

# FERDINAND DELGADO

College of Health and Human Services  
 Department of Kinesiology  
 University of New Hampshire  
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Languages: **English** (Native); **Spanish** (Fluent); **Portuguese** (Upper-Intermediate)

## Research Focus

My research interests involve investigating the use of extended reality technology to promote physical activity and cognitive training to reduce fall risk in older adults with and without cognitive impairment. I am particularly intrigued by the interplay between physical and cognitive functioning regarding fall prevention. In pursuing this work, I employ a multidisciplinary approach, integrating biomechanics and cognitive science principles. Moreover, I have an interest in the application of different statistical analyses and methodologies. Ideally, my passion for statistics will lead to uncovering nuanced relationships and patterns that may drive innovative solutions in fall prevention.

## EDUCATION

### Doctor of Philosophy in Exercise & Nutritional Sciences

Arizona State University – College of Health Solutions  
 Phoenix, Arizona

**Emphasis:** Biomechanics & Motor Control

**Dissertation:** Investigating the Interplay between Executive Function, Apolipoprotein E, and Falls in Older Adults with Normal Cognition, Mild Cognitive Impairment, and Alzheimer's Dementia

August 2018 to  
 May 2023

**Committee:** [Cheryl Der Ananian](#) (Co-Chair), [Fang Yu](#) (Co-Chair), [David P. MacKinnon](#), [Daniel S. Peterson](#), [Edward Ofori](#)

### Master of Science in Kinesiology

Texas A&M University-Corpus Christi – College of Education and Human Development  
 Corpus Christi, Texas

**Emphasis:** Sports Science

**Thesis:** Effects of Sprint Training on Kinematic and Kinetic Variables of Countermovement Jump and Drop Jump

August 2015 to  
 August 2017

**Committee:** [Toyin Ajisafe](#) (Chair), Don Melrose, [Frank Spaniol](#)

### Bachelor of Science in Mathematics

State University of New York-College at Brockport – School of Arts and Sciences  
 Brockport, New York

**Minor:** Spanish

August 2003 to  
 December 2006

## EXPERIENCE

**Postdoctoral Diversity and Innovation Scholar**

University of New Hampshire, College of Health and Human Services  
 Department of Kinesiology  
 Durham, New Hampshire

August 2023 –  
 Current

**Research Assistant**

University of New Hampshire, College of Health and Human Services  
 Occupational Therapy Department  
 Durham, New Hampshire

June 2023 to  
 August 2023

**Research Associate**

Arizona State University, Edson College of Nursing and Health Innovation  
 Phoenix, Arizona

December 2020 to  
 August 2022

**Teaching/Faculty Associate**

Arizona State University, College of Health Solutions  
 Phoenix, Arizona

August 2018 to  
 August 2022

**Graduate Assistant**

Texas A&M University-Corpus Christi, College of Education and Human Development  
 Department of Kinesiology  
 Corpus Christi, Texas

August 2016 to  
 May 2017

**Academic Mathematics Coach**

Texas A&M University-Corpus Christi, Student Support Services – Teach  
 Corpus Christi, Texas

August 2015 to  
 August 2016

**Mathematics Instructor – Summer Bridge Program**

Texas A&M University-Corpus Christi, Student Support Services – Summer Bridge  
 Corpus Christi, Texas

August 2016 &  
 July 2017

**MANUSCRIPTS****\* Corresponding Author**Peer-Reviewed

4. Edward Ofori, **Ferdinand Delgado**, Dara L. James, Jeffrey Wilken, Laura M. Hancock, Glen M. Doniger, & Mark Gudesblatt. (2024). Impact of distinct cognitive domains on gait variability in individuals with mild cognitive impairment and dementia. *Experimental Brain Research*. doi: <https://doi.org/10.1007/s00221-024-06832-9>
3. Kaila A. Vento, **Ferdinand Delgado**, Heidi Lynch. (2022). Lipid profiles of college female student-athletes participating at different competition levels of organized sport. *Frontiers in Sports and Active Living*. doi: <https://doi.org/10.3389/fspor.2022.841096>
2. Kaila A. Vento, **Ferdinand Delgado**, Jensen Skinner, & Floris Wardenaar. (2021). Funding and college-provided nutritional resources on diet quality among female athletes. *Journal of American College Health*. doi: <https://doi.org/10.1080/07448481.2021.1947301> (Impact Factor: 2.395)
1. **Ferdinand Delgado\*** & Cheryl Der Ananian. (2021). The use of virtual reality via head-mounted display on balance and gait in older adults: A scoping review. *Games for Health Journal*. 9(6), epub. doi:

<https://doi.org/10.1089/g4h.2019.0159> (Impact Factor: 4.070)

### *Manuscripts in Preparation*

**Ferdinand Delgado\***, Fang Yu, David P. MacKinnon, Daniel S. Peterson, Christine Belden, Charles H. Adler, Edward Ofori, Thomas G. Beach, Cheryl Der Ananian. Executive Function Assessments and Falls in Older Adults with Varying Cognitive Statuses: Differing Results.

