Name: Paulo Henrique Marchetti

Rank: Associate Professor

Date Hire: August, 2017

Educational Background

2014 – 2016 – Postdoctoral Fellow, Laboratory of Kinesiology, Institute of Orthopedics and Traumatology, Medical School, Sao Paulo State University, Brazil. (Supervisor: Dr. Julia M. D'Andrea Greve).

2006 – 2009 – Doctoral Degree (Ph.D.) in Science (Major: Biomechanics and Strength Training) - Department of Kinesiology, São Paulo State University, São Paulo, Brazil. (Advisor: Dr. Marcos Duarte).

2003 – 2005 – Master Degree (M.S.) in Kinesiology (Major: Biomechanics and Strength Training) - Department of Kinesiology, São Paulo State University, São Paulo, Brazil. (Advisor: Dr. Marcos Duarte).

1996 – 1999 – Bachelor Degree (B.A). in Kinesiology, Metropolitanas Unidas University, São Paulo, Brazil.

2020 – Recertification in Strength and Conditioning Specialist (CSCS/NSCA).

2018 – Recertification in Strength and Conditioning Specialist (CSCS/NSCA).

2017 – Certified Strength and Conditioning Specialist (NSCA).

2017 – Certified in Heartsaver® CPR and AED, American Heart Association (AHA).

2015 – Researcher Fellow, Department of Physical Therapy, University of New England (UNE), Maine, USA. (Dr. Erin Hartigan).

2014 – Researcher Fellow, School of Human Kinetics and Recreation, Memorial University of Newfoundland (MUN), St. John, Canada. (Dr. David Behm).

2011 – 2012 – Researcher Fellow, Department of Physical Therapy, Auckland University of Technology (AUT), Aukland, New Zealand. (Dr. Peter McNair).

2001 – Specialist in Physical and Sports Training, Medicine School, Federal University of São Paulo, São Paulo, Brazil.

2000 – Specialist in Exercise Physiology, Medicine School, Federal University of São Paulo, São Paulo, Brazil.

Professional Experience

2017 – Present – Associate Professor, Department of Kinesiology, College of HHD, California State University, Northridge, CA, USA.

2012 – 2017 – Advisor of the Graduate Program (Ph.D. and M.S. Levels), Human Movement Sciences Graduate Program (Kinesiology and Physical Therapy), UNIMEP, Piracicaba, Brazil.

2012 – 2017 – Associate Professor I, Department of Physical Education, Piracicaba, Brazil.

2010 – 2014 – Associate Professor, Department of Kinesiology, YMCA, Sorocaba, Brazil.

2010 – 2014 – Supervisor of the Research Group, Department of Kinesiology, YMCA, Sorocaba, Brazil.

2008 – 2016 – Academic Consultant in Biomechanics (On line), International Personal Trainers Association (IPTA), Hong Kong.

2008 – 2017 – Master Training and Research Fellow, CYBEX Institute, USA.

2007 – 2010 – E-Learning Tutor, Phorte Institute, Sao Paulo, Brazil.

2005 – 2017 – Supervisor of Specialization Courses, FMU, Sao Paulo, Brazil.

2002 – 2012 – Associate Professor, Department of Kinesiology, UNINOVE, Sao Paulo, Brazil.

1999 – 2017 – Coach and Personal Trainer, Sao Paulo, Brazil.

2001 – 2003 – Associate Professor, Department of Kinesiology, Sao Paulo, Brazil.

Teaching Effectiveness and Direct Instructional Contributions

Graduate Disciplines:

2020Spr – KIN645_Seminars in Biomechanics.

2019Spr – KIN617_Advanced Strength and Conditioning.

Undergraduate Disciplines:

2020Spr – KIN496C_Directed Graduate Research.

2020Spr – KIN498C_Thesis or Graduate Project.

2020Spr – KIN345_Biomechanics (Class: 19570).

2020Spr – KIN494_Academic Internship. Faculty Sponsor in Strength and Conditioning.

2020Spr – KIN417_Lecture_ Theoretical & Technical Aspects of Resistance Training (Class: 19223)

2019Fall – KIN496C_Directed Graduate Research.

2019Fall – KIN498C_Thesis or Graduate Project.

2019Fall – KIN345_Biomechanics (Class: 19570).

2019Fall – KIN494_Academic Internship. Faculty Sponsor in Strength and Conditioning.

2019Fall – KIN494_Academic Internship Supervisor.

2019Fall – KIN417_Lecture_ Theoretical & Technical Aspects of Resistance Training (Class: 19223)

2019Fall – KIN417_Lab_ Theoretical & Technical Aspects of Resistance Training (Class: 19234)

2019Fall – KIN417_Lecture_ Theoretical & Technical Aspects of Resistance Training (Class: 19668)

2019Fall – KIN417_Lab_ Theoretical & Technical Aspects of Resistance Training (Class: 19671)

2019Fall – KIN417_Lab_ Theoretical & Technical Aspects of Resistance Training (Class: 19672)

2019Spr – KIN494_Academic Internship. Faculty Sponsor in Strength and Conditioning (Class: 19749)
2019Spr – KIN417_Lecture_ Theoretical & Technical Aspects of Resistance Training (Class: 18934)
2019Spr – KIN417_Lecture_ Theoretical & Technical Aspects of Resistance Training (Class: 19418)

2018Fall – KIN494_Academic Internship. Faculty Sponsor in Strength and Conditioning.
2018Fall – KIN417_Lecture_ Theoretical & Technical Aspects of Resistance Training (Class: 19110)
2018Fall – KIN417_Lab_ Theoretical & Technical Aspects of Resistance Training (Class: 19111)
2018Fall – KIN417_Lab_ Theoretical & Technical Aspects of Resistance Training (Class: 19459)
2018Fall – KIN417_Lecture_ Theoretical & Technical Aspects of Resistance Training (Class: 19555)
2018Fall – KIN417_Lab_ Theoretical & Technical Aspects of Resistance Training (Class: 19558)
2018Fall – KIN417_Theoretical & Technical Aspects of Resistance Training (Class: 19559)

2018Spr – KIN417_Lecture_ Theoretical & Technical Aspects of Resistance Training (Class: 18716)
2018Spr – KIN417_Lab_Theoretical & Technical Aspects of Resistance Training (Class: 18702)
2018Spr – KIN417_Lab_Theoretical & Technical Aspects of Resistance Training (Class: 19166)
2018Spr – KIN417_Lecture_ Theoretical & Technical Aspects of Resistance Training (Class: 19211)
2018Spr – KIN417_Lab_ Theoretical & Technical Aspects of Resistance Training (Class: 19212)
2018Spr – KIN417_Lab_Theoretical & Technical Aspects of Resistance Training (Class: 19213)

2017Fall – KIN417_Lecture_ Theoretical & Technical Aspects of Resistance Training (Class: 18717)
2017Fall – KIN417_Lab_Theoretical & Technical Aspects of Resistance Training (Class: 18718)
2017Fall – KIN417_Lab_Theoretical & Technical Aspects of Resistance Training (Class: 19072)
2017Fall – KIN417_Lecture_Theoretical & Technical Aspects of Resistance Training (Class: 19168)
2017Fall – KIN417_ Lab_Theoretical & Technical Aspects of Resistance Training (Class: 19171)
2017Fall – KIN417_Lab_Theoretical & Technical Aspects of Resistance Training (Class: 19172)

Lectures:

2019Sum – Strength Training Conference. IBIS Sorocaba. Sao Paulo. Brazil.
2018Fall – Writing Workshop. Theme: Writing Process, College of HHD, CSUN. CA. USA.
2018Sum – Cursos Homeostase. Theme: Resistance Training. Campinas. Brazil.
2018Sum – IBIS Events. Theme: Resistance training: Biomechanical applications. Sorocaba. Brazil.
2018Sum – IBIS Events. Theme: Resistance training: from beginner to advanced clients. Sorocaba. Brazil.

