

Brett D. Bruininks, PhD

Current Position:

- Assistant Professor: Department of Health & Exercise Science, Morrison Family College of Health, University of St. Thomas (St. Paul, MN)

Contact Information

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Academic Degrees

- *Doctor of Philosophy* (2009): Kinesiology (Exercise Physiology). University of Minnesota-Twin Cities (Minneapolis, MN). Dissertation Link: <http://hdl.handle.net/11299/54108>
- *Master of Education* (2005): Exercise Science. University of Minnesota-Twin Cities (Minneapolis, MN).
- *Bachelor of Arts* (1996): Psychology. University of Notre Dame (South Bend, IN).

Current Courses

- EXSC 214: Human Physiology
- EXSC 214-Lab: Human Physiology
- EXSC 332: Exercise Physiology
- EXSC 450: Exercise Science Internship

Current Research/Projects

- **Bruininks BD, Sage SK, Korak JA.** Evaluation of Short-Term Multi-Component Exercise Programming on Major Variables that Directly Influence Fall Risk in Older Women: A Pilot Study. *Journal of Women and Aging*. **Currently Under Review** (Submitted, March 2020):
- **Research (2019-2020): The Mindful Movement Project (Phase II):** A SOLV Initiative Community Research Project. *The Influence of an 8-week Multi-Component Training Program on Muscle Strength, Balance, Walking Speed, and Confidence in Older Adults: Adapted Aquatic Model.*
- **Research (2018-2019): The Mindful Movement Project (Phase I):** A SOLV Initiative Community Research Project. *The Influence of an 8-week*

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Multi-Component Training Program on Muscle Strength, Balance, Walking Speed, and Confidence in Older Adults: Land Model.

- **Revision and Re-Standardization (2019-present):** *Bruininks-Oseretsky Test of Motor Proficiency, Third Edition (BOT-3)*. Pearson Publishing (San Antonio, TX). Anticipated Release Date: July, 2022.
- AB Friere-Ribeiro, **BD Bruininks**, GM Street, AJ Smock, LM Scibora. Tibial Geometry, Density, and Strength in College-Aged Female Eumenorrhoeic Dancer, Gymnasts, and Runners: A pQCT Study. *International Association for Dance Medicine & Science*. Manuscript under development (Submission: September, 2020).

Publications: Standardized Motor Assessments

- RH Bruininks & **BD Bruininks**. *Bruininks-Oseretsky Test of Motor Proficiency, 2nd Edition (BOT-2)*. Pearson Publishing: San Antonio, TX (2005).
- **BD Bruininks** & RH Bruininks. *Bruininks Motor Ability Test for Adults (BMAT)*. Pearson Publishing: San Antonio, TX (2013).
- RH Bruininks & **BD Bruininks**. *Bruininks-Oseretsky Test of Motor Proficiency, 2nd Edition: Fine and Gross Motor Assessment*. Pearson Publishing: San Antonio, TX (2011).
- RH Bruininks & **BD Bruininks**. *Bruininks-Oseretsky Test of Motor Proficiency, 2nd Edition: Assessment Brief*. Pearson Publishing: San Antonio, TX (2010).

Publications: Peer-Reviewed

- **Bruininks BD**, Mead TP, Smock AJ, Vancil M, Mellick PF. Differences in Bone Strength Indices Between Trained Male and Female Athletes Competing in the Same Sport: A pQCT Study. *Journal of Exercise Physiology* (on-line), 2020;23(4):70-87.
- JA Korak, **BD Bruininks**, MR Paquette. The Influence of Normalization Technique on Between-Muscle Activation During a Back-Squat: Technical Note. *International Journal of Exercise Science* 2020;13(1):1098-1107.
- **Bruininks BD**, Korak JA, Scibora LM, Sage SK, Mellick PF. Swimming and Bone Density: A DXA and pQCT Study Examining Swimming as an Osteogenic Activity. *Journal of Exercise Physiology* (on-line), 2019;22(1):75-91.
- TP Mead, **BD Bruininks**, DJ Guillot (2019). Legal Consequences of Using Homemade or Modified Exercise Equipment in Adapted Physical Education. *Palaestra*, 2019;33(3):40-47.