Aubry Merkel, **Ferdinand Delgado\***, & Cheryl Der Ananian. The Effects of a Lifestyle Behavior Change Program on Physical Function & Balance Outcomes in Overweight Older Adults with Arthritis.

**Ferdinand Delgado**, Cheryl Der Ananian, Sonia Vega-López, & Steven P. Hooker. Perceived Barriers and Facilitators of Physical Activity in Middle-Aged Mexican American Men: A Qualitative Study.

**Ferdinand Delgado\***, Cheryl Der Ananian, David P. MacKinnon, Daniel S. Peterson, Edward Ofori, & Fang Yu. Does Apolipoprotein E Moderate the Relationship between Executive Function and Falls?

**Ferdinand Delgado**, Cheryl Der Ananian, Sydney Schaeffer, Pamela R. Bosch & Daniel S. Peterson. Static, Dynamic, and Reactive balance in Older Adults with and without Self-Reported Musculoskeletal Conditions.

## ABSTRACT PRESENTATIONS

### *\*Presented*

#### *Published Abstracts*

7. **Ferdinand Delgado\***, Fang Yu, David P. MacKinnon, Daniel S. Peterson, Edward Ofori, Charles Adler, Thomas G. Beach, & Cheryl Der Ananian (2023). Severe Alzheimer's Dementia Alters the Relationship Between Executive Function and Falls. *Innovation in Aging*, Volume 7, Issue Supplement\_1, December 2023, Pages 1117-1118, <https://doi.org/10.1093/geroni/igad104.3588>. Poster presented at the Gerontological Society of America. Tampa, Florida, USA, November 8-12, 2023.
6. Cheryl Der Ananian, **Ferdinand Delgado\***, Taylor Hudzinski. (2021). Psychosocial and Physical Activity Outcomes Among Group Lifestyle Balance Program Participants with Arthritis. *Innovation in Aging*, Volume 5, Issue Supplement\_1, 2021, Pages 457-458, <https://doi.org/10.1093/geroni/igab046.1765>. Paper presented at the 2021 Gerontological Society of America Annual Meeting. Online, November 10-14, 2021.
5. **Ferdinand Delgado\***, Olivia Kaczmarek, Stacy Trebing, Myassar Zarif, Mark Gudesblatt, & Edward Ofori. (2021). Exploratory cross-sectional mediation analysis of the dual-task effect of cognition on gait in individuals with memory loss. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, 17(S7). <https://doi.org/10.1002/alz.054495>. Poster presented at the 2021 Alzheimer's Association International Conference. Denver, Colorado, USA, July 26-30, 2021.
4. **Ferdinand Delgado\***, Cheryl Der Ananian, Daniel Peterson (2020). Balance and Reactive Steps in Older Adults with and without Self-Reported Musculoskeletal Conditions, *Innovation in Aging*, Volume 4, Issue Supplement\_1, 2020, Pages 521-522, <https://doi.org/10.1093/geroni/igaa057.1683>. Paper presented at the 2020 Gerontological Society of America Annual Scientific Meeting. Virtual Conference, November 4-8, 2020.
3. **Ferdinand Delgado\***, Cheryl Der Ananian, Sonia Vega-López, Shandel Vega-Soto, Hector Valdez, & Steven Hooker (2019). Barriers, Facilitators, Benefits, and Enjoyment of Physical Activity in Middle-Aged Hispanic Men.

Innovation in Aging, Volume 3, Issue Supplement\_1, November 2019, S201-S202,

<https://doi.org/10.1093/geroni/igz038.730>. Paper presented at the 2019 Gerontological Society of America Annual Scientific Meeting. Austin, Texas, USA. November 13-17, 2019.

