

**BRYAN K. CHRISTENSEN, Ph.D., CSCS**

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NDSU Department 2620

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**EDUCATION**

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Ph.D. Education (December, 2000)

University of Kansas

Lawrence, KS 66045

Major: Physical Education

Concentration: Biomechanics

Minor: Business

M.S.E. (December, 1994)

University of Kansas

Lawrence, KS 66045

Major: Physical Education

Concentrations: Biomechanics, Sport

Administration & Sport Psychology

B.A. (May, 1989)

Hamline University

St. Paul, MN 55104

Majors: Psychology & Environmental Studies

**Honors & Awards:** Hamline University Athletic Hall of Fame for Football, 2018; College of Human Development and Education Outstanding Teacher Award, 2012-2013; President of the Northland Chapter of the American College of Sports Medicine, 2011-2012; Nominee for Exceptional Contributions to Research, 2010; Nominee for Exceptional Contributions Through Creative Approaches to Teaching Award, 2008; Hamline University Athletic Hall of Fame for Track and Field, 2003; Shelter Care Outstanding Employee, 1991; Steve Lindgren Hamline University Outstanding Senior Athlete, 1989; Track Captain, 1989; Mike Stam Memorial MIAC Lineman of the Year, 1988; NCAA DIVISION III All-American in track 1987, 1988, 1989.

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**EXPERIENCE**

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**Professor** (8/16 – present)

Health, Nutrition, and Exercise Sciences Department

North Dakota State University, Fargo, North Dakota

- Responsible for teaching the following courses: Biomechanics of Sport and Exercise, Anaerobic Exercise Prescription and Advanced Resistance Training Techniques, Graduate Biomechanics of Sport and Exercise, Psychological Foundations of Sport and Physical Activity, and Graduate Seminar.
- Research and service responsibilities are also required.

**Graduate Coordinator** (8/12-8/18)

Health, Nutrition, and Exercise Sciences Department

North Dakota State University, Fargo, North Dakota

- Responsible for overall management of all the Masters and Ph.D. programs in the Department of Health, Nutrition, and Exercise Sciences.

**Associate Professor (8/08- 5/16)**

Health, Nutrition, and Exercise Sciences Department  
North Dakota State University, Fargo, North Dakota

- Responsible for teaching the following courses: Introduction to Exercise Science, Biomechanics of Sport and Exercise, Anaerobic Exercise Prescription and Advanced Resistance Training Techniques, Graduate Biomechanics of Sport and Exercise, Psychological Foundations of Sport and Physical Activity, and Graduate Seminars.
- Research and service responsibilities are also required.

**Assistant Professor (8/02 –5/08)**

Health, Nutrition, and Exercise Sciences Department  
North Dakota State University, Fargo, North Dakota

- Responsible for teaching the following courses: Biomechanics of Sport and Exercise, Kinesiology and Biomechanics, Kinesiology and Biomechanics Lab, Motor Learning, Techniques of Strength Training and Conditioning, Anaerobic Exercise Prescription and Advance Resistance Training Techniques, Program Implementation, Scientific Aspects of Sports, and Psychological Foundations of Sport and Physical Activity.
- Research and service responsibilities were also required.

**Lecturer (Summer 2001 and Spring 2002)**

Health, Sport, and Exercise Sciences Department  
University of Kansas, Lawrence, Kansas

- Responsible for teaching Introduction to Biomechanics, the Coaching of Individual Sports, and Fish Kansas

**Director (6/96 –8/02)**

KU Challenge Course  
University of Kansas, Lawrence, Kansas

- Responsible for total management of the course from promotion, community contacts, hiring and training facilitators, to leading groups through the course.
- Present mental and physical obstacles that provide team building opportunities that can't be duplicated in an office, playing field, or classroom.
- Help team members develop feelings of self-confidence, teamwork, and mutual support within the group.

**Graduate Teaching Assistant (8/92 - 5/01)**

Health, Sport, and Exercise Sciences Department  
University of Kansas, Lawrence, Kansas

- Responsible for teaching and grading a variety of classes including; Coaching of Track and Field, Coaching of Football, Officiating Track and Field, Physical Conditioning, and Racquetball.

**Research Assistant (5/00 - 9/00)**

Biomechanical Research Lab  
Department of Mechanical Engineering  
University of Kansas, Lawrence, Kansas

- Recruited and tested participants in a research project funded by the National Institute of Health and the Association for Aging Research
- Examined differences in balance between young and elderly females using electromyography, force plate analysis, and kinematic data from the Opti-Track system.

**Tutor (1/00 - 5/00)**

Student Support Services  
University of Kansas Athletic Corporation, Lawrence, Kansas

- Tutored athletes from various sports that were enrolled in the undergraduate biomechanics course.

**Strength Training Instructor (6/99 - 8/99)**

Health Center  
Haskell Indian Nations University, Lawrence, Kansas

- Led a strength training class for obese and at-risk faculty, staff, and students.

**Intern Assistant (10/94 - 5/95)**

Game Management  
University of Kansas Athletic Corporation, Lawrence, Kansas

- Assisted game management with a variety of tasks including preparing pass lists, preparing the stadium and field house for games, and the patrolling of games for any potential problems.

**Throwing Coach Assistant (3/95 - 5/95)**

University of Kansas Track Team  
University of Kansas, Lawrence, Kansas

- Assisted coaching the throwing events, including; discus, shot put, hammer, and javelin.

**Coach (Summers of 1992, 1993, 1994, and 1996)**

KU Sports Skills and Fitness School  
University of Kansas, Lawrence, KS

- Coached a variety of sports to kids and adolescents including; soccer, racquetball, weight lifting, archery, handball, speed ball, and swimming.

**Lead Child Care Worker (1/90 - 1/92)**

Shelter Care, Inc.  
Golden Valley, Minnesota

- Supervision of child care workers including goal setting, evaluating their ability to deal with groups of clients and their ability to follow through with responsibilities.
- Interviewed potential new employees

- Handled public relations with parents, social workers, and community contacts as needed.
- Counseled, set limits, and disciplined with patience, using language and tones that maintained the clients' dignity.

**Assistant Site Director, Senior Leader & Youth Outreach Assistant** (1/89 - 9/89)  
 North East Minneapolis YMCA  
 Minneapolis, Minnesota

- Promoted self-esteem, personal growth, and healthy peer interaction among the youth in the program.
- Established relationships with youth in the neighborhood and recruited youth for other YMCA programs.
- Planned and carried out a weekly schedule of activities for 8 to 14 youth.
- Maintained necessary records, accident reports, attendance records, United Way reports, etc.
- Established and maintained good parental relations.
- Supervised teen drop-in center.

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## PUBLICATIONS

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Anderson CR, Gange KN, **Christensen B**, Vetter R. (under review). The rate of intramuscular tissue temperature reduction between wetted ice with elastic wrap and Game Ready®. Submitted to the International Journal of Athletic Therapy and Training (IJATT) on July 9, 2020 and resubmitted with revisions December 2020.

Dicks, N., Mahoney, S., Kramer, M., Lyman, K., **Christensen, B.**, Pettit, R., & Hackney, K. (2021). Increased Velocity at VO<sub>2</sub>max and Load Carriage Performance in Army ROTC Cadets: Prescription Using the Critical Velocity Concept, *Ergonomics*, 64(3), <https://doi.org/10.1080/00140139.2020.1858186>.

