Ben Meyer, Ph.D.
Assistant Professor
Department of Exercise Science
Shippensburg University

CONTACT INFORMATION

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EDUCATION

Indiana University, Department of Kinesiology, Bloomington, IN

Ph.D., Human Performance, November 2011
Major: Motor Learning
Minor: Educational Psychology
Dissertation: *Implementation of a graphical interface that facilitates user estimates of the relative contributions of organismic, environmental, and task constraints to optimal human performance: Application to track and field events*
Advisor's Name: Dr. John Shea

M.S., Kinesiology, December 2005
Major: Biomechanics
Thesis: *A comparison of hip and knee extension torques in conventional and split squat exercises*
Advisor's Name: Dr. Jesús Dapena

University of Minnesota, School of Kinesiology, Minneapolis, MN

B.S., Kinesiology, May 2001
Minor: Coaching

PROFESSIONAL EXPERIENCE

August 2009 - present
Assistant Professor, Department of Exercise Science
Director of the Coaching Minor Program
Shippensburg University, Shippensburg, PA

August 2002 – May 2009
Associate Instructor, Department of Kinesiology
Indiana University, Bloomington, IN

August 2000 – July 2002
Personal Trainer
Fitness For Life, Edina, MN

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
    National Association for Sport and Physical Education (2010-present)
    American Association for Physical Activity and Recreation (2010-present)
American College of Sports Medicine (ACSM) (2013-present)
    Mid-Atlantic Regional Chapter (2013-present)
American Society of Biomechanics (2005-present)
International Society of Biomechanics (2005-2011)
North American Society for the Psychology of Sport and Physical Activity (2007-present)
USA Track and Field Coaches Registry (2010-present)
USA Track and Field Mid-Atlantic Association (2010-present)

CERTIFICATIONS

First Aid, AED, & CPR (National Safety Council) valid through April 2015

GRANTS

Funded: $900 by Shippensburg University Center for Faculty Excellence in Scholarship and Teaching to fund travel to NASPSPA conference, June 2013.

Shippensburg University Undergraduate Research Grant (Amount requested: $1073) to fund travel to MARC-ACSM regional conference, November 2012. (Not funded).

Funded: $500 by the Shippensburg University College of Education and Human Services Research and Scholarship Committee to fund travel to NASPSPA conference, June 2012.

Funded: $900 by Shippensburg University Center for Faculty Excellence in Scholarship and Teaching to fund travel to NASPSPA conference, June 2012.

Funded: $590 by Shippensburg University Undergraduate Research Grant to fund travel to MARC-ACSM regional conference, November 2011.

Funded: $1000 by the Shippensburg University Council of Trustees Presidential Faculty Development Grant for the purchase of a control object that will enable the acquisition of 3D movement data, June 1, 2011.

Funded: $500 by Shippensburg University Center for Faculty Excellence in Scholarship and Teaching to support participation in the USA Track & Field National Podium Education Project in Virginia Beach, VA, December 1, 2010.

Funded: $1000 by Pennsylvania Faculty Health and Welfare Fund Health Awareness Grant to conduct a Fitness Factors Workshop/Demonstration Series to be offered for faculty members at Shippensburg University in the spring 2011 semester. Co-written by S. Paulson.

PUBLICATIONS

Meyer, B.W. (2013). Influence of pre-release range of motion on overhead back throw distance. [Abstract]. In *Proceedings of the 37th Annual Meeting of the American Society of Biomechanics*. *(accepted for publication)*.

Meyer, B.W. (2013). Prediction of jumping and throwing performances using measurements from comparable activities. [Abstract]. *Journal of Sport & Exercise Psychology, 35(Supplement),* S42.

