

CURRICULUM VITA

May 2020

G. Francis “Cisco” Reyes, PhD, CSCS*D

Associate Professor

Health, Human Performance and Athletics – Linfield College

EDUCATION

University of Idaho, Moscow, Idaho

- Ph.D. in Education with major in Exercise Science (December 2008)
Dissertation: “Effects of acute whole-body vibration exposure on bat velocity and muscle activity during the baseball swing.”
Major Professor: Dennis G. Dolny, PhD
- M.S. in Physical Education with emphasis in Sports Science (May 2005)
Thesis: “The acute effects of various weighted bat warm-up protocols on bat velocity.”
Major Professor: Dennis G. Dolny, PhD

Pacific University, Forest Grove, Oregon

- B.S. in Exercise Science; Minor in Coaching (May 2003)

ACADEMIC APPOINTMENTS

- Associate Professor – Department of Health, Human Performance and Athletics
Linfield College
July 2017 – present
- Full Professor – Department of Exercise and Sport Science
Concordia University
July 2016 – June 2017
- Associate Professor – Department of Exercise and Sport Science
Concordia University
July 2011 – June 2016
- Assistant Professor – Department of Kinesiology & Physical Education
Northern Illinois University
August 2008 – July 2011
- Graduate Teaching Assistant – Department of Health, Physical Education, Recreation, and Dance
University of Idaho
August 2004 – July 2008

- Part-time Lecturer – Department of Psychology and Educational Leadership
Washington State University
May 2004 – July 2008

TEACHING

Linfield Departmental Courses

- HHPA 452: Applied Biomechanics for Sport and Exercise
- HHPA 445: Motor Learning and Development
- HHPA 360: Physiological Basis of Training and Conditioning
- HHPA 352: Kinesiology

Academic Advising

- Academic Advisor: June 2018 – present
- Freshmen Colloquium Advisor (IDST 007): Fall 2018

SCHOLARSHIP AND PROFESSIONAL DEVELOPMENT

Peer-Reviewed Journal Article Publications

- Hagen, N. D., **Reyes, G. F.**, & Liu, E. (2017). Can compression assist with ankle movement preparation? A comparison of static, dynamic, and dynamic with compression stretching on ankle dorsiflexion motion. *Journal of Australian Strength and Conditioning*, 25(4): 6-17.
- Wyland, T. P., Van Dorin, J. D., & **Reyes, G. F.** (2015). Postactivation potentiation effects from accommodating resistance combined with heavy back squats on short sprint performance. *Journal of Strength and Conditioning Research*, 29(11): 3115-3123.
- Gilson, T. A., **Reyes, G. F.**, & Curnock, L. E. (2012). An examination of athletes' self-efficacy and strength training effort during an entire off-season. *Journal of Strength and Conditioning Research*, 26(2): 443-451.
- **Reyes, G. F.**, Dickin, D. C., Crusat, N., & Dolny, D. G. (2011). Whole-body vibration effects on the muscle activity of upper and lower body muscles during the baseball swing in recreational baseball hitters. *Sports Biomechanics*, 10(4): 280-293.
- **Reyes, G. F.**, Dickin, D. C., Crusat, N., & Dolny, D. G. (2010). Effects of muscular strength, exercise order, and acute whole-body vibration on bat swing speed. *Journal of Strength and Conditioning Research*, 24(12): 3234-3240.
- **Reyes, G. F.**, & Dolny, D. G. (2009). The acute effects of various weighted bat warm-ups on bat velocity. *Journal of Strength and Conditioning Research*, 23(7): 2114-2118.
- Guggenheimer, J. D., Dickin, D. C., **Reyes, G. F.**, & Dolny, D. G. (2009). The effects of specific preconditioning activities on acute sprint performance. *Journal of Strength and Conditioning Research*, 23(4): 1135-1139.

- Dolny, D. G. & **Reyes, G. F.** (2008). Whole body vibration exercise: training and benefits. *Current Sports Medicine Reports*, 7(3): 152-157.

