

1. Ebben, W.P., M. Fauth, C. Feldmann, E. Petushek, B. Hsu, L. Garceau. Gender based analysis of the timing and activation of hamstring and quadriceps activation during jump landings and cutting. *J. Strength Conditioning Res.* In review.
2. Ebben, W.P., C. Geiser, M.L. Fauth, E. J. Patushek, L. Garceau. The effect of concurrent activation potentiation on knee extensor and flexor performance in men and women. *J. Sports Sci.* In review.
3. Ebben, W.P., Flanagan, E.P., and R.L. Jensen. Kinetic analysis of laterality and the bilateral facilitation during plyometrics. *Percept. Motor Skills.* In review.
4. Duehring, M. and W.P. Ebben. Profile of high school strength and conditioning coaches. *J. Strength Conditioning Res.* In review.
5. Ebben, W.P. Hamstring activation during lower body resistance training exercises. *Int. J. Sport Physiol. Performance.* In press.
6. Duehring, M., Feldmann, C., and W.P. Ebben. Strength and conditioning practices of high school strength and conditioning coaches. *J. Strength Conditioning Res.* In press.
7. Ebben, W.P., D. Leigh, and C. Geiser. Effect of remote voluntary contractions on knee extensor torque. *Med. Sci. Sports Exerc.* In press.
8. Ebben, W.P. and L. Brudzinski. Motives and barriers to exercise among college students. *J. Exerc. Physiol.* In press.
9. Ebben, W.P., Feldmann, C., D. Mitsche, A. Dayne, K. Knetzger, P. Alexander. Quadriceps and hamstring activation and ratios of lower body resistance training exercises. *Int. J. Sports Med.* In press.
10. Ebben, W.P., E.P. Flanagan, E.P., and R.L. Jensen. Jaw clenching results in concurrent activation potentiation during the countermovement jump. *J. Strength Conditioning Res.* In press.
11. Ebben, W.P., Feldmann, C., D. Mitsche, A. Dayne, K. Knetzger. Using squat testing to predict training loads for the deadlift, step-up, lunge, and leg extension. *J. Strength Conditioning Res.* In press.
12. Ebben, W.P., N.J. Long, Z.D. Pawlowski, L.M. Chmielewski, R. Clewien and R.L. Jensen. Using squat RM testing to determine hamstring resistance training exercise loads. *J. Strength Conditioning Res.* In press.

13. Flanagan, E.P., W.P. Ebben and R.L. Jensen. An examination of the reliability of the reactive strength index and time to stabilization during plyometric depth jumps. *J. Strength Conditioning Res.* 22(5):1677-1682. 2008.
14. Ebben, W.P., C. Simenz, and R.L. Jensen. Evaluating plyometric intensity using electromyography. *J. Strength Conditioning Res.* 22(3):861-868. 2008.
15. Jensen, R.L., E.P. Flanagan, and W.P. Ebben. Rate of force development and time to peak torque during plyometrics. In: Conference Proceedings of the XXVI Conference of the International Society of Biomechanics in Sports. Seoul Korea. July 14-18, 2008.
16. Ebben, W.P. Effect of the degree of hill slope on acute downhill running speed. *Int. J. Sport Physiol. Performance.* 3:87-92. 2008.
17. Jensen, R.L., E.P. Flanagan, N.L. Jensen and W.P. Ebben. Kinetic responses to variations in plyometric landings. In: Conference Proceedings of the XXVI Conference of the International Society of Biomechanics in Sports. Seoul Korea. July 14-18, 2008.
18. Ebben, W.P., J.A. Davies, and R. Clewien. Effect of the degree of hill slope on acute downhill running velocity and acceleration. *J. Strength Conditioning Res.* 22(3):898-902. 2008.
19. Ebben, W.P., E.P. Flanagan, and R.L. Jensen. Gender similarities in rate of force development and time to takeoff during the vertical jump. *J. Exerc. Physiol.* 10(6):10-17. 2007.
20. Jensen, R.L. and W. P. Ebben. Quantifying plyometric intensity via rate of force development, knee joint and ground reaction forces. *J. Strength Conditioning Res.* 21(3): 763-767. 2007.
21. Ebben W.P. Practical guidelines for plyometric intensity. *NSCA's Performance Training J.* 6(5):12-16. 2007.
22. Flanagan, E.P., W.P. Ebben and R.L. Jensen. Reliability of the reactive strength index and time to stabilization during depth jumps. *Proceedings of the XXV Symposium of the International Society of Biomechanics in Sports*, (eds.), Brazil. 2007.
*ISBS New Investigator Award Winner
23. Ebben, W.P. A brief review of concurrent activation potentiation: theoretical and practical constructs. *J. Strength Conditioning Res.* 20(4): 985-991. 2006
24. Simenz, C., D. Leigh, C. Geiser, J. Melbye, R.L. Jensen, and W.P. Ebben. Electromyographic analysis of plyometric exercises. *Proceedings of the XXIV International Symposium of the Society of Biomechanics in Sports*, (H. Schwameder, G. Strutzenberger, V. Fastenbauer, S. Lindinger, and E. Muller, eds.) Salzburg, Austria. 2006.