Flott, A., Slonaker, K., Spratford, K., & Meyer, B. (2013). Can standing long jump distance be predicted from between-the-legs front throw distance? *International Journal of Exercise Science: Conference Abstract Submissions, 9(1),* Article 20.
Available at: http://digitalcommons.wku.edu/ijesab/vol9/iss1/20

Merk, L., Michael, C., & Meyer, B. (2013). Can standing long jump distance be predicted from standing vertical jump distance? *International Journal of Exercise Science: Conference Abstract Submissions, 9(1),* Article 54.
Available at: http://digitalcommons.wku.edu/ijesab/vol9/iss1/54

Weiss, H., Taylor, L., & Meyer, B. (2013). Can between-the-legs front throw distance be predicted from overhead back throw distance? *International Journal of Exercise Science: Conference Abstract Submissions, 9(1),* Article 65.
Available at: http://digitalcommons.wku.edu/ijesab/vol9/iss1/65

Meyer, B.W. (2012). Estimation of the relative contributions of constraints to optimal track and field performance [Abstract]. *Journal of Sport & Exercise Psychology, 34(Supplement),* S262.

Meyer, B.W., & Shea, J.B. (2009). A new schematic for the constraints-led perspective [Abstract]. *Journal of Sport & Exercise Psychology, 31(Supplement),* S88.

Meyer, B.W., & Shea, J.B. (2008). Effects of increasing load on movement variability in the drop snatch squat exercise [Abstract]. *Journal of Sport & Exercise Psychology, 30(Supplement),* S110.

Meyer, B.W., & Dapena, J. (2005). A comparison of hip extension torques in conventional and split squat exercises. In B. Davis and T. van den Bogert (Eds.), *Proceedings CD of the 20th International Congress of Biomechanics & 29th Annual Meeting of the American Society of Biomechanics*. Cleveland: Cleveland State University.
Available at: http://www.asbweb.org/conferences/2005/pdf/0256.pdf

PRESENTATIONS

International

Meyer, B.W. (2013, June). *Prediction of jumping and throwing performances using measurements from comparable activities*. Poster session presented at the 2013 conference of the North American Society for the Psychology of Sport and Physical Activity, New Orleans, LA.

Meyer, B.W. (2012, June). *Estimation of the relative contributions of constraints to optimal track and field performance.* Poster session presented at the 2012 conference of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI.

Meyer, B.W., & Shea, J.B. (2009, June). *A new schematic for the constraints-led perspective.* Poster session presented at the 2009 conference of the North American Society for the Psychology of Sport and Physical Activity, Austin, TX.

Meyer, B.W., & Shea, J.B. (2008, June). *Effects of increasing load on movement variability in the drop snatch squat exercise*. Poster session presented at the 2008 conference of the North American Society for the Psychology of Sport and Physical Activity, Niagara Falls, Ontario, Canada.

Meyer, B.W., & Dapena, J. (2005, August). *A comparison of hip extension torques in conventional and split squat exercises.* Poster session presented at the joint meeting of the 20th International Congress of Biomechanics & 29th Annual Meeting of the American Society of Biomechanics, Cleveland, OH.

National

Meyer, B.W. (2013, September). *Influence of pre-release range of motion on overhead back throw distance*. Poster session presented at the 37th Annual Meeting of the American Society of Biomechanics, Omaha, NE.

Regional

Flott, A., Slonaker, K., Spratford, K., & Meyer, B. (2012, November). *Can standing long jump distance be predicted from between-the-legs front throw distance?* Poster session presented at the 2012 conference of the Mid-Atlantic Regional Chapter of the American College of Sports Medicine, Harrisburg, PA.

Merk, L., Michael, C., & Meyer, B. (2012, November). *Can standing long jump distance be predicted from standing vertical jump distance?* Poster session presented at the 2012 conference of the Mid-Atlantic Regional Chapter of the American College of Sports Medicine, Harrisburg, PA.

Weiss, H., Taylor, L., & Meyer, B. (2012, November). *Can between-the-legs front throw distance be predicted from overhead back throw distance?* Poster session presented at the 2012 conference of the Mid-Atlantic Regional Chapter of the American College of Sports Medicine, Harrisburg, PA.

