Texas State Vita

I. Academic/Professional Background

A. Name: Kevin McCurdy **Title**: Professor

B. Educational Background

Degree	Year	University	Major	Thesis/Dissertation
PhD	1998	University of Arkansas	Exercise Science	Resistance exercise alters the salivary testosterone and cortisol concentrations in adolescent males
MS	1992	Oklahoma State University	Exercise Science	Effects of Plyometrics and Strength Training on lower body power
BS	1988	Oklahoma State University	Physical Education	

C. University Experience

Position	University	Dates
Professor	Texas State University	2014-present
Associate Professor	Texas State University	2010-2014
Assistant Professor	Texas State University	2006-2010
Associate Professor	Valdosta State University	1999-2006

D. Relevant Professional Experience

Position	Entity	Dates
Instructor	University of Arkansas (Upward Bound)	1997-1999
Teacher	Rogers Public Schools	1994-1999
Teacher	Tulsa Public Schools	1992-1993
Teacher	Kellyville Public Schools	1988-1989, 1990-1992
Teacher	McAlester Public Schools	1989-1990

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

- Certified Performance and Sport Scientist (National Strength and Conditioning Association)
- Certified Strength and Conditioning Specialist *Distinction (National Strength and Conditioning Association)
- Certified Ergonomics Assessment Specialist II

II. Teaching

A. Teaching Honors and Awards

- COE Achievement Award in Teaching-2023

- Graduating Student Recognition of Campus Support program- Nominated by 8 students as a teacher that made a contribution to their academic career, 2008-2009.

B. Courses Taught

Texas State University

ESS 4320 Resistance Training and Conditioning
ESS 3320 Biomechanics/Kinesiology
ESS 4317 Exercise Testing and Prescription
ESS 5307 Advanced Resistance Training and Conditioning
ESS 5309 Graduate Biomechanics
ESS 5327 Application of Strength and Conditioning Principles

Valdosta State University

Kinesiology, Biomechanics, Essentials of Advanced Strength and Conditioning, Measurement & Evaluation, Human Movement Applications in Physical Education, Graduate Physical Education, Student Teaching Supervisor, Physical Education technique courses, Nutrition, CPR/ First Aid, Health, and Golf

C. Graduate Theses/Dissertations or Exit Committees (if supervisor, please indicate):

Masters Thesis Committee Member

Michael Hobbs:

The effects of dynamic balance on basketball ability. Completed: November 10, 2008. Department of Health, Physical Education and Recreation, Texas State University-San Marcos. Committee: Lisa K. Lloyd (Chair), Eric A. Schmidt, **Kevin McCurdy**.

Annie Lowe:

The accuracy of polar owncal in estimating energy expenditure during aerobic dance bench stepping. Completed: November 18, 2008. Department of Health, Physical Education and Recreation, Texas State University-San Marcos. Committee: Lisa K. Lloyd (Chair), **Kevin McCurdy**, Michelle Pope.

Jason Smart:

The effect of core training on tennis serve velocity. Completed: May 2010. Department of Health, Physical Education and Recreation, Texas State University-San Marcos. Committee: **Kevin McCurdy (Chair)**, Bob Pankey, and Brian Miller.

Megan Haynes:

The effect of ankle taping following sprains on functional stability. Completed May 2010. Department of Health, Physical Education and Recreation, Texas State University-San Marcos. Committee: Luzita Vela (Chair), **Kevin McCurdy**, and Ting Lu.

Mike Guerrero:

The comparison of lower body muscle activation patterns between jumping on sand and a firm surface. Completed: July 2010. Department of Health, Physical Education and Recreation, Texas State University-San Marcos. Committee: Bob Pankey (Chair), **Kevin McCurdy**, and John Walker.

Ty Palmer:

Electromyographic Analysis of Conventional and Rubber-Based Band Squats. Completed May 2011: Department of Health and Human Performance, Texas State University-San Marcos. Committee: **Kevin McCurdy** (Chair), Jim Williams, and John Walker.

Adrian Chavez:

Validation of the Fatigue Response Resulting from Two Fatigue Protocols to a Simulation Basketball Game: Completed June 2011, Department of Health and Human Performance, Texas State University-San Marcos. Committee: Duane Knudson (Chair), **Kevin McCurdy**, and Rod Harter.

Joseph Buckland:

Post Activation Potentiation of Adding Stability Exercises to a Bench Press One Repetition Maximum Protocol: Completed June 2013, Department of Health and Human Performance, Texas State University-San Marcos. Committee: **Kevin McCurdy** (Chair), John Walker, and Jim Williams.

John Quiroga

A Comparison of Traditional and Chain-loaded Bench Press on Strength and Power: Completed November 2014, Department of Health and Human Performance, Texas State University-San Marcos. Committee: **Kevin McCurdy** (Chair), Ting Lui, and Joni Mettler

Brittany Bobbitt
The Effect of Resisted and Assisted Sprint Training on Speed and Sprint Kinematics. Completed May 2014, Department of Health and Human Performance, Texas State University-San Marcos. Committee: Jack Ransone (Chair), **Kevin McCurdy**, and John Walker.

Jeff Schmidt
Do Pressure Pain Thresholds in Collegiate Aged Subjects Increase After Four Weeks of Manual Compressive Therapy on Latent Myofascial Trigger Points? Completed May 2014, Department of Health and Human Performance, Texas State University-San Marcos. Jack Ransone (Chair), **Kevin McCurdy**, John L. Walker.

Ashley Wagner
The Assessment of Hamstring Related Deficiencies in Collegiate Football Athletes with a Prior History of Hamstring Strains: A Retrospective Case Control Study, Completed December 2014, Department of Health and Human Performance, Texas State University-San Marcos. Luzita Vela (Chair), **Kevin McCurdy**, and Darcy Downey.