2. Cheryl Der Ananian, Sonia Vega-López, Hector Valdez, Shandel Vega-Soto, **Ferdinand Delgado**, & Steven Hooker (2019). Acceptable Characteristics of Interventions for Middle-Aged Hispanic Men: Results from Key Informant Interviews. Innovation in Aging, Volume 3, Issue Supplement\_1, November 2019, Pages S144-S145, <https://doi.org/10.1093/geroni/igz038.521>. Poster presented at the 2019 Gerontological Society of America Annual Scientific Meeting. Austin, Texas, USA. November 13-17, 2019.
1. Shandel Vega-Soto, Cheryl Der Ananian, Hector Valdez, **Ferdinand Delgado**, Steven P. Hooker, & Sonia Vega-López (2019). Perceived Barriers and Facilitators to Healthy Eating in Middle-Aged Hispanic Men. Current Developments in Nutrition, Volume 3, Issue Supplement\_1, June 2019, nzz051.P04-125-19, <https://doi.org/10.1093/cdn/nzz051.P04-125-19>. P04-125-19. Poster presented at Nutrition 2019 – American Society for Nutrition, Baltimore, Maryland, USA. June 8-11, 2019.

#### *Refereed Abstract Presentations*

4. **Ferdinand Delgado\***, Cheryl Der Ananian, & Aubry Merkel. Changes in Physical Function and Body Composition among Group Lifestyle Balance Program Participants with Arthritis. Poster presented at the 66th Annual Meeting of the American College of Sports Medicine. Orlando, Florida, USA, May 28 – June 1, 2019.
3. **Ferdinand Delgado\***, Cheryl Der Ananian, & Aubry Merkel. The Effects of a Lifestyle Behavior Change Program on Physical Function in Overweight Older Adults with Arthritis. Poster presented at the 38th Annual Meeting of the Southwest American College of Sports Medicine Conference. Costa Mesa, California, USA, October 26-27, 2018.
2. Toyin Ajisafe, **Ferdinand Delgado\***, Poonam Mankar, & Mikaela Boham. Decreased plantar sensation increases center of pressure area during standing calf raise. Poster presented at the 41st Annual Meeting of the American Society of Biomechanics Annual Conference. Boulder, Colorado, USA, August 8-11, 2017.
1. Toyin Ajisafe, **Ferdinand Delgado\***, Poonam Mankar, & Hsin-Chen Fanchiang. Decreased plantar sensation is associated with increased vertical ground reaction force and impulse. Poster presented at the 41st Annual Meeting of the American Society of Biomechanics Annual Conference. Boulder, Colorado, USA, August 8-11, 2017.

#### *Non-Refereed Abstract Presentations*

4. **Ferdinand Delgado\***, Fang Yu, David P. MacKinnon, Daniel S. Peterson, Edward Ofori, & Cheryl Der Ananian. Alzheimer's Dementia Severity May Alter the Relationship between Executive Function and Falls. Presented at the College of Health and Human Services Research Conference at the University of New Hampshire, Durham, New Hampshire, March 8, 2024.
3. **Ferdinand Delgado\***, Fang Yu, David P. MacKinnon, Daniel S. Peterson, Edward Ofori, & Cheryl Der Ananian. Alzheimer's Dementia Severity May Alter the Relationship between Executive Function and Falls. Presented at the College of Health Solutions Student Research Symposium at Arizona State University. Phoenix, Arizona, USA, April 28, 2023.
2. Kaila Vento, **Ferdinand Delgado\***, & Floris Wardenaar. (2020). Finances and nutritional resources among college-

aged female athletes. Poster presented at College of Health Solutions Research Day. Phoenix, Arizona, USA, January 31, 2020.

1. **Ferdinand Delgado\***, Sonia Vega-López, Hector Valdez, Shandel Vega-Soto, Steven P. Hooker, & Cheryl Der Ananian. Intervention Preferences of Middle-Aged Mexican-American Men: A Comparison of Key Informant's and Men's Perspectives. Poster presented at the Arizona Public Health Association – Never Too Old Conference. Phoenix, Arizona, USA, October 29, 2019.

## RESEARCH EXPERIENCE

### *Principal Investigator Experience*

#### **Virtual Reality Intervention on Cognition and Physical Function: Pilot Study (current)**

PI: Ferdinand Delgado, Ph.D.

Purpose: To investigate the feasibility of conducting an 8-week virtual reality intervention

### *Research Assistant Experience*

#### **Efficacy and Mechanisms of Combined Aerobic Exercise and Cognitive Training in MCI (The ACT Trial)**

PI: Fang Yu, Ph.D.