Monroig, N., Washington, J., Powers, L., & Meyer, B. (2011, November). *A kinematic analysis of softball windmill pitching technique.* Poster session presented at the 2011 conference of the Mid-Atlantic Regional Chapter of the American College of Sports Medicine, Harrisburg, PA.

Meyer, B.W. (2009, November). *Examining the organismic, task, and environmental constraints on human performance.* Invited oral presentation at the 2009 conference of the Mid-Atlantic Regional Chapter of the American College of Sports Medicine, Harrisburg, PA.

REPORTS, VIDEOTAPES, AND DVDS

Dapena, J., B.J. Gordon, and B.W. Meyer. High jump, #29 (Women). Report for Scientific Services Project (USATF). USA Track & Field, Indianapolis, 103 pp, 2006.

Dapena, J., B.J. Gordon, B.W. Meyer, and A.P. Willmott. High jump, #29 (Women). DVD Addendum to Report for Scientific Services Project (USATF). USA Track & Field, Indianapolis, 2006.

Dapena, J., A.P. Willmott, and B.W. Meyer. High jump, #30 (Men). Report for Scientific Services Project (USATF). USA Track & Field, Indianapolis, 122 pp, 2006.

Dapena, J., A.P. Willmott, B.W. Meyer, and T.K. Ficklin. High jump, #30 (Men). DVD Addendum to Report for Scientific Services Project (USATF). USA Track & Field, Indianapolis, 2006.

Dapena, J., B.J. Gordon, and B.W. Meyer. High jump, #25 (Women). Report for Scientific Services Project (USATF). USA Track & Field, Indianapolis, 117 pp, 2003.

Dapena, J., B.J. Gordon, B.W. Meyer, and A.P. Willmott. High jump, #25 (Women). Videotape Addendum to Report for Scientific Services Project (USATF). USA Track & Field, Indianapolis, 2003.

Dapena, J., A.P. Willmott, and B.W. Meyer. High jump, #26 (Men). Report for Scientific Services Project (USATF). USA Track & Field, Indianapolis, 128 pp, 2003.

Dapena, J., A.P. Willmott, and B.W. Meyer. High jump, #26 (Men). Videotape Addendum to Report for Scientific Services Project (USATF). USA Track & Field, Indianapolis, 2003.

PROFESSIONAL DEVELOPMENT

National Conferences Attended

Attended the American College of Sports Medicine 60th Annual Meeting in Indianapolis, IN, May 28 to June 1, 2013.

Attended the USA Track & Field 32nd Annual Meeting in Virginia Beach, VA, December 2-5, 2010.

Participated in the USA Track & Field National Podium Education Project in Virginia Beach, VA, December 1, 2010.

Regional Conferences Attended

Participated in the 2012 Emerging and Innovative Teaching, Learning, and Assessment Practices to Ensure Student Success Conference in Shippensburg, PA, October 19, 2012.

Workshops, Training, and Seminars

Completed Shippensburg University's "Summer Orientation Advisor Training" on April 25, 2013 (4 hours)

Completed the Sport Safety International "CardiacWise" certification course on January 10, 2013

Completed the National Federation of State High School Associations (NFHS) "Concussions in Sports – What You Need to Know" certification course on January 10, 2013

Attended Shippensburg University's Violent Intruder Training workshop on January 8, 2013

Served as team leader (Team 3: Innovative Teaching Ideas; Online Teaching & Learning; Technology) for Shippensburg University's Teaching Teams meetings during the 2012-2013 academic year (November 26; February 20; April 3)

Participated in the McGraw-Hill Campus "Grade Sync" webinar on November 16, 2012

Participated in the Routledge Mental Health webinar entitled, "Stress Management and Prevention" on September 27, 2012

Completed the Collaborative Institutional Training Initiative (CITI) "Social/Behavioral Researchers, Stage 1" training course for the protection of human research subjects on September 18, 2012.