Hiroto Kawamura
Comparison of the Effects of Two Recovery Methods after Baseball Pitching, Completed November 2015, Department of Health and Human Performance, Texas State University-San Marcos. Rod Harter (Chair), Luzita Vela, and **Kevin McCurdy**.

Joosung Kim
Effects of Focal Knee Joint Cooling on Different Modes of Quadriceps Strength Assessment, Completed April 2016, Department of Health and Human Performance, Texas State University-San Marcos. Joni Mettler (Chair), Kyung Min Kim and **Kevin McCurdy.**

Dillon McGee
The Effects of High-frequency Compared to Low-frequency Neuromuscular Electrical Stimulation on Anabolic Signaling in Human Skeletal Muscle, Completed November 2016, Department of Health and Human Performance, Texas State University-San Marcos. Joni Mettler (Chair), Barbara Doucet, and **Kevin McCurdy.**

Josh Harris
Effects of High Volume, Low Intensity, Multi-set Squat Protocol on Power Outputs, Completed May 2016, Department of Health and Human Performance, Texas State University-San Marcos. **Kevin McCurdy** (Chair), Joni Mettler, and Ting Liu.

Troy Mendenhall
Comparison of Instrumented-Assisted Soft Tissue Mobilization and Passive Stretching to Improve Glenohumeral Range of Motion and Function, Completed April 2018, Department of Health and Human Performance, Texas State University-San Marcos. Rod Harter (Chair), Natalie Meyers, and **Kevin McCurdy**.

Stephan Fisher
Photobiomodulation Therapy is More Effective than Cryotherapy for Skeletal Muscle Recovery: A Critically Appraised Topic, Completed May 2018, Department of Health and Human

Performance, Texas State University-San Marcos. Justin Rigby (Chair), Joni Mettler, and **Kevin McCurdy**

Michael Donaldson
In Overhead Athletes Does Humeral Torsion Play a Role in Shoulder and Elbow Injury Profiles: A Systematic Review, Completed May 2019, Department of Health and Human Performance, Texas State University-San Marcos. Natalie Meyers (Chair) and **Kevin McCurdy**.

Andrew Gonzalez
Impact of Time Restricted Feeding on Cardio-metabolic Health and Performance among Firefighters, Thesis, **Completed 2020**, Department of Health and Human Performance, Texas State University-San Marcos. Matt McAlister (Chair), Hunter Waldman, and **Kevin McCurdy**.

D. Courses Prepared and Curriculum Development

ESS 5307 Advanced Strength and Conditioning-(AOP)- 2025
ESS 5327 Application of Strength and Conditioning Principles (Completed 2020)
ESS 4320 Resistance Training and Conditioning
PE 5307 Advanced Strength and Conditioning

Valdosta State University
Developed Biomechanics, Essentials of Advanced Strength and Conditioning, Human Movement Applications in Physical Education, and Graduate Human Kinetics

Department development of a Masters Degree in Physical Education

G. Funded Internal Teaching Grants and Contracts

Pankey, R.B., McCurdy, K. & Knudson, D. Internal Student Computing Resources (SCR) grant for the purchase of hardware and software Titled: Computer Technology Upgrades for Biomechanics/Sports Medicine Laboratory in the Department of HHP. FY2014, Funding Total: $12,000.00.

Pankey, R.B., McCurdy, K. & Knudson, D. Internal Student Computing Resources (SCR) grant for the purchase of hardware and software Titled: Computer Technology Upgrades for Biomechanics Laboratory in the Department of HHP. FY2011, Funding Total: 10, 243.84.

I. Other

Webinar- Strategies for Lecturing to Large Classes, 3-05-15, Attended

III. Scholarly/Creative

A. Works in Print

1. Chapters in Books

Roberts, M. and **McCurdy, K.** (2021). Chapter 5: Resistance Training Adaptations. Schoenfeld, B. & Snarr, R. (eds), NSCA's Essentials of Personal Training 3rd Ed. Champaign, IL., Human Kinetics.

2. Articles

a. Refereed Journal Articles

Harris, J., **McCurdy, K.,** Liu, T., Mettler, J., Walker, J., & Farrell, J. (2026). Comparison of repeat power ability during a high-volume squat exercise in resistance-trained males and females. *Biomechanics*, 6(1), 5-19. https://doi.org/10.3390/biomechanics6010005

McCurdy, K., & Musal, R. M. (2026). Prediction of maximal vertical jumps during the entire season in NCAA Division 1 women Basketball Players. *International Journal of Strength and Conditioning*, 6(1), https://doi.org/10.47206/ijsc.v6i1.509

McCurdy, K., & Koldenhoven, R. (2025). Comparison of muscle activation and range of motion between the traditional and landmine Romanian deadlift. *International Journal of Strength and Conditioning*, 5, 1-10.

McCurdy, K., Walker, J., Powell, A., & Arellano, A. (2025). A comparison of practice and game demands and jump performance across a season in NCAA Division 1 women basketball players. *Journal of Australian Strength and Conditioning*, 33(5), 5182.

McCurdy, K. (2024**).** Landmine Romanian Deadlift, *Strength and Conditioning Journal*, 46(6): 729-733. DOI: 10.1519/SSC.0000000000000843.

McCurdy, K., Walker, J. & Blaser, W. (2023). Analysis of power output during the countermovement and split-squat jump across loads and high-volume repetitions in elite athletes. *International Journal of Strength and Conditioning*, 3(1): DOI: 10.47206/ijsc.v3i1.247.

McCurdy, K., Walker, J., Pozuc, D., & Pitts, J. (2022). Measurement of absolute and relative reliability during the countermovement and split-squat jump using PUSH Pro Band 2.0. *International Journal of Strength and Conditioning*, 2(1): DOI: 10.47206/ijsc.v2i1.133.