Research Group, Mentorship, and Direct Supervision of Internships:

Research Group

2017Fall – Present – Supervisor of the Resistance Training Research Group at CSUN.

Mentoring (Undergraduate Students)

2019Spr – Present – CSUN Mentor of the Undergraduate Students.

Erick Martinez.

2017Fall – Present – CSUN Mentor of the Undergraduate Students.

Diego Cuellar, Monica Martinez, Alexandra Temme.

Supervision of Volunteers

2018Spr – CSUN Faculty Supervisor, Department of Kinesiology.

Volunteer: Abram Tutunjian.

Academic Internships

2020Spr – CSUN Faculty Supervisor (Academic Internship), Department of Kinesiology.

Intern: Keanna Sullivan.

2019Spr – CSUN Faculty Supervisor (Academic Internship), Department of Kinesiology.

Intern: Maurice Le; Vincent Martinez; Edgar E. Perez Gardea; Andre Maddox; Maria Ramirez.

2018Fall – CSUN Faculty Supervisor (Academic Internship), Department of Kinesiology.

Intern: Vincent Martinez; Justin Arevalo.

2018Spr – CSUN Faculty Supervisor (Academic Internship), Department of Kinesiology.

Intern: Michelle Chelepyan.

Graduate Students (Advisor): M.S. Complete

Kyle Cook. Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA. 2019 Fall.

Graduate Students (Advisor): M.S in Progress

2020Fall – Present – Advisor of the Master's Thesis (Grad. Student: Jason Christopher Dela Cruz), Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA.

2020Spr – Present – Advisor of the Master's Thesis (Grad. Student: Keanna Sullivan), Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA.

2020Spr – Present – Advisor of the Master's Thesis (Grad. Student: Brian Trieu), Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA.

2020Spr – Present – Advisor of the Master's Thesis (Grad. Student: Rajvi Patel), Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA.

2019Spr – Present – Advisor of the Master's Thesis (Grad. Student: Joseph Rivas), Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA.

2019Spr – Present – Advisor of the Master's Thesis (Grad. Student: Vincent Martinez), Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA.

2019Spr – Present – Advisor of the Master's Thesis (Grad. Student: Ethan Smith), Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA.

2019Spr – Present – Advisor of the Master's Thesis (Grad. Student: Andres Sepulveda), Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA.

2018Fall – Present – Advisor of the Master's Thesis (Grad. Student: Ashley Samaniego), Major: Exercise Physiology, Department of Kinesiology, California State University, Northridge, CA, USA.

2018Fall – Present – Advisor of the Master's Thesis (Grad. Student: Srushti Desai), Major: Biomechanics, Department of Kinesiology, California State University, Northridge, CA, USA.

2018Fall – Present – Advisor of the Master's Thesis (Grad. Student: Robert Talamantez), Major: Biomechanics, Department of Kinesiology, California State University, Northridge, CA, USA.

2018Spr – Present – Advisor of the Master's Thesis (Grad. Student: Roxanne Neely), Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA.

2017Fall – Present – Advisor of the Master's Thesis (Grad. Student: Elizabeth Torossian), Major: Kinesiology, Department of Kinesiology, California State University, Northridge, CA, USA.

Contributions to the Field of Study

Research Projects

Projects in Progress:

IRB# xxx: Acute effects of the circadian cycle on physical performance after resistance training sessions.

IRB#FY19-513: Effects of multi-joint and single-joint exercises on muscle performance, muscle activation, ligament laxity, and static balance in well-trained subjects. The primary purpose of this study

is to evaluate the effects of multi-joint and single-joint exercises on muscle performance, muscle activation, ligament laxity, and static balance in well-trained subjects.

Completed Projects:

IRB#FY19-425: Acute effects of exercise variability on muscle thickness and physical performance after a RT session. The primary purpose of this study is to evaluate the acute effects of exercise variability on muscle thickness and physical performance after a RT session.

IRB#1819-015: Acute effects of different number of sets on muscle thickness and physical performance after a RT session. The primary purpose of this study is to evaluate the acute effects of different number of sets on muscle thickness and physical performance after a RT session.

IRB#1718-220: Acute effects of different muscle patterns on muscle thickness and physical performance after a RT session. The primary purpose of this study is to the acute effects of different muscle patterns on muscle thickness and physical performance after a RT session.

IRB#1718-161: Acute effects of the maximal isometric contraction in two different Deadlift positions on maximal concentric jump performance. The primary purpose of this study is to examine the influence of maximal isometric contractions on a subsequent maximal concentric jump in well-trained resistance training subjects. A second purpose is to evaluate the effect of the barbell position on maximal concentric jump.

***Academic Collaborations*:**

Dr. Paula Ferreira (PT MSc, DSc). Department of Physical Therapy, California State University, Northridge, California, USA.

Dr. David G. Behm (Ph.D). School of Human Kinetics and Recreation, Memorial University of Newfoundland, Canada.

Dr. Amir Letafatkar (Ph.D). Faculty of physical education and sports sciences, Kharazmi University, Tehran, Iran.

Farzad J. Tehrani (M.S). Department of Kinesiology, California State University, Northridge, California, USA/Athletics Department, Granada Hills Charter High School, California, USA.

Dr. Marco C. Uchida (Ph.D). Department of Adapted Physical Activity, School of Physical Education, University of Campinas (UNICAMP), Campinas, state of São Paulo, Brazil.

Dr. Charles R. Lopes (Ph.D). Department of Human Movement Sciences, Methodist University of Piracicaba, Piracicaba, SP, Brazil.

Dr. Paulo R. G. Lucareli (Ph.D). Rehabilitation Sciences Master Program, Nove de Julho University, UNINOVE, São Paulo, Brazil.

Dr. Willy A. Gomes (Ph.D). Department of Physical Education, Nove de Julho University, Sao Paulo,

Brazil.

Dr. Yuri de A. C. Campos (Ph.D). Graduation Program of the Faculty of Physical Education and Sports, University of Juiz de Fora, Juiz de Fora, Brazil.

***Research Grants*:** N/A

***Peer-Reviewed Articles* (#CSUN's Faculty; *CSUN's Student*)**

1. OLHER, R.R.; ROSA, T.S.; SOUZA, L.H.R.; OLIVEIRA, J.F.; SOARES, B.R.A.; RIBEIRO, T.B.A; SOUZA, I.R.C.; NEVES, R.V.P.; SOUSA, C.V.; ALVES-DEUS, L.; **MARCHETTI, P.H**.; SIMOES, H.G.; MORAES, M.R. Isometric exercise improves redox balance and blood pressure in hypertensive adults. **Medicine & Science in Sports and Exercise**. In Press. DOI: 10.1249/MSS.0000000000002223. 2020.

