijes/vol1/iss2/3/>
- 31) Ebben, WP, Simenz, C, and Jensen, RL. Evaluation of plyometric intensity using electromyography. *Journal of Strength and Conditioning Research*. 2008; 22(3): 861-868. http://journals.lww.com/nsca-jscr/Fulltext/2008/05000/Evaluation_of_Plyometric_Intensity_Using.30.aspx
- 32) Kane, D, Watts, PB, Jensen, RL, Williams, S. Effects of two drag factors on selected physiological variables in an incremental rowing ergometer test. *International Journal of Sports Medicine*. 2008; 29: 390-394. <http://ezpolson.nmu.edu:5977/ehost/detail?vid=3&hid=103&sid=5e573ecf-916a-49e2-885a-19c3fdb94a02%40sessionmgr113&bdata=JnNpdGU9ZWwhvc3QtbGl2ZQ%3d%3d#db=sph&AN=32522627>
- 33) Flanagan, EP, Ebben, WP, Jensen, RL. Reliability of the reactive strength index and time to stabilization during plyometric depth jumps. *Journal of Strength and Conditioning Research*. 2008; 22(5): 1677-1682. http://journals.lww.com/nsca-jscr/Fulltext/2008/09000/Reliability_of_the_Reactive_Strength_Index_and.39.aspx
- 34) Jensen, RL, Ewers, BJ, Cunniffe, B, Phelan, B, Harrison, AJ, Shafat, A. Impact of seated and standing bicycle riding position on subsequent running performance. *International Journal of Exercise Science*. 2008; 1(4): 177-187. <http://digitalcommons.wku.edu/ijes/vol1/iss4/5/>
- 35) Ebben, WP, Flanagan, EP, Jensen, RL. Jaw clenching results in concurrent activation potentiation during the countermovement jump. *Journal of Strength and Conditioning Research*. 2008; 22(6): 1850-1854. http://journals.lww.com/nsca-jscr/Fulltext/2008/11000/Jaw_Clenching_Results_in_Concurrent_Activation.19.aspx
- 36) Bowen, RS, Jensen, RL, Ryan, JM, Watts, PB. Modeling oxygen uptake during V1 treadmill roller skiing. *International Journal of Exercise Science*. 2009; 2(1): 48-59. <http://digitalcommons.wku.edu/ijes/vol2/iss1/6/>
- 37) Ebben, WP, Flanagan, EP, Jensen, RL. Bilateral facilitation and laterality during the countermovement jump *Perceptual and Motor Skills*. 2009; 108, 251-258. http://www.unboundmedicine.com/medline/ebm/record/19425466/full_citation/Bilateral_facilitation_and_laterality_during_the_countermovement_jump
- 38) Ebben, WP, Long, NJ, Pawlowski, ZD, Chmielewski, LM, Clewien, RW, Jensen, RL. Using squat repetition maximum testing to determine hamstring resistance training exercise loads. *Journal of Strength and Conditioning Research*. 2010; 24(2): 293-299. http://journals.lww.com/nsca-jscr/Fulltext/2010/02000/Using_Squat_Repetition_Maximum_Testing_to.1.aspx