Thielen, S., **Christensen, B.**, Bond, C., Hackney, K., Moen, J. (2020). A comparison of the effects of a six-week traditional squat and suspended load squat program in collegiate baseball players on measures of athletic performance. *International Journal of Kinesiology & Sport Science*, 8(4), 51-58. <http://dx.doi.org/10.7575/aiac.ijkss.v.8n.4p.51>

**Christensen, B.**, Lyman, K., Grieshaber, D., & Hatterman-Valenti, H. (2020). Does hip contracture effect anterior pelvic tilt changes during squatting?. *ISBS-Conference Proceedings Archive*, 38(1), 884-887. <https://commons.nmu.edu/isbs/vol38/iss1/223>

Burkart, J., Koens, K., Lyman, K., Bond, C., & **Christensen, B.** (2020). Analysis of pronation in recreational runners treated with Kinesio Tape. *Journal of Athletic Training*, 55(6s), 116.

- Collins, K., Johnson, N., Klawitter, L., Waldera, R., Stastny, S., Kraemer, W., **Christensen, B.**, & McGrath, R. (2020). Handgrip strength asymmetry and weakness are differentially associated with functional limitations in older americans. *International Journal of Environmental Research and Public Health*, 17(9), 3231. doi:10.3390/ijerph17093231.
- Christensen, B.**, Bond, C., Napoli, R., Lopez, K., Miller, J., Hackney, K. (2020). The effect of static stretching, mini-band warm-ups, medicine-ball warm-ups, and a light jogging warm-up on common athletic ability tests, *International Journal of Exercise Science*, 13(4), 298-311.
- Poser, W., Trautman, K., Dicks, N., **Christensen, B.**, Lyman, K., Hackney, K. (2019). Simulated casualty evacuation performance is augmented by deadlift peak force. *Military Medicine*, Electronic usz050. doi:org/10.1093/milmed/usz050
- Mahoney, S., Dicks, N., Lyman, K., **Christensen, B.**, & Hackney, K. (2019). Acute cardiovascular, metabolic, and muscular responses to blood flow restricted rowing exercise, *Aerospace Medicine & Human Performance*, 90(5), 440-446.
- Christensen, B.**, Lyman, K., Grieshaber, D., & Hatterman-Valenti, H. (2019). The effect of tight hips on squat technique. Proceedings of the 37th International Conference of Biomechanics in Sports, *ISBS-Conference Proceedings Archive*, 37(1), 320-323.
- Wilson, S., **Christensen, B.**, Gange, K., Todden, C., Hatterman-Valenti, H., & Albrecht, J. (2019). Chronic stretching during two weeks of immobilization decreases loss of girth, strength, and dorsiflexion ROM. *Journal of Sport Rehabilitation*, 28(1), doi.org/10.1123/jsr.2017-0101 10.1123/jsr.2017-0101
- Lyman, K., *Schmidt, A.*, **Christensen, B.**, Hackney, K., Hanson, T. (2019). Comparing blood serum values of vitamin D and calcium in Division I female athletes. *Journal of Athletic Training*.
- Christensen, B.**, Thielen, S., Hackney, K., Moen J. (2018). The effects of suspended weight resistance training on agility in collegiate athletes. *Proceedings of the 36th International Conference of Biomechanics in Sports, ISBS-Conference Proceedings Archive*, 402-405.
- Christensen, B.**, Thielen, S., Hackney, K., Moen J. (2018). Suspended weight training during squats: Does it improve balance more than traditional squats? *Medicine and Science in Sports and Exercise*, 50(5S), 415.
- Hilgers-Greterman, S., Redenius, N., Strand, M., Byun, W., Strand, B., **Christensen, B.** (2018). Changes in sedentary time and physical activity of cancer survivors participating in an exercise program, *Medicine and Science in Sports and Exercise*, 50(5S), 704-705.

- Hilgers-Greterman, S., Redenius, N., Strand, M., Byun, W., Strand, B., **Christensen, B.** (2018). Changes in quality of life of cancer survivors participating in a group exercise program, *Medicine and Science in Sports and Exercise*, 50(5S), 709.
- Kotarsky, C., **Christensen, B.** Miller, J., Hackney, K. (2018). Effect of progressive callisthenic push-up training on muscle strength and thickness. *Journal of Strength and Conditioning Research*, 32(3), 651-659.
- Terbizan, D., David, S., Hackney, K., Stastny, S., Hilliard, E., **Christensen, B.**, Rhee, Y., Mitchell, S. (2018). Body composition differences using skinfold, impedance, and DEXA, *Medicine and Science in Sports and Exercise*, 50(5S), 162.
- Burkart, T., Joe, T., Lyman, K., **Christensen, B.**, Hackney, K., Stone, K., Brodersen, J. (2017). Biomechanical analysis of hip angles during a back squat with and without Kinesio® tape, Northland ACSM conference proceedings, 58.
- Stone, K. Lyman, K., **Christensen, B.** Brodersen, J., Hackney, K. (2017). Facilitation of paraspinal muscles with Kinesio® tape during exercise countermeasures. *Medicine and Science in Sports and Exercise*, 49(5S), 290.
- Christensen, B.**, Napoli, R., Hackney, K., Miller, J., Murata, H. (2016). The effects of two different types of dynamic warm-up and static stretching on power and speed. *Proceedings of the 34th International Conference of Biomechanics in Sports, ISBS-Conference Proceedings Archive*, 247-250.
- Lyman K. J., Hackney, K. J., **Christensen B.**, Hanson T. A., Sletten S. (2016). Kinesio Taping® as a low cost intervention to assist with quadriceps muscle recruitment during exercise countermeasures. *Kinesio Taping Association International Research Journal*, 2(1): 95-97.
- Reynolds, A., Lyman, K. J., **Christensen, B.**, Hanson, T. A., & Marx, A. (2016). Reconsidering gender differences in hip muscle activation throughout a one-mile run. *Louisiana Association of Health, Physical Education, Recreation, & Dance Journal*, Fall Issue.
- Barry, A., Terbizan, D., **Christensen, B.**, Byun, W. (2015, June). Comparison in non-wear time validation criteria between choi and troiano for the GT3X+ activity monitor. *Medicine and Science in Sports and Exercise*, 48(5S), 781.
- Christensen, B.**, Wilson, S., Gange, K., Todden, C., Harlene Hatterman-Valenti, H., Albrecht, J. (2015). The benefits of stretching during immobilization. *Proceedings of the 33rd International Conference of Biomechanics in Sports, ISBS-Conference Proceedings Archive*, 1023-1026.
- Stastny, S., **Christensen, B.**, Hilgers, S., Okamatsu, H., Manikowske, T., Youd, L., & Champa, J. (2015). The effect of creatine supplementation with milk combined with

resistance training on strength and power in women. *Gazzetta Medica Italiana*, 174(5), 209-224.

Anenson, L., Brunt, A., Terbizan, D., & **Christensen, B.** (2014). Using e-mail health interventions and transtheoretical model to promote wellness: A pilot study. *Californian Journal of Health Promotion*, 12(1), 61-70.

Anenson, L., Brunt, A., Terbizan, D., & **Christensen, B.** (2014). Participation rates in a worksite wellness program using e-mail messages. *Journal of Education and Training Studies*, 2(1), 44-52.

**Christensen, B.**, Francis, S., Keller, S., Strand, B., & Hatterman-Valenti, H. (2014). An examination of ground reaction forces of three pole vault take-off styles. *Proceedings of the 32th International Conference of Biomechanics in Sports, ISBS-Conference Proceedings Archive*, 520-522.