Peer- Reviewed Poster Presentations

- Steinman, D., Shirley, M., Fuller, M., & **Reyes, G. F.**
"Validity and Reliability of Devices Measuring Countermovement Vertical Jump Performance"
 National Strength and Conditioning Association National Conference
 Washington, DC (July 2019)
- Armstrong, K., McDevitt, B., Baumann, K., O'Reilly, L., Ramos, Y., & **Reyes, G. F.**
"Use of the Functional Movement Screening in Division III Collegiate Athletes"
 National Strength and Conditioning Association National Conference
 Washington, DC (July 2019)
- Steinman, D., Shirley, M., Fuller, M., & **Reyes, G. F.**
"Validity and Reliability of Devices Measuring Countermovement Vertical Jump Performance"
 National Strength and Conditioning Association Oregon State/Provincial Clinic
 McMinnville, OR (March 2019)
- Armstrong, K., McDevitt, B., Baumann, K., O'Reilly, L., Ramos, Y., & **Reyes, G. F.**
"Use of the Functional Movement Screening in Division III Collegiate Athletes"
 National Strength and Conditioning Association Oregon State/Provincial Clinic
 McMinnville, OR (March 2019)
- Armstrong, K., McDevitt, B., Baumann, K., O'Reilly, L., Ramos, Y., & **Reyes, G. F.**
"Movement Capability Changes in Collegiate Basketball Players Following a Corrective Exercise Program."
 National Strength and Conditioning Association Oregon State/Provincial Clinic
 McMinnville, OR (March 2019)
- Steinman, D., Shirley, M., Fuller, M., & **Reyes, G. F.**
"Validity and Reliability of Devices Measuring Countermovement Vertical Jump Performance"
 American College of Sports Medicine Northwest Annual Conference
 Bend, OR (March 2019)
- Armstrong, K., McDevitt, B., Baumann, K., O'Reilly, L., Ramos, Y., & **Reyes, G. F.**
"Use of the Functional Movement Screening in Division III Collegiate Athletes"
 American College of Sports Medicine Northwest Annual Conference
 Bend, OR (March 2019)
- **Reyes, G. F.**
"Predicting maximal deadlift strength utilizing velocity-based measurements"
 National Strength and Conditioning Association National Conference
 Indianapolis, IN (July 2018)

- **Reyes, G. F. & Kraft, K.**
“Athletic performance normative values in Division II collegiate athletes”
National Strength and Conditioning Association National Conference
Las Vegas, NV (July 2017)
- **Craft, K. & Reyes, G. F.**
“Functional movement screen normative values in Division II collegiate athletes”
National Strength and Conditioning Association National Conference
Las Vegas, NV, (July 2017)
- **Reyes, G. F.**
“Acute postactivation potentiation effects of bilateral and unilateral heavy squat on the vertical jump”
National Strength and Conditioning Association National Conference
Orlando, FL (July 2015)
- **Hagen, N., Reyes, G.F ., & Liu, E.**
“A comparison of ankle range of motion treatments and the influence of mobility band compression on ankle joint range of motion: A randomized clinical trial”
American Physical Therapy Association Combined Sections Meeting
Las Vegas, NV (February 2014)
- **Wyland, T., Van Dorin, J. D., & Reyes, G. F.**
“Post-activation potentiation effects from accommodating resistance combined with heavy back squats on 10-yard sprint time”
National Strength and Conditioning Association National Conference
Las Vegas, NV (July 2013)
- **Reyes, G. F.**
“Acute effects of preconditioning lower body exercises on subsequent baseball bat speed”
National Strength and Conditioning Association National Conference
Las Vegas, NV (July 2011)
- **Reyes, G. F.**
“Effects of a four-week squat training program with and without whole-body vibration on a series of athletic measures”
National Strength and Conditioning Association National Conference
Orlando, FL (July 2010)
- **Reyes, G. F., Dickin, D. C., Crusat, N., & Dolny, D.**
“Effects of muscular strength, exercise order, and acute whole-body vibration exposure on bat swing velocity”
American College of Sports Medicine Annual Meeting
Seattle, WA (May 2009)