- 39) Jensen, RL, Balasubramani, S, Burley, KC, Kaukola, DR, LaChapelle, JA. Reliability of a digital method to determine frontal area of a cyclist. *Measurement in Physical Education and Exercise Science*. 2010; 14(2): 130-136.
- 40) Jensen, RL, Furlong, L-AM, Graham, D, and Harrison, AJ. Reliability of jump and performance measures in rugby union players. *Portuguese Journal of Sports Sciences*. 2011; 11 (Suppl. 2) 93-96.
- 41) Ewbank, PT & Jensen RL. Change in trunk muscle activity during incline treadmill running. *Portuguese Journal of Sports Sciences*. 2011; 11 (Suppl. 2) 487-490.
- 42) Petushek, EP, Richter, C, Donovan, D, Ebben, WP, Jensen, RL. Comparison of tibial impact accelerations: video vs accelerometer. *Portuguese Journal of Sports Sciences*. 2011; 11 (Suppl. 2) 609-612.
- 43) Leissring, SK, Jensen, RL, Tervo, JL, and Watts, PB. Onset and offset of rectus femoris activation during double poling ergometry in two positions: standing vs. sitting. *Portuguese Journal of Sports Sciences*. 2011; 11 (Suppl. 2) 747-750.
- 44) Stephenson, ML, Ebben, WP, Flanagan, EP, Jensen, RL. Contact time, jump height, and reactive strength index during drop jumps in water, on padded and non-padded conditions. *Portuguese Journal of Sports Sciences*. 2011; 11 (Suppl. 2) 941-944.
- 45) España-Romero, V, Jensen, RL, Sanchez, X, Ostrowski, ML, Szekely, JE, Watts, PB. Physiological responses in rock climbing with repeated ascents over a 10-week period. *European Journal of Applied Physiology*. 2011; 112 (3) 821-828.
- 46) Petushek, EJ, Richter, C, Donovan, D, Ebben, WP, Watts, PB, Jensen, RL. Comparison of countermovement jump and landing knee flexion angle using 2D video and electrogoniometry. *Sports Engineering*. 2012; 15 (3) 159-166.
- 47) Kane, DA, MacKenzie, SJ, Jensen, RL, Watts, PB. Effects of Stroke Resistance on Rowing Economy in Club Rowers Post-Season. *International Journal of Sports Medicine*. 2013; 34(02): 131-137. Featured article <http://dx.doi.org/10.1055/s-0032-1321721>
- 48) Vieten MM, Sehle A, Jensen RL. A Novel Approach to Quantify Time Series Differences of Gait Data Using Attractor Attributes. *PLoS ONE*. 2013; 8(8): e71824.
doi:10.1371/journal.pone.0071824
<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0071824>
- 49) Phillips K & Jensen RL. (2015) Body position and technique effects on displacement in the dyno maneuver in rock climbing. *Sports Technology*. (In Press)
- 50) Daniels, EJ, Dixon, JB, Moore, M, Jensen, RL. Changes in knee valgus angle of female athletes during different phases of the menstrual cycle. Submitted to *Journal of Athletic Medicine*.
- 51) Phillips, KC, Drum, S, Jensen, RL, Watts, PB. Exercise intensity and performance aspects of snow biking through the use of a fat bike. In preparation to submit to *Journal of Sports Sciences*.

- 52) Kilgas, MA, Drum, S, Jensen, RL, Watts, PB. The effect of magnesium carbonate (chalk) on geometric entropy, force and EMG during rock climbing. Submitted to *Journal of Applied Biomechanics*.
- 53) Eastham AH, Joubert, L, Randall L. Jensen, RL Drum, SN. The effect of yoga on growth hormone secretion in young men and women. In preparation to submit to *Journal of Strength & Conditioning Research*.
- 54) Jensen, RL, Furlong, L-AM, Harrison, AJ. Influence of jumping performance and maximal squat strength on sprint speed in Rugby Union players. In preparation to submit to *Journal of Sport and Health Sciences*.
- 55) Watts, PB, V España-Romero, ML Ostrowski, RL Jensen. Change in geometric entropy and energy expenditure with repeated ascents in rock climbing. In Review *Journal of Applied Biomechanics*.
- 56) Jensen, RL, Abe, S, Lewis, MKD. Hamstring muscle activation and kinematic differences between genders while performing single and double leg landings. In preparation to submit to *International Journal of Sports Medicine*.
- 57) Adolphs MW, Drum S, Dixon JB, Watts PB, Joubert L, Jensen RL. The effects of high intensity intermittent exercise in normobaric hypoxia on aerobic capacity and body composition in overweight and obese sedentary adults. Manuscript in progress.

