

## Christopher J Simenz, PhD, CSCS\*D

### OFFICE ADDRESS

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### EDUCATION

- J.D.** Juris Doctor Degree, Anticipated August 2011. Marquette University Law School, Milwaukee, WI.
- Ph.D** Education- Instructional Leadership, 2007  
Marquette University, Milwaukee, WI.  
Dissertation: *Representations of Urban High Schools in Hollywood Motion Pictures.*
- M.S.** Human Performance, 1999  
University of Wisconsin- La Crosse  
Thesis: *The Effects of Anterior Cruciate Ligament Reconstruction on Ground Reaction Forces During Locomotion.*
- B.S.** Exercise Science, 1997  
University of Wisconsin- La Crosse

### AWARDS and HONORS

2001 Health Careers Opportunity Program Favorite Instructor Award

### PROFESSIONAL MEMBERSHIPS

- 2001-present American Society of Exercise Physiologists (ASEP)  
2004-present Great Lakes Strength and Conditioning Association (GLSCA)  
1997-present National Strength and Conditioning Association (NSCA)  
2001-present National Strength and Conditioning Association-Wisconsin (NSCA-WI)

### PROFESSIONAL EXPERIENCE/APPOINTMENTS

- 2004-present **Board of Directors, Great Lakes Strength and Conditioning Association**
- 2001-present **Steering Committee, National Strength and Conditioning Association- WI**
- 2001-present **Clinical Assistant Professor, Department of Physical Therapy**, Marquette University, Milwaukee, WI. Teaching: Kinesiology, Exercise Leadership, Mechanics of Sport Injury, Intro to Exercise Science, Obesity and Physical Activity, Aging and Physical Activity. Administration: EXSC 105 Junior Practicum, EXSC 186 Senior Practicum, ATTR 189 Senior Practicum. Research programs: Research in strength and conditioning practices of professional team strength and conditioning coaches, DEXA study of the effects of skeletal axial loading on bone density.

- 2000-present **Member, Wellness Advisory Committee**, Milwaukee County Department on Aging, Milwaukee, WI
- 2001-2006 **Health Careers Opportunities Program (HCOP) Instructor**- Marquette University, Milwaukee, WI
- 2000-2001 **Associate Research Specialist**, University of Wisconsin- Milwaukee, Milwaukee, WI
- 1998-1999 **Graduate Assistant in Biomechanics**- University of Wisconsin- La Crosse, La Crosse, WI
- 1997-present **Certified Strength and Conditioning Specialist #988963 (NSCA)**
- 1997-1998 **Exercise Specialist- Lifestyles Strength Center**, YMCA Sheboygan, Wisconsin

## PROFESSIONAL REFEREED PUBLICATIONS

- Ebben, WP, **Simenz, CJ**, and Jensen, RL. Evaluating Plyometric Exercise Intensity Using Electromyography. Manuscript submitted to *Journal of Strength and Conditioning Research*, December 2006.
- Ebben, W.P., R. Carroll and **CJ Simenz**. Strength and conditioning practices of National Hockey League strength and conditioning coaches. *J. Strength Conditioning Res.* 18,4, 889-897.
- Ebben, W.P., M. Hintz and **CJ Simenz**. Strength and conditioning practices of Major League Baseball strength and conditioning coaches. *J. Strength Conditioning Res.* 19, 3, 538-546.
- Simenz, C.J.**, C. Dugan, and W.P. Ebben. Strength and conditioning practices of National Basketball Association strength and conditioning coaches. *J. Strength Conditioning Res.* 19,3,495-504.

## PROFESSIONAL REFEREED ABSTRACTS

- Simenz, C.J.**, C. Dugan, and W.P. Ebben “Strength and Conditioning Practices of NBA Strength and Conditioning Coaches” National Strength and Conditioning Association 27<sup>th</sup> Annual Conference.
- Ebben, W.P., M.J. Hintz, and **CJ Simenz** “Strength and Conditioning Practices of MLB Strength and Conditioning Coaches” National Strength and Conditioning Association 27<sup>th</sup> Annual Conference
- Ebben, W.P., R. Carroll, and **CJ Simenz** “Strength and Conditioning Practices of National Hockey League Strength and Conditioning Coaches” National Strength and Conditioning Association 26<sup>th</sup> Annual Conference

## PROFESSIONAL REFERREED PRESENTATIONS

- Simenz, CJ** and W. Ebben. Strength and Conditioning Practices of National Basketball Association Strength and Conditioning Coaches. Great Lakes Strength, Conditioning, & Fitness Symposium Invited Speaker, June 2004.
- Ebben, W.P. and **CJ Simenz**. An Inside Look at Professional Sports Strength and Conditioning Practices. Wisconsin Strength and Conditioning Association (WSCA) State Symposium Invited Speaker, April 2004.
- Simenz, CJ** and W. Ebben. Exercise Science: Practical Recommendations for Nutrition, Health, and Fun. (6 presentations) FDIC Regional Conference Invited Speaker, July 2003.

Ebben, WP and **CJ Simenz**. Hit or Miss: A Review of the Research Relevant to Two Resistance Training Philosophies. Wisconsin Strength and Conditioning Association (WSCA) State Symposium Invited Speaker, April 2002.

**Simenz, CJ** and W. Ebben. Training for Strength and Fitness- Fact vs. Fiction. Marquette University *Brown Bag Lunch*. Invited Lecturer, June 2002.