Participated in the American Society of Biomechanics webinar entitled, "Writing scientific articles is liking making pizza" on July 24, 2012

Participated in the Pearson Online Learning & The Chronicle of Higher Education webinar entitled, "Learning Design: The Science Behind a Great Course" on May 23, 2012

Completed Shippensburg University's "Teaching Online Certification Course" using the Desire 2 Learn (D2L) online learning management system. (February 9 to March 17, 2012)

Attended Shippensburg University's Teaching Teams meetings during the 2011-2012 academic year (November 29, February 13, April 16)

Attended Shippensburg University's Banner workshop on March 2, 2011

Completed the Collaborative Institutional Training Initiative (CITI) "Social and Behavioral Responsible Conduct of Research, Basic Course" on January 20, 2011.

Completed the Collaborative Institutional Training Initiative (CITI) "Biomedical Researcher, Stage 1" training course for the protection of human research subjects on January 19, 2011.

Attended Shippensburg University's Teaching Teams meetings during the 2010-2011 academic year (September 29; October 27)

Attended Shippensburg University's Conversation on Teaching seminar entitled, "Advising as Teaching: Exploring that Other Aspect of the Teacher/Student Relationship" on April 22, 2010

Attended Shippensburg University New Faculty Exchange meetings during the 2009-2010 academic year (September 3; October 1; October 15; October 29; January 21; February 18; March 18; April 1; April 15)

Participated in the McGraw-Hill Higher Education seminar entitled, "Fahey/Connect Fitness & Wellness WebEx" on March 26, 2010

Attended Shippensburg University's Conversation on Teaching seminar entitled, "Engaging Students Outside the Classroom: Practices, Perceptions and Pitfalls" on March 22, 2010

Attended Shippensburg University's Conversation on Teaching seminar entitled, "How do Pedagogies Mature - Understanding the Evolution of our Teaching Styles" on November 16, 2009

TEACHING

Shippensburg University

Assistant Professor in the Department of Exercise Science, 2009 – present
Instruct courses in Exercise Science
    24 credit hours in the fall/spring terms
    6 to 9 credit hours in the summer/winter terms
Supervise field experiences for students in the Methods of Coaching course
Supervise internship experiences for ~5 students per year

Courses taught

Exercise Testing and Prescription
Lifestyle Management
Mechanical Analysis of Sports Skills
Methods of Coaching
Motor Behavior

HONORS

Recognized as a mentor to a Shippensburg University student-athlete at the 2013 Scholar-Athlete and Faculty/Staff Luncheon on February 26, 2013

Nominated for the 2012-2013 Teaching Innovation and Pedagogy Spotlight (TIPS) award for the course ESC 400 Methods of Coaching

ADVISING

Advise ~30 Exercise Science majors and Coaching minors per year
Faculty Advisor for the Exercise Science Club, 2009 – present
Faculty Advisor for the Women's Rugby Team, 2012 - present

SERVICE

Shippensburg University

University (Committees)

Shippensburg University Advisory Council on Undergraduate Research, Member, 2012-2013 (attended meetings on February 14, March 14, April 11)

Shippensburg University Wellness Task Force, Member, 2012-2013 (attended meetings on September 26; October 31; January 30; February 27; March 27; April 24)

Shippensburg University Wellness Fair Planning Committee, Member, 2012-2013 (attended meetings on September 17; October 22; December 3; April 3)

Shippensburg University Get Up and Move Planning Committee, Member, 2012-2013 (attended meetings on October 5; November 8; December 4; January 25)

Academic Affairs Assessment Team (AAAT), Member, 2012-2013 (attended meetings on September 6; October 11; November 8; February 19; March 26; April 16)

APSCUF-SU Representative Council, Member, 2012-2013 (attended meetings on September 27; January 31; March 28)