PUBLISHED PROCEEDINGS

- 1) Jensen, RL & Ebben, WP. Hamstring electromyographic response of the back squat at different knee angles during eccentric and concentric phases. In *Proceedings of the XVIII International Symposium of Biomechanics in Sports, Vol. 1* (Hong, Y & Johns, DP, editors) 2000; 158-161. <https://ojs.ub.uni-konstanz.de/cpa/article/view/2422/2275>
- 2) Jensen, RL & S.A.A. Barinotti, SAA. Comparison of ground-reaction forces while kicking a stationary and non-stationary soccer ball. In *Proceedings of the XIX International Symposium of Biomechanics in Sports, Vol 1* (Blackwell, J, editor) 2001; 238-241. <https://ojs.ub.uni-konstanz.de/cpa/article/view/3898/3616>
- 3) Jensen, RL & Ebben, WP. Impulses and ground reaction forces at progressive intensities of weightlifting variations. In *Proceedings of the XX International Symposium of Biomechanics in Sports* (Gianikellis, KE, editor) 2002; 222-225. <https://ojs.ub.uni-konstanz.de/cpa/article/viewFile/697/617>
- 4) Harrison, AJ, Jensen, RL, Donoghue, O. Reliability and validity of laser distance and velocity determination during running. In *Proceedings of the XXII International Symposium of Biomechanics in Sports* (Lamontagne, M, D.G.E. Robertson, DGE, Sveistrup, H, editors) 2004; 39-42. <https://ojs.ub.uni-konstanz.de/cpa/article/viewFile/1071/1139>
- 5) Jensen, RL, Begg, BJ, Butler, PG, Egan, BM, Fitzgerald, LE, Keane, SC. Effects of static stretching on maximal isokinetic torque. In *Proceedings of the XXII International Symposium*

of *Biomechanics in Sports* (Lamontagne, M, D.G.E. Robertson, DGE, Sveistrup, H, editors) 2004; 51-53. <https://ojs.ub.uni-konstanz.de/cpa/article/viewFile/1078/1144>

- 6) A.J. Harrison, R.L. Jensen, C.B. McCabe. The effects of sand dune and hill running on lower limb kinematics and running speed in elite sprinters. In *Proceedings of the XXII International Symposium of Biomechanics in Sports* (M. Lamontagne, D.G.E. Robertson, H. Sveistrup, editors) 2004; 87-90. <https://ojs.ub.uni-konstanz.de/cpa/article/viewFile/1089/1157>
- 7) Lawrence, JE, Jensen, RL, Koskiniemi, M. Pilot study: Electromyographic quadriceps/hamstring ratios during drop jumps. In *Proceedings of the XXII International Symposium of Biomechanics in Sports* (Lamontagne, M, D.G.E. Robertson, DGE, Sveistrup, H, editors) 2004; 425-428. <https://ojs.ub.uni-konstanz.de/cpa/article/viewFile/1339/1260>
- 8) Jensen, RL, Watts, PB, Lawrence, JE, Moss, DM, Wagonsomer, JM. Vertical hand force and forearm EMG during a *High-step Rock-on* climbing move with and without added mass. In *Proceedings of the XXIII International Symposium of Biomechanics in Sports* (Qing Wang, editor) 2005; 466-469. <https://ojs.ub.uni-konstanz.de/cpa/article/viewFile/1102/990>
- 9) Jensen, RL & Ebben, WP. Ground and knee joint reaction forces during variations of plyometric exercises. In *Proceedings of the XXIII International Symposium of Biomechanics in Sports* (Qing Wang, editor) 2005; 373-376. <https://ojs.ub.uni-konstanz.de/cpa/article/viewFile/1078/1144>
- 10) Lawrence, JE, Jensen, RL, Watts, PB. Quantification of drop jumps for training implications. In *Proceedings of the XXIII International Symposium of Biomechanics in Sports* (Qing Wang, editor) 2005; 506-509. <https://ojs.ub.uni-konstanz.de/cpa/article/viewFile/1110/998>
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- 151) Bausano, DJ, Anderson, CSM, Jensen, RL Changes in upper extremity muscle activation in the presence of stress. XXXIIIrd Congress of the International Society of Biomechanics in Sports Poitiers, France June 2015.
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- 156) Phillips, KC, Kilgas, MA, Jensen, RL. The influence of drop height on ground reaction forces in mountain biking. XXXIIIrd Congress of the International Society of Biomechanics in Sports Poitiers, France June 2015.
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STUDENT RESEARCH SUPERVISION

Directed 71 Master's student research projects at Northern Michigan University, University of North Texas, Universität Konstanz (Germany)

Committee member of 111 Master's student research projects at Northern Michigan University, University of North Texas, and University of Limerick

Directed 62 Undergraduate student research projects at Northern Michigan University, University of North Texas, and University of Limerick

Supervised 12 Freshman Fellows Undergraduate research projects, 2 University Scholar Research projects, and 1 Lundin Summer Research Fellowship project.