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Publications: Abstracts

- **BD Bruininks**, D Hansen, L Wikstrom, JA Korak (2020). Short-term Multicomponent Exercise: Effective For Addressing Major Variables That Influence Fall Risk In Older Adults. *Medicine & Science in Sports & Exercise*, Supplement: Volume 52:7S:736. Doi: 10.1249/01.mss.0000683172.65801.93
- JA Korak, **BD Bruininks**, MR Paquette (2020). The Influence Of Normalization Technique On Between-muscle Activation During A Back-squat: Methodological Considerations. *Medicine & Science in Sports & Exercise*, Supplement: Volume 52:7S:676. Doi: 10.1249/01.mss.0000682500.56692.37
- J McGowan, BA Duoos, **BD Bruininks**, LM Scibora (2016). Side-to-Side Differences in the Arm of a Collegiate Pitcher Related to Strength and Flexibility. *Medicine & Science in Sports & Exercise*, Supplement: Volume 48:5S:1005-1006. Doi: 10.1249/01.mss.0000488024.37517.81
- AB Ribeiro, GM Street, AJ Smock, **BD Bruininks**, LM Scibora (2016). Comparison of Tibial Strength Between Adult Female Dancers, Gymnasts, and Runners. *Medicine & Science in Sports & Exercise*, Supplement: Volume 48:5S:146. Doi: 10.1249/01.mss.0000485437.94541.79
- K Haight, LM Scibora, **BD Bruininks**, BA Duoos (2015). Differences Between Tibia Bone Density and Geometry of Male Collegiate Rowers and Sedentary Males. *Medicine & Science in Sports & Exercise*, Supplement: Volume 47:5S:703. Doi: 10.1249/01.mss.0000478641.02048.84
- LM Scibora & **BD Bruininks**. Gender Differences in Bone Strength Exist Among Elite Athletes in Weight-Bearing Sports (2013). *Medicine & Science in Sports & Exercise*, Supplement: Volume 45:5S:233-243. Doi: 10.1249/01.mss.0000433663.68486.70
- **BD Bruininks** & LM Scibora. Bone Density and Strength Differences Among Elite Female Athletes in Weight-Bearing Versus Non Weight-Bearing Sports (2012). *Journal of Bone and Mineral Research*, Supplement: Volume 27:S1:82. <https://doi.org/10.1002/jbmr.1852>
- MN Sharpe, **BD Bruininks**, BA Blacklock, B Benson, DM Johnson. The Emergence of Psychiatric Disabilities in Post-Secondary Education: Issue Brief. *National Center on Secondary Education and Transition*, August, 2004;3(1):1-6. Available: www.ncset.org/publications/viewdesc.asp?id=1688

