TEXAS STATE VITA

I. Academic/Professional Background

A. Name: Anyssa Powell Title: Doctoral Student

B. Educational Background

Degree	*Year*	*University*	*Major*	*Thesis/Dissertation*
M.S.	2024	Texas State University	Exercise Science (Strength & Conditioning and Sport Coaching)	
B.S.	2019	Texas A&M University	Kinesiology (Motor Behavior)	Minor: Psychology Minor: Neuroscience

C. University Experience

Adjunct Lecturer
Texas State University
August 2024–Present

Graduate Instructional Assistant / Adjunct Instructor
Texas State University
August 2022–May 2024

D. Relevant Professional Experience

Assistant Strength and Conditioning Coach
United States Military Academy (Army West Point)
February 2025–February 2026

Sports Performance Coaching Assistant
Duke University
August 2024–January 2025

Athletic Performance Intern
The University of Texas at Austin
May 2024–August 2024

Strength and Conditioning Intern
Texas State University Athletics
January 2024–May 2024

Sports Science Intern
Texas State University Athletics
August 2023–May 2024

Avionics Technician
United States Air Force
July 2008–November 2011

E. Other Professional Credentials (licensure, certification, etc.)

- Certified Strength and Conditioning Specialist (CSCS), NSCA (2024)
- Strength and Conditioning Coach Certified (SCCC), CSCCA (2025)
- USA Weightlifting Level 1 Coach (2022)
- Functional Range Conditioning (FRC)
- Functional Range Assessment (FRA)
- Functional Range Systems (FRS)
- Registered Yoga Teacher (RYT-200) (2015)
- American Heart Association CPR & First Aid (Expires 2027)

II. TEACHING

A. Teaching Honors and Awards:
None at this time

B. Courses Taught:

Texas State University
Online

- PFW 1101 – Physical Fitness and Wellness (Fall 2024)
- PFW 1301 – Lifetime Fitness and Wellness (Spring 2025, Spring 2026)

In-Person

- ESS 1100 – Introduction to Exercise and Sport Science
- ESS 1172 – Field Sports
- ESS 1179 – Beginning Weightlifting
- PFW 1110A – Aerobics
- PFW 1110G – Beginning Weightlifting
- PFW 1160B – Beginning Volleyball

III. SCHOLARLY/CREATIVE

A. Works in Print (including works accepted, forthcoming, in press):

Refereed Journal Articles

McCurdy, K. W., Walker, J. L., Powell, A. M., & Arellano, A. E. (Accepted/In Press). *A Comparison of Practice and Game Demands and Jump Performance Across a Season in NCAA Division I Women's Basketball Players.* Journal of Australian Strength and Conditioning.

B. Works Not in Print:

NSCA National Conference (2024)

Comparison of Workload and Intensity During Pre-Season and In-Season in Division I Women's Basketball Players

Scholar's Day, Texas State University
How Does Subjective Stress Affect Shooting Percentage in Division I Women's Basketball?
Recipient of Best Original Research Question.

C. Scholarly / Creative Fellowships, Awards, Honors:

Scholar's Day, Texas State University
How Does Subjective Stress Affect Shooting Percentage in Division I Women's Basketball?
Recipient of Best Original Research Question.

E. Scholarly / Creative Professional Development Activities Attended:
- NSCA Midwest Regional Conference (2023)
- NSCA National Conference (2024)
- Duke Sports Performance Winter Clinic (2025)
- CSCCa National Conference (2025)
- CSCCa National Conferene (2026)

F. Media Recognition:

IV. SERVICE

A. Community:
- Registered Yoga Teacher (community instruction)

B. Organization Memberships:
- National Strength and Conditioning Association (NSCA)
- Collegiate Strength and Conditioning Coaches Association (CSCCA)
- USA Weightlifting

C. Service Honors and Awards:
- Honor Flight Award, United States Air Force Basic Military Training

Professional Experience with Performance Technology

Texas State University
- Catapult
- VALD Force Plates
- Push Velocity Based Training

University of Texas
- EliteForm VBT
- Tendo Unit

Duke University
- VALD Force Plates

- NordBord
- ForceFrame
- Perch
- Bridge

United States Military Academy

- Catapult
- StatSports
- VALD Force Plates
- NordBord
- Perch
- Polar Team Pro
- TeamBuildr