Wagner, M., Hansen, P., Rhee, Y., Brunt, A., Terbizan, D., & **Christensen, B.**, (2014). Learning style preferences of undergraduate dietetics, athletic training, and exercise science students. *Journal of Education and Training Studies*, 2(2), 189-197.

Wilson, S., **Christensen, B.**, Gange, K., Todden, C., Hatterman-Valenti, H., & Albrecht, J. (2014). Chronic stretching during two weeks of immobilization decreases loss of girth, strength, and dorsiflexion ROM. *Journal of Athletic Training*, 49(3), S152-153.

Burrer J. L., Hansen P. J., Miller K. C., & **Christensen B.** (2013). Fracture blisters following a posterior elbow dislocation: A case report. *International Journal of Athletic Therapy & Training*, 18, 17-19.

Anenson, L., Brunt, A., Terbizan, D., & **Christensen, B.** (2012). Worksite wellness: A preliminary study utilizing e-mail health messages for city employees. *Californian Journal of Health Promotion*, 10(1), 13-34.

**Christensen, B.**, Bruns, L., Stastny, S. (2012). Improved flexibility and core strength in four different levels of acute Pilates. *Medicine and Science in Sports and Exercise*, 44 (suppl 5), S708.

**Christensen, B.**, Hilgers, S., Schuna, J., & Redenius, N. (2012). An examination of changes in upper and lower body power in ROTC cadets over the course of a year. *Proceedings of the 30th International Conference of Biomechanics in Sports, ISBS-Conference Proceedings Archive*, 224-226.

**Christensen, B.**, & Okamoto, H. (2012). The relationship between abdominal muscular strength and quadriceps angle in subjects with patellofemoral pain. *Proceedings of the 30th International Conference of Biomechanics in Sports, ISBS-Conference Proceedings Archive*, 106-109.

- Gust, A., Jorissen, K., Rendenius, N., Schuna Jr., J., Hilgers, S., **Christensen, B.**, & Liguori, G. (2012). Associations of upper body power tests and upper and lower body power in ROTC cadets. *Medicine and Science in Sports and Exercise*, 44 (suppl 5), S280.
- Manikowske, T., Terbizan, D., Schuna, J., Tucker, J., **Christensen, B.**, Brunt, A., & Rhee Y. (2012, June). Resting metabolic rate changes in women following different exercise training programs. *Medicine and Science in Sports and Exercise*, 44 (suppl 5), S610.
- Burrer, JL, Hansen, PJ, Miller, KC, **Christensen, B.** (2011). Fracture blisters following a posterior elbow dislocation: A case report. *Journal of Athletic Training*, 46, S153.
- Christensen, B.**, Hilgers, S., Schuna, J., Radenic, C., Kresbach, K., Terbizan, D., Tucker, J., Manikowski, T., Liguori, G. (2011). A comparison of vertical jump displacements between a vertec and a forceplate. *Portuguese Journal of Sport Sciences*, 11 (suppl. 2), 853-854.
- Hilgers, S., **Christensen, B.** (2011). Examination of acute whole-body vibration on maximal vertical jump height in collegiate volleyball athletes. *Portuguese Journal of Sport Sciences*, 11 (suppl. 2), 985-987.
- Wagner, M.G., Hansen, P., Rhee, Y., Terbizan, D., Brunt, A., **Christensen, B.**, Tucker, J., Gust, A., & Lee, C. (2011). Learning style preferences of undergraduate dietetics, exercise science, and athletic training students. *Journal of the American Dietetic Association*, 111, (suppl 2), A55.
- Christensen, B.** (March, 2010). Should youth resistance train? *Eat Smart, Play Hard Together Magazine*, NDSU Extension Service.
- Christensen, B.**, Pinske, K., Hilgers, S. (2010). A comparison of lower body angles between free high pulls and a fixed high pull apparatus. In R. Jensen, W. Ebben, C. Richter, K. Roemer (Eds.) *Proceedings of the 28th International Conference of Biomechanics in Sports, ISBS-Conference Proceedings Archive*: Northern Michigan University.
- Hilgers, S. & **Christensen, B.** (2010). The effects of acute whole-body vibration on maximal countermovement vertical jump in recreationally active males and females. In R. Jensen, W. Ebben, C. Richter, K. Roemer (Eds.) *Proceedings of the 28th International Conference of Biomechanics in Sports, ISBS-Conference Proceedings Archive*: Northern Michigan University.
- Schuna, J. & **Christensen, B.** (2010). The jump squat: Free weight barbell, smith machine, or dumbbells? *Strength and Conditioning Journal*, 32(6), 38-41.



Hilgers, S. & **Christensen, B.** (2009). The effects on strength, power, and genu valgum following a five week training program with whole-body vibration. In A. Harrison, R. Anderson, I. Kenny (Eds.) *Proceedings of the 27<sup>th</sup> International Conference of Biomechanics in Sports*, p. 323. Faculty of Education and Health Sciences: University of Limerick.

Aman, J. & **Christensen, B.** (2009). Effects of static stretching, PNF stretching, and dynamic warm-up on maximum power output and fatigue. In A. Harrison, R. Anderson, I. Kenny (Eds.) *Proceedings of the 27<sup>th</sup> International Conference of Biomechanics in Sports*, pp. 828-831. Faculty of Education and Health Sciences: University of Limerick.

**Christensen, B.** (March 2009) Should shoes be passed down from one sibling to the next? *Eat Smart. Play Hard. Together. Magazine*, NDSU Extension Service.

**Christensen, B.**, & Nordstrom, B. (2008). The effects of proprioceptive neuromuscular facilitation and dynamic stretching techniques on vertical jump performance. *Journal of Strength and Conditioning Research*, 22(6), 1826-1831.

**Christensen, B.** & Moen, J. (2008). Functional training. *Iowa Journal for the Association for Health, Physical Education, Recreation & Dance*, 41(3), 16-18.

Peltier, L., Strand, B. & **Christensen, B.** (2008). Youth performing resistance training: A review, *The Journal of Youth Sports*, 4(1), 18-23.

Terbizan, D., **Christensen, B.**, Brunt, A., Rhee, Y., Theis, J., Lyons, A., & Moen, J. (2008, May). Effects of concurrent training on blood lipids and glucose. *Medicine and Science in Sport and Exercise*, Supplement, 40(5) Suppl, S226.

Hoover, D., Carlson, K., **Christensen, B.**, & Zebas, C. (2006). Biomechanical Analysis of Women Weightlifters during the Snatch, *Journal of Strength and Conditioning Research*, 20(3), 627-633.

**Christensen, B.** & Edwards, J. (2005). Walking: Selecting the Right Shoes. *North Dakota State University Extension Service*. Fargo, ND #FN-603.

**Christensen, B.** (2004). Individual Biomechanical Profiles of Changes in Technique between Practice and Competition in Seven Collegiate Pole Vaulters. In M. Lamontagne, D. Robertson, H. Sveistrup (Eds.) *Proceedings of 22<sup>nd</sup> International Symposium on Biomechanics in Sports*, pp. 527-530. Faculty of Health Sciences: University of Ottawa.

**Christensen, B.**, Terbizan, D., DeBlauw, C. (2004). No Changes in Commitment to Exercise in Adults During a 14 Week Concurrent Exercise Training Program. *Medicine and Science in Sport and Exercise*, 35(Suppl. 5), S64.

Terbizan, D., **Christensen, B.** & DeBlauw, C. (2004). Concurrent Training Adaptations in Adults. *Medicine and Science in Sport and Exercise*, 35(Suppl. 5), S159.

