

TIM PIPER, Ed. D.

CURRICULUM VITAE

Western Illinois University

P: (309) 298-1781

E: TJ-Piper@wiu.edu

Employment

Western Illinois University (1994-present)

Title: Associate Professor, year of promotion 2021

Department: Kinesiology

Specialization: Exercise Science, Strength and Conditioning, Personal Training

Education

Doctor of Education in Adult and Higher Education, Northern Illinois University

Dissertation title "Development of the Self-directed Learning for Exercise Scale (SDLES) and the Education Resource Assessment (ERA)"

Master of Science in Physical Education, 1994, emphasis in Exercise Science, WIU

Thesis title "Comparative effects of wave-loading and periodization programs on absolute strength"

Bachelor of Science in Physical Education, 1992, emphasis in Corporate Fitness, WIU

graduated Magna Cum Laude

Associate of Science, 1990, Black Hawk East

Track and Field scholarship recipient

Professional organization membership

National Strength & Conditioning Association (NSCA)

USA Powerlifting (USAPL)

American Drug Free Powerlifting Federation (ADFPPF)

US All-round Weightlifting Association (USAWA)

Phi Kappa Phi Honor Society

Professional awards and honors

2021 - Recipient of the College of Education and Human Services Award for Excellence in Scholarly Activities

2006 - Recipient of the Provost's Award for Excellence in University/Community Service.

2006 - Recipient of the College of Education and Human Services Award for Excellence in University/Community Service.

2006 - First Unit B faculty to be inducted into the WIU chapter of the Phi Kappa Phi Honor Society

Certifications and professional involvement

NSCA- ERP Program Director at Western Illinois University

NSCA Certified Strength and Conditioning Specialist

USAW Senior Coach

ADFPPF Board of Directors member (2008-2016) (2017-present)

ADFPPF Membership Director and Treasurer (2008-2016)

World Drug Free Powerlifting Federation (WDFPF) International Marshall Referee, promoted November 2019

World Drug Free Powerlifting Federation (WDFPF) International judge, obtained November 2017

ADFPPF National Judge

USAWA National Judge

Scholarly Activities

Book publications

Piper, T.J. and Waller, M.A. "Power Training" (2008)

A comprehensive guide for developing explosive strength. This book extensively covers plyometric and weightlifting exercises in a straightforward manner. Numerous helpful tables, charts, graphs, and appendices are included in this text.

Waller, M.A. and **Piper, T.J.** "Alternative Training Methods" (2004), first printing (2006) second printing

A book that covers various strongman, odd lift, and unique implement training for those in search of unorthodox training for unusual results. The book starts with explanations of both mental and physical training concepts. Technique description for farmers walks, stone lifting, and sand bag training are only a few of the many methods covered in this book.

MANUSCRIPT REVIEWS

2019 Reviewed one strength training article for the Strength and Conditioning Journal.

2018 Reviewed one strength training article for the Strength and Conditioning Journal.

2013 Reviewed one manuscript for The International Journal of Sport and Society

2012 Reviewed one manuscript for the Journal of Athletic Enhancement

2010. Reviewed three chapters and table of contents, for a stress management textbook for McGraw-Hill.

2007. Reviewed one chapter of a stress management book for McGraw-Hill Higher Education.

2007. Reviewed one chapter of a strength training book for Lippincott, Williams, and Wilkins.

2006. Reviewed one strength training related article for Palaestra.

2003. Reviewed one strength training article for the Strength and Conditioning Journal.

2003. Reviewed one strength training related article for Strategies.

REFEREED PUBLICATIONS

Piper, T., Radlo, S., Gerhardt, K., Brooks, D., & Schnaiter, J. (2023). The Effects of Deception on Maximal Strength, Goals, and Physical Self-Efficacy. *International Journal of Strength and Conditioning*, 3(1).

Waller, M., Bonder, I., Tangeman, M., Shim, A., **Piper, T.** (2023). Integration of Clean Variations, Progressions, and Application in