Ebben, WP and **CJ Simenz**. Hit or Miss: A Review of the Research Relevant to Two Resistance Training Philosophies. National Strength and Conditioning Association (NSCA) 25<sup>th</sup> Annual National Conference Invited Speaker, July 2002.

## **POSTER PRESENTATIONS**

**Simenz, CJ**, Geiser, CE, Leigh, DH, Melbye, J, Jensen, RL, and Ebben, WP. *Electromyographical Analysis of Plyometric Exercises*. Presented at XXIV International Symposium on Biomechanics in Sports. Salzburg, Austria. July, 2006.

Ebben, WP and **CJ Simenz**. Strength and Conditioning Practices of Major League Baseball and Conditioning Coaches,  
Poster presentation- National Strength and Conditioning Association (NSCA) National Conference, July 2004.

**Simenz, CJ**, C. Dugan, and W. Ebben. Strength and Conditioning Practices of National Basketball Association Strength and Conditioning Coaches,  
Poster presentation- National Strength and Conditioning Association (NSCA) National Conference, July 2004.

Ebben, WP, R. Carroll, and **CJ Simenz**. Strength and Conditioning Practices of National Hockey League Strength and Conditioning Coaches,  
Poster presentation- National Strength and Conditioning Association (NSCA) National Conference, July 2003.

## **GRANTS WRITTEN/ AWARDED**

Recipient of \$3500.00 Urban-directed Curriculum Enhancement Grant  
for Aging and Physical Activity EXSC 198 course created to allow students hands-on working experience with underserved aging populations at the Milwaukee Center for Independence

## **MANUSCRIPT/TEXTBOOK REVIEW ACTIVITIES**

Text Chapter Reviewer for: Neumann, D.A. (2002). *Kinesiology of the Musculoskeletal System: Foundations for Physical Rehabilitation*. St. Louis: Mosby.

## PROFESSIONAL COMMITTEES/SERVICE

Consultant to Children's Health Education Center (Children's Hospital of Wisconsin)- 2005  
Consultant- Milwaukee Center for Independence- 2005  
Board of Directors- Great Lakes Strength and Conditioning Association, 2004-present  
Steering Committee- National Strength and Conditioning Association-WI, 2001-present  
Treasurer- Wisconsin Strength and Conditioning Association, 2001-present  
Member- Milwaukee County Department on Aging Wellness Advisory Committee, 2000-present  
Member- Sheboygan Memorial Medical Center Working on Wellness Committee, 1997

## UNIVERSITY COMMITTEES AND SERVICES

HCOP Student Night Speaker (November, 2003)- *"Exercise Science- Who We are and What We Do."*  
Marquette MANRESA Project Discussion Group Leader (2003)  
Member of Marquette University Subcommittee on Faculty  
Member of University Wellness Advisory Committee  
Member of the University Curriculum and Assessment Committee, 2005

## DEPARTMENTAL COMMITTEES AND SERVICE

Member of the Marquette Departmental Assessment Committee, 2004-present  
Member of the Physical Therapy Scholarship Committee, 2004-present  
Member of the EXSC Admissions Committee, 2001-present  
Member of the Academic Standards Committee, 2003-present  
Member of the Program Subcommittee on Program Identity, 2003-present  
Search committee member- Faculty Positions (EX), 2001-2004  
Search committee member- Faculty Position (AT), 2002-2003  
Advisor- Exercise Science Student Organization, 2002-present

## TEACHING AND COURSE ADMINISTRATION ACTIVITIES

Introduction to Exercise Science (EXSC 090, 2 credits): Fall 2001  
Kinesiology and Biomechanics (EXSC 110, 4 credits): Spring 2001-2007  
Exercise Leadership (EXSC 100, 3 credits): Fall 2001-2007  
Mechanics of Sport Injury (EXSC 198/ATTR 196, 2 credits): Spring 2001  
Exercise Science Practicum I (EXSC 105, 2 credits): Year Round: 2001-2007

Exercise Science Practicum II (EXSC 186, 14-16 credits): Year Round: 2001-2007

Independent Study Course Mentor (EXSC 195, 2 credits): Spring 2005

Obesity and Exercise (EXSC 198, 2 credits): Fall 2005, 2007

Aging and Physical Activity (EXSC 198, 2 credits): Fall 2006

Introduction to Schooling in a Diverse Society (EDUC 008, 3 credits): Spring 2007

## **RELATED PROFESSIONAL ACTIVITIES**

Exam Proctor- Master of Science in Exercise Science for Ms. Amy Jepsen, 2003

Guest Lecturer in Educational Leadership, Marquette University, 2004-present

## **PROFESSIONAL EDUCATION**

Gross Dissection and Kinesiology of the Lower Extremity. (20 hours). Instructors: Donald A. Neumann, PhD., Gregory M. Rajala, PhD., & Guy G. Simoneau, PhD. Marquette University, July 7-10, 2004.

Gross Dissection and Kinesiology of the Upper Extremity. (20 hours). Instructors: Donald A. Neumann, PhD., Gregory M. Rajala, PhD., & Guy G. Simoneau, PhD. Marquette University, July 11-16, 2004.

## **PROFESSIONAL MEETINGS ATTENDED**

NSCA National Conference and Exhibition: 1999-2006

ACSM National Conference: 1998, 1999

ACSM Regional Conference on Aging and Physical Activity: 2000

Club Industry Fitness Conference and Trade Show: 1998-2006

NSCA-WI State Symposium: 2000-2007

Great Lakes Strength, Conditioning and Fitness Symposium: 2004-2006