**Christensen, B.**, Zebas, C. (2001). Relationship of Biomechanical and Psychological Parameters Between Practice and Competition in Pole Vaulting. In J. Blackwell (Ed.), *Proceedings of Oral Sessions, 19th International Symposium on Biomechanics in Sports*, pp. 379-382. Exercise and Sport Science Department: The University of San Francisco.

**Christensen, B.**, Zebas, C. (2000). A Comparison of Practice and Competition Approach Velocities and the Position of the Top Hand Hold at the Pole Plant in Pole Vaulters. In Y. Hong & D. Johns (Eds.), *Biomechanics in Sports XVIII, Proceedings of the 18th International Symposium on Biomechanics in Sports*, pp. 233-235. Hong Kong: The Chinese University of Hong Kong.

Zebas, C., Carlson, K., **Christensen, B.**, Daniel, G., Hayes, M. (2000). Power Output in Women Weight Lifters During the Pull Phase of the Snatch. In Y. Hong & D. Johns (Eds.), *Biomechanics in Sports XVIII, Proceedings of the 18th International Symposium on Biomechanics in Sports*, pp. 387-388. Hong Kong: The Chinese University of Hong Kong.

Stranghoner, T., Zebas, C., Potteiger, J., **Christensen, B.** (1997). Kinematic changes in baseball pitching over a simulated game of baseball. In J. Wilkerson, K. Ludwig, & W. Zimmermann (Eds.), *Biomechanics in Sports XV, Proceedings of the 15th International Symposium on Biomechanics in Sports*, pp. 335-339. Denton, TX: Texas Woman's University.

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## PROFESSIONAL PRESENTATIONS

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**Christensen, B.**, Lyman, K., Grieshaber, D., & Hatterman-Valenti, H. (July 2020). Does hip contracture effect anterior pelvic tilt changes during squatting? International Conference of Biomechanics in Sports 2020 online conference due to COVID-19.

Anderson C, Gange K, **Christensen B**, Vetter R. The rate of intramuscular tissue temperature reduction between wetted ice with elastic wrap and Game Ready®. Mid-America Athletic Training Association (MAATA) Annual Meeting. La Vista, NE 2020.

Burkart, J., Koens, K., Lyman, K., Bond, C., & **Christensen, B.** (Accepted for presentation 2020, June but conference was canceled). Analysis of pronation in recreational runners treated with Kinesio Tape. National Athletic Training Conference, Atlanta, Georgia.

**Christensen, B.**, Lyman, K., Grieshaber, D., & Hatterman-Valenti, H. (July 2019). The effect of tight hips on squat technique. 37<sup>th</sup> International Conference of Biomechanics in Sports annual meeting, Oxford, Ohio.

Dicks, N., Mahoney, S., Anderson, V., Kilgore, B., Lyman, K., **Christensen B.**, & Hackney, K. (2019, April). Increased performance markers and load carriage in Army ROTC cadets using the critical velocity model. Oral presentation at NDSU's Graduate Student Council 3rd Annual Research Symposium, Fargo, ND.

Dicks, N., Mahoney, S., Kilgore, B., Lyman, K., **Christensen, B.**, & Hackney, K. (2019, April). Increased performance marker and load carriage in Army ROTC Cadets using the critical velocity model. Poster presentation at the HDE Research Showcase, Fargo, ND.

Koens, N. A., Burkart, J. K., Lyman, K. J., Bond, C. & **Christensen, B.** (2019, April). Evaluating the effectiveness of Kinesio® Tape as an intervention for recreational runners who pronate, Poster presentation at the College of HD&E Research Showcase, Fargo, ND.

**Christensen, B.**, Thielen, S., Hackney, K., Moen J. (2018, September). The effects of suspended weight resistance training on agility in collegiate athletes. 36th International Conference of Biomechanics in Sports annual meeting, Auckland, New Zealand.

Lyman, K., Schmidt, A., **Christensen, B.**, Hackney, K., Hanson, T. (2018, June) Comparing blood serum values of vitamin D and calcium in Division I female athletes. Presentation at the National Athletic Trainers' Association 69th Clinical Symposia & AT Expo, New Orleans, Louisiana.

**Christensen, B.**, Thielen, S., Hackney, K., Moen J. (2018, May). Suspended weight training during squats: Does it improve balance more than traditional squats? Poster presentation at the American College of Sports Medicine annual meeting, Minneapolis, Minnesota.

Terbizan, D., David, S., Hackney, K., Stastny, S., Hilliard, E., **Christensen, B.**, Rhee, Y., Mitchell, S. (2018, May). Body composition differences using skinfold, impedance, and DEXA. Poster presentation at the American College of Sports Medicine annual meeting, Minneapolis, Minnesota.

Hilgers-Greterman, S., Redenius, N., Strand, M., Byun, W., Strand, B., **Christensen, B.** (2018, May). Changes in sedentary time and physical activity of cancer survivors participating in an exercise program. Poster presentation at the American College of Sports Medicine annual meeting, Minneapolis, Minnesota.

Hilgers-Greterman, S., Redenius, N., Strand, M., Byun, W., Strand, B., **Christensen, B.** (2018, May). Changes in quality of life of cancer survivors participating in a group

exercise program. Poster presentation at the American College of Sports Medicine annual meeting, Minneapolis, Minnesota.

Mahoney, S., Dicks, N., McCullough, S., Lyman, K., **Christensen, B.**, & Hackney, K. (2018, April). Leg blood flow restriction during rowing exercise as a countermeasure to microgravity induced deconditioning, Poster presentation at the Northland ACSM spring conference, St. Paul, MN.

Grieshaber, D., **Christensen, B.**, Lyman, K., Hatterman-Valenti, Fisher, A. (2018, April). The reliability of two orthopedic special tests to determine hip flexor contracture with the assessment of pelvic tilt and hip flexion angles during a back squat. Poster presentation at the College of HD&E Research Day, Fargo, ND.

Conard, S., Lyman, K., **Christensen, B.**, & Dirksen, S. (2018, April). The relationship of injury and cardiorespiratory fitness and effective cardiopulmonary resuscitation (CPR) in firefighters, Poster presentation at the College of HD&E Research Day.

Stone, K. Lyman, K., **Christensen, B.** Brodersen, J., Hackney, K. (2017, May). Facilitation of paraspinal muscles with Kinesio® tape during exercise countermeasures. Poster presentation at the American College of Sports Medicine annual meeting, Denver, Colorado.

Brodersen, J., Lyman, K., Hackney, K., **Christensen, B.**, Stone, K., Hanson, T. (2017, February). Surface electromyography analysis of bilateral paraspinal muscles and quadriceps muscles with Kinesio® Tape application, Big Sky Athletic Training and Sports Medicine Conference, Big Sky, Montana.

Burkart, T., Joe, T., Lyman, K., **Christensen, B.**, Hackney, K., *Stone, K., Brodersen, J.* (2017, March). Biomechanical analysis of hip angles during a back squat with and without Kinesio® tape, Poster presentation at the Northland ACSM spring conference, St. Paul, MN.

Stone, K.A., Lyman, K., **Christensen, B.**, Brodersen, J., and Hackney, K.J. (2017, April). Facilitation of paraspinal muscles with Kinesio® tape during exercise countermeasures. North Dakota Space Grant Annual Affiliates Meeting, Bismarck, ND.

Rye, R.J., Lyman, K.J., **Christensen, B.**, Marx, A., & Hanson, T.A. (2017). Gender differences in lower extremity kinematics throughout various stages of a 5K run. College of HD&E Research Day.