APSCUF-SU representative on Parking Appeals Committee, 2012-2013 (attended meetings on November 26; February 26; March 29)

Interdisciplinary Gerontology Committee, Member, 2011-2012, 2012-2013

Shippensburg University Advisor Development and Resource Team, member, 2011-2012, 2012-2013

APSCUF-SU Representative Council, Alternate, 2011-2012 (attended meetings on September 29, January 31, March 27)

Shippensburg University Wellness Task Force, Member, 2011-2012 (attended meetings on September 7; October 5; December 2, February 1; March 7; April 4)

Shippensburg University Wellness Fair Planning Committee, Member, 2011-2012 (attended meetings on February 16; March 8; March 29)

APSCUF-SU Representative Council, Alternate, 2010-2011 (attended meetings on September 28; February 3)

Interdisciplinary Gerontology Committee, Member, 2010-2011 (attended meetings on September 16; February 17; April 14)

APSCUF-SU Representative Council, Alternate, 2009-2010 (attended meetings on January 26; March 30)

University (Activities)

Served as the College of Education and Human Services class marshal during the Spring Graduation Ceremony – Shippensburg University, May 11, 2013

Assisted with the Exercise Science booth at the Shippensburg University Wellness Fair on April 10, 2013 (4 hours).

Assisted with the APSCUF voting table on November 12, 2012 (1 hour); March 4, 2013 (2 hours); April 3, 2013 (1 hour)

Planned and conducted the Get Up and Move series workshop entitled "Strength" on February 20, 2013 (2 hours)

Planned and conducted the Get Up and Move series workshop entitled "Flexibility" on February 13, 2013 (2 hours)

Planned and conducted the Get Up and Move series workshop entitled "Cardio" on February 6, 2013 (2 hours)

Served as the College of Education and Human Services banner holder during the Winter Graduation Ceremony – Shippensburg University, December 15, 2012

Provided assistance with the APSCUF move-in day at Harley Hall on August 23, 2012 (1 hour)

Advised freshmen and transfer students at the Shippensburg University New Student Orientation on June 29, 2012 (2 hours).

Participated in Summer Graduation Ceremony – Shippensburg University, May 5, 2012

Assisted with the Exercise Science booth at the Shippensburg University Wellness Fair on April 11, 2012 (4 hours).

Assisted with the Exercise Science Club's booth at the Shippensburg University Go Red for Women event on February 3, 2012

Assisted with the Exercise Science Club's booth at the Shippensburg University Breastival event on October 27, 2011

Assisted with the Department of Exercise Science's booth at the Shippensburg University Wellness Awareness Event on September 21, 2011

Assisted with the Department of Exercise Science's booth at the Shippensburg University Wellness Fair on April 14, 2011

Participated in Winter Graduation Ceremony – Shippensburg University, December 18, 2010

Provided assistance with the APSCUF move-in day at Harley Hall on August 26, 2010 (1 hour)

Provided assistance with the New Faculty Orientation Welcome Lunch on August 24, 2010 (1 hour)

Department representative at the Desire 2 Learn open forum on March 3, 2010

Planned and conducted the Fitness Factors workshop entitled "Circuit Training" on March 30, 2010 (1 hour)

Participated in Winter Graduation Ceremony – Shippensburg University, February 27, 2010

Planned and conducted the Fitness Factors workshop entitled "Balance Ball and Core Exercises" on February 23, 2010 (1 hour)

Department of Exercise Science (Committees)

Promotion and Tenure Committee, Member, 2012-2013

Department Professional Affairs Committee (DPAC), Member, 2012-2013

Exercise Science One-Year Temporary Faculty Position Job Search Committee, Member, February to May, 2012

Library Acquisition committee, Chair, 2009-2010, 2010-2011, 2011-2012, 2012-2013

Managed the acquisition of 58 books for inclusion in the Shippensburg University library collection (2012-2013; $2800 allocation)