- **Reyes, G. F.,** Silvers, W. M., & Dolny D.
“The effects of whole-body vibration and instability exercise on vertical jump performance”
American College of Sports Medicine Annual Meeting
Indianapolis, IN (May 2008)
- **Reyes, G. F.,** Silvers, W. M., & Dolny D.
“3-RM bench press responses to acute whole-body vibration exposure”
American College of Sports Medicine Annual Meeting
New Orleans, LA (May 2007)
- **Reyes, G. F. & Dolny, D.**
“The acute effects of various weighted-bat warm-ups on bat velocity”
American College of Sports Medicine Annual Meeting
Denver, CO (May 2006)

Invited Lectures/Presentations

- *“Citius, Altius, Fortius: Building Strength and Empowerment in Youth Athletes”*
National Strength and Conditioning Association Northwest Regional Conference
Portland, OR (August 2019)
- *“Crockpot the Youth Athlete: Understanding Youth Athleticism for Long-Term Athletic Development”*
American College of Sports Medicine Northwest Annual Conference
Bend, OR (March 2019)
- *“Youth Athlete Strength Training”*
Capacity Physical Therapy Podcast hosted by Nick Hagen
Portland, OR (September 2019)
- *“Youth Athlete Strength Training”*
The Gamut of Performance Podcast hosted by Juan Carlos Perez
Portland, OR (September 2019)
- *“The Practical Applications of Postactivation Potentiation.”*
Willamette Trainers and Coaches Summit
Salem, OR (March 2020) – CANCELLED DUE TO COVID-19
- *“Youth Athlete Strength”*
American Chiropractic Board of Sports Physicians – Chiropractic Sports Science
Symposium
Portland, OR (May 2020) – CANCELLED DUE TO COVID-19
- *“Implementation of Velocity-Based Training”*
National Strength and Conditioning Association Oregon State Clinic
Portland, OR (March 2017)

- *“Complex Training: The Practical Applications of Postactivation Potentiation”*
National Strength and Conditioning Associate Oregon State Clinic
Hillsboro, OR (June 2015)
- *“3-RM bench press responses to acute whole-body vibration exposure”*
American College of Sports Medicine Regional Meeting
Seattle, WA (February 2007)

Professional Affiliations

- National Strength and Conditioning Association
 - Certified Strength and Conditioning Specialist (December 2005-present)
- Functional Movement Systems
 - Certified Level 1 Functional Movement Screen (October 2012-present)
- USA Weightlifting
 - Certified Sport Performance Club Coach (July 2014-August 2019)
- American College of Sports Medicine (November 2006 – October 2009; January 2017 - present)

SERVICE

University-Level Service

- College Planning and Budget Committee
Linfield College (April 2020 – present)
- Institutional Review Board
Linfield College (August 2018 – present)
 - Work with the chair of the committee and other members on decisions regarding institutional research at Linfield, including reviewing research proposals to ensure human rights are being protected during the research process.
- Strength and Conditioning Consultant
Department of Athletics, Linfield College (July 2017 – present)
 - Advise, guide, and provide testing services regarding the implementation for a handful of varsity teams on campus.
- Director of Athletic Performance
Department of Athletics, Concordia University (August 2015-June 2017)
 - Oversee training and conditioning programs for all Varsity athletic teams.
- Campus Pastor Search Committee
Concordia University (Spring 2015)
 - Served to help recruit and hire the best campus pastor that fits Concordia’s mission and needs.

- Athletic Director Search Committee
Concordia University (Spring 2015)
 - Served to help recruit, find, and hire a new Athletic Director to lead us through the transition from NAIA to NCAA Division II.