**Christensen, B.**, Napoli, R., Hackney, K., Miller, J., Murata, H. (2016, July). The effects of two different types of dynamic warm-up and static stretching on power and speed. International Conference of Biomechanics in Sports annual meeting, Tsukuba, Japan.

Reynolds, A. M., Lyman, K. J., **Christensen, B.**, Hanson, T. A., & Marx, A. (2016, June). Analysis of hip fatigue throughout a one-mile run in recreational runners. Oral presentation at the National Athletic Trainers' Association 67th Clinical Symposia & AT Expo, Baltimore, Maryland.

**Christensen, B.** (2016, April). The effects of warm-ups and stretching on power output, speed, and agility. Sanford Power Strength & Conditioning Clinic, Fargo, ND. (invited presentation)

Lyman, K. J., Hackney, K., **Christensen, B.**, Sletten, S. & Hanson, T. (2015, November). Kinesio taping® as a low-cost intervention to assist with quadriceps muscle recruitment during exercise countermeasures. Kinesio Taping Association International Research Symposium, Tokyo, Japan.

Lyman, K. J., Hackney, K., **Christensen, B.**, Sletten, S. & Hanson, T. (2015, November). Kinesio taping® as a low-cost intervention to assist with quadriceps muscle recruitment during exercise countermeasures. American Society for Gravitational and Space Research Conference, Alexandria, VA.

**Christensen, B.**, Wilson, S., Gange, K., Todden, C., Harlene Hatterman-Valenti, H., Albrecht, J. (2015, June). The benefits of stretching during immobilization. International Conference of Biomechanics in Sports annual meeting, Poitiers, France.

Narveson, S., **Christensen, B.**, Gange, K., Todden, C., Hatterman-Valenti, H., & Albrecht, J. (2014, June). Chronic stretching during two weeks of immobilization decreases loss of girth, strength, and dorsiflexion ROM. NATA Clinical Symposia & AT Expo, Indianapolis, Indiana.

**Christensen, B.**, Francis, S., Keller, S., Strand, B., & Hatterman-Valenti, H. (2014, July). An examination of ground reaction forces of three pole vault take-off styles. International Conference of Biomechanics in Sports annual meeting, Johnson City, Tennessee.

Young, C., Hansen, P., Terbizan, D., **Christensen, B.**, Blodgett Salafia, B. (2013, June). Anterior cruciate neuromuscular training protocol of the core and hip musculature: Effects on female landing mechanics. American College of Sports Medicine annual conference, Indianapolis, Indiana.

**Christensen, B.**, & Okamoto, H. (2012, July). The relationship between abdominal muscular strength and quadriceps angle in subjects with patellofemoral pain. International Society of Biomechanics in Sports annual meeting, Melbourne, Australia.

**Christensen, B.**, Hilgers, S., Schuna, J., & Redenius, N. (2012, July). An examination of changes in upper and lower body power in ROTC cadets over the course of a

year. International Society of Biomechanics in Sports annual meeting, Melbourne, Australia.

**Christensen, B.**, Bruns, L., & Stastny, S. (2012, June). Improved flexibility and core strength in four different levels of acute pilates. American College of Sports Medicine annual conference, San Francisco, California.

Gust, A., Jorissen, K., Schuna, J., Hilgers, S., **Christensen, B.**, & Liguori, G. (2012, June). Associations of upper body test and upper and lower body power in ROTC cadets resting metabolic rate changes in women following different exercise training programs. American College of Sports Medicine annual conference, San Francisco, California.

Manikowske, T., Terbizan, D., Schuna, J., Tucker, J., **Christensen, B.**, Brunt, A., & Rhee Y. (2012, June). Resting metabolic rate changes in women following different exercise training programs. American College of Sports Medicine annual conference, San Francisco, California.

Gust, A., Jorissen, K., Schuna, J., Hilgers, S., **Christensen, B.**, & Liguori, G. (2012, April). Associations of upper body test and upper and lower body power in ROTC cadets resting metabolic rate changes in women following different exercise training programs. Human Development and Education College Research Day. Fargo, ND.

Manikowske, T., Terbizan, D., Schuna, J., Tucker, J., **Christensen, B.**, Brunt, A., & Rhee Y. (2012, April). Resting metabolic rate changes in women following different exercise training programs. Human Development and Education College Research Day. Fargo, ND.

Wagner, MG, Hansen, P, Rhee, Y, Terbizan, D, Brunt, A, **Christensen, B**, Tucker, J. Gust, A, Lee, C. (2011, September). Learning style preferences of undergraduate dietetics, exercise science, and athletic training students. American Dietetic Association Food and Nutrition Conference and Expo (FNCE), San Diego, CA.

**Christensen, B.**, Hilgers, S., Schuna, J., Radenic, C., Kresbach, K., Terbizan, D., Tucker, J., Manikowski, T., Liguori, G. (2011, July). A comparison of vertical jump displacements between a vertec and a forceplate. International Society of Biomechanics in Sports annual meeting, Porto, Portugal.

Hilgers, S., **Christensen, B.** (2011, July). Examination of acute whole-body vibration on maximal vertical jump height in collegiate volleyball athletes. International Society of Biomechanics in Sports annual meeting, Porto, Portugal.

Burrer, J., Hansen, P., Miller, K., **Christensen, B.** (2011, July). Fracture blisters following a posterior elbow dislocation: A case study. National Athletic Training Association conference, New Orleans, Louisiana.

**Christensen, B.**, Stastny, S., Hilgers, S., Okamatsu, H., Manikowske, Youd, L., Champa, J. (2011, May). Does creatine supplementation along with a resistance training program improve strength in women? American College of Sports Medicine annual conference, Denver, Colorado.

Hilgers, S., Schuna, J., Manikowske, T., Tucker, J., Terbizan, D., **Christensen, B.**, Liguori, G. (2011, May). Validity of U.S. department of defense instruction 1308.3 circumference equation in detecting body composition changes. American College of Sports Medicine annual conference, Denver, Colorado.

Terbizan, D., Wagner, M., Manikowske, T., Rhee, Y., Tucker, J., **Christensen, B.**, Brunt, A. (2011, May). Blood parameters comparison using the cholestech LDX system and a standard clinical laboratory assay technique. American College of Sports Medicine annual conference, Denver, Colorado.

Moen, J. & **Christensen, B.** (2011, April). Hunting for Health. American Association of Health, Physical Education, Recreation, and Dance (AAHPERD) Convention, San Diego, California.

Wagner, M.G., Hansen, P., Rhee, Y., Terbizan, D., Brunt, A., **Christensen, B.**, Tucker, J., Gust, A., & Lee, C. (2011, April). Learning style preferences of undergraduate dietetics, exercise science, and athletic training students. Human Development and Education College Research Day. Fargo, ND.

**Christensen, B.**, Pinske, K., Hilgers, S. (2010, July). A comparison of lower body angles between free high pulls and a fixed high pull apparatus. International Society of Biomechanics in Sports annual meeting, Marquette, Michigan.

Hilgers, S. & **Christensen, B.** (2010, July). The effects of acute whole-body vibration on maximal countermovement vertical jump in recreationally active males and females. International Society of Biomechanics in Sports annual meeting, Marquette, Michigan.

Wagner, M., Manikowske, T., Terbizan, D., Rhee, Y., Brunt, A., Hansen, P., **Christensen, B.**, Tucker, J., & Stastny, S. (2010, April). Food intake and risks for chronic diseases: Results from BISON ON THE MOVE. Human Development and Education College Research Day. Fargo, ND.