McAllister, M., Steadman, K., Renteria, L., Case, M., Butawan, M., Bloomer, R., & **McCurdy, K**. (2022). Acute resistance exercise reduces postprandial lipemia and oxidative stress in resistance-trained men. *Journal of Strength and Conditioning Research*, 36(8): 2139-2146, DOI: 10.1519/JSC.0000000000003831.

Kim, J., Mettler, J., **McCurdy, K.,** & Kim, K. (2021). Effects of Focal Knee Joint Cooling on Static and Dynamic Strength of the Quadriceps: Innovative Approach to Muscle Conditioning. *International Journal of Environmental Research and Public Health*, 18(9), 4890.

McCurdy, K. and Walker, J. (2021). Hip and knee Extensor activation during the hip thrust and rear-root-elevated split squat in trained females. *Journal of Strength and Conditioning Research,* 35(5), 1201-1207. doi: 10.1519/JSC.0000000000004035.

Gonzalez, A., Waldman, H., Abel, M., **McCurdy, K**., & McAllister, M. (2021). Impact of time restricted feeding on fitness variables in professional resistance trained firefighters, *Journal of Occupational and Environmental Medicine*, 63(4), 343-349.

Donaldson, M., Meyers, N., Thomas, S., and **McCurdy, K**. (2020). In Overhead Athletes Does Humeral Torsion Play a Role in Shoulder and Elbow Injury Profiles: A Systematic Review, *Journal of Shoulder and Elbow Surgery* 29(8), 1712-1725.

McCurdy, K. and Walker, J. (2019). Comparison of regional hamstrings activation during resistance exercises in females with prior athletic experience, *Journal of Sport Rehabilitation* 2019 Sep 24:1-7. doi: 10.1123/jsr.2019-0118.

Fisher, S., Rigby, J., Mettler, J., & **McCurdy, K**. (2019). The effectiveness of photobiomodulation therapy versus cryotherapy for skeletal muscle recovery: a critically appraised topic, *Journal of Sport Rehabilitation*, 28(5), 526-531.

McCurdy, K., Walker, J., & Yuen, D. (2018). Gluteus maximus and hamstring activation during selected resistance exercises, *Journal of Strength and Conditioning Research*, 32(3), 594-601.

McCurdy, K. (2017) Technique, Variation, and Progression of the Rear-Foot-Elevated Split Squat, *Strength and Conditioning Journal*, 39(6), 93-7.

McCurdy, K. & Vela, L. (2015). Resistance training for shoulder complex stabilization. *International Journal of Sports Science and Coaching*, 10(5), 933-947.

McCurdy, K., Walker, J., Armstrong, R., & Langford, G. (2014). Relationship between selected measures of strength and hip and knee excursion during unilateral and bilateral landings in women. *Journal of Strength and Conditioning Research*, 28(9), 2429-2436.

McCurdy, K., Smart, J., Pankey, R., Walker, J. (2014). The effect of core training on tennis serve velocity. *Journal of Australian Strength and Conditioning*, 22(4), 24-30.

Chavez, A., Knudson, D., Harter, R., & **McCurdy, K**. (2013). Activity-Specific Effects of Fatigue Protocols May Influence Landing Kinematics. *International Journal of Exercise Science,* 6(3), 242-249.

McCurdy, K., Walker, J., Saxe, J., & Woods, J. (2012). The effect of short-term resistance training on hip and knee kinematics during vertical drop jumps. *Journal of Strength and Conditioning Research*, 26(5), 1257-1264.

Palmer, T., **McCurdy, K.**, Williams, J., & Walker, J. (2011). Electromyographical analysis of conventional and rubber-based band squats. *Journal of Australian Strength and Conditioning*, 19(3), 13-24.

Lowe AL, Lloyd LK, Miller BK, **McCurdy KW**, & Pope ML. (2010). Accuracy of polar F6 in estimating the energy cost of aerobic dance bench stepping in college-age females. *Journal of Sports Medicine and Physical Fitness,* 50(4), 385-394. [5-year Impact Factor: 1.034].

McCurdy K., Walker, J., Langford G., Kutz M., Guerrero, M., & McMillan, J. (2010). The relationship between kinematic determinants of jump and sprint performance in division I women soccer players. *Journal of Strength and Conditioning Research,* 24(12), 3200-3208. [Impact factor 1.848].

McCurdy K., Kutz M., O'Kelley E., Langford G., Ernest J. (2010). External oblique activity during the unilateral and bilateral free weight squat. *Clinical Kinesiology*, 64(1), 16-21.

McCurdy K., O'Kelley E., Kutz M., Langford G., Ernest J., & Torres, M. (2010). Comparison of lower extremity EMG activity between the two-leg squat and modified single-leg squat in female athletes. *Journal of Sport Rehabilitation*, 19, 57-70. [Impact factor .531]

McCurdy, K., Langford, G., Ernest, J., Jenkerson, D., & Doscher, M. (2008). Comparison of chain- and plate-loaded bench press training on strength, joint pain, and muscle soreness in division II baseball players. *Journal of Strength and Conditioning Research*, *23*(1), 187-195. [Impact factor 1.848].

McCurdy, K., Langford, G., Macera, T., Wiley, L., Walters, S., & Lydic, T. (2008). The relationship among measures of upper-body power in division II women softball players. *Applied Research in Coaching and Athletics Annual*, *23*, 68-83.

McCurdy, K., Langford, G. Jenkerson, D., & Doscher, M. (2008). The validity and reliability of the 1RM bench press using chain-loaded resistance. *Journal of Strength and Conditioning Research*, *22*(3), 678-683. [Impact factor 1.848].