Committee member of seven Doctoral dissertations at Southern Illinois University, Marquette University, University of Limerick (2), Michigan State University, Dublin City University, and Auckland University of Technology.

Consultant for four Doctoral dissertations at University of Limerick (2), Western Michigan University, and Universität Konstanz.

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- 18) Jensen, RL. Strength and conditioning for young athletes: science and application, ed. by Rhodri S. Lloyd and Jon L. Oliver. Routledge. *CHOICE*. 2014; 51-4056.

BOOK REVIEWS FOR PUBLISHERS

Introduction to Strength and Conditioning; Lippincott Williams and Wilkins Baltimore, MD

Principles of Motion Analysis and Mechanics by Iwan W. Griffiths; Lippincott Williams and Wilkins Baltimore, MD

Sports Biomechanics Interactive e-textbook by Roger Bartlett; Taylor and Francis Group, Routledge Publishing; Abingdon, Oxfordshire, UK.

MEDIA INTEREST

Quoted by C. Nieland. Students work to achieve perfect body.
North Texas Daily, November 13, 1992.

Quoted by: D. French. There's no such thing as a free crunch.
Smart Money Magazine, January 1995, p. 136

Quoted by: Heather Karttunan. Shape Up!
Daily Mining Gazette, January, 1996, p. 1

Interviewed by: Liz Flynn.
TV6 News, WLUC TV April 26, 1999.
Bicycle helmet safety

Quoted by: Greg Ormson. 'Healthy holidays' doesn't have to be an oxymoron.
CAMPUS, November 8-19, 1999, p. 2

"Strong Women". Panel on the public television show Massachusetts School of Law Educational Forum, taped August 2000. Awarded a 2002 Telly award.

Interviewed by: Bill Hart.

WNMU Radio, February 9, 2001.

“What’s the best snow shovel?”

Interviewed by: Ty Shesky.

TV6 News, WLUC TV February 9, 2001.

“Picking the right snow shovel for safety.”

Quoted in: The Mining Journal February 16, 2001.

“NMU professor offers tips for safe shoveling”

Quoted in: The Mining Journal January 11, 2004.

“Using hills to improve your skiing fitness”

Column by Fred Minnich

Quoted in: The Northwind March 24, 2005.

“Gadgets not key to weight-loss success”

Reported on: TV6 News, WLUC TV March 24, 2005.

“Fitness gadgets not all they’re cracked up to be.”

Quoted in: Your Body April, 2007

“The force be with you”.

Reported on: TV6 News, WLUC TV March 22, 2014.

“Optical Flow Research.”

<https://www.youtube.com/watch?v=rGLqku9nlQI&list=PL67481E18B8503EBE>

INSTRUCTIONAL EXPERIENCE

Undergraduate

- Biomechanics
- Anatomical Kinesiology
- Mechanical Kinesiology
- Sport Biomechanics
- Advanced Biomechanical Analysis
- Exercise and Sport Physiology
- Sport and Exercise Applications
- Fundamentals of Lifetime Fitness
- Scientific Principles of Health Related Fitness
- Physical Fitness and Conditioning
- Fitness Leadership
- Exercise Testing and Prescription
- Theory & Performance of Swimming
- Theory & Performance of Water Safety
- Lifesaving
- Numerous activity courses

Graduate

- Exercise and Fitness for Special Populations
- Theory of Strength and Conditioning Techniques
- Clinical Applications of Exercise Physiology
- Research Perspectives in Exercise and Sport
- Laboratory Techniques in Exercise Physiology
- Laboratory Procedures – Electromyography
- Laboratory Procedures – Force Measures

Laboratory Procedures – Videography/Kinematics
Neuromuscular Physiology of Exercise
Statistics and Measurement in Exercise Science
Advanced Mechanical Kinesiology
Advanced Seminar in Exercise Physiology

SERVICE

Chair of Applied Session on Strength and Power Training for Athletes at 2013 meeting of International Society of Biomechanics in Sport.

Secretary General of the International Society of Biomechanics in Sport; 2011 to present.

Northern Michigan University Institutional Review Board; 3/2001 to 5/2002; 8/2003 to 5/2013. Chair 10/2003 to 9/2009.

Member of successful Search Committee for Exercise Science Faculty in Dept. of HPER at Northern Michigan University 2012.