Manikowske, T., Terbizan, D., Hansen, P., **Christensen, B.**, Tucker, J., Brunt, A., Rhee, Y., Stastny, S., & Wagner, M. (2010, April). Physiological improvement from BISON ON THE MOVE. Human Development and Education College Research Day. Fargo, ND.

**Christensen, B.**, Cardinal, A., Dinsmore, S., Moen, J. (2010, February). Using a functional movement screen to assess asymmetry in the body. Central District AAHPERD Meeting, Fargo, ND.

**Christensen, B.**, Schuna, J., Moen, J. (2010, February). Unique ways to resistance train using the strongman events. Central District AAHPERD Meeting, Fargo, ND.

Hilgers, S. & **Christensen, B.** (2009, August). The effects on strength, power, and genu valgum following a five week training program with whole-body vibration. International Society of Biomechanics in Sports annual meeting, Limerick, Ireland.

Aman, J. & **Christensen, B.** (2009, August). Effects of static stretching, PNF stretching, and dynamic warm-up on maximum power output and fatigue. International Society of Biomechanics in Sports annual meeting, Limerick, Ireland.

Lee, C., Hansen, P. Terbizan, D., Brunt, A., **Christensen, B.**, Rhee, Y. & Stastny, S. (2009). The Effect of Physical Training and Nutrition Education on Risk Factors of Chronic Disease [Oral Presentation]. Historically Black Colleges and Universities Undergraduate Program (HBCU-UP) National Research Conference, Washington, DC.

Lee, C., Hansen, P. Terbizan, D., Brunt, A., **Christensen, B.**, Rhee, Y. & Stastny, S. (2009). The Effects of Physical Activity and Nutrition Education on Risk Factors of Chronic Disease [Oral and Poster Presentation]. NDSU Equity, Diversity, and Global Outreach Undergraduate Research STEM Program, Fargo, ND.

Siegel, C. & **Christensen, B.** (2009, May). Effectiveness of a Summer Training Program on Sprint Acceleration of High School Athletes, American College of Sports Medicine annual meeting, Seattle, Washington.

**Christensen, B.** & Moen, J. (2009, April). A comparison of jump squats and traditional squats on power, American Association of Health, Physical Education, Recreation, and Dance Convention, Tampa, Florida.

Theis, J., Rhee, Y., Brunt, A., Terbizan, D. J., **Christensen, B.** (2009, April). Effects of concurrent exercise on blood glucose and dietary intake. North Dakota Dietetic Association Spring Convention. Fargo, ND.

Campion, P., **Christensen, B.**, & Moen, J. (2009, March). Utilizing bands & chains as accommodated resistance in training exercises. Central District AAHPERD Meeting, Rochester, Minnesota.

Terbizan, D. **Christensen, B.**, Brunt, A., Rhee, Y., Theis, J., Lyons, A. Moen, J. (2008, May). Effects of concurrent training on blood lipids and glucose, American College of Sports Medicine annual meeting, Indianapolis, IN.

**Christensen, B.**, Moen, J., Edberg, C., & Appel, T. (2008, March). Functional training philosophy, training tools, and exercises, Central District AAHPERD Meeting, Omaha, Nebraska.



Moen, J. & **Christensen, B.** (2008, March). Plyometric guidelines and applications for training and conditioning, Central District AAHPERD Meeting, Omaha, Nebraska.

**Christensen, B.** & Fontaine, C. (2007, August). Functional Training: Paradigm, Philosophy, and Exercises. Presentation at the first ever North Dakota National Strength and Conditioning Clinic, Grand Forks, ND. (Invited speaker)

**Christensen, B.** & Hansen, P. (2007, May). Dartfish Biomechanical Analysis Software, Red River Valley Sports Medicine Institute 14<sup>th</sup> Annual Spring Sports Medicine Symposium, Fargo, North Dakota. (Invited speaker).

Pinske, K. & **Christensen, B.** (2007, April). Creating Powerful Athletes Using Power Clean High Pulls, Central District AAHPERD Meeting, Kansas City, Kansas.

**Christensen, B.**, Hansen, P., & Albrecht, J. (2006, April). What is the right shoe for you?, Poster presentation accepted for presentation at the annual meeting of the American Association of Health, Physical Education, Recreation, and Dance, Salt Lake, Utah.

Pinske, K. & **Christensen, B.** (2006, March). The power clean: proper progression of the power clean from the pull to the platform, Central District AAHPERD Meeting, Broomfield, Colorado.

**Christensen, B.** (2005, May). Selecting the appropriate shoe based on your foot pattern during gait. Presentation at the Central District AAHPERD Meeting, Cheyenne, WY.

**Christensen, B.** and Edwards, J. (2004, October). Walking: Selecting the Right Shoe. North Dakota State University Fall Extension Conference, Fargo, ND.

**Christensen, B.** (2004, August). Individual Biomechanical Profiles of Changes in Technique between Practice and Competition in Seven Collegiate Pole Vaulters. International Society of Biomechanics in Sports, Ottawa, Canada.

**Christensen, B.**, Terbizan, D. & DeBlauw, C. (2004, June). No Changes in Commitment to Exercise in Adults During a 14 Week Concurrent Exercise Training Program, American College of Sports Medicine annual meeting, Indianapolis, IN.

Terbizan, D., **Christensen, B.**, DeBlauw, C. (2004, June). Concurrent Training Adaptations in Adults. American College of Sports Medicine annual meeting, Indianapolis, IN.

**Christensen, B.** (2004, March). Explanations and Demonstrations of the Concepts of Fluid Force, Power, and Torque to Assist Physical Education and Human Fitness

and Performance Students in Understanding These Concepts. Phi Delta Kappa Showcase, Minnesota State University Moorhead, Moorhead, MN.

**Christensen, B.** (2004, February). Biomechanical Concepts to Explain, Evaluate, and Improve Motor Skills of Physical Education Students or Athletes. Central District AAHPERD Meeting, Duluth, MN.

**Christensen, B.** (2003, July). Biomechanics of Strength Training. North Dakota High School Coaches Association Clinic, Fargo, ND.

**Christensen, B.** (2003, March). Biomechanical Analysis of Athletic Performances. Phi Delta Kappa Showcase, North Dakota State University, Fargo, ND.

**Christensen, B. & Zebas, C.** (2001, June). Relationship of Biomechanical and Psychological Parameters Between Practice and Competition in Pole Vaulting. International Society of Biomechanics in Sports, San Francisco, California.

**Christensen, B. & Zebas, C.** (2000, June). A Comparison of Practice and Competition Approach Velocities and the Position of the Top Hand Hold at the Pole Plant in Pole Vaulters. International Society of Biomechanics in Sports, Hong Kong.

Zebas, C., Carlson, K., **Christensen, B.**, Daniel, G., & Hayes, M. (2000, June). Power Output in Women Weight Lifters During the Pull Phase of the Snatch. International Society of Biomechanics in Sports, Hong Kong.

**Christensen, B. & Greene, L.** (1997, October). Athlete's Feelings During Peak Performances. Central States meeting of American College of Sports Medicine, Kansas City, Missouri.

Stranghoner, T., Zebas, C., Potteiger, J. & **Christensen, B.** (1997, June). Kinematic Analysis of Selected Parameters in Baseball Pitching. International Society of Biomechanics in Sports, Denton, Texas.