2. SILVA, J.J.; GOMES, W.A.; PECORARO, S.L.; SOARES, E.G.; MAGALHÃES, R.A.; FIORAVANTI, G.Z.; BALADAN, R.; LOPES, C.R.; **MARCHETTI, P.H.** A amplitude de movimento no agachamento afeta o volume absoluto sem modificar a percepção de esforço. (The range of motion of the back squat exercise affects the absolute volume without modifying the rating of perceived exertion). **Brazilian Journal of Kinanthropometry and Human Performance**. 22:e58196. In Press. DOI: 10.1590/1980-0037.2020v22e58196. 2020.

3. **MARCHETTI, P.H.;** MAGALHAES, R.A.; GOMES, W.A.; DA SILVA, J.J.; #STECYK, S.D.; #WHITING, W.C. Different knee and ankle positions affect force and muscle activation during prone leg curl in trained-subjects. **Journal of Strength and Conditioning Research**. In Press. DOI:10.1519/JSC.0000000000003333. 2020**.**

4. DE OLIVEIRA, J.V.; MONTEIRO, E.R.; CORRÊA NETO, V.G.; **MARCHETTI, P.H**.; NOVAES, J.S.; BROWN, A.F. Three-months of neuromotor fitness program affect the body composition and physical performance in untrained women**. International Journal of Exercise Science.** v. 12. n° 4. p. 1346-1345. 2019.

5. **MARCHETTI, P.H**.; DA SILVA, J.J.; FIORAVANTE, G.Z.; PECORARO, S.L.; MAGALHAES, R.A; DE FREITAS, F.S.; LOPES, C.R.; GOMES, W.A. Efeito da rotação de ombro na ativação mioeletrica de peitoral maior e deltoide anterior no exercício Pec Deck. (Effects on glenoumeral rotation in the muscle activation of the pectoralis major and anterior deltoid during Pec Deck exercise). **Revista Brasileira de Pesquisa em Ciências da Saúde**. v. 06. n° 11. p. 07-12. 2019.

6. **MARCHETTI, P.H.;** MIYATAKE, M.M.S.; MAGALHAES, R.A; GOMES, W.A.; DA SILVA, J.J.; FELIPE A. BRIGATTO, F.A.; ZANINI, T.C.C.; BEHM, D.G. Different volumes and intensities of static stretching affect the range of motion and muscle force output in well-trained subjects. **Sports Biomechanics.** v. 33. n° 8. p. 01-10. 2019. DOI: 10.1080/14763141.2019.1648540.

7. BRIGATTO, F.B.; BRAZ, T.V.; ZANINI, T.C.C.; GERMANO, M.D.; AOKI, M.S.; SCHOENFELD, B.J.; **MARCHETTI, P.H**.; LOPES, C.R. Effect of resistance training frequency on neuromuscular performance and muscle morphology after eight weeks in trained men. **Journal of Strength and Conditioning Research**. v. 33. n° 8. p. 2104-2116. 2019.

8. SOARES, E.G.; GOMES, W.A.; DA SILVA, J.J.; TEODORO, F.I.; PORTO, I.P.; BACELAR, C.E.E.; GALVÃO, A.A.G. **MARCHETTI, P.H**. Efeito da intensidade do alongamento na amplitude de movimento do tornozelo e desempenho de salto. (Effect of stretching intensity on range of motion of the ankle joint and jump performance). **Brazilian Journal of Exercise Physiology and Prescription**. v. 13. n° 82. p. 241-251. 2019.

9. MAGALHÃES, R.A.; GOMES, W.A.; DA SILVA, J.J.; SOARES, E.G.; **MARCHETTI, P.H.** Posicionamento do tornozelo altera a produção de forca máxima isométrica na mesa flexora. (The ankle position affects the maximal isometric force during the prone curl). **Brazilian Journal of Exercise Physiology and Prescription**. v. 13. n° 82. p. 290-294. 2019.

10. ZARONI, R.S.; BRIGATTO, F.A.; SCHOENFELD, B.J.; BRAZ, T.V.; BENVENUTTI, J.C.; GERMANO, M.D.; **MARCHETTI, P.H**.; AOKI, M.S.; LOPES, C.R. High resistance-training frequency enhances muscle thickness in resistance-trained men. **Journal of Strength and Conditioning Research**. v. 33. n° 7S. p. S140-S151. 2019.

11. LOPES, C.R.; DA SILVA, J.J.; PECORARO, S.L.; DE SOUZA, L.O.; GOMES, W.A.; CORRÊA, D.A.; SOARES, E.G.; **MARCHETTI. P.H.** Alongamento estático aumenta a amplitude de movimento e não afeta o volume absoluto em uma sessão de treinamento de força para o peitoral e deltoide anterior. (High intensity static-stretching protocol does not affect the absolute volume in a resistance training session for pectoralis major and anterior deltoid). **Brazilian Journal of Science and Movement.** v. 27. n° 02. p. 55-63. 2019.

12. LI, Y.; POWER, K.; **MARCHETTI, P.H.;** BEHM, D.G. The effect of dominant first dorsal interosseous fatigue on the force production of a contralateral homologous and heterologous muscle. **Applied Physiology, Nutrition, and Metabolism.** p.01-09. DOI: 10.1139/apnm-2018-0583. 2018.

13. SOARES, E.G.; FIORAVANTI, G.Z.; BRIGATTO, F.A.; GOMES, W.A.; DA SILVA, J.J.;

FREITAS, F.S.; MAGALHÃES, R.A.; **MARCHETTI, P.H**. Comparação do desempenho de força em dois modelos de divisão de séries em sujeitos treinados. (Comparison of strength performance on different models of sets organization in well-trained subjects). **The Brazilian Journal of Exercise Physiology and Prescription**. v. 12. n° 80. Sup. 3. p. 1108-1116. 2018.

14. LOPES, C.R.; SOARES, E.G.; VIEIRA, C.F.; **MARCHETTI, P.H**. Comparação dos métodos de alongamento ativo estático, passivo estático e ativo dinâmico na flexibilidade de quadril. (Comparison between different methods of stretching (passive, active, and ballistic) on hip flexibility). **Brazilian Journal of Exercise Physiology and Prescription**. v. 12. n° 80. Sup. 3. p. 1117-1123. 2018.

15. UCHIDA, M.C.; CARVALHO, R.; TESSUTI, V.D.; BACURAU, R.F.P.; COELHO JUNIOR, H.J.C.; RAMOS, H.; SANTOS, M.; TEIXEIRA, L.F.M.; **MARCHETTI, P.H.** Identification of muscle fatigue by tracking facial expressions. **PLoS ONE.** 13(12): e0208834. p. 01-11. (https://doi.org/10.1371/journal.pone.0208834). 2018.