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Professional Presentations

- **BD Bruininks**, D Hansen, L Wikstrom, JA Korak. *Short-term Multicomponent Exercise: Effective For Addressing Major Variables That Influence Fall Risk In Older Adults* (Oral Thematic Poster). American College of Sports Medicine 67th Annual Meeting. May 26-30, 2020; San Francisco, CA.
- JA Korak, **BD Bruininks**, MR Paquette. *The Influence Of Normalization Technique On Between-muscle Activation During A Back-squat: Methodological Considerations* (Oral Thematic Poster). American College of Sports Medicine 67th Annual Meeting. May 26-30, 2020; San Francisco, CA.
- **BD Bruininks**, SK Sage, MG Knoll, J Chavez, C Schmitz, JA Korak. *The Influence of an 8-Week Dynamic Resistance Training Program on Muscle Strength, Motor Unit Activation, Balance, and Confidence in Older Healthy Adults* (Oral Thematic Poster). International Association of Gerontology and Geriatrics (IAGG, European Region); May 23-25, 2019; Gothenburg, Sweden.
- **BD Bruininks** & M Klein. *Issues Resulting From Early Sports Specialization*. National Strength and Conditioning Association: North Central Regional Conference: April 28, 2018; St. Paul, MN.
- **BD Bruininks**, CP Conner, J Sommer, N Haines. *Overcoming Challenges in Testing: Useful Administration Practices When Using the BOT-2*. (August 7, 2017): Pearson Publishing: National Occupational Therapy Week.
- J McGowan, BA Duoos, **BD Bruininks**, LM Scibora. *Side-to-Side Differences in the Arm of a Collegiate Pitcher Related to Strength and Flexibility* (Oral Thematic Poster). American College of Sports Medicine 63rd Annual Meeting. May 31-June 4, 2016; Boston, MA.
- A Ribeiro, GM Street, AJ Smock, **BD Bruininks**, LM Scibora (2016). *Comparison of Tibial Strength Between Adult Female Dancers, Gymnasts, and Runners* (Oral Thematic Poster). American College of Sports Medicine 63rd Annual Meeting. May 31-June 4, 2016; Boston, MA.
- K Haight, LM Scibora, **BD Bruininks**, BA Duoos. *Differences Between Tibia Bone Density and Geometry of Male Collegiate Rowers and Sedentary Males* (Oral Thematic Poster). American College of Sports Medicine 62nd Annual Meeting: May 26-30, 2015; San Diego, CA.
- **BD Bruininks**. *Using the Bruininks Motor Ability Test (BMAT) to Assess Motor Function in Adults*. 93rd Annual Conference of the American Occupational Therapy Association: April 25-28, 2013; San Diego, CA.

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- LM Scibora & **BD Bruininks**. *Gender Differences in Bone Strength Exist Among Elite Athletes in Weight-Bearing Sports*. (Oral Thematic Poster). American College of Sports Medicine 60th Annual Meeting: May 28-June 1, 2013; Indianapolis, IN.
- **BD Bruininks** & LM Scibora. *Bone Density and Strength Differences Among Elite Female Athletes in Weight-Bearing Versus Non Weight-Bearing Sports*. (Oral Thematic Poster: Plenary Session). The American Society for Bone and Mineral Research Annual Meeting. October 12-15, 2012; Minneapolis, MN.
- **BD Bruininks** & LM Scibora. *Bone Density and Strength Differences Among Elite Female Athletes in Weight-Bearing Versus Non Weight-Bearing Sports*. (Oral Thematic Poster). The American Society for Bone and Mineral Research Annual Meeting: October 12-15, 2012; Minneapolis, MN.
- **BD Bruininks**. *Using the Bruininks-Oseretsky Test of Motor Proficiency, 2nd Edition (BOT-2) to Assess Motor Deficits in Children*. 91st Annual Conference of the American Occupational Therapy Association: April 14-17, 2011; Philadelphia, PA.
- **BD Bruininks**. *Measuring Motor Deficits in Children Using Standardized Tests*. Australian Occupational Therapy Association: July 15-23, 2010; Sydney, Australia.
- **BD Bruininks**. *Bruininks-Oseretsky Test of Motor Proficiency: BOT-2 (2nd Edition)*. Minnesota Occupational Therapy Association (MOTA) Annual Conference: October 8-9, 2007; Plymouth, MN.
- RH Bruininks, **BD Bruininks**, J Bielinski. *Bruininks-Oseretsky Test of Motor Proficiency: BOT-2 (2nd Edition)*. 86th Annual Conference of the American Occupational Therapy Association: April 27-30, 2006; Charlotte, NC.
- **BD Bruininks**, J Bielinski. *Bruininks-Oseretsky Test of Motor Proficiency: BOT-2 (2nd Edition)*. Syracuse Area Occupational Therapy Association: Syracuse, NY. (May 4-6, 2006).
- DA Duprez, J Zantner, **BD Bruininks**, JM Warpeha, DR Dengel, JN Cohn. *BNP Exercise/Rest Ratio is More Sensitive than NT-pro-BNP Exercise/Rest Ratio for Assessment of Myocardial Stress*. 21st Annual Scientific Meeting and Exposition of the American Society of Hypertension: May 16-20, 2006; New York, NY.
- **BD Bruininks**, J Bielinski, M Samlaska. *Bruininks-Oseretsky Test of Motor Proficiency: BOT-2 (2nd Edition)*. Annual Conference of the American Physical Therapy Association: June 21-24, 2006; Orlando, FL.