25. Ebben, W.P., D. H. Leigh, J.A. Davies, N. Long and R. Clewien. Electromyographical analysis of hamstring resistance training exercises. Proceedings of the XXIV International Symposium of the Society of Biomechanics in Sports, (H. Schwameder, G. Strutzenberger, V. Fastenbauer, S. Lindinger, and E. Muller, eds.) Salzburg, Austria. 2006.
26. Ebben, W.P., N. Long, R. Clewien and J. A. Davies. Gender differences in the relationship between quadriceps MVIC and hamstring to quadriceps ratio. Proceedings of the XXIV International Symposium of the Society of Biomechanics in Sports, (H. Schwameder, G. Strutzenberger, V. Fastenbauer, S. Lindinger, and E. Muller, eds.), Salzburg, Austria. 2006.
27. Ebben, W.P., A Fostch and K. Hartz. Multi-modal resistance training to improve baseball batting power. *Strength Conditioning J.* 28(3):32-36 2006.
28. Ebben, W.P. and G. Renfro. A review of the use of lifting belts. *Strength Conditioning J.* 28(1):68-74. 2006.
29. Ebben, W.P. and D.H. Leigh. The effects of resistance training on cardiovascular patients. *Strength Conditioning J.* 28(2):54-58. 2006.
30. Ebben, W.P., M. J. Hintz, and C. Simenz. Strength and conditioning practices of Major League Baseball strength and conditioning coaches. *J. Strength Conditioning Res.* 19(3):538-546. 2005.
31. Simenz, C., C. Dugan and W.P. Ebben. Strength and conditioning practices of NBA strength and conditioning coaches. *J. Strength Conditioning Res.* 19(3):495-504. 2005.
32. Jensen, R.L. and W. P. Ebben. Ground and knee joint reaction forces during variation of plyometric exercises.” In: Proceedings of the XXIII International Symposium of the Society of Biomechanics in Sports, (K.E. Gianikellis, ed.) Beijing, China. 222-225. 2005.
33. Ebben, W.P., R. Carroll, and C. Simenz. Strength and conditioning practices of National Hockey League strength and conditioning coaches. *J Strength Conditioning Res.* 18(4):889-897. 2004.
*Featured on the National Strength and Conditioning Association Website, December, 2004.
34. Ebben, W.P., A. Kindler, K. A. Chirdon, N.C. Jenkins, A. Polichnowski, and A. Ng. The effect of high load versus high repetition resistance training on endurance performance. *J. Strength Conditioning Res.* 18(3), 513-517, 2004.
*Featured on the National Strength and Conditioning Association Website, September, 2004.
35. Maynard, J. and W.P. Ebben. Effect of antagonist pre-fatigue on agonist torque and electromyography. *J. Strength Conditioning Res.* 17(3):469-474. 2003.