16. SOARES, E.S.; LOPES, C.R.; FIORAVANTI, G.Z.; BRIGATTO, F.A.; GOMES, W.A.; DA SILVA, J.J.; BROWN, L.E.; **MARCHETTI, P.H**. Different load distributions affect acute neuromuscular responses and muscle thickness in resistance-trained men. **International Journal of Sports Science**. v. 08. n° 04. p. 128-135. 2018. DOI: 10.5923/j.sports.20180804.04.

17. LOPES, C.R.; CRISP, A.H.; SCHOENFELD, B.; RAMOS, M.F.; GERMANO, M.D.; VERLENGIA, R.; DA MOTA, G.R.; **MARCHETTI, P.H**.; AOKI, M.S. Effect of rest interval length between sets on total load lifted and blood lactate response during total-body resistance exercise session. **Asian Journal of Sports Medicine**. v. 09. n° 04. p. 01-05 (e57500). 2018.

18. GOMES, W.A.; SOARES, E.G.; DA SILVA, J.J.; FREITAS, F.S.; MAGALHÃES, R.A.; LOPES, C.R.; **MARCHETTI, P.H**. Elbow wrap improves bench press performance in trained subjects. **Revista Brasileira de Medicina do Esporte**. v. 24. n° 04. p. 291-294. 2018.

19. FREITAS, F. S.; GOMES, W.A.; **MARCHETTI. P.H**. Effects of elastic wrap on muscle activation and isometric force of knee extensor. **Revista Brasileira de Medicina do Esporte.** v. 24. n° 04. p. 295-299. 2018.

20. FREITAS, F.S.; BROWN, L.E.; GOMES, W.A.; BEHM, D.G.; **MARCHETTI, P.H**. No effect of Kinesiology Tape on passive tension, strength or muscle activation of quadriceps during maximal

voluntary isometric contractions in resistance trained men. **International Journal of Sports Physical Therapy**. v. 13. n° 04. p. 661-667. DOI: 10.26603/ijspt20180661. 2018.

21. SOARES, E.G.; LOPES, C.R.; FIORAVANTI, G.Z.; GOMES, W.A.; DA SILVA, J.J.; BRIGATTO, F.A.; BROWN, L.E.; **MARCHETTI, P.H**. Different load distributions affect subjective scales and repetitions performed after a single resistance training session in well-trained men. **CPQ Orthopedics**. v. 01. n° 03. p. 01-13. 2018.

22. **MARCHETTI, P.H**.; GUISELINI, M.A.; DA SILVA, J.J.; TUCKER, R.; BEHM, D.G.; BROWN, L.E. Balance and lower limb muscle activation between in-line and traditional lunge exercises. **Journal of Human Kinetics**. v. 62. p. 15-22. DOI: 10.1515/hukin-2017-0174. 2018.

23. DE CARVALHO, C.M.M.; MARTELLI, A.; **MARCHETTI. P.H**.; DA SILVA, J.J.; MAGALHÃES, R.A. Treinamento de força em mulheres menopausadas: Efeitos profiláticos na osteoporose. (Resistance training in menopausal women: Prophylactic effects on Osteoporosis). **Revista Saúde em foco**. v. 04. n° 02. p. 40-56. 2017.

24. CORREA. D.A.; LOPES, C.R.; PAULODETTO, A.C.; SOARES, E.G.; GOMES, W.A.; DA SILVA, J.J.; BROWN, L.E.; **MARCHETTI, P.H**. Acute neuromuscular and metabolic responses to upper body strength, power, and hypertrophy protocols in resistance trained men. **International Journal of Sport, Exercise and Health Research.** v.01. n° 02. p. 76-80. 2017.

25. **MARCHETTI, P.H**.; REIS, R.G.; GOMES, W.A.; DA SILVA, J.J. ; SOARES, E.G.; DE FREITAS, F.S.; BEHM, D.G. Static-stretching of the pectoralis major decreases tríceps brachii activation during a maximal isometric bench press. **The Journal Gazzetta Medica Italiana.** v. 176. n° 12. p. 659-664. 2017.

26. TEIXEIRA, C.V.L.S.; CORTES, D.R.; EVANGELISTA, A.L.; POLITO, L.T.; BOCALINI, D.S.; COSTA, P.B.; SIMÃO, R.; **MARCHETTI, P.H**. Acute effects of maximal isometric muscle action of the elbow extensors on contralateral dynamic task of the elbow flexors: a pilot study. **Motriz**. v. 23. n° 03. p. 01-05. 2017.

27. CAMPOS, Y.A.C.; SOUZA, H.L.R.; SILVA, S.F.; **MARCHETTI, P.H**. O uso da barra ou halter não altera a ativação muscular durante o exercício pullover. (The barbell or dumbbell did not affect the muscular activity during Pullover exercise). **Revista Brasileira de Medicina do Esporte**. v. 23.

n° 05. p. 386-389. 2017.

28. SILVA, E.; MARQUES, M.A.; GERMANO, M.D.; SINDORF, M.A.G.; **MARCHETTI, P.H**.; EVANGELISTA, A.; LOPES, C.R. Análise qualitativa sobre o conhecimento da pausa de treino durante uma sessão de treinamento de força por profissionais de educação física. (Qualitative analysis of the knowledge about the rest pause in a resistance training session by physical education professionals). **CPAQV Journal**. v. 09, n. 03, p. 01-08. 2017.

29. LOPES, C.R.; AOKI, M.S.; CRISP; A.H.; DE MATTOS, R.S.; LINS, M.A.; DA MOTTA, G.R.; SCHOENFELD, B.J.; **MARCHETTI, P.H**. The effect of different resistance training load schemes on strength and body composition in trained men. **Jounal of Human Kinetics**. v. 58, p. 177-186. 2017.

30. **MARCHETTI, P.H**.; DOS SANTOS, T.T.; SOARES, E.G.; SERPA, E.P.; DA SILVA, J.J.; VILELA JR., G.B.; GOMES, W.A. Técnicas de aterrissagem afetam o desempenho e estresse mecânico durante drop jump. (Landing techniques affect the performance and mechanical stress during drop jump). **Revista Brasileira de Medicina do Esporte**. v. 23, n. 03. p. 176-179. 2017.

31. DA SILVA, J.J.; SCHOENFELDB, B.J.; MARCHETTI, P.N.; PECORARO, S.L.; GREVE, J.M.D.; **MARCHETTI, P.H**. Muscle activation differs between partial and full back squat exercise with external load equated. **Journal of Strength and Conditioning Research**. v. 31. n° 6. p. 1688-1693. 2017.

32. MARCHETTI, P.H.; FIORAVANTE, G.Z.; DA SILVA, J.J.; GOMES, W.A.; SOARES, E.G.; PECORARO, S.L.; FREITAS, F.S.; MAGALHÃES, R.A.; MIYATAKE, M.M.S.; BROWN, L.E. Effects of squat amplitude on pelvic tilt and tibial inclination. **MOJ Sports Medicine.** v. 01. n° 1. p. 01-03. 2017.