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- RC Serfass & **BD Bruininks**. *The Role of Wellness in the Development of Exercise Physiology*. ICHPER.SD 44th Congress: June 26-29, 2002; Taipei, Taiwan.

Additional Professional Development

- **BD Bruininks**. Yearly Training Workshop: *Overcoming Challenges in Testing: Useful Administration Practices When Using the BOT-2*. St. Catherine University Doctoral Program in Physical Therapy (2016-present; St. Paul, MN).
- **BD Bruininks**. Training Workshop: *Using Standardized Tests to Assess Activities of Daily Living in Older Adults* (September 3, 2015: Benedictine Health Services; Shakopee, MN).
- **BD Bruininks**. Training Webinar: *Using the Standardized Assessments to Identify and Support Students with Fine and Gross Motor Difficulties* (Pearson Publishing; September 21, 2015).
- **BD Bruininks**. Training Workshop: *Bruininks-Oseretsky Test of Motor Proficiency: BOT-2 (2nd Edition)*. University of Minnesota School of Occupational Therapy (Minneapolis, MN; January 10, 2007).
- MN Sharpe & **BD Bruininks** (2003). *Services for Students with Psychiatric Disabilities in the Big Ten Schools*. Unpublished Manuscript, Institute on Community Integration, University of Minnesota.
- MJ McBride & **BD Bruininks**. (2001). *Services for Persons with Disabilities (Manual Rev.)*. Institute on Community Integration. University of Minnesota.

Additional Research Experience

- *Perceptions of Sport Specialization in Youth: Parents and Athletics Coaches* (2019-present). Student Research Advisor.
- *Comparison of Short and Long Distance Swimming on Musculoskeletal Health: University of St. Thomas* (2018-present). Student Research Advisor.
- *Evaluation of Alchemy Training on Bone Density, Muscle Strength and Body Composition in Adults*: University of St. Thomas/St. Catherine University Collaborative Research (2017-2018). Research team member.
- *Volumetric Bone Mineral Density and Bone Strength Based on Sport in Elite Female and Male Athletes*: School of Kinesiology, University of Minnesota (Minneapolis, MN 2006-2009). Doctoral Dissertation.

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- *Brain-Natriuretic Peptide (BNP) Exercise/Rest Ratio*: Cardiovascular Division, University of Minnesota Medical School (Minneapolis, MN; 2004-2005): Graduate Research Assistant.
- *Atherosclerotic Burden and Cardiovascular Disease Risk in a Unique Atheroma Free Down Syndrome Population*: American Heart Association Grant, School of Kinesiology, University of Minnesota (Minneapolis, MN; 2003-2005): Graduate Research Assistant.
- *Effects of High Carbohydrate Drinks on Vascular Function in Adolescents*: School of Kinesiology, University of Minnesota (Minneapolis, MN; 2004-2005): Graduate Research Assistant.
- *Non-invasive Assessment of Vascular Function*: School of Kinesiology, University of Minnesota (Minneapolis, MN; 2003-2005): Graduate Research Assistant.
- *Oxygen Uptake, Blood Lactate, and Salivary Cortisol Levels in Response to Strenuous Exercise in Military Personnel*: A MURI Study, United States Army, University of Minnesota, (Minneapolis, MN; 2000-2002): Graduate Research Assistant.