**Christensen, B.** (1997, March). The University of Kansas Challenge Course and How it Can Help Your Business. Topeka Area Manufacturing Network, Topeka, Kansas.

**Christensen, B., Zebas, C., Potteiger, J., & Lockwood, R.** (1996, October). Correlates of the Vertical Jump. Central States meeting of American College of Sports Medicine, Norman, Oklahoma.

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## GRANTS

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### ***External - pending***

Collins, K. & **Christensen, B.** (2021). The effect of load on metabolic costs and kinematics of the squat exercise. American College of Sports Medicine Foundation Research Grant, \$4,285.00.

***External - Funded***

Lyman, K. J., Hackney, K., **Christensen, B.**, & Sletten, S. (2014). Kinesio Taping® as a Low-Cost Intervention to Assist with Quadriceps Muscle Recruitment During Exercise Countermeasures. Grant awarded from North Dakota Space Grant Consortium funded via National Aeronautics and Space Administration (NASA). \$12,450.

Narvenson S. & **Christensen, B.** (2013). Effects on Plantarflexor Strength and Calf Girth When Static Stretching is Implemented During Two Weeks of Immobilization, DJO, LLC; January 2013- May 2013, \$2,340.00.

***External - unfunded***

McGrath R, Hackney K, Tomkinson G, **Christensen B (Co-I)**, Rhee Y. (2020). Additional Handgrip Measurements for Fall Risk Assessments in Older Adults. NIH-NIA: \$421,942 (withdrawn-not funded).

**Christensen, B.**, Lyman, K., & Schmidt, A. (2018). Comparing blood serum values of vitamin D and Calcium in Division I female athletes, Northland ACSM Innovative Student Research Grant, \$980.

Hackney, K., Stastny, S. & **Christensen, B.** (2014). Resistance Exercise and ION-3 Nitrate Technology: Muscle, Metabolism, and Power, MusclePharm/International Society of Nutrition, \$10,000.

Kouba, J, Berg, E., Doetkott, C., **Christensen, B.**, Hilmert, C., Eason, E., Ryan, K., & Crosby, P. (2012). The effects of horsemanship and equine management activities for active duty military diagnosed with PTSD or PTSD and mild TBI. Horses & Humans Research Foundation, 2013, \$50,000.

Narvenson S. & **Christensen, B.** (2012). Does a static stretching program reduce the amount of atrophy and the loss of strength caused by immobilization of a joint?, 2012 NCAA Graduate Student Research Grant, \$2,760.

Terbizan, D., Hansen, P., Brunt, A., Rhee, Y., **Christensen, B.**, Stastny S., Tucker, J., Bison on the move. Fargo-Moorhead Area Foundation. August 2010-May 2011. \$30,160.

**Christensen, B.**, Simmons, B., Edwards, J. Keeping Workers Healthy in Long-Term Care Facilities, National Institute of Health; \$630,000.

Sanders, G., Bratteli, M., Brunt, A., **Christensen, B.**, Deal, J., Klenow, D., McCaul, K., Rhee, Y., Fitzgerald, M., Garden-Robinson, J., Nielsen, R., Strand, B., Terbizan, D., National Institute of Health-Building Research Infrastructure and Capacity program; \$460,475.

Brunt, A., **Christensen, B.**, Rhee, Y., Terbizan, D. Keeping Health Care Workers Healthy, United States Department of Agriculture, \$1,169,957.

Brunt, A., **Christensen, B.**, Edwards, E., Magel, R., Rhee, Y., Terbizan, D. Keeping Health Care Workers Healthy, United States Department of Agriculture, \$999,926.

Edwards, J., Brunt, A., **Christensen, B.**, Magel, R., Rhee, Y., Simmons, B., Terbizan, D. Keeping Health Care Workers Healthy, Centers for Disease Control and Prevention, \$1,098,160.

***Internal - funded***

**Christensen, B.** (2019-2022). HDE Doctoral Research Assistantship Award, \$36,000.

Hackney, K. & **Christensen, B.** (2018). Graduate Student Recruiting Enhancement Award, \$4,660.

**Christensen, B.** & Lyman, K. (2017) College of HDE funding for undergraduate research, \$1,000.

**Christensen, B.** (2017). Graduate school funding to recruit students; \$2,984.80

**Christensen, B.** (2016). Graduate school funding to recruit students; \$1,130.

Hackney, K., **Christensen, B.**, & Fitzgerald, M. (2014). Graduate school recruiting proposal, NDSU Graduate School; \$5,000 + \$5,000 match from Department of HNES.  
**Christensen, B.** (2014). Travel support to the International Society of Biomechanics in Sports (ISBS) conference in Johnson City, Tennessee, Provost's research and scholarship travel fund, \$200.

Brunt, A., Yeong, R. & **Christensen, B.** (2013). NDSU Advance FORWARD-Mid-Career peer mentoring grant program, \$351.

**Christensen, B.** (2012). Travel support to the International Society of Biomechanics in Sports (ISBS) conference in Melbourne, Australia, Provost's research and scholarship travel fund, \$300.

**Christensen, B.** (2012). Travel support to the national ACSM meeting in San Francisco, CA. from the Provost's Research and Scholarship Travel Fund, \$1,000.

**Christensen, B.** December, 2011. Support to travel to and present at the ACSM national conference, NDSU Provost Travel and Research Fund \$1,000, plus matching from the College of HDE \$500 and Department of HNES \$500, total \$2,000.

Terbizan, D., Hansen, P., **Christensen, B.**, Tucker, J., Rhee, Y., Brunt, A., Manikowske, T., Stromberg, M. Bison on the Move-funding for blood work, Spring 2011, College of HDE and Department of HNES, \$3,500.

Terbizan, D., Hansen, P., **Christensen, B.**, Tucker, J., Rhee, Y., Brunt, A., Stastny, S., Manikowske, T., Stromberg, M. Bison on the Move-funding for blood work, Fall 2010, College of HD&E and Department of HNES, \$2,000.

Stastny, S., **Christensen, B.**, Hilgers, S., Manikowske, T., Okamatsu, H., Champa, J. Fall 2009 Creatine study, \$700 Creatine donation from Vitamin World; \$175 Cheese donation from Tillamook County Creamery Association; \$2,500 EPSCOR, \$700 College of Human Development, \$3,200 Department of Health, Nutrition, and Exercise Sciences, total = \$7,275.

Terbizan, D., Hansen, P., **Christensen, B.**, Stastny, S., Rhee, Y., Brunt, A., Manikowske T. Fall, 2009. Bison on the move research project, Department of Health, Nutrition, and Exercise Sciences and the College of Human Development and Education, \$3250.

**Christensen, B.** (Fall Semester, 2008). Course buy out for manuscript work. College of Human Development and Education, North Dakota State University; \$3,000.

**Christensen, B.** (January, 2008). Professional development funding, NDSU President's Office; \$1,000.

**Christensen, B.** (Spring Semester, 2007). Course buy out for grant work. College of Human Development and Education, North Dakota State University; \$3,000.

**Christensen, B.** (January, 2007). Professional development funding, NDSU President's Office; \$1,000.

**Christensen, B.** Request for five Dartfish software licenses, digital camcorder, & firewire. EPSCoR + matching funds from the College of Human Development and Education and the Department of Health, Nutrition, and Exercise Sciences; \$9,657.80.

**Christensen, B.** Professional Development, North Dakota State University President; 11/05, \$1,000.

**Christensen, B.** Funding for Certified Strength and Conditioning Specialist (CSCS) Exam. Dean's Professional Development Funds, College of Human Development and Education + matching funds from Health, Nutrition, and Exercise Sciences Department, 1/05, \$500.