33. SOARES, E.G.; LOPES, C.R.; **MARCHETTI, P.H**. Efeitos agudos e adaptações neuromusculares à manipulação de volume e densidade no treinamento de força. (Acute effects and neuromuscular adaptations to manipulation of volume and density of the resistance training). **CPAQV Journal**. v. 09. n° 2. p. 01-23. 2017.

34. **MARCHETTI, P.H**.; GOMES, W.A.; SERPA, E.P.; NARDI, P.S.M.; BLEY, A.S.; DAL CORSO, S. Alongamento estático monoarticular aumenta a amplitude de movimento e altera o sinergismo

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***Submitted Articles* (#CSUN's Faculty; *CSUN's Student*)**

1. BRIGATTO, F.A.; CAMARGO, J.B.B.; UNGARO, W.F.; GERMANO, M.D.; **MARCHETTI, P.H**.; AOKI, M.S.; BRAZ, T.V.; LOPES, C.R. Multi-joint vs single-joint resistance exercises induce a similar strength increase in trained men: a randomized longitudinal crossover study. **European Journal of Sports Science**. 2020.

2. KAZEMI, O; LETAFATKAR, A; MARCHETTI, P.H. Acute effects of stretching techniques on muscle activation of glenohumeral joint during forehand and backhand movements in elite table tennis players. **The International Journal of Sports Physiology and Performance**. 2020.

3. MONTEIRO, E.R.; CORRÊA NETO, V.G.; COSTA, P.B.; **MARCHETTI, P.H.**; PESCATELLO, L.S.; VIANNA, J.M.; NOVAES, J.S. Acute responses of blood pressure after different manual therapies and resistance exercises performed isolated or in combination in normotensive women. **Journal of Strength and Conditioning Research**.2020.

4. CAMPOS, Y.A.C.; GUIMARÃES, M.P.; DE OLIVEIRA, J.L.D.; DA SILVA, S.F.; **MARCHETTI, P.H.** Diferentes exercícios para o ombro afetam a atividade das porções do deltoide em indivíduos treinados. (Different shoulder exercises affect activation of the deltoid portions in trained individuals). **Journal of Human Kinetics.** 2020.

5. **MARCHETTI, P.H.;** *MARTINEZ, V.; #JALILVAND, F.; *AWAKIMIAN, S.; *LHANIE, L.; *PIKKEL, M.; MAGALHAES, R.A.; DA SILVA, J.J.; GOMES, W.A.; BEHM, D.G. Bodyweight distribution with different lunge exercise techniques. **Motriz.** 2020.

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Books

1. **MARCHETTI, P.H**.; CALHEIROS NETO, R.B.; CHARRO, M.A. **Biomecânica Aplicada**. Uma abordagem para o treinamento de força. (Applied Biomechanics: An approach to Strength Training). São Paulo: Phorte Editora. Ed. 2. (ISBN: 978-85-7655-741-8). 2019.

2. **MARCHETTI, P.H**.; LOPES, C.R. **Planejamento e Prescrição do Treinamento Personalizado: do iniciante ao avançado**. (Planning and Prescription of the Personalized Training: from beginner to advanced subjects). São Paulo: Gráfica Mundo. Vol.1. Ed. 2. Revisada e Ampliada (ISBN: 978-85-61850-21-0). 2018.

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Book Chapters

1. VILELA JR, G.B.; **MARCHETTI, P.H**. Tecido Ósseo: Carga Mecânica. (**Bone Tissue: Mechanical Loads**). Section 2: Applied Biomecanics to Strength Training. Chapter 07. p.125-138. In: Resistance Training Treaty. Publisher: Phorte Editora. ISBN: 978-85-7655-756-2. 2020.

2. PECORARO, S.L.; **MARCHETTI, P.H**. Anatomia e Ação muscular de Membros Superiores, Inferiores e Coluna. (**Anatomy and muscle action of upper limbs, lower limbs, and spine**). Section 2: Applied Biomecanics to Strength Training. Chapter 08. p.139-189. In: Resistance Training Treaty. Publisher: Phorte Editora. ISBN: 978-85-7655-756-2. 2020.

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11. **MARCHETTI, P.H**.; CHARRO, M.A. **Estrutura metodológica para montagem de programas e sistemas de treinamento de força.** In: PRESTES, J.; FOSCHINI, D.; MARCHETTI, P.H.; CHARRO, M.A.; TIBANA, R. **Prescrição e Periodização do Treinamento de Força em Academias**. São Paulo: Editora Manole. 2ed. (ISBN: 978-85-204-4574-7). 2015.

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15. **MARCHETTI, P.H**.; CHARRO, M.A. **Sistema Neuromuscular**. In: UCHIDA, M.C.; CHARRO, M.A.; BACURAU, R.F.P.; NAVARRO, F.; PONTES JÚNIOR, F.L**. Manual da Musculação**. Uma abordagem teórico-prática ao treinamento de força. Cap. 10. p. 211-221. Ed. 4. São Paulo: Phorte Editora. (ISBN: 85-7655-079-2). 2010.

***Conference Abstracts* (#CSUN's Faculty; *CSUN's Student*)**

1. MAGALHÃES, R.A.; DA SILVA, J.J.; GOMES, W.A.; **MARCHETTI, P.H**. Effect of ankle position on maximal isometric force production during knee flexor exercise. (Efeito da posição de tornozelo na capacidade de produção de forca isométrica máxima durante a mesa flexora). 42° Simpósio Internacional de Ciências do Esporte (CELAFISCS). Abstract. São Paulo. Brazil. Oct/2019.

2. #TEHRANI, F.J.; #STECYK, S.D.; **MARCHETTI, P.H**.; BANNOCY, N.K.; HOLT, J.L.; CHAPMAN, D.W. Do countermovement jump metrics in male adolescent athletes change during a competitive season. NSCA 2019 National Conference. Research Abstract. Washington, D.C. USA. Jul/2019.

3. FERREIRA, S.G.; GOMES, W.A.; DA SILVA, J.J.; SOARES, E.G.; MAGALHÃES, R.A.; DE FREITAS, F.S.; LOPES, C.L.; **MARCHETTI, P.H**. O uso da banda elástica de cotovelos aumenta o desempenho do teste de 1RM no exercício supino reto livre. (The use of elastic band of elbows increases the performance of the 1RM in the bench press exercise). 13° Congresso de Educação Física de Jundiaí. Abstract. Jundiaí. SP. Brazil. Nov/2018.

4. PORTO, I.P.; GOMES, W.A.; DA SILVA, J.J.; SOARES, E.G.; MAGALHÃES, R.A.; DE FREITAS, F.S.; LOPES, C.L.; **MARCHETTI, P.H**. O uso de banda elástica de cotovelos aumenta o numero de repetições máximas no exercício supino reto livre. (The use of elastic band of elbows increases the maximal number of repetitions in the bench press exercise). 13° Congresso de Educação Física de Jundiaí. Abstract. Jundiaí. SP. Brazil. Nov/2018.

5. GALVÃO, A.G.; GOMES, W.A.; DA SILVA, J.J.; SOARES, E.G.; MAGALHÃES, R.A.; DE FREITAS, F.S.; LOPES, C.L.; **MARCHETTI, P.H**. O uso de banda elástica de cotovelos aumenta o volume absoluto no exercício supino reto livre. (The use of elastic band of elbows increases the absolute volume in the bench press exercise). 13° Congresso de Educação Física de Jundiaí. Abstract. Jundiaí. SP. Brazil. Nov/2018.