Current Internal/External Service

- Committee Chair: Morrison Family College of Health Curriculum Committee, University of St. Thomas (2020-present).
- Faculty Advisor: Health and Exercise Science Club; University of St. Thomas (2020-present).
- STEM Inclusive Excellence Advisor; University of St. Thomas (2020-present).
- Committee Member: Exercise is Medicine on Campus (EIMOC). University of St. Thomas (2019-present).
- Howard Hughes Medical Institute STEM Inclusive Excellence Department Liaison: University of St. Thomas (2019-present).
- Doctoral Committee: Doctor of Education in Leadership, University of St. Thomas (2017-2018).
- Executive Advisory Board Member: National Strength and Conditioning Association (NSCA)-Minnesota (2016-present).

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- Reviewer: International Journal of Exercise Science (2018-present).
- Reviewer. Research in Developmental Disabilities: Elsevier (2016-present).
- Board Member: Executive Committee on Child Sport Specialization (CCSS) (2017-present).
- Faculty Advisor: Saudi Arabian Student Club; University of St. Thomas (2017-2019).
- Faculty Advisor: Strength & Conditioning Club; University of St. Thomas (2017-2018).
- Student Mentor: The VANTAGE Program (Minnetonka, MN) (2016-2019). Served as a mentor for high school students interested in health or health-related professions.

Previous Positions:

- Assistant Coach, Women's Ice Hockey; Minnesota State University-Mankato (Mankato, MN; 2013-2015).
- Associate Graduate Faculty: Department of Human Performance and Health Science; Minnesota State University-Mankato (Mankato, MN; 2013-2014).
- Assistant Professor: Department of Health and Physical Education; Concordia College (Moorhead, MN; 2009-2013).
- Head Coach: Women's Ice Hockey; Concordia College (Moorhead, MN; 2010-2013).

Previous Professional Experience

- Associate Graduate Faculty: Department of Human Performance and Health Science, Minnesota State University-Mankato (2013-2014).
- Assistant Professor: Department of Health and Physical Education & Exercise Science, Concordia College-Moorhead (2009-2013).
- Director: Program in Exercise Science. Department of Health and Physical Education; Concordia College (Moorhead, MN; 2009-2013).
- Director: Concordia College Laboratory of Human Performance (CLHP); Concordia College (Moorhead, MN; 2009-2013).

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- Head Academic Advisor: Program in Exercise Science, Concordia College (Moorhead, MN; 2010-2013).
- Student Practicum Supervisor: Department of Health and Physical Education, Concordia College (Moorhead, MN; 2009-2013).
- Journal Reviewer: *The American Journal on Intellectual and Developmental Disabilities*. The American Association on Intellectual and Developmental Disabilities (2009-2013).
- Board of Directors: TNT Kids Fitness [Fargo, ND] (2012-2013).
- Advisor: Bush Foundation Grant: Dr. Mary Larson (Family Health Center, Fargo, ND) (2011-2013).
- Doctoral Committee Member: School of Kinesiology, University of Minnesota (2012).
- Textbook Reviewer: *Introduction to Exercise Science*. Holcomb & Hathaway Publishing (2011).
- Consultant: Wellness Center Initiative. Family Health Care Center, Fargo ND (2009-2011).
- Prioritization Review Team (PRT): Department of Health and Physical Education, Concordia College-Moorhead (2009-2013).
- Consultant: TNT Kids Fitness, Fargo ND (2009-2013).
- Journal Reviewer: *Journal of Science and Medicine and Sport* (2006).