36. Ebben, W.P. and R.L. Jensen. Kinetic analysis of complex training rest interval effect on vertical jump performance. *J. Strength Conditioning Res.* 17(2): 345-349. 2003.
37. Ebben, W. P. and R.L. Jensen. Electromyographic and kinetic analysis of backsquat variations. *J. Strength Conditioning Res.* 16(4):547-550. 2002
*Featured on the National Strength and Conditioning Association Website.
38. Jensen, R.L. and W.P. Ebben . Impulses and ground reaction forces at progressive intensities of weightlifting variations. In: *Proceedings of the XX International Symposium of the Society of Biomechanics in Sports*, (K.E. Gianikellis, ed.) Madrid, Spain. 222-225. 2002.
39. Ebben, W.P. Complex training: A brief review. *J. Sports Sci. Med.* 2(42-46). 2002.
40. Ebben, W. P. and D.O. Blackard. Strength and conditioning practices of National Football League strength and conditioning coaches. *J. Strength Conditioning Res.* 15(1):48-58. 2001.
41. Ebben, W. P. A review of maximum power training and plyometrics for cross-country running. *Strength Conditioning J.* 23 (5): 47-50. 2001.
42. Ebben, W.P., D. Leigh and R L. Jensen. The role of the back squat as a hamstring training stimulus. *Strength Conditioning J.* 22(4):15-19. 2000.
43. R.L. Jensen, and W. P. Ebben. Hamstring electromyographic response of during the back squat at different knee angles during eccentric and concentric phases. In: *Proceedings of the XVIII International Symposium of the Society of Biomechanics in Sports*, Hong Kong. (Y. Hong and D.P. Johns, editors) 1:158-161. 2000.
44. Ebben, W. P., R. L. Jensen and D. O. Blackard. Electromyographic and kinetic analysis of complex training variables. *J. Strength Conditioning Res.* 14(4):451-456. 2000.
45. Maynard, J. and W. P. Ebben. Effect of rim and basketball size on free throw performance. *Coaching Women's Basketball.* 2000.
46. Ebben, W. P., D. O. Blackard and R. L. Jensen. Quantification of medicine ball vertical impact forces: Determining minimal essential eccentric strain (MEES) for training adaptation. *J. Strength Conditioning Res.* 13(3): 271-274. 1999.
47. Ebben, W. P. The application of critical thinking to strength and conditioning. *Strength Conditioning J.* 21(4): 67-71, 1999.
48. Blackard, D.O., R.L. Jensen and W. P. Ebben. Use of EMG analysis in challenging kinetic chain terminology. *Med. Sci. Sport Exerc.* 31(3): 443-448. 1999.
49. Ebben, W.P. and P.B. Watts. A review of combined weight training and plyometric training modes: Complex training adaptations and applications. *Strength and Conditioning J.* 20(5): 18-27. 1998.

50. Blackard, D.O. and W.P. Ebben. Assessing shock in athletes. *Athl. Therapy Today*. 3(6): 48-53. 1998.
51. Ebben, W. P. and R. L. Jensen. Strength training for women: Debunking the myths that block equal opportunity. *Phys. Sports Med.* 26(5):2-7, 1998.
*Featured on the Physician and Sports Medicine web site, May, 1998.
52. Ebben, W. P. A review of football fitness testing and evaluation. *Strength and Conditioning*. 20(1):42-47, 1998.
53. Ebben, W.P. and D.O. Blackard. U.S. boxers cope with stress. *Olympic Coach*. 7(3), 1997.
54. Ebben, W. P. and D.O. Blackard. Developing a strength/power program for amateur boxing. *Strength and Conditioning*. 19(1): 42-51, 1997.

Peer Reviewed Abstracts / Research Presentations

1. Ebben, W.P., A. Dayne., D. Mitsche, P. Alexander and C. Feldmann. Quadriceps and hamstring activation and activation ratios during lower body resistance training exercises. 6th International Conference on Strength Training. Colorado Springs, CO. October 30-November 2, 2008.
2. Ebben, W.P., D. Leigh, D. McMillan, and C. Geiser. The effect of remote voluntary contractions on knee extensor torque. 6th International Conference on Strength Training. Colorado Springs, CO. October 30-November 2, 2008.
3. M. Fauth, C. Feldmann, E. Petushek, B. Hsu, B. Lutsch, C. Vogel, Garceau, L., W.P. Ebben. Reliability of surface electromyography during isometric and dynamic movements. 6th International Conference on Strength Training. Colorado Springs, CO. October 28-November 2, 2008.
4. Hsu, B.E., M. L. Fauth, E.J. Petushek, and W.P. Ebben. The effect if resistance training on hamstring and quadriceps activation during jump landings: a case study. 6th International Conference on Strength Training. Colorado Springs, CO. October 28-November 2, 2008.
5. Ebben, W.P., Randall L. Jensen², and Eamonn P. Flanagan. The effect of jaw clenching on countermovement jump kinetics. 6th International Conference on Strength Training. Colorado Springs, CO. October 28-November 2, 2008.
6. L. Garceau, M. Fauth, C. Feldmann, E. Petushek, B. Hsu, and W.P. Ebben. Gender differences in concurrent activation potentiation. 6th International Conference on Strength Training. Colorado Springs, CO. October 28-November 2, 2008.