Langford, G., **McCurdy. K**., Walters, S., Earnest, J. & Doscher, M. (2007). Specificity of machine, barbell, and water-filled log bench press resistance training on measures of strength. *Journal of Strength and Conditioning Research, 21*(4), 1061-1066. [Impact factor 1.848].

McCurdy, K., & Langford, G. (2006). The relationship between maximum unilateral squat strength and balance in young adult men and women. *Journal of Sport Sciences and Medicine, 5***,** 282-288. [Impact factor .815].

McCurdy, K., Langford, G., Doscher. M. Wiley, L., & Mallard, K. (2005). The effects of short-term unilateral and bilateral lower body resistance training on measures of leg strength and power. *Journal of Strength and Conditioning Research, 19*(1), 9-15. [Impact factor 1.848].

Langford, G.A., **McCurdy, K.** & Doscher, M. (2005). The effects of single-leg resistance training on measures of balance in NCAA division II women volleyball players. *International Journal of Volleyball Research*, *8*(1), 14-18.

McCurdy, K., Langford, G., & Doscher, M. (2005). The effects of single-leg resistance training on leg strength and power in division II women volleyball players. *Applied Research in Coaching and Athletics Annual, 20*, 11-26.

Langford, G. & **McCurdy, K.** (2005). Resistance training for elementary school age children. *Teaching Elementary Physical Education, 16*(4), 39-44.

Langford, G., **McCurdy, K**., Doscher. M., & Teetzel, J. (2005). Effects of single-leg resistance training on measurement of jumping performance in NCAA division II women volleyball players. *International Journal of Volleyball Research, 7*(1), 17-22.

McCurdy, K., & Langford, G. (2005). Comparison of unilateral squat strength between the dominant and non-dominant leg in men and women. *Journal of Sport Sciences and Medicine, 4*(2), 153-159. [Impact factor .815]

McCurdy, K., Langford, G., Doscher, M., Cline, & Hoff, R. (2004). Reliability of the 1-RM and 3-RM tests for single-leg strength in men and women. *Journal of Sport Science and Medicine*, 3(3), 190-196. [Impact factor .815]

McCurdy, K., Langford, G., & Maina, M. (2004). Inclusion of appropriate resistance exercises in physical education. *Teaching Elementary Physical Education, 15*(3), 30-34.

McCurdy, K., & Conner, C. (2003). Unilateral support resistance training incorporating the hip and knee. *Strength and Conditioning Journal, 25*(2), 45-51.

Griffin, M. & **McCurdy, K.** (2003). Teaching golf for enjoyment. *Teaching Elementary Physical Education, 14*(3), 37-39.

Maina, M., Griffin, M., & **McCurdy, K.** (2002). Critical thinking simplified: a five step approach to teaching students how to solve problems in physical education. *The GAHPERD Journal, 35*(2), 17-19.

b. Non-refereed Articles

McCurdy, K. (2009). Strengthen your hips for a better weight transfer. Retrieved from http://www.golffitness-magazine.com.

6. Book/Journal reviews
8 Journal Reviews in 6 journals- 2022

6 Journal Reviews in 3 journals-2021

8 Journal Reviews in 5 journals- 2019.

External Reviewer-Brendyn Appleby's Dissertation- Edith Cowen University, April 2019.

Hamilton, N., Weimar, W., Luttgens, K. Kinesiology: scientific basis of human movement, 11th

edition. McGraw-Hill; 2009. Entire book reviewed.

Journal of Sports Science and Medicine: Research Reviewer 2006

Darst, P. and Pangrazi, R. Dynamic physical education for secondary school students, 4th edition. Benjamin Cummings; 2005. Chapters 2, 10, 15, 16.

Schmottlach, N. and McManama, J. Physical education activity handbook, 10th edition. Benjamin Cummings; 2004. Chapters 1, 2, 12, 26.

B. Works not in Print

1. Papers presented at Professional Meetings

McCurdy, K., Walker, J., Anyssa Powell, & Alfredo Arellano. A comparison of practice and game demands and jump performance across a season in NCAA Division 1 women basketball players. *National Strength and Conditioning Association Conference,* Baltimore, MD. 7-2024.

McCurdy, K. & Kolenhoven, R. Comparison of muscle activation and range of motion between the traditional and landmine Romanian deadlift. *National Strength and Conditioning Association Conference,* Baltimore, MD. 7-2024.

Clapp, A.J., Walker, J.L., & McCurdy, K.W. Identifying Dietary and Nutritional Considerations Based on FITNESSGRAM BMI Classification in Youth. *American College of Sports Medicine Annual Meeting*, virtual conference, California, 6-2021. Abstract No. 4592 e-poster.

Walker, J.L., McCurdy, K.W., & Clapp, A.J. Dietary and Nutritional Behaviors Vary According to FITNESSGRAM BMI Classification in Youth. *American College of Sports Medicine Annual Meeting*, virtual conference, 5-2021. Abstract No. 3556 e-poster.

McCurdy, K., Walker, J., Kelly, C., & Polinski, M. Comparison of hip and knee muscle activation between the hip thrust and rear-foot-elevated split squat. National Strength and Conditioning Association Conference, Las Vegas, NV. July 10, 2020. e-poster.

Walker, J.L., McCurdy, K.W., & Clapp, A.J. Physical activity and sedentary behaviors vary according to FITNESSGRAM BMI classification in youth. *American College of Sports Medicine Annual Meeting*, San Francisco, California, May 28, 2020. Abstract No. 3556 e-poster.

Clapp, A.J., Walker, J.L., & McCurdy, K.W. Attitudes toward physical activity vary according to FITNESSGRAM BMI classification in youth. *American College of Sports Medicine Annual Meeting*, San Francisco, California, May 29, 2020. Abstract No. 4699 e-poster.