**Christensen, B.** Professional Development, North Dakota State University President; 7/04, \$1,000.

**Christensen, B.** Professional development funding, NDSU President's Office; 1/04, \$1,000.

Pleban, F. & **Christensen, B.** North Dakota State University College of Human Development and Education Dean's office; 9/03, \$1,103.

**Christensen, B.** North Dakota State University College of Human Development and Education Dean's office, 9/03, \$180

**Christensen, B.** Professional Development, North Dakota State University President, 9/03, \$1,000.

**Christensen, B.** Professional Development, North Dakota State University President, 9/02, \$1,000.

***Internal - unfunded***

Fitzgerald, M. & **Christensen, B.** (2013). Graduate school recruiting proposal, NDSU Graduate School; \$4,980 + \$6,120 match from Department of HNES.

**Christensen, B.** (2012). Travel support to the International Society of Biomechanics in Sports (ISBS) conference in Melbourne, Australia, The Centennial Endowment Fund-NDSU Development Foundation Board of Trustees, \$5,000, 2012.

**Christensen, B.** (2012). Travel support to the International Society of Biomechanics in Sports (ISBS) conference in Melbourne, Australia, The NDSU Development Foundation Board of Trustees Endowment-NDSU Development Foundation Board of Trustees, \$1,000.

**Christensen, B.,** Okamatsu, H. (2012). Travel support for Okamatsu to the International Society of Biomechanics in Sports (ISBS) conference in Melbourne, Australia, The Centennial Endowment Fund-NDSU Development Foundation Board of Trustees, \$5,000.

**Christensen, B.** (2012). Travel support for Okamatsu to the International Society of Biomechanics in Sports (ISBS) conference in Melbourne, Australia, The NDSU Development Foundation Board of Trustees Endowment-NDSU Development Foundation Board of Trustees, \$1,000.

**Christensen, B.,** & Narvenson S. (2012). Does a static stretching program reduce the amount of atrophy and the loss of strength caused by immobilization of a joint?, The Centennial Endowment Fund-NDSU Development Foundation Board of Trustees, \$3,600.

Bergstrom, A., Clark, J., Slator, B., White, A., Schwert, D., **Christensen, B.,** Landrum, J., Penuel, J., Terbizan, D. (2003). North Dakota State University Technology Fee Advisory Committee + matching funds, \$103,411.

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**COMMITTEES**

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## **University**

- Provost exploratory committee examining combining the RCA and Graduate School offices, 2020-2021.
- NDSU EXPLORE presentation judge, November, 2017
- University Academic Affairs Committee, North Dakota State University, 2012 – 2016.
- Endowed professor applications review committee, 2012-2013.
- University Faculty Development Committee, North Dakota State University.
- University Grade Appeals Board, North Dakota State University.

## **College**

- Search committee for the HDE Interim Director of Student Services and Advancement, December 2016, committee member
- Gerontology/HNES dual degree Ph.D. committee, 2013-current
- HDE graduate leaders committee, 2013-current
- Dean Clark-Johnson 3-year performance review, committee member, Fall 2011
- Human Development and Education, Ph.D. committee, Fall 2006 to Spring 2010, committee member.

## **Department**

- Undergraduate Exercise Science, member, 2008-current
- Ph.D. curriculum sub-committee, Chair, 2013-2018
- Sport management tenure track position search committee, member, Spring 2018
- Pre-Physical Therapy Club Advisor, 2013-current.
- Search committee for two Exercise Science positions, Sept 2012-May 2013, committee member.
- Search committee for Athletic Training position, June 2012-February 2013, committee member.
- HNES PTE committee, continuous, committee member
- Health, Nutrition, and Exercise Sciences Department, Athletic Training faculty position search committee, May 2012.
- Chair of the Health, Nutrition, and Exercise Sciences Department Physical Education/Education search committee, North Dakota State University, 2010.
- Member of the Health, Nutrition, and Exercise Sciences Department Sport Pedagogy MS option curriculum.
- Health, Nutrition, and Exercise Sciences Department Chair search committee, North Dakota State University.
- Ad hoc committee on student learning, Health, Nutrition, and Exercise Sciences Department, North Dakota State University
- Graduate Committee, Health, Nutrition, and Exercise Sciences Department, North Dakota State University
- Graduate Program Sub-Committee to develop internship materials for the Sport and Recreation Management M.S. degree, Health, Nutrition, and Exercise Sciences Department, North Dakota State University

- Masters Program Applications Review Committee, Health, Nutrition, and Exercise Sciences Department, North Dakota State University
- Human Performance and Fitness Committee, Health, Nutrition, and Exercise Sciences Department, North Dakota State University
- Physical Education Committee, Health, Nutrition, and Exercise Sciences Department, North Dakota State University
- Undergraduate Committee for Human Performance and Fitness, Nutrition, and Athletic Training, North Dakota State University
- Undergraduate Committee for Sport Management Option in Recreation Management
- Health, Nutrition, and Exercise Science Chairman Performance Review Committee, North Dakota State University
- Question Writer for a Masters Student Comprehensive Examinations, Health, Sport, and Exercise Sciences Department, University of Kansas, 2002
- Student Interview Committee of Possible New Chairman of Health, Sport, and Exercise Sciences Department, University of Kansas, 1997

#### **Other**

- North Dakota State University Army ROTC Department, scholarship interview board.

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### **PROFESSIONAL SERVICE**

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- Invited reviewer, International Journal of Exercise Science, 2019-2020
- Invited reviewer, International Journal of Exercise Science, 2016-2017
- Invited reviewer, Research Quarterly for Exercise and Sport, 2014.
- Scientific Committee/Invited reviewer of manuscript proposals for the International Society of Biomechanics in Sports (ISBS) conference July 2014.
- \*Moderator for presentations at the International Society of Biomechanics in Sports (ISBS) conference July 2014.
- External reviewer of the Mayville State University Fitness and Wellness Program, Fall 2013.
- Abstract/presentation proposal reviewer Northland Chapter of the American College of Sports Medicine (NACSM) March, 2013.
- President, Northland Chapter of the American College of Sports Medicine, 2011 - 2012.
- President-elect, Northland Chapter of the American College of Sports Medicine, 2010 -2011.
- Planning coordinator for the Northland Chapter of the American College of Sports Medicine Fall 2011 conference hosted by NDSU.
- Nominee, President of Northland Chapter of the American College of Sports Medicine, 2009-2010.
- Manuscript reviewer, Research in Sports Medicine, 2008
- Manuscript reviewer, Journal of Sports Science and Medicine, 2006



- North Dakota representative to the ACSM Northland Chapter 2005 -2007 and 2007-2009.
- Central District AAHPERD Vice-President for sport and physical education, 2006-2008.
- Central District AAHPERD section chair for sport, 2004 – 2006.
- Reviewer, Lesson 5 Leader Guide-Diabetes and Physical Activity and accompanying lesson material. Jane Edwards & Jenna Johnson, NDSU Extension Service, 1/07.

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### **PROFESSIONAL ASSOCIATIONS**

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- International Society of Biomechanics in Sports
- American College of Sports Medicine
- Northland Chapter of American College of Sports Medicine
- National Strength and Conditioning Association

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### **CERTIFICATIONS**

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- Certified Strength and Conditioning Specialist (CSCS)
- USA Track & Field Level I Coach
- Red Cross certification in First Aid and CPR