Other Teaching Experience

- University of St. Thomas (St. Paul, MN; 2015-present)
 - EXSC 214: Physiology
 - EXSC 214 Lab: Physiology Lab
 - EXSC 332: Exercise Physiology
 - EXSC 432 Lab: Advanced Exercise Physiology Lab
 - EXSC 450: EXSC internship
- Concordia College (Moorhead, MN; 2009-2013)
 - PED 465: Advanced Testing and Prescription in Exercise Science
 - PED 365: Testing and Prescription in Exercise Science
 - PED 362: Fitness Assessment and Technology in Physical Education

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- PED 272: Physiology of Exercise
 - PED 245: Introduction to Exercise Science
 - PED 230: Motor Development
 - PED 112: Strength Training Program Design
 - PED 112: Resistance Training
 - PED 111: Wellness
 - PED 380: Seminar in Exercise Science: Performance Enhancement in Sports
 - PED 490: Practicum in Exercise Science
 - PED 467: Biomechanics of Human Motion*
*Developed curriculum prior to my departure.
- University of Minnesota, Twin Cities (Minneapolis, MN; 2002-2009)
- *Exercise Testing Specialist*: Human physiological performance testing and analysis. Laboratory of Physiological Hygiene and Exercise Science (2002-2009).
 - *Representative*: University of Minnesota Council on Health and Wellness: University Wellness Initiative (2005-2009).
 - *Assistant Lab Manager*: Laboratory of Physiological Hygiene and Exercise Science (2005-2009).
 - *Graduate Representative*: Minneapolis Parks and Recreation Revival Initiative (2002-2004).
- Courses:
- KIN 3001: Lifetime Fitness and Health. Instructor of Record.
 - FScN 4613: Experimental Nutrition. Guest Lecturer.
 - KIN 3151: Measurement, Evaluation, and Research in Kinesiology. Guest Lecturer.
 - KIN 1871: Introduction to Kinesiology. Guest Lecturer.
 - KIN 4385: Exercise Physiology. Guest Lecturer.
 - KIN 5126: Sport Psychology. Guest Lecturer.
- Augsburg College (Minneapolis, MN; 2005-2009)
- HPF 104: Components of Fitness Training. Guest Lecturer.
 - WECHPE 003: Weight Training and Conditioning. Guest Lecturer.

Other Presentations

- **BD Bruininks**. *Using a Growth Mindset: Motivation and Goal Setting in the Health Care Setting*. (January 15, 2020); College of St. Scholastica (Duluth,

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MN). Invited guest speaker. A discussion with graduate students on how to use a growth mindset when working with patients in a clinical setting.

- **BD Bruininks.** *Goal Setting: A Discussion About Theory, Motivation, and Achievement.* (November 26, 2019); University of St. Thomas. Sponsored by The University of St. Thomas's Wellness Center and Exercise is Medicine on Campus.
- Speaker: *Nutrition and Hydration for the Elite Athlete.* United States Development Hockey Pre-Camp: Blaine, MN (July 9, 2014).
- Speaker: *Training for Performance for the Young Male and Female Athlete.* United States Development Hockey Pre-Camp: Blaine, MN (July 9, 2014).
- Speaker: *NCAA College-Bound Athletes (Rules and Regulations).* United States Development Camp (Final 54): St. Cloud, MN (June 9, 2014).
- Keynote Speaker: *The College Bound Athlete—Choosing the Right College/University Under Pressure.* United States Development Camp (Final 54): St. Cloud, MN (June 11, 2014).
- Guest Speaker: *Effects of Mechanical Loading on Bone Architecture and Strength.* Moundsview High School Science Week: Moundsview, MN (October, 2011).
- Coaching Panel (Invite): *Choosing a College Hockey Program.* Fargo/Moorhead High School Hockey League (October 3, 2010).
- Guest Speaker (Invite): *The Role of Nutrition in Sports.* Fargo Youth Hockey Association: Fargo, ND (February, 2010).
- Guest Speaker (Invite): *Girls and Athletics: Leadership Through Sports.* Fargo South High School Girl's Varsity Hockey. Fargo, ND (March, 2010).