Funding Source: National Institute on Aging (R01 AG055469)

Role: Research Assistant (2020 – 2022) – Assisting in the recruitment of participants, screening, exercise testing, cognitive testing, and implementing the cycling and/or cognitive intervention program

#### **Aerobic Exercise in Alzheimer's Disease: Cognition and Hippocampal Volume Effects (FIT-AD)**

PI: Fang Yu, Ph.D.

Funding Source: National Institute on Aging (R01 AG043392)

Role: Research Assistant (2020 – 2022)

#### **Protective Step Training in People with Multiple Sclerosis**

PI: Daniel Peterson, Ph.D.

Funding Source: Veteran's Affairs

Role: Research Assistant (2019) – Assisted in data collection using perturbation treadmill, electromyography, motion capture, and inertial sensors

#### **Protective Step Training in People with Parkinson's Disease and Postural Disturbances**

PI: Daniel Peterson, Ph.D.

Funding Source: Michael J. Fox Foundation

Role: Research Assistant (2019) – Assisted in data collection using perturbation treadmill, electromyography, motion capture, and inertial sensors

#### **Healthy Lifestyle Intervention for Midlife Mexican-American Men**

PI: Cheryl Der Ananian, Ph.D.

Funding Source: Institute on Aging (R21 AG050084)

Role: Research Assistant (2018 – 2020) – Analyzed qualitative data from focus groups; Assisted in the preparation of manuscripts and conference presentations

#### **Effects of Decreased Plantar Sensation on Dynamic Movement**

PI: Toyin Ajisafe, Ph.D.

Role: Research Assistant (2016-2017) – Recruited participants and collected balance data using force plate technology

## STUDENT MENTORING

Student	Position/Role	Institution	Dates
Jeremiah Greenberg (Undergraduate)	Undergraduate Research Assistant -Mentoring in Virtual Reality research implementation, data collection, and recruitment	University of New Hampshire	May 2024 – Present
Morgan Koskela (Undergraduate)	Undergraduate Research Assistant (under Dr. Summer Cook) -Mentoring in gait data collection, data cleaning, and data analysis	University of New Hampshire	April 2024 – Present
Randall Barron (Undergraduate)	Undergraduate Research Assistant – -Mentored in research screening protocols and cognitive testing	Arizona State University	April 2021 to July 2022
Elijah Clay (Undergraduate)	Teaching Assistant for Kinesiological Foundations of Movement -Mentored in teaching & interacting with students	Arizona State University	January 2022 to May 2022
Molly Ahlemeier (Undergraduate)	Teaching Assistant for Exercise Testing -Mentored in teaching & interacting with students	Arizona State University	January 2020 to May 2020

## TEACHING

Course / Credits / Level	Semester	Enrollment	Instructor Evaluation
<b>University of New Hampshire</b>			
<b>Applied Biomechanics</b> EXSC 722 / 4 / Undergraduate	Spring 2024 (1 section)	40	
<b>Arizona State University</b>			<b>Instructor Score (out of 5)</b>
<b>Exercise Testing Laboratory</b> EXW 420 / 1 / Undergraduate	Summer 2022 (1 section)	16	4.8
	Spring 2020 (1 section; online)	17	4.3
	Fall 2019 (2 sections)	24	4.7
		24	4.8
	Summer 2019 (1 section)	19	4.3
	Spring 2019 (2 sections)	15	4.5
		7	4.6
	Fall 2018 (3 sections)	16	3.9
	20	4.4	
	8	5.0	
<b>Kinesiological Foundations of Movement Laboratory</b>	Spring 2022 (1 section)	12	5.0
	Summer 2021 (1 section; online)	9	5.0

EXW 330 / 1 / Undergraduate	Spring 2021 (2 sections; online)	23	3.6
		8	N/A
	Fall 2020 (4 sections; online)	24	4.4
		22	3.8
		23	4.0
		23	4.3
		19	3.7
	Spring 2020 (2 sections; half in-person; half online)	24	3.5
	Fall 2019 (2 sections)	12	5.0
		15	4.5

<b>Exercise &amp; Sport Physiology Laboratory</b>	Fall 2021 (1 section)	23	4.5
SSP 316 / 1 / Undergraduate			

<b>Sports Biomechanics (Teaching Assistant)</b>	Fall 2021 (1 section)	14	N/A
KIN 540 / 3 / Graduate			

### Texas A&M University-Corpus Christi

<b>Exercise Physiology Laboratory</b>	Spring 2017 (3 sections)	36	N/A
KINE 4112 / 1 / Undergraduate	Fall 2016 (3 sections)	33	N/A
<b>Exercise Testing &amp; Prescription (Teaching Assistant)</b>	Spring 2017 (1 section)	26	N/A
KINE 4340 / 1 / Undergraduate	Fall 2016 (1 section)	36	N/A