Member of successful Search Committee for two Physical Education Teacher Preparation positions in Dept. of HPER at Northern Michigan University 2012.

Board of Directors of the International Society of Biomechanics in Sport; 2006 to 2011.

Member of successful Search Committee for Dept. Head of HPER at Northern Michigan University; 10/2010 to 4/2011.

Presenter for two sessions of Young Wildcats Scholars Program at Northern Michigan University: *What a Drag!* 5/2011.

Presenter at Academic Journal Writing Workshop: *Writing the research article, from Title to References and the stuff in between.* 5/2011.

Member of Academic Affairs Task Force at Northern Michigan University; 10/2010 to 2/2011.

Chair Local Organizing Committee 2010 meeting of International Society of Biomechanics in Sport hosted by Northern Michigan University. www.nmu.edu/isbs

Presenter for Upward Bound in Math and Science at Northern Michigan University: *What does a career in the field of Sport Science involve?* Marquette, MI; July 2010.

Member of Editorial Advisory Board for Sports Biomechanics; 5/2010 to present.

Associate Editor for Journal of Strength and Conditioning Research; 1/2008 to present.

Member of Editorial Advisory Board for Measurement in Physical Education and Exercise Science; 8/2006 to present.

Presenter for Young Wildcats Scholars Program at Northern Michigan University: *What a Drag!* 5/2010.

Site director for Michigan High School Athletic Association Minimal Wrestling Weight Appeals; 11/1998 to present.

Chair of Applied Session on Strength and Power Training at 2009 meeting of International Society of Biomechanics in Sport.

Member International Society of Biomechanics in Sport 2009 Planning Committee.

Member of Awards Committee for International Society of Biomechanics in Sport; 2009, 2011, 2012.

Member of Search Committee for Physical Education Teacher Preparation position in Dept. of HPER at Northern Michigan University; 10/2008 to 1/2009.

Co-Chair of session on Modeling, Simulation and Optimization in Sports Biomechanics; 26th International Symposium of Biomechanics in Sport in Seoul, Korea; 7/2008

Moderator for Keynote Lecture: Changes in muscle morphology and neuromuscular function induced by eccentric strength training: Consequences for athletic performance. 25th International Symposium of Biomechanics in Sport in Ouro Preto, Brazil; 8/2007

Member of successful Search Committee for Executive Director of International Programs at Northern Michigan University 1/2007 to 5/2007.

Northern Michigan University Dept. HPER Departmental Evaluation Committee; 9/1998 to 5/1999; 9/2001 to 5/2002; 9/2003 to 8/2008. 1/2012 to 6/2012

Northern Michigan University Committee on Elections and Committees; 9/1999 to 5/2002.

Northern Michigan University Educational Technology Resource Planning Committee; 9/1995 to 5/2001.

Northern Michigan University College of Professional Studies College Advisory Committee; 9/2000 to 5/2002.

Co-Chair of session on Modeling, Simulation and Optimization in Sports Biomechanics at the 18th International Symposium of Biomechanics in Sport in Hong Kong; 6/2000.

Northern Michigan University College of Behavioral Studies Human Services & Education College, College Advisory Committee; 9/1999 to 9/2000.

Northern Michigan University Graduate Programs Committee; Chair 9/1998 to 8/1999; Faculty and Curriculum Subcommittee; 9/1996 to 8/1999.

Northern Michigan University Interim Honors Program Advisory Board; 9/1997 to 5/1998.

Board of Directors & Home Meets Director, Upper Peninsula YMCA Watercats, Marquette, MI; 9/1996 to 4/2002; 10/2005 to 2/2006.

President's Award Upper Peninsula YMCA Watercats; 1997-1998.

Meet Director Northeast Wisconsin – Upper Michigan YMCA Sectional Swim Meet; 3/1999.

Marquette County YMCA Facility Planning Board; 12/97 to 5/1998.

Directing Committee of Lutheran Campus Ministry of Northern Michigan University; 5/1998 to 12/1999.

CERTIFICATIONS

American College of Sports Medicine: Exercise Test Technologist

American Heart Association: Cardiopulmonary Resuscitation

National Soccer Coaches Association Michigan: State Diploma

National Strength and Conditioning Association: Certified Strength and Conditioning Specialist