Laboratory Skills

- State of Minnesota Certified Limited X-ray Technician.
- Trained Operator: Peripheral Quantitative Computed Tomography (pQCT).
- Trained Operator: Dual Energy X-ray Absorptiometry (DXA).
- Exercise Testing Technician
 - Force Plate Analysis: Bertec® Force Plates
 - Hydrostatic Weighing
 - Medgraphics® Ultima Metabolic Cart with Breeze Software (VO₂).

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- Medgraphics® CXP Express Metabolic Cart
- Resting and Exercise Blood Pressures and Heart Rates.
- ECG (Cardioperfect®).
- Wingate Anaerobic Test.

- Trained Operator: Sphygmocor® Pulse Wave Velocity.

- Trained Operator: GE B-mode ultra-sound; Flow-mediated Dilation and Intima-media thickness.

- Trained Operator: Bodpod® Human Body Composition Assessment.

Other Employment

- *Graduate Research/Teaching Assistant:* School of Kinesiology, University of Minnesota (2003-2008).

- *Graduate Research Assistant:* Institute on Community Integration, University of Minnesota (2001-2003).

- *Professional Athlete:* Philadelphia Flyers, Chicago Blackhawks, and Carolina Hurricanes Hockey Organizations (1996-2000).

- *Assistant Women's Hockey Coach:* Augsburg College [Minneapolis, MN] (2008-2009).

- *Associate Head Varsity Girls Hockey Coach:* Academy of Holy Angels [Richfield, MN] (2008-2009).

- *Assistant Varsity Girls Hockey Coach:* Academy of Holy Angels [Richfield, MN] (2005-2008).

Other Professional Experience

- Consultant: College Hockey Showcases: Training, Nutrition and Hydration for the Young Athlete (2014-present).

- Invited Instructor: Minnesota Girls Hockey Coaches Association (MGHCA) High Performance Training Camp (June 12-17, 2016).

- Program Director/Head On-Ice Instructor-MYF Training Camps®: Comprehensive athletic development, performance enhancement training, and nutrition for youth, high school, and collegiate, advanced age athletes (2001-present).

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- Strength and Conditioning Consultant: Augsburg Women's Soccer Team (2005-2009).
- Co-Director, Augsburg College Athletic Leadership Program: Leadership training for high school athletes. Augsburg College, Minneapolis MN (2007-2008).

Awards & Honors

- 2011-2012 Coach of the Year-Women's Ice Hockey. Minnesota Intercollegiate Athletic Conference (MIAC).
- Philadelphia Flyers Hockey Organization Community Service Award: Philadelphia, PA (1997).
- Division I Scholarship Athlete and Four-Year Letter Winner: University of Notre Dame, Notre Dame, IN (1992-1996).
- Two-time Division I Ice Hockey Captain: University of Notre Dame (1994-1996).
- Two-time United States Hockey League Jr. A National Champion: St. Paul Vulcans (1990-1991), Des Moines Buccaneers (1991-1992).
- Captain: Des Moines Buccaneers (Jr. A), United States Hockey League (1991-1992).
- USA Hockey Senior Men's National Champion (Fond du Lac, WI): Seattle Hockey Club (2003-2004).
- Bob Punsalen Award for Outstanding Service to the Community: Des Moines, IA (1991-1992).

Current/Past Professional Organization Affiliation

- *National Strength and Conditioning Association (NSCA)*
- *American College of Sports Medicine (ACSM)*
- *American College of Sports Medicine (Northland Chapter)*
- *Council for Undergraduate Research (CUR)*
- *The American Society for Bone and Mineral Research (ASBMR)*
- *American Hockey Coaches Association (AHCA)*
- *Minnesota Girls Hockey Coaches Association (MGHCA)*
- *USA Triathlon*
- *USA Hockey*
- *USA Cycling*