7. E. Petushek, M. Fauth, C. Feldmann, , B. Hsu, L. Garceau and W.P. Ebben. Magnitude and rate of mechanical loading during walking, running, plyometrics, maximum power training and resistance training exercises. 6th International Conference on Strength Training. Colorado Springs, CO. October 28-November 2, 2008.
8. Jensen, R.L., E.P. Flanagan, and W.P. Ebben. Rate of force development and time to peak force during plyometric exercises. *XXVI Conference of the International Society of Biomechanics in Sports. Seoul Korea.* July 14-18, 2008.
9. Jensen, R.L., E.P. Flanagan, N.L. Jensen and W.P. Ebben. Kinetic responses to variations in plyometric landings. XXVI Conference of the International Society of Biomechanics in Sports. Seoul Korea. July 14-18, 2008.
10. M. Duehring, C. R. Feldmann, and W.P. Ebben. Strength and conditioning practices of high school strength and conditioning coaches. National Strength and Conditioning Association 31th Annual Conference. Las Vegas, NV. July 9-12, 2008.
11. M. Duehring and W.P. Ebben. Profile of high school strength and conditioning coaches. National Strength and Conditioning Association 31th Annual Conference. Las Vegas, NV. July 9-12, 2008.
12. Garceau, L., C. Geiser, D. Leigh and W.P. Ebben. The effect of remote voluntary contractions on peak torque, rate of torque development and work. 10th American Society of Exercise Physiologists Annual Meeting. Duluth, MN. April 10-12, 2008.
13. Fauth, M., Feldmann, C. R., Hsu, B., Lautsch, B, Petushek, E. Garceau, L. and W.P. Ebben. Gender differences in muscle activation during jump landings and cutting movements. 10th American Society of Exercise Physiologists Annual Meeting. Duluth, MN. April 10-12, 2008.
14. Brudzynski, L. and W.P. Ebben. Motivations and barriers to exercise among college students. 10th American Society of Exercise Physiologists Annual Meeting. Duluth, MN. April 10-12, 2008.
15. Ebben, W.P., R. Clewien, and J. A. Davies. The optimal downhill slope for 10 and 40 yard overspeed running. National Strength and Conditioning Association 30th Annual Conference. Atlanta, GA. July 12, 2007.
16. Ebben, W.P., E. Flanagan and R.L. Jensen. Kinetic analysis of laterality, the bilateral deficit and gender differences during plyometric jumps. National Strength and Conditioning Association 30th Annual Conference. Atlanta, GA. July 12, 2007.
17. Ebben, W.P., R.L. Jensen, and E. Flanagan. No gender differences in rate of force development and time to takeoff during the vertical jump. American Society of Exercise Physiologists 9th Annual Meeting. Milwaukee, WI. March 29-31. 2007.

18. Dayne, A., L. Chmielewski, P. Alexander, K. Knetzger, and W. P. Ebben
An electromyographical analysis of hamstring activation during multi-joint lower body resistance training exercises. American Society of Exercise Physiologists 9th Annual Meeting. Milwaukee, WI. March 29-31, 2007.
19. Mitsche, D., C. Feldmann, L. Chmielewski, K. Knetzger, and W. P. Ebben. Dynamic squats result in greater rectus femoris and vastus lateralis motor unit recruitment than isometric squats. American Society of Exercise Physiologists 9th Annual Meeting. Milwaukee, WI. March 29-31, 2007.
20. Feldmann, C., D. Mitsche, A. Dayne, K. Knetzger, and W. P. Ebben. Using squat testing to predict training loads for the deadlift, step-up, lunge, and leg extension. American Society of Exercise Physiologists 9th Annual Meeting. Milwaukee, WI. March 29-31. 2007.
21. Ebben, W.P. and P. Papanek. Gender differences in the activation of the hamstrings, quadriceps, and hamstrings to quadriceps ratio during the squat. Midwest Chapter of the American College of Sports Medicine Annual Meeting, Mount Pleasant, MI. October 5-7. 2006.
22. Ebben, W.P., J.A. Davies, N.J. Long, Z.D. Pawlowski, L.M. Chmielewski and R. Clewien. Using squat RM testing to determine hamstring resistance training exercise load. Midwest Chapter of the American College of Sports Medicine Annual Meeting, Mount Pleasant, MI. October 5-7. 2006.
23. Simenz, C., D. Leigh, C. Geiser, J. Melbye, R.L. Jensen, and W.P. Ebben. Electromyographic analysis of plyometric exercises. XXIV International Symposium of the Society of Biomechanics in Sports, Salzburg, Austria. July 15, 2006.
24. Ebben, W.P., N. Long, R. Clewien and J. A. Davies. Gender differences in the relationship between quadriceps MVIC and hamstrings to quadriceps to hamstring ratio. XXIV International Symposium of the Society of Biomechanics in Sports. Salzburg, Austria. July 15, 2006.
25. Ebben, W.P., D. H. Leigh, J.A. Davies, N. Long and R. Clewien. Electromyographical analysis of hamstring resistance training exercises. XXIV International Symposium of the Society of Biomechanics in Sports. Salzburg, Austria. July 15, 2006. 2006.
26. Davies J. and W.P. Ebben. Effect of degree of hillslope on acute downhill running speed. American College of Sports Medicine, Mid Atlantic Region Annual Meeting. November 5, 2005.
27. Davies J. and W.P. Ebben. Accuracy of electronic and manual timing techniques in 20 and 40 yard sprints. American College of Sports Medicine, Mid Atlantic Region Annual Meeting. November 5, 2005.