Mendenhall. T., Harter, R., Meyers, N., and McCurdy, K. Comparison of instrument-assisted soft tissue mobilization and passive stretching to improve glenohumeral range of motion and function, *NATA Clinical Symposia and AT Expo*, Las Vegas, NV. June 23, 2019.

McCurdy, K., & Walker, J.L. An analysis of regional hamstring activation during resistance exercises. National Strength and Conditioning Association Conference, Indianapolis, IN. July 14, 2018.

McCurdy, K., Walker, J.L. & Yuen, D. Gluteus maximus and hamstring activation during selected weight-bearing exercises. National Strength and Conditioning Association Conference, Las Vegas, NV. July 13, 2017.

McCurdy, K., & Walker, J.L. The relationship between strength and lower extremity landing patterns in young adult males. National Strength and Conditioning Association Conference, New Orleans, Louisiana, July 8, 2016.

Kawamura H, Harter RA, Vela LI, McCurdy K. Comparison of the effects of two recovery methods after collegiate baseball pitching, NATA National Conference, Baltimore, MD, June 22, 2016.

Kim, J.S., Mettler, J.A., McCurdy, K., & Kim, K.M. Effects of focal knee joint cooling on different modes of quadriceps strength assessment. (Oral presentation). Southwest Athletic Trainers' Association, Arlington, Texas, July 2016.

McCurdy, K. Influence of resistance training on shoulder and knee stability in collegiate cheerleaders, NSCA national Conference, Orlando, FL, July 11, 2015.

McCurdy, K. The relationship between strength and hip and knee drop jump mechanics, NSCA National Conference, Las Vegas, NV, July 9, 2014.

McCurdy, K. Lower Extremity Training for Sport Performance and Injury Prevention, NSCA Midwest Regional Conference, Houston, Tx. June 8, 2013.

McCurdy, K. Functional Training for the Hip and Knee, NSCA Texas State Clinic, Corpus Christi, Tx. February 22, 2013.

McCurdy, K., Langford, G., & Walker, J. Comparison of unilateral versus bilateral resistance training on absolute and relative strength, *American College of Sports Medicine, San Francisco, CA.* May 30, 2012.

Williams, J., & McCurdy, K. Effects of resistive exercise on brain-derived neurotrophic factor, *American College of Sports Medicine, San Francisco, CA,* June *2,* 2012.

Guerrero, J., Pankey, R., McCurdy, K., & Walker, J. Electromyography analysis of lower body muscle mechanics during maximal vertical jumps on rigid and sand surface, *American College of Sports Medicine, San Francisco, CA.* May 31, 2012.

Palmer, T., McCurdy, K., Williams, J., & Walker, J. Electromyographic analysis of the biceps femoris during conventional and rubber-based band squats, *American College of Sports Medicine, San Francisco, CA.* May 31, 2012.

McCurdy, K. The effect of resistance training on hip and knee angles during vertical drop jumps, *National Strength and Conditioning Association National Conference,* Las Vegas, NV. July 8, 2011.

McCurdy, K. Reliability of kinematic and kinetic measures of jump performance using accelerometry, *National Strength and Conditioning Association National Conference,* Orlando, FL., July 16, 2010.

Smart, J. & McCurdy, K. The effect of core training on tennis serve velocity, *National Strength and Conditioning Association National Conference,* Orlando, FL., July 17, 2010.

McCurdy, K. The relationship between unilateral and bilateral jump kinematics and speed performance, *National Strength and Conditioning Association National Conference*, Las Vegas, NV, July 11, 2009.

McCurdy, K. Comparison of lower extremity emg activity between the two-leg and modified single-leg squat in female athletes, *National Strength and Conditioning Association National Conference*, Las Vegas, NV, July 12, 2008.

McCurdy, K. Specificity of chain- and plate-loaded bench press training on measures of strength, power and throwing velocity, *National Strength and Conditioning Association National Conference*, Atlanta, GA, July 13, 2007. *Journal of Strength and Conditioning Research* [Abstract], *21*(4), e33

Langford, G. and McCurdy, K. Effects of machine and different types of free-weight bench press training on measures of power and strength, *National Strength and Conditioning Association National Conference*, Atlanta, GA, July 13, 2007. *Journal of Strength and Conditioning Research* [Abstract], *21*(4), e34

McCurdy, K. The validity and reliability of the 1RM bench press using chain-loaded resistance, *American College of Sports Medicine National Conference*, New Orleans, LA, May 29, 2007.

McCurdy, K. The Relationship Among Measures of Upper-body Power in Division II Women Softball Players, *National Strength and Conditioning Association National Conference*, Washington, D.C., July 10, 2006.

McCurdy, K. Application Of Biomechanics For Ergonomic Assessment And Movement Recommendations, *Applied Ergonomics 9th Annual Conference*, Orlando, FL, March 17, 2006.

McCurdy, K. Application of Ergonomic principles for injury prevention and rehabilitation, *Georgia Athletic Trainers Association Conference*, Peachtree City, GA, January 8, 2006.

McCurdy, K. Speed Performance Following External Loading In Division II Football Players, *National Strength and Conditioning Association National Conference*, Las Vegas, NV, July 12, 2005.

McCurdy, K. Comparison of maximum squat strength between the dominant and non-dominant leg in young adult men and women, *National Strength and Conditioning Association National Conference*, Las Vegas, NV, July 11, 2005.

McCurdy, K. and Langford, G. Designing a progressive and innovative resistance training program for middle and high school athletes, *Share The Wealth Physical Education Conference,* Jekyll Island, GA., January 25, 2005.

McCurdy, K. and Langford, G. Developing resistance training programs for young athletes. *GAHPERD Annual Convention*, Athens, GA., September 18, 2004.