6. BACELAR, C.E.E.; DA SILVA, J.J.; GOMES, W.A.; SOARES, E.G.; MAGALHÃES, R.A.; PECORARO, S.L.; **MARCHETTI, P.H**. Atividade mioelétrica do glúteo máximo durante o agachamento isométrico em diferentes posições de flexão de joelhos. (Maximal isometric muscle activation in different knee positions during back squat exercise). 13° Congresso de Educação Física de Jundiaí. Abstract. Jundiaí. SP. Brazil. Nov/2018.

7. FERREIRA, V.C.; DA SILVA, J.J.; GOMES, W.A.; SOARES, E.G.; MAGALHÃES, R.A.; **MARCHETTI,P.H**. A atividade mioelétrica dos eretores da coluna na região lombar não é afetada durante o exercício agachamento completo e parcial em sujeitos treinados. (**Muscle activation of the**

Erector Spinae is similar during full and partial back squat in well-trained subjects). XV Encontro de Iniciação Cientifica (UNINOVE). Abstract. São Paulo. SP. Brazil. Nov/2018.

8. SOARES, E.G.; GOMES, W.A.; DA SILVA, J.J.; TEODORO, F.I.; PORTO, I.P.; BACELAR, C.E.E.; GALVÃO, A.A.G.; FERREIRA, V.C.; **MARCHETTI, P.H**. A intensidade do alongamento estático aumenta a amplitude de movimento da articulação do tornozelo. (**The level of intensity during a passive stretching protocol can increase the maximal range of motion of the ankle**). XV Encontro de Iniciação Cientifica (UNINOVE). Abstract. São Paulo. SP. Brazil. Nov/2018.

9. MAGALHÃES, R.A.; DA SILVA, J.J.; GOMES, W.A.; SOARES, E.G.; **MARCHETTI, P.H**. **Ankle joint position affects the maximal isometric force on the knee flexor equipment.** 41° Simpósio Internacional de Ciências do Esporte (CELAFISCS). Abstract. São Paulo. Brazil. Oct/2018.

10. DA SILVA, J.J.; GOMES, W.A.; SOARES, E.G.; **MARCHETTI, P.H**. **Myoeletric analysis of vastus lateralis and gluteus maximus during full squat exercise.** 41° Simpósio Internacional de Ciências do Esporte (CELAFISCS). Abstract. São Paulo. Brazil. Oct/2018.

11. *KHANLIAN, T.; SOARES, E.G.; SILVA, J.J.; GOMES, W.A.; *TOROSSIAN, E.; **MARCHETTI, P.H**. **Isometric Muscle Activation During Ab Wheel Rollout Exercise in Different Shoulder Angle-Positions**. Southwest Regional National Strength and Conditioning Association. Santa Monica. CA. USA. Apr/2018.

12. SOARES, E.G.; FIORAVANTE, G.Z.; SILVA, J.J.; GOMES, W.A.; **MARCHETTI, P.H. Volume load and muscle thickness during an acute bout of agonist-antagonist with continuous-set vs grouped-set resistance training**. XV Congresso Cientifico Latino-Americano; XV Congresso Cientifico Brasileiro da Federação Internacional de Educação Física (FIEP) / 33° Congresso Internacional de Educação Física (FIEP). ISSN: 0256-6419. v. 88. Abstract: 104. Foz do Iguacu. Brazil. Jan/2018.

13. CAMARGO, L.B.; SILVA, J.J.; ALVES, D.A.; GOMES, W.A.; SOARES, E.G.; VILELA KUNIOR, G.B.; **MARCHETTI, P.H**.; LOPES, C.R. **Sessão aguda de Body Balance não afeta a amplitude máxima de movimento de joelho em sujeitos inexperientes.** 40° Simpósio Internacional de Ciências do Esporte (CELAFISCS). Abstract: 98. São Paulo. Brazil. Oct/2017.

14. CONCEIÇÃO, R.M.; BRIGATTO, F.A.; OMELAS, F. CAMARGO, J.B.B.; ZARONI, R.S.; **MARCHETTI, P.H**.; BRAZ, T.V.; LOPES, C.R. **Relação entre força máxima no agachamento e espessura muscular de membros inferiores em sujeitos treinados.** 40° Simpósio Internacional de Ciências do Esporte (CELAFISCS). Abstract: 517. São Paulo. Brazil. Oct/2017.

15. SILVA, J.J.; GOMES, W.A.; SOARES, E.G.; MAGALHÃES, R.A.; FREITAS, F.S.; FIORAVANTE, G.Z.; MIYATAKE, M.M.S.; **MARCHETTI, P.H**. **Diferença na carga externa levantada entre o meio-agachamento e o agachamento completo**. 40° Simpósio Internacional de Ciências do Esporte (CELAFISCS). Abstract: 522. São Paulo. Brazil. Oct/2017.

16. SOARES, E.G.; FIORAVANTE, G.Z.; BRIGATTO, F.A.; SILVA, J.J.; MAGALHÃES, R.A.; MIYATAKE, M.M.S.; FREITAS, F.S.; GOMES, W.A.; **MARCHETTI, P.H**. **Diferenças no número total de repetições entre métodos de treinamento de força com séries contínuas e séries agrupadas em sujeitos treinados**. 40° Simpósio Internacional de Ciências do Esporte (CELAFISCS). Abstract: 523. São Paulo. Brazil. Oct/2017.

Conferences

Jan/2019 – NSCA Coach Virtual Conference. USA.

Oct/2019 – NSCA Personal Trainers Virtual Conference. USA.

Mar/2019 – 2019 Southwest Regional NSCA Conference. West LA. CA. USA.

Jan/2019 – 1st Southwest Athletic Development Symposium. Santa Monica. CA. USA.

Oct/2018 – 2018 Southwest Chapter ACSM Annual Meeting. Costa Mesa. CA. USA.

Apr/2018 – Southwest Regional National Strength and Conditioning Association. Santa Monica. CA. USA.

Seminars and Workshops

2020 – California State University Northridge. USA.
CSU's Discrimination Harassment Prevention Program for Non-Supervisors.

2020 – U.S. Center of SafeSport
Parent’s Guide to Misconduct in Sport.
Recognizing and Reporting Misconduct.

2020 – National Strength and Conditioning Association, USA.
Deceleration, Change of Direction, and Reacceleration.

2020 – National Strength and Conditioning Association, USA.
Physique vs Sports Nutrition: Are They Contradictory?

2019 – California State University Northridge. USA.

Portfolium Training

2019 – Tekscan Medical. USA.

Strideway validated against force plate technology.

2019 – NSCA's Coaching Podcast. Indianapolis, IN. USA.

Potentiation warm-ups for lifting at the high school level and beyond.

2019 – NSCA Podcast. USA.

USADA-Coach's Advantage.

2019 – NSCA Personal Trainers Virtual Conference.

How to safely train and program for the shoulder joint.