28. Jensen, R.L. and W. P. Ebben. Ground and knee joint reaction forces during variation of plyometric exercises.” XXIII International Symposium of the Society of Biomechanics in Sports, Beijing, China. 2005
29. Simenz, C., C. Dugan and W.P. Ebben. Strength and Conditioning Practices of NBA Strength and Conditioning Coaches. National Strength and Conditioning Association 27th Annual Conference. Minneapolis, MN. 2004.
30. Ebben, W.P., M. J. Hintz, and C. Simenz. Strength and Conditioning Practices of Major League Baseball Strength and Conditioning Coaches. National Strength and Conditioning Association 27th Annual Conference. Minneapolis, MN. 2004.
31. Ebben, W.P., R. Carroll and C. Simenz. Strength and conditioning practices of National Hockey League strength and conditioning coaches. National Strength and Conditioning Association 26th Annual Conference. Indianapolis, IN. 2003.
32. Jenkins, N., K.A. Chiridon, A.G. Kindler, T.D. Urich, A.J. Polichnowski, A.V. Ng and W.P. Ebben. The effect of high load versus high repetition resistance training on endurance performance. National Strength and Conditioning Association 26th Annual Conference. Indianapolis, IN. 2003.
33. Jensen, R.L. and W.P. Ebben . Impulses and ground reaction forces at progressive intensities of weightlifting variations. XX International Symposium of the Society of Biomechanics in Sports. Madrid, Spain. 2002.
34. Maynard, S. and W.P. Ebben. Effect of antagonist pre-fatigue on antagonist torque and electromyography. National Strength and Conditioning Association 26th Annual Conference. Las Vegas, NV. 2002.
35. Ebben W.P. and R.L Jensen. Kinetic quantification of the hang clean and hang snatch at varying loads and intensities. National Strength and Conditioning Association 26th Annual Conference. Las Vegas, NV. 2002.
36. Jensen, R.L. and W.P. Ebben. Effect of plyometric variations on jumping impulse. Med. Sci. Sports. Ex. 34(5): S. 2002.
37. Ebben, W.P. and R.L. Jensen. Kinetic analysis of complex training rest interval effect on vertical jump performance. Med. Sci. Sports. Ex. 34(5): S. 2002.
38. Jensen, R.L. and W.P. Ebben . Impulses and ground reaction forces at progressive intensities of weightlifting variations. XX International Symposium of the Society of Biomechanics in Sports. Madrid, Spain. 2002.

39. Ebben, W. P. and D.O. Blackard. Survey of strength and conditioning practices of National Football League strength and conditioning coaches. Orlando, FL. 2000.
40. Ebben, W.P. and R.L. Jensen. Hamstring electromyographic response of the backsquat at different knee angles during concentric and eccentric phases. *Med. Sci. Sports Exerc.* 32(5): S. 2000.
41. Jensen, R.L. and W.P. Ebben. Variations of backsquat loading result in dissimilar ground reaction forces, but similar electromyographic responses. *Med. Sci. Sports Exerc.* 32(5): S. 2000.
42. Jensen, R.L., W. P. Ebben , D.O. Blackard, B. P. McLaughlin and P.B. Watts. Kinetic and electromyographic analysis of combined strength and plyometric training in women basketball players. *Med. Sci. Sport Ex.* 31(5):S193. 1999.
43. Ebben, W. P., R L. Jensen and D O. Blackard. Analysis of complex training exercise via EMG and ground reaction forces. *Med. Sci. Sport Ex.* 31(5):S356. 1999.
44. R.L. Jensen, W.P. Ebben, E. Gannon, R. Harney, R. Kobienia, J. Maynard, P.B. Watts. Effect of added weight on heart rate and VO₂ during uphill bicycling overground and on a treadmill. *Med. Sci. Sport Ex.* 30(5): S. 1998.

PUBLICATIONS: PEER-REVIEWED REVIEWS / APPLIED SPORT SCIENCE

1. Ebben W.P. Practical guidelines for plyometric intensity. *NSCA's Performance Training J.* 6(5):12-16. 2007.
2. Ebben, W.P., A Fostch and K. Hartz. Multi-modal resistance training to improve baseball batting power. *Strength Conditioning J.* 28(3):32-36 2006.