McCurdy, K. Reliability of the 1-RM and 3-RM tests for single-leg strength in men and women. *National Strength and Conditioning Association Annual Conference,* Minneapolis, MN, July 14, 2004.

McCurdy, K. and Martino, M. Contraindicated resistance training exercises. *National Strength and Conditioning Association State Clinic*, Atlanta, GA., May 3, 2004.

McCurdy, K., Lehnert, M., and Steltzer, Y. Specificity of unilateral support resistance exercises. Pastviny, Chek Republic, May 16, 2004.

Langford, G., Griffin, M., and McCurdy, K.M. Shake it up to better strength in physical education, *Share The Wealth Physical Education Conference,* Jekyll Island, GA., January 24, 2004.

McCurdy, K. and Langford, G. No weight room, no problem: Inclusion of non-traditional resistance training exercises for preadolescents and adolescents. *GAHPERD Annual Convention*, Jekyll Island, GA., November 11, 2003.

McCurdy, K. The effects of unilateral and bilateral lower body resistance training on measures of strength and power, *National Strength and Conditioning Association Annual Conference*, Research Poster Presentation, Indianapolis, IN, July 9, 2003.

McCurdy, K. Benefits of unilateral strength training to improve health and performance, *National Strength and Conditioning Association Annual Conference*, Indianapolis, IN, July 10, 2003.

Maina, M., and McCurdy, K. Challenging children to think in physical education, *Southern District AAPHERD*, Savannah, GA, February 4, 2003.

McCurdy, K., and Langford, G. Using heart rate monitors during modified circuit training to increase activity and fitness, *Share the Wealth Conference*, Jekyll Island, GA., January 27, 2003.

McCurdy, K. Resistance training to improve hip rotation strength and power, *National Strength and Conditioning Association Annual Conference*, Las Vegas, NV. July 10, 2002.

McCurdy, K, and Griffin, M. Incorporating golf instruction in physical education, *Share the Wealth Conference*, Jekyll Island, GA. January 26, 2002.

McCurdy, K. Effects of resistance training on the acute and chronic salivary testosterone and cortisol response in adolescent male athletes, *National Strength and Conditioning Association Conference,* Spokane, Washington, July 9, 2001. *Journal of Strength and Conditioning Research* [Abstract], *15*(3), 396-397.

McCurdy, K., and Langford, G. Innovative muscular strength and endurance training in the physical education classroom, *Share the Wealth Conference,* Jekyll Island, GA., January 25, 2001

Carter, L., and McCurdy, K. The role of the physical education teacher in the new millennium, *GAHPERD Conference*, Jekyll Island, GA., April 4, 2000.

Brown, B., Fort, I., and McCurdy, K. Establishing a new protocol for assessing the vertical jump*, International Pre-Olympic Scientific Congress*, Dallas Texas, July 7, 1996.

McCurdy, K. Relationship between resistance training and the endocrine system; Seminar, *Department of Kinesiology faculty and students*, University of Arkansas, Fayetteville, AR., May 6, 1996.

McCurdy, K. A comparison between plyometric and weight training on selected speed and power variables; *American College of Sports Medicine, Central States Chapter Annual Meeting*, Stillwater, OK., May 5, 1992.

3. Consultancies:

Venable, LLP Law Firm- Research reviewer for 5 shake weight investigations, 1-2012 and 2-2012.

Regional High School Strength Competition, assisted with developing policies and procedures, Georgia State Competition, 3-2004 and 3-2005.

Developed Strength and Conditioning Program for Twin Lakes Fire Department, 11-2001.

4. Workshops

McCurdy, K. and Rainey, D. *National Strength and Conditioning Association Symposium: Preparation for the Certified Strength and Conditioning Specialist Exam,* Texas State University, 3-5-10.

McCurdy, K. *National Strength and Conditioning Association Symposium: Preparation for the Certified Strength and Conditioning Specialist Exam,* Texas State University, 3-27-09, 4-3-09.

McCurdy, K., Kutz, M., Rainey, D., Latson, H, and Crixel, S. *National Strength and Conditioning Association Symposium: Preparation for the Certified Strength and Conditioning Specialist Exam,* Texas State University, 4-18-08, 4-19-08.

McCurdy, K., Kutz, M., Rainey, D. and Latson, H. *National Strength and Conditioning Association Symposium: Preparation for the Certified Strength and Conditioning Specialist Exam*, Texas State University, 8-31, 9-1-07.

McCurdy, K. & Langford, G. *Designing Resistance Training Exercises for Students with Special Needs*, Workshop for Special Education and Physical Education teachers in Lowndes county, Valdosta, GA., 2-3-06.

McCurdy, K.& Langford, G. "Where's the Weight Room? Modifications for Resistance Training." Southwest Georgia RESA – Physical Education Conference In-Service Sessions, Mitchell County Primary and Middle Schools, Camilla, GA., 9-16-03.

McCurdy, K.W. & Langford, G.A. "Individual Activities Modified to Maximize Participation." Southwest Georgia RESA – Physical Education Conference In-Service Sessions, Mitchell County Primary and Middle Schools, Camilla, GA., 9-17, 2003.

McCurdy, K. Twin Lakes Fire Department Strength and Conditioning Workshop, 10-2001.

McCurdy, K. and Conner, C. Get Fit for Golf, Presentation at Stone Creek Country Club, 9-2001.

5. Other works not in print

a. Works submitted or under review

b. Works in progress

C. Grants and Contracts

1. Funded External Grants and Contracts

McCurdy, K., Kutz, M., and O'Kelley, E. (2007), *Comparison of Abdominal & Neck Muscle Activation Levels Among Sit-Up Exercises,* Greenhouse International, Inc., $4,200.

2.Unfunded External Grants

McCurdy, K. Farrell, J., Kim, J. & Musal, R. (2024). Prediction of recovery and risk of injury and illness in Division 1 women basketball players across the entire season. $20,721.

McCurdy, K., McAllister, M., Mettler, J., Farrell, J., and Fry, C. (2022). Comparison of Muscle Glycogen, Body Composition, and Performance between Resistance-trained Adults on a Low- and High-carbohydrate Diet. NSCA Foundation. $30,000.

McCurdy, K., McAllister, M., Mettler, J., Farrell, J., and Fry, C. (2021). Comparison of Muscle Glycogen, Body Composition, and Performance between Resistance-trained Adults on a Low- and High-carbohydrate Diet. NSCA Foundation. $30,000.

McCurdy, C., Walker, J.L**.** (2016). Maximizing Peak Power Output in Elite Track and Field Athletes. USA Track and Field. $23,301. Unfunded.

3. Funded Internal Grants and Contracts

McCurdy, K. (2025) *Comparison of skeletal muscle glycogen replacement on a carbohydrate-restricted and high-carbohydrate diet in resistance-trained males,* Research Enhancement Grant, Texas State University, $12,000.

McAlister, M. and McCurdy, K. (2019) *Impact of Moderate and High Intensity Resistance Exercise on Postprandial Oxidative Stress,* Research Enhancement Grant, Texas State University, $14,080.

McCurdy, K. (2016) *Comparison of hamstring and gluteal muscle activation patterns during resistance exercises*, College of Education Pilot Research Grant, Texas State University, $6,000.

Williams, J., and McCurdy, K. (2009) *Effects of Different Types of Exercise on Brain-Derived Neurotrophic Factor*, Research Enhancement Grant, Texas State University, $16,000.

McCurdy, K., and Walker, J. (2008), *The effect of single-leg strength training on lower body landing mechanics and measures of single-leg strength and power performance*, Research Enhancement Grant, Texas State University, $16,000.

McCurdy, K., Kutz, M., and O'Kelley, E. (2007) *Comparison of hip and knee EMG and ground reaction forces between the unilateral and bilateral squat,* Research Enhancement Grant, Texas State University, $16,000.

McCurdy, K. (2005) Faculty Development Grant, Valdosta State University, *Application of biomechanics for ergonomic assessment and movement recommendations*, Applied Ergonomics 9th Annual Conference, Orlando, FL, 3-2006, Presentation, $500.

McCurdy, K. (2005) Faculty Development Grant, Valdosta State University, *Speed performance during external loading in division II football players*, National Strength and Conditioning Association Annual Conference, Las Vegas, NV, Research Presentation, $500.

McCurdy, K. (2004) Faculty Development Grant, Valdosta State University, *Reliability of the 1-RM and 3-RM tests for single-leg strength in men and women,* National Strength and Conditioning Association Annual Conference, Minneapolis, MN., Research Presentation, $500.

McCurdy, K. (2002) Faculty Development Grant, Valdosta State University, *Resistance Training to Improve Hip Rotation Strength and Power*, National Strength and Conditioning Association Annual Conference, Las Vegas, NV, Presentation, $500.

McCurdy, K. (2002) Faculty Research Grant, Valdosta State University, *Comparison of Kinematic Variables in the Golf Swing Between Elite and Novice Golfers, $900.*

McCurdy, K.M. (2001) Faculty Research Grant, Valdosta State University, *Effects of Unilateral*

and Bilateral Resistance Training on Measures of Strength and Power, $900.

McCurdy, K.M. (2001) Faculty Development Grant, Valdosta State University**,** *Effects of Resistance Training on the Acute and Chronic Salivary Testosterone and Cortisol Response in Adolescent Male Athletes,* National Strength and Conditioning Association Conference, Spokane, Washington, 7-2001, Research Presentation, $500.

D. Fellowships, Awards, Honors

- National Strength and Conditioning Association Fellow (2019).
- Dean Nominee for the Presidential Award for Excellence in Scholarly/Creative Activities 2012
- Dean Nominee for the Presidential Award for Excellence in Scholarly/Creative Activities 2011
- COE nomination for the Presidential Excellence Award in Scholarly/Creative Activities-2009
- COE nomination for the Presidential Excellence Award in Scholarly/Creative Activities-2008

IV. Service

A. Institutional

1. University

- HHP Department Chair Search Committee-2025
- Texas State Women's Basketball Sport Scientist-2022-2025
- General Education Council Alternate- 2017-20
- General Education Council-2011-2015
- Department Chair Search Committee- Department of Health Physical Education and Recreation-2009

2. College

- College of Education Scholarship Committee 2020
- College Review Group (COE)- 2018-2019.
- College of Education Associate Dean for Research and Faculty Development Search Committee- 2008
- Research and Grants Committee COE- 2007, 2008

Valdosta State University:
- Faculty Senate- 2002-06
- Faculty Affairs Committee- 2004-05
- Educational Policies Committee 2005
- Student Activities Committee Chair 2005
- College of Education Advisor for Kinesiology and Physical Education- 2004-06

- Standard 5 COE Self Study- 2006
- Standard 5 Part-time Faculty Handbook Subcommittee- 2005
- Teacher Education NCATE Committee- 2005-06
- College of Education Curriculum/Program Committee- 2004
- College of Education Disposition Committee-2004

3. Departmental

- AT Clinical Assistant Professor Search Committee 2023
- AT Assistant/Associate Professor Search Committee 2022-23
- Travel Committee- 2007-2015, 2021-Present
- ESS Graduate Admissions Committee Chair 2023-Present
- ESS Graduate Admissions Committee-2017-present
- ESS Graduate Internship- 3 students in 2025
- ESS Graduate Independent Study- 1 student in 2025
- Graduate Comprehensive Exam- 2 students in 2025
- ESS Graduate Curriculum Sub-committee- Concentration in Strength & Conditioning and Sport Coaching
- Mentor committee-Matt McAlister (Chair)-2018-2021
- Mentor Committee- Natalie Myers-2017-21
- Mentor Committee- Missy Frasier-2016-2021
- Mentor Committee- Gabe Fife- 2016
- ESS Graduate Comps Sub-committee
- Biomechanics Search Committee-2017
- ESS Graduate Curriculum Committee
- Personnel Committee -2010 to present
- Exercise and Sport Science Program Coordinator-2010-2015
- HHP Scholarship Committee-2008-2015
- Graduate student's Culminating Project- Chair (3)-2013
- Exercise Physiology Search 2011
- Exercise Physiology Faculty Search Committee-2009
- Undergraduate Minor in Coaching Curriculum Review Subcommittee- 2009
- Graduate Curriculum Review Subcommittee- 2009
- Undergraduate Health and Fitness Management Curriculum Review Subcommittee- 2009
- Mentoring Subcommittee-2008
- Department Name Change and Potential Movement of the Department Subcommittee-2008
- Differential Workload Subcommittee-2008
- Absence from Campus Policy Subcommittee-2008
- Strength and Conditioning Specialist: Texas State Women's Golf Team- 2006-2007

Valdosta State University:
- Chair, Conceptual Framework Committee-2006
- Chair, Syllabi Committee- 2000-03
- Exercise Science Curriculum Committee- 1999-06
- Teacher Education Curriculum Committee- 1999-06
- Exercise Science Search Committee- 2002
- Faculty Development Committee- 2005

- Basic Instruction Steering Committee- 2004
- Graduate Faculty- 2000-06

B. Professional

- National Strength and Conditioning Association Certified Strength and Conditioning Specialist Exam Preparation Symposium- 8-25/26-25, TPC Resort, San Antonio, Tx.
- National Strength and Conditioning Association Sport Science Committee-2019-present
- Associate Editor Board- Journal of Strength and Conditioning Research, 2007-Present
- Manuscript Reviews 2025- (12 manuscripts)
- National Strength and Conditioning Association Certification Committee -2018-24
- Journal of Sport Rehabilitation Reviewer 2011- Present
- PeerJ Reviewer (2 reviews)- 2023
- Bioengineering Reviewer (2 reviews)-2023
- Journal of Orthopaedic Surgery and Research-2023
- Physical Therapy in Sport Reviewer-2023
- External Reviewer for Promotion to Full Professor- Dr. Kristof Kipp, Marquette U- 2023
- International Journal of Sports Medicine Reviewer- 2014
- Strength and Conditioning Journal Reviewer
- Science and Medicine in Football Reviewer
- National Strength and Conditioning Texas State Advisory Board- 2011-2016.
- Physical Therapy in Sport Reviewer- 2015-present
- International Journal of Sports Physiology and Performance Reviewer- 2015
- Journal of Sports Sciences Reviewer- 2014
- Sports Health Journal Reviewer-2013
- European Journal of Sport Science Reviewer 2011, 2012
- National Strength and Conditioning Association- Host site for the Certified Strength and Conditioning Specialist certification exam, Texas State University- Spring 2007, Spring 2008, Fall 2008, Spring 2009, Fall 2010, Spring 2010, Summer 2013, Summer 2014.
- National Strength and Conditioning Association Reviewer- Performance Training Journal's On-line Hot Topic articles, 2008.
- National Strength and Conditioning Association- Host for the Certified Strength and Conditioning Specialist certification exam, Valdosta State University, 2004, 2005, 2006.
- National Strength and Conditioning Membership Committee, 2002-2004
- GAHPERD Exercise Science Committee, 2003-05
- Faculty Advisor National Strength and Conditioning Association Student Chapter, 2002-2003
- GAHPERD Convention Media Committee, 2005

C. Community

- Liberty Hill Swoosh (age 13-14) Basketball Coach- 2015
- Hays Youth Sports Coach- 2010
- YMCA Youth Basketball Coach- 2008, 2009.
- Texas State Teen Strength and Wellness Program Director, 8-week strength and wellness program for youth, Summer 2008, 2009.

- Regional High School Strength Competition, assisted with developing policies and procedures, supervised all judges, and judged competition; qualifiers competed at the Georgia State Competition, 3-2004 and 3-2005.
- Kids Health Fest: Sponsored by KSPE VSU Advisory Board. Provided health and fitness assessments and activities, 2003-04.
- Worked with City of Valdosta Parks and Recreation Department to write an external grant to fund the fitness program for the City of Valdosta Fire Department, 4-03.
- Worked with City of Valdosta Parks and Recreation Department to develop a summer golf camp for their summer camp program. 6- 2002.
- Conduct free golf clinic to members of the community on the first Monday every month. 2001-2002.
- Worked with City of Valdosta Parks and Recreation Department to write an external grant to fund a summer golf program, Valdosta Weed and Seed Program, 10-01.
- Health, Life and Fitness Center, Designed the floor plan for resistance training equipment, 10-2001.
- Georgia Christian School Science Fair Judge, January 2000.
- Instructor, Fall Golf Challenge golf clinic, provided by the VSU golf team. 8-2000.

D. Service Honors and Awards

- National Strength and Conditioning Association Recertified with Distinction -2019 Certified Strength and Conditioning Specialist
- National Strength and Conditioning Association, Bronze Award- 2006 and 2009: Hosting the Certified Strength and Conditioning Specialist Certification Exam.

2. <u>Professional</u>

- National Strength and Conditioning Association- 2000-Present
- American College of Sports Medicine- 2012
- American Alliance for Health Physical Education Recreation and Dance- 2001-03
- Georgia Association of Health Physical Education Recreation and Dance-2002-06