

EXERCISE SCIENCE AND HEALTH PROMOTION

Published Research

ACSM, Orlando, Florida, May 2014

Klemp, A., Quiles, J.M., Dolan, C., Schau, A. Crimmins, J., Esgro, B. Garcia Merino, S., B.S. Graves, and Zourdos, M.C. Does high intensity squatting elicit post activation potentiation on the squat?

Zourdos, M.C., Quiles, J.M., Klemp, A. Dolan, C., Schau, K.A., Crimmins, J., Esgro, B., Garcia Merino, S., B.S. Graves. A comparison of efficiency between experienced and novice squatters during high intensity squats.

Zourdos, M.C., Dolan, C., Schau, K.A., Quiles, J.M., Klemp, A., Day, B., Garcia Merino, and B.S. Graves. Comparison of center of pressure during the squat between experienced and novice squatters.

SEACSM, Greenville, South Carolina, February 2014

Dolan, C., K.A. Schau, J.M. Quiles, A. Klemp, B. Day, B.S. Graves, FACSM, and M.C. Zourdos. An examination of center of pressure during the squat at various intensities as a marker of technique efficiency between experienced and novice squatters. Thematic poster.

Klemp, A., K.A. Schau, J.M. Quiles, C. Dolan, B. Esgro, B.S. Graves, FACSM, and M.C. Zourdos. A comparison of average velocity at maximal intensity in the squat as a marker of efficiency between experienced and novice squatters. Poster.