Supervised the acquisition of 21 books for inclusion in the Shippensburg University library collection (2011-2012; $1190 allocation)

Oversaw the acquisition of 37 books and 22 videos for inclusion in the Shippensburg University library collection (2010-2011; $2150 allocation)

Investigated departmental needs and oversaw the acquisition of 21 books and 2 videos for inclusion in the Shippensburg University library collection (2009-2010; $1500 allocation)

Technology committee, Member, 2009-2010, 2010-2011, 2011-2012, 2012-2013
Provided input to the committee chairperson and helped the department acquire 2 high-speed cameras, 2 tripods, and a site license for video digitizing software (2009-2010)

Advisement committee, Member, 2011-2012, 2012-2013

Department Classroom Observation Committee, Member, 2009-2010, 2010-2011, 2011-2012, 2012-2013

Undergraduate Academic Appeals committee, Member, 2010-2011, 2011-2012, 2012-2013

Curriculum committee, Member, 2009-2010, 2010-2011

Safety committee, Member, 2009-2010, 2010-2011, 2011-2012

Department of Exercise Science (Activities)

Exercise Science Club faculty advisor, 2010-2011, 2011-2012, 2012-2013

Department representative at Shippensburg University Open House, October 20, 2012

Participated in the department's freshman advising meeting, October 9, 2012

Represented the Coaching Minor at the department's major/minor meeting, September 18, 2012

Department representative at Shippensburg University Open House, April 14, 2012

Represented the Coaching Minor at the department's major/minor meeting, February 22, 2012

Wrote a portion of the 2010-2011 Exercise Science Program Review document (Part 2a: Program Structure/Description and Part 2b: Summary of Resources for Programs)

Department representative at Shippensburg University Open House, October 15, 2011

Participated in the department's freshman advising meeting, October 4, 2011

Represented the Coaching Minor at the department's major/minor meeting, September 27, 2011

Represented the Coaching Minor at the department's major/minor meeting, February 17, 2011

Department representative at Shippensburg University Open House, October 16, 2010

Participated in the department's freshman advising meeting, October 5, 2010

Represented the Coaching Minor at the department's major/minor meeting, September 14, 2010

Department representative at the welcome lunch for new transfer and first-year students at Shippensburg University, January 15, 2010

Department representative at Shippensburg University Open House, October 24, 2009

Participated in the department's freshman advising meeting, October 15, 2009

Represented the Coaching Minor at the department's major/minor meeting, October 1, 2009

Professional Service Activities

Reviewer for Jeffrey Ives' *Motor Behavior (1st edition)* textbook. Reviewed Chapters 1-12, November 2011 to March 2012.

Provided technical assistance and data collection support for the "Real World Math Study" conducted by Dr. Benjamin Galluzzo for the course MAT 140 (College Algebra) on February 8, 2012

Interviewed by Shippensburg University Television (SUTV) for a segment on sodium intake (Segment airdate: December 1, 2011)

Interviewed by Shippensburg University Television (SUTV) for a segment on weight loss (Segment airdate: November 17, 2011)

Interviewed by Shippensburg University Television (SUTV) for a segment on marathon training (Segment airdate: November 17, 2011)

Reviewer for Fahey, Insel, and Roth's *Fit & Well (10th edition)* textbook. Reviewed Chapter 9, November 2011.

Community Service Activities

Assisted with the Special Olympics Polar Bear Plunge registration, February 8, 2013 (4 hours)

Participated in the Special Olympics Polar Bear Plunge Planning Meeting, December 10, 2012 (2 hours)

Assisted with the Cumberland Valley Rails-to-Trails 2012 Fall Down on the Trail 5k race in Newville, PA, September 29, 2012 (3 hours)

Serve as a Special Olympics Pennsylvania Area M volunteer, 2012-present

Donate toys and provide ongoing assistance with clean-up activities at Bubba's Happy Tails Dog Park in Shippensburg, PA