- Strength and Conditioning Consultant
Department of Athletics – Concordia University (August 2011 – June 2015)
 - Design, supervise, and lead specific teams through their year-long strength and conditioning programs (Volleyball, Women’s Basketball). Occasional advising for other Varsity athletic teams.

- Academic Policies Committee – Chair
Concordia University (January 2013 – December 2014)
 - Served as chair to lead the committee through decisions regarding academic issues across campus, from professor concerns and faculty handbook policies, to approving specific curricular changes across all colleges.

- Academic Policies Committee
Concordia University (August 2012 – January 2013)
 - Regularly attended meetings to assist with decisions regarding academic issues across campus, from professor concerns and faculty handbook policies, to approving specific curricular changes across all colleges.

- College of Education Curriculum Committee, NIU (2010-2011)

Department-Level Service

- Faculty Search Chair – Tenure-Track Position for Public Health (April 2020 – present)
- Health and Human Performance Senior Exit Survey Development – Exercise Science major subcommittee: Chair (September 2019 – present)
- Health and Human Performance Master’s Program Curriculum Design – Exercise Science major subcommittee: Chair (April 2019 – present)
- Health and Human Performance Department Program Evaluation – Exercise Science major subcommittee (January 2017 – present)
- Health and Human Performance Department Program Evaluation – Lab Facilities subcommittee (January 2017 – present)
- Faculty Search Committee, Concordia U. (2014-2015)
- Exercise and Sport Science Program Committee, NIU (2008-2011)
- Curriculum Committee (Co-Chair), NIU (2009-2011)
- Faculty Search Committee, NIU (2009-2010)
- Advisory Committee, NIU (2008-2009)

Regional/Community-Level Service at Linfield

- National Strength and Conditioning Association (NSCA) Executive Board For the Sports Science and Performance Technology Special Interest Group (April 2020 – present)
- National Strength and Conditioning Association (NSCA) State/Provincial Director (January 2015 – April 2020)
- Reyes Integrated Sports Enhancement (RISE) Training and Consulting, LLC (August 2018 – present)
- Guest Lecturer/Presenter – University of Western States (January 2012 – present)
- Portland Winterhawks Training Camps (August 2013 – present)
- Oregon Blaze Fastpitch Softball Head Coach (August 2019 – present)
- Adjunct Instructor – Concordia University (January 2019 – April 2020)
- Softball Manager – South Beaverton Girls Little League (January 2015 – July 2019)
- Beaverton Thunderbats Softball Assistant Coach (August 2018 – July 2019)
- National Strength and Conditioning Association (NSCA) State Advisory Board Member (August 2012 – December 2014; April 2020 – present)
- Professional Consulting (July 2011 – present)
- Life Coaching (July 2011 – present)
- Invited Lecturer (July 2011 – present)

REFERENCES

- Nicholas Hagen, DPT, PT, SCS, CSCS, USAW
Clinic Manager
Rebound Physical Therapy – West Clinic
1160 SW Simpson Avenue
Bend, OR 97702
(541) 322-9045 – office phone
nickdhagen@gmail.com
- Emily Kosderka, MS
Assistant Professor – Department of Exercise and Sport Science
Concordia University
2811 NE Holman Street
Portland, OR 97211
(503) 280-8525 – office phone
(503) 358-3041 – cell phone
ekosderka@cu-portland.edu
- Amanda Salacinski, PhD
Clinical Associate Professor – Department of Physical Therapy
University of Massachusetts – Lowell
Dugan 110I
3 Solomont Way, Suite 5
Lowell, MA 01854-5124
(978) 934-5458 – office phone
(413) 246-7518 – cell phone
Amanda_Salacinski@uml.edu
- Bradford Scott, MS
Major League Head Sports Performance Coach
Atlanta Braves
755 Battery Avenue
Atlanta, GA 30339
(520) 975-3044 – cell phone
bradfordtns@gmail.com