Force vector training.

Squat & Deadlift Assessment: hip to be square.

Cadavers in Motion.

Gender differences in response to pre-exercise stimulants.

Carbohydrate periodization and performance.

Power training for the altered athlete.

Performance recovery system.

Full-split training: the best of both worlds.

2019 – Researcher Academy – Elsevier

The comments to editors and decision recommendations

2019 – Researcher Academy – Elsevier

Why you can't afford to ignore publication ethics

2019 – Collaborative Institutional Training Initiative (CITI Program).

Course: Biomedical Responsible Conduct of Research (RCR – Basic)

Research Misconduct

Data Management

Authorship

Peer Review

Mentoring

Using Animal Subjects in Research

Conflicts of Interest

Collaborative Research

Research Involving Human Subjects

2019 – Collaborative Institutional Training Initiative (CITI Program).

Course: Essentials of Grant Proposal Development

An Introduction to Grants

Getting Started in Grant Writing

Finding and Selecting Founding Opportunities

Crafting a Proposal Development Plan

Creating the Proposal Narrative

Tables, Forms and Documents

Preparing the Budget and Budget Justification

Understanding the Proposal Review Process

Course Summary: Bringing It All Together

2019 – Researcher Academy – Elsevier

A guide to journal citation metrics

2019 – Researcher Academy – Elsevier

Module: Finding the right journal

2019 – Researcher Academy – Elsevier

How to write case reports

2019 – Researcher Academy – Elsevier

Module: Technical writing skills

2019 – California State University

CSU's Sexual Misconduct Prevention Program

2019 – Southwest Regional Conference (NSCA)

Firstbeat Internal Training Load and Recovery Monitoring with UCLA Football

Speed Development Throughout the Annual Plan

Long Term Athletic Development

Muscle Plasticity with Exercise

Ground Reaction Force – Trends and Training Implications

Practicable and Actionable Implementation of Athlete Monitoring Technology

2019 – Researcher Academy – Elsevier

Module_Writing skills

2019 – Researcher Academy – Elsevier

How to turn your thesis into an article

2019 – Noraxon Webinar – Noraxon, AZ, USA

Noraxon Webinar - Vertical Jump Asymmetry Testing

2019 – Researcher Academy – Elsevier

Module: Research data management

2019 – Researcher Academy – Elsevier

How researchers benefit from citing data

2019 – Researcher Academy – Elsevier

Creating a good research data management plan

2019 – Researcher Academy – Elsevier

How researchers store, share and use data.

2019 – Researcher Academy – Elsevier

Module: Research collaborations

2019 – Researcher Academy – Elsevier

How to produce highly visible research: Useful tips for researchers

2019 – Researcher Academy – Elsevier

Making academia-industry collaborations work

2019 – California State University

Data Security and FERPA

2019 – Noraxon Webinar – Noraxon, AZ, USA

The Calibration Adjustment Tool

2019 – Researcher Academy – Elsevier

Module: Fundamentals of manuscript preparation

2019 – Researcher Academy – Elsevier

Guide to reference managers: How to effectively manage your references

2019 – Researcher Academy – Elsevier

The key to successful academic collaborations

2018 – Researcher Academy – Elsevier

How to write a lay summary

2018 – Researcher Academy – Elsevier

Module: Ensuring Visibility

2018 – Researcher Academy – Elsevier

Tell your research story with audioslides

2018 – Collaborative Institutional Training Initiative (CITI Program) / CSUN.

Course: Biomedical Research – Basic

Avoiding Group Harms - U.S. Research Perspectives

Avoiding Group Harms - International Research Perspectives

International Studies

The IRB Member Module - 'What Every New IRB Member Needs to Know'

Hot Topics

The IRB Administrator's Responsibilities

Cultural Competence in Research

Have Agreed to be an IRB Community Member. Now What?

2018 – U.S. Center of SafeSport.

SafeSport Trained.

2018 – SkillSoft (CSUN)

Developing a Growth Mind-Set

2018 – SkillSoft (CSUN)

Learning from Failure

2018 - California State University Northridge

EDU_Eliminate Campus Sexual Misconduct (CSU)

2018 - Researcher Academy – Elsevier

Module: Technical Writing Skills

2018 - Researcher Academy – Elsevier

Systematic Reviews 101

2018 - Researcher Academy – Elsevier

Module: Funding

2018 - Researcher Academy – Elsevier

Discover how metrics can boost funding and networking opportunities

2018 - Researcher Academy – Elsevier

Module: Fundamentals of publishing

2018 - Researcher Academy – Elsevier

Gender Bias in academic publishing

2018 - Researcher Academy – Elsevier

Make the most of your research: publish your data and methods

2018 - Researcher Academy – Elsevier

Social Media for Researchers.

2018 - Researcher Academy – Elsevier

Conference skills for researchers.

2018 - Researcher Academy – Elsevier

Ethics responsibilities for peer reviewers.

2018 - Researcher Academy – Elsevier

Why get involved in peer review.

2018 - Researcher Academy – Elsevier

Becoming a peer reviewer.

2018 - Researcher Academy – Elsevier

How reviewers become editors.

2018 - Researcher Academy – Elsevier

How to review a manuscript.

2018 - Researcher Academy – Elsevier

Understanding the peer review process

2018 - Researcher Academy – Elsevier

What is open science?

2018 - Researcher Academy – Elsevier

Module: Finding the right journal.

2018 - Researcher Academy – Elsevier

How to identify the right journal to publish in.

2018 - Researcher Academy – Elsevier

Impact Factor and bibliometric indicators.

2018 - Researcher Academy – Elsevier

The origins of scientific publishing.

2018 - Researcher Academy – Elsevier

Making sense of science stories.

2018 - Researcher Academy – Elsevier

The journal publishing cycle.

2018 - Researcher Academy – Elsevier

Funding Hacks for Researchers.

2018 - Researcher Academy – Elsevier

10 tips for writing a truly terrible journal article.

2018 - Researcher Academy – Elsevier

Using proper manuscript language.

2018 - Researcher Academy – Elsevier

5 Diseases ailing research – and how to cure them.

2018 - Researcher Academy – Elsevier

Beginners' guide to writing a manuscript in LaTeX.

2018 - Researcher Academy – Elsevier

How to prepare your manuscript.

2018 - Researcher Academy – Elsevier

Structuring your article correctly.

2018 - Researcher Academy – Elsevier

How to write an abstract and improve your article.

2018 - Researcher Academy – Elsevier

10 reasons to get - and use - an ORCID iD.

2018 - Researcher Academy – Elsevier

Book Writing.

2018 - Researcher Academy – Elsevier

Why write a book?

2018 - Researcher Academy – Elsevier

How to get your book published.

2018 - Researcher Academy – Elsevier

Discoverability: top tips to get your book out there.

2018 - The Refugee Center Online

US Citizenship Preparation Program.

2018 - U.S. Center of SafeSport

Emotional and Physical Misconduct.

2018 - U.S. Center of SafeSport

Mandatory Reporting: Understanding your Responsabilities.

2018 - U.S. Center of SafeSport

Sexual Misconduct Awereness Education.

