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OFFICE ADDRESS

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EDUCATION

- 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

- 2008 Recipient of Faculty Star Award
2008 Promoted to Clinical Associate Professor
2001 Health Careers Opportunity Program Favorite Instructor Award

PROFESSIONAL MEMBERSHIPS

- 2010-present International Society of Biomechanics in Sport (ISBS)
2001-present American Society of Exercise Physiologists (ASEP)
1997-present National Strength and Conditioning Association (NSCA)
2001-present National Strength and Conditioning Association-Wisconsin (NSCA-WI)

PROFESSIONAL EXPERIENCE/APPOINTMENTS

- 2011-present **Member- Advisory Board- Active Across America- Milwaukee, WI**
- 2008-present **Member- Urban Food and Fitness Committee- Milwaukee, WI**
- 2007-present **Member- Milwaukee County Nutrition & Physical Activity Coalition**
- 2007-present **Member- Research and Evaluation Team. Milwaukee Food & Fitness Initiative**
- 2004-2010 **Board of Directors, Great Lakes Strength and Conditioning Association**
- 2001-2010 **Steering Committee, National Strength and Conditioning Association- WI**

- 2001-present **Clinical Associate Professor, Department of Physical Therapy**, Marquette University, Milwaukee, WI. Teaching: Performance enhancement and rehabilitation, Kinesiology, Exercise Leadership, Mechanics of Sport Injury, Intro to Exercise Science, Obesity and Physical Activity, Aging and Physical Activity. Administration: EXSC 3986 Junior Practicum, EXSC 186 Senior Practicum, ATTR 189 Senior Practicum. Research programs: Obesity and preventative wellness and healthcare. Research in strength and conditioning practices of professional team strength and conditioning coaches, Plyometric and power development, 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

- Simenz, CJ**, Garceau, LR, Lutsch, BN, Suchomel, TJ, and Ebben, WP. (2010). Electromyographical Analysis of Lower Extremity Muscle Activation During Variations of the Loaded Step Up Exercise. Submitted to: *J. Strength Conditioning Res.* In review.
- Ebben, WP, **Simenz, CJ**, and Jensen, RL. Evaluation of Plyometric Intensity Using Electromyography. *J. Strength Conditioning Res.* 22, 3, 861-868.
- Ebben, W.P., R. Carroll and **CJ Simenz**. (2004). 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**. (2005). 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. (2005). 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 27th Annual Conference. 2005. (Poster Presentation)
- Ebben, W.P., M.J. Hintz, and **CJ Simenz** “Strength and Conditioning Practices of MLB Strength and Conditioning Coaches” National Strength and Conditioning Association 27th Annual Conference 2005. (Poster Presentation)
- 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 26th Annual Conference 2004. (Poster Presentation)

PROFESSIONAL REFERREED PRESENTATIONS

Simenz, CJ & Cox, R. *Volunteers & Interns: Getting Involved in the Community*. Healthier Wisconsin Partnership Program, Partnerships for Health: Learning, Developing & Transforming Community Engagement. April, 2011.

Nelson, D & **Simenz, CJ.** *Understanding Community and Academic Priorities and Interest for Community Engagement in Research (CEnR)*. Healthier Wisconsin Partnership Program, Partnerships for Health: Learning, Developing & Transforming Community Engagement. April, 2011.

Simenz, CJ. *Childhood Obesity in Milwaukee: An Update*. The Next Step: Communities in Action for Health. Annual Symposium. December, 2010.

Simenz, CJ. Electromyographical Analysis of Lower Extremity Muscle Activation During Variations of the Loaded Step Up Exercise. International Society of Biomechanics in Sport Congress, 2010. July, 2010

Simenz, CJ. Lower extremity muscle activation during variations of the step up exercise. National Strength and Conditioning Association- Wisconsin Chapter Annual State Symposium Invited Speaker, April 2010.

Simenz, CJ. Childhood Obesity Programming: an overview. The Next Step: Partnerships for Change Wellness Community Wellness Conference, Milwaukee, WI October, 2009.

Simenz, CJ, et. al. Milwaukee Food & Fitness Initiative. (co-presenter). The Next Step: Partnering to Enhance Community Wellness Conference. Milwaukee, WI October, 2008.

Simenz, CJ. Childhood Obesity and Resistance Training. National Strength and Conditioning Association- Wisconsin Chapter Annual State Symposium Invited Speaker, April 2008.

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) 25th 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.

GRANTS WRITTEN/ AWARDED

- (2009) **Administrative Team**, Healthy Kids Healthy Communities MCOPP grant- United Neighborhood Centers of Milwaukee (UNCOM). Funded for \$360,000 through Robert Wood Johnson Foundation. (Funded, December, 2009).
- (2007) **Program Evaluator**- Physical Activity, Healthy Latino Families. Funded for \$240,000 through Healthier Wisconsin Partnership Program.
- (2006) 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.

Neumann, D.A. (2008). *Kinesiology of the Musculoskeletal System: Foundations for Physical Rehabilitation* (2nd ed.) St. Louis: Mosby.

Jeffreys, I. & Moody, J (Eds.). (2008). *UKSCA Textbook- Strength and Conditioning for Sports Performance*. London: Routledge. **Text proposal reviewer**

PROFESSIONAL COMMITTEES/SERVICE

Member, Urban Food & Fitness Initiative, 2007-2010
Member, Milwaukee County Nutrition & Physical Activity Coalition (MCNPAC), 2007-present
Member, Research and Evaluation, Milwaukee Food & Fitness Initiative, 2007-present
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

Marquette University Wellness Implementation Committee- 2009- present

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 Academic Advancement, 2005-present

Member of Marquette University Wellness Advisory Committee, 2004-2008

Member of the Marquette University Curriculum and Assessment Committee, 2005

DEPARTMENTAL COMMITTEES AND SERVICE

Member of the Marquette Department of Physical Therapy Admissions Committee, 2009-present

Member of the Marquette Department of Physical Therapy Professional Behaviors Committee, 2007-Present

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 Department of Physical Therapy Academic Standards Committee, 2003-present

Member of the EXSC 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 110/2110, 4 credits): Spring 2001-present

Exercise Leadership (EXSC 100/3100, 3 credits): Fall 2001-present

Mechanics of Sport Injury (EXSC 198/ATTR 196, 2 credits): Spring 2001

Exercise Science Practicum I (EXSC 105/3986, 2 credits): Year Round: 2001-present

Exercise Science Practicum II (EXSC 186/4986, 14-16 credits): Year Round: 2001-present

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

Obesity: A Comprehensive Approach (EXSC 2931/HOPR 3953, 2 credits): Fall 2010

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

Aging and Physical Activity (EXSC 198/2931, 2 credits): Fall 2006

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

Performance Enhancement and Rehabilitation (PHTH 7932): Fall 2009

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, 2005.

PROFESSIONAL MEETINGS ATTENDED

Partnerships for Health: Learning, Developing & Transforming Community Engagment. Medical College of Wisconsin. April, 2011

XXVIII International Society of Biomechanics in Sport Congress, 2010. July, 2010

XXIV International Symposium on Biomechanics in Sports. Salzburg, Austria: 2006

NSCA National Conference and Exhibition: 1999-2004, 2008, 2009

ACSM National Conference: 1998, 1999

ACSM Regional Conference on Aging and Physical Activity: 2000

-IUPUI, Indianapolis, IN

Club Industry Fitness Conference and Trade Show: 1998-2006

-Chicago, IL

NSCA-WI State Symposium: 2000-2010

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

The Next Step: Partnering to Enhance Community Wellness: 2008-2010