### GUEST SPEAKER

#### Guest Lecturer

Lecture	Course	Location	Date
Body Composition	EXW 420 – Exercise Testing	Arizona State University	October 15, 2021
Introduction to Multilevel Modeling	EXW 645 – Advanced Applied Methods and Analysis	Arizona State University	March 19, 2021
Program Design for the 110-Meter High School Hurdler	KINE 5313 – Assessment and Evaluation of Athletic Performance	Texas A&M University-Corpus Christi	July 1, 2016
Biomechanical Analysis of the Hurdle Step: The Lower Extremity	KINE 4327 – Biomechanics	Texas A&M University-Corpus Christi	April 28, 2016

Community Talks	Organization	Location	Date
Cognition & Movement:	RiverWoods	Durham, New Hampshire	May 10, 2024

Can Virtual Reality Help?			
An Informal Conversation on Cognition, Physical Activity, Falls, and Virtual Reality with Dr. Ferdinand Delgado	RiverWoods	Durham, New Hampshire	November 15, 2023
Physical Training and Cognition	South Mountain Community Center	Phoenix, Arizona	April 25, 2022
Aging and Mild Cognitive Impairment	New Adventures in Learning at Chandler-Gilbert Community College	Sun Lakes, Arizona	March 31, 2022
Radio Interview (in Spanish), Discussion of Mild Cognitive Impairment	Conecta Arizona <i>La Hora del Cafecito</i> (La Onda 1190AM/107.5FM)	Phoenix, Arizona	February 3, 2022
Alzheimer's Prevention and the ACT Trial	Mirabella at ASU (Senior Living Facility)	Phoenix, Arizona	October 28, 2021
Lab Guest Speaker	Invited by Dr. Madeline Hackney at Emory University Student Support Services at	Atlanta, Georgia	August 17, 2021
Health & Academics	Texas A&M University-Corpus Christi,	Corpus Christi, Texas	June 23, 2016

## AWARDS & HONORS

### FELLOWSHIPS

Award	Organization	Amount	Date(s)
Graduate Completion Fellowship	Arizona State University	\$22,925	2022-2023
University Graduate Fellowship – Block Grant	Arizona State University	\$4,000	2020-2021
GSA Mentoring and Career Development Technical Assistance Workshop Early Career Diversity Fellowship Award	Gerontological Society of America	\$1,800	November 2019

### SCHOLARLY AWARDS

Award Title	Organization	Date
Dr. Charles Corbin Outstanding Leader, Scholar, Teacher Award	Exercise and Nutritional Sciences Ph.D. Program, College of Health Solutions, Arizona State University	May 2023

### RESEARCH FUNDING

*Not Funded*

Grant Title	Award	Organization	Amount	Date(s)
Feasibility of a Home-Based Head-Mounted Display Virtual Reality	ACSM Foundation Doctoral Student Research Grant	American College of Sports Medicine	\$5,000	2022-2023



## Exergaming Intervention for Older Adults

Effects of Simultaneous Aerobic Exercise and Cognitive Training using Virtual Reality in Older Adults	Global Sport Institute Seed Grant Program—Sport and the Body	Global Sport Institute	\$20,000	2020-2021
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## TRAVEL AWARDS

Award	Organization	Travel Location	Amount	Dates
Graduate and Professional Student Association Individual Travel Grant	Graduate and Professional Student Association at Arizona State University	2019 Gerontological Society of America Annual Scientific Meeting Austin, Texas, USA	\$665	November 13-17, 2019
College of Health Solutions Travel Award	College of Health Solutions at Arizona Student University	2019 Gerontological Society of America Annual Scientific Meeting Austin, Texas, USA	\$665	November 13-17, 2019
Graduate College Travel Award	Graduate College at Arizona State University	2019 Gerontological Society of America Annual Scientific Meeting Austin, Texas, USA	\$450	November 13-17, 2019
GSA BSS Travel Stipend	Gerontological Society of America	2019 Gerontological Society of America Annual Scientific Meeting Austin, Texas, USA	\$200	November 13-17, 2019
Ainsworth Travel Award	Exercise & Nutritional Sciences Program at Arizona State University	38 <sup>th</sup> Annual Meeting of the Southwest American College of Sports Medicine Conference. Costa Mesa, California, USA	\$500	October 26-27, 2018
Travel Grant	Parent's Council at Texas A&M University-Corpus Christi	41st Annual Meeting of the American Society of Biomechanics Annual Conference. Boulder, Colorado, USA	\$550	August 8-11, 2017
Travel Grant	Parent's Council at Texas A&M University-Corpus Christi	USTFCCCA Convention, Orlando, Florida, USA	\$300	December 13-16, 2016

## SCHOLARLY SERVICE

Organization	Dates Active
<b>COMMITTEE MEMBER</b>	
Early Career Committee for the Games for Health Journal	November 2019 – Present
ASU Exercise & Nutritional Sciences Graduate Club	August 2018 – May 2023

## MANUSCRIPT REVIEWER

Virtual Reality	2022
Journal of Gerontology: Biological Sciences	2022
Games for Health Journal	2020
Journal of Aging and Physical Activity	2021

**CONFERENCE ABSTRACT REVIEWER**

Gerontological Society of America (GSA) Annual Scientific Meeting	2020
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**MEMBERSHIPS**

<b>Organization</b>	<b>Dates</b>
Alzheimer's Association	2020 - 2021
Gerontological Society of America (GSA)	2019 – Present
American College of Sports Medicine (ACSM)	2018 – Present
American Society of Biomechanics (ASB)	2017 – 2019
United States Track and Field Cross Country Coaches Association (USTFCCCA)	2014 – 2017

**VOLUNTEER/OUTREACH**

<b>Event</b>	<b>Organization</b>	<b>Location</b>	<b>Date</b>
Heart & Brain Health Fair	Assisting Black Nurses Association	Phoenix, Arizona	April 2022
Walk to End Alzheimer's (First Aid Station)	Alzheimer's Association	Phoenix, Arizona	November 2021
Building Healthy Lifestyles Conference - <i>Managing Obesity: Thinking Outside the Box</i>	Arizona State University	Tempe, Arizona	February 2020
Open Doors – Tempe Booth: Are You Fitter Than a 5 <sup>th</sup> Grader?	Arizona State University	Tempe, Arizona	February 2020
Open Doors – Downtown Phoenix Booth: Are You Fitter Than a 5 <sup>th</sup> Grader?	Arizona State University	Phoenix, Arizona	February 2020
Prospective Ph.D. Student's Day for the Exercise & Nutritional Sciences Ph.D. Program	Arizona State University	Phoenix, Arizona	October 2019
Open Doors – Tempe Booth: Are You Fitter Than a 5 <sup>th</sup> Grader?	Arizona State University	Tempe, Arizona	February 2019
Open Doors – Downtown Phoenix Booth: Are You Fitter Than a 5 <sup>th</sup> Grader?	Arizona State University	Phoenix, Arizona	February 2019
Building Healthy Lifestyles Conference - Science & Society in a New Decade of Lifestyle Medicine	Arizona State University	Tempe, Arizona	February 2019

Prospective Ph.D. Student's Day for the Exercise & Nutritional Sciences Ph.D. Program	Arizona State University	Phoenix, Arizona	November 2018
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## COACHING

Assistant Track & Field Coach	Rochester Running Rebels Track Club	Rochester, New York	2011 – 2017
Assistant Track & Field Coach	Hilton Central School District	Hilton, New York	2008 – 2016
Assistant Track & Field Coach	Rochester City School District	Rochester, New York	2007 – 2010
Assistant Track & Field Coach	Elite Flyers Track Club	Rochester, New York	2007 – 2009

## CERTIFICATIONS

Certifications	Date Obtained
USTFCCCA Strength & Conditioning Certification	December 2015
USATF Sprints, Hurdles & Relays Level 2 Certification	July 2014
USTFCCCA Sprints, Hurdles & Relays Specialist Certification	June 2014

**USTFCCCA = United States Track and Field and Cross-Country Coaches Association**

## SUPPLEMENTAL COACHING EDUCATION

Course	Organization	Location	Date
Master Endorsement for the Hurdles Events	USTFCCCA	Orlando, Florida, USA	December 2016
Track & Field Meet Management	USTFCCCA	San Antonio, Texas, USA	December 2015
Testing & Measurement for Track & Field	USTFCCCA	San Antonio, Texas, USA	December 2015
Injury Management for the Track & Field Coach	USTFCCCA	Phoenix, Arizona, USA	December 2014
Sport Sciences for the Sprint Events	USTFCCCA	Phoenix, Arizona, USA	December 2014

**USTFCCCA = United States Track and Field and Cross-Country Coaches Association**