2017- Office of Faculty Affairs at CSUN

Work VISAS + Sponsorships

2017- Retention, Tenure, and Promotion (RTP)

Workshop by CSUN Chapter (CFA)

2017- CSUN Sports Studies Seminars

"The Olympics Disaster: Dissecting the State of Exception, Militarization, and Displacement of the Games". Speaker: Jonny Coleman.

2017 - California State University Northridge

Student Success Colaborative (SSC)

Data Security & Privacy (online)

Eliminate Campus Sexual Misconduct (online)

Research and Graduate Studies.

Helping New Students Sthrive: Applying David Yeager's "Psycological Friction Model" at CSUN.

Contributions to the University and Community (Services)

Service to the Department of Kinesiology:

2018Fall – Present - Graduate Committee of the Department of Kinesiology at CSUN.

2017Fall – Present - Committee of the Department of Kinesiology at CSUN.

2018Fall – Exercise Science and Applied Fitness, MAG session, CSUN.

2017Fall – 2019Spr - Social Committee of the Department of Kinesiology at CSUN.

Service to the College of HHD:

2019Spr – Present - College Assessment Committee, College of HHD, CSUN.

2017Fall - Present – CHHD Faculty Mentor (https://www.csun.edu/health-human-development/mentorship).

2018Fall – Lecture: Scientific Writing Process. Theme: Writing Workshop. College of HHD, CSUN.

Service to the University:

2019Spr - Present – Academic Assessment Liaison Committee (AALC), CSUN.

2019Spr – 23rd Annual Student Research and Creative Works CSUNposium. Office of Research and Graduate Studies. **Faculty Judge of Oral Presentation**: Colleges of Engineering and Computer Science and Health and Human Development.

2018Fall – Faculty “Tech Tutor", New Faculty Orientation (NFO), CSUN.

Editorial Responsibilities:

2018 – Present – Editorial Board member of the International Journal of Ageing Health and Movements.

2018 – Present – Editorial Board member of the Journal of Orthopedics and Muscular System Research

2018 – Present – Editorial Board member of the CPQ Orthopedics

2018 – Present – Advisor Board Member of the Journal of Athletic Performance and Nutrition.

2017 – Present – Chief-Editor in the section of Sports Medicine (International Archives of Medicine)

Ad-Hoc Reviewer:

2019 – Present – Physiotherapy Theory and Practice

2018 – Present – Reviewer of the BMJ Open Sport & Exercise Medicine

2018 – Present – Reviewer of the PLOS ONE

2018 – Present – Reviewer of the Sports Science

2017 – Present – Reviewer of the Journal of Strength and Conditioning Research

2017 – Present – Reviewer of the International Journal of Sports Science

Colloquium/Thesis Examiner:

2019Fall – Final Defense – Master's Thesis (Grad. Student: Kyle Cook), Major: Kinesiology, Advisor: Dr. Paulo Marchetti, Department of Kinesiology, California State University, Northridge, CA, USA.

2019Fall – Colloquium – Master's Thesis (Grad. Student: Stephan Acuna), Major: Kinesiology, Advisor: Dr. Taeyou Jung, Department of Kinesiology, California State University, Northridge, CA, USA.

2019Fall – Colloquium – Master's Thesis (Grad. Student: Kyle Cook), Major: Kinesiology, Advisor: Dr. Paulo Marchetti, Department of Kinesiology, California State University, Northridge, CA, USA.

2018Spr – Colloquium – Master's Thesis (Grad. Student: Bryan Morales), Major: Exercise Physiology, Advisor: Dr. Sean Flanagan, Department of Kinesiology, California State University, Northridge, CA, USA.

2019Spr – Colloquium – Master's Thesis (Grad. Student: David Johansson), Major: Exercise Physiology, Advisor: Dr. Sean Flanagan, Department of Kinesiology, California State University, Northridge, CA, USA.

2018Fall – Final Defense – Master's Thesis (Grad. Student: Pedro Quevedo), Major: Exercise Physiology, Advisor: Dr. Kim Henige, Department of Kinesiology, California State University, Northridge, CA, USA.

2018Sum – Final Defense – Master's Thesis (Grad. Student: Yimeng Li), Advisor: Dr. David G. Behm, School of Human Kinetics and Recreation, Memorial University of Newfoundland, St. John's, NL, Canada.

2017Fall – Final Defense – Master's Thesis (Grad. Student: Gustavo Zorzi Fioravante), Advisor: Dr. Charles R. Lopes, Human Movement Sciences Graduate Program (Department of Kinesiology and Physical Therapy), UNIMEP, Piracicaba, Brazil (Online Examination).

Dissertation Examiner (Doctoral Degree):

2019Spr – Final Defense – Doctoral's Dissertation (Grad. Student: Marcos Rodolfo Ramos Pausikins), Advisor: Dr. Paulo Lucareli, Graduate Course in Rehabilitation Sciences (PhD degree) (Center for Research in Movement Analysis), Nove de Julho University, SP, Brazil.

2019Spr – Final Defense – Doctoral's Dissertation (Grad. Student: Rafael dos Reis Vieira Olher), Advisor: Dr. Milton Nunes, Graduate Program in Physical Education (Department of Kinesiology), Catholic University of Brasilia, DF, Brazil.

2018Sum – Final Defense – Doctoral's Dissertation (Grad. Student: Gustavo Allegretti Joao), Advisor: Dr. Aylton Figueira Junior, Physical Education Graduate Program (Department of Kinesiology), Sao Judas University, Sao Paulo, Brazil.

2018Sum – Final Defense – Doctoral's Dissertation (Grad. Student: Enrico Gori Soares), Advisor: Dr. Charles R. Lopes, Human Movement Sciences Graduate Program (Department of Kinesiology and Physical Therapy), UNIMEP, Piracicaba, Brazil.

Certifications and Professional Affiliations:

2015 – Present – ADInstruments Advisor, USA.

2008 – Present – Member of the Cybex Institute, USA.

2012 – Present – Member of the National Strength and Conditioning Association (NSCA).

2017 – 2019 – Member of USA Weightlifting.

2016 – 2017 – Member of the European College of Sport Science (ECSS).

2016 – 2017 – Member of the International Society of Electrophysiology and Kinesiology (ISEK).

Nominations, Honors, and Awards:

2019Fall – Nominated for the Outstanding Faculty Scholarship. Wang Family Excellence Award, California State University, Northridge.

2019Sum – Nominated for 2019 17th Delsys Prize. De Luca Foundation.

2019Spr – Nominated for the Preeminent Scholarly Publications Award, California State University, Northridge.

2019Spr – Nomination: Senate at Large. CSUN Faculty Senator, CSUN.

2019Spr – Best Research Award. World Championship 2019 in Sports Science (Strength).

2017 – "TOP 100 Scientists". The International Biographical Centre. Cambridge. USA

2016 – *The Marquis Who's Who in the World*. 33rd Edition. p. 1380. ISBN. 978-0-8379-1156-4.

2016 – Nominated for the 2016 NSCA Terry J. Housh Outstanding Young Investigator of the Year Award.

2013 – Best presentation in the V International Congress of Neuromuscular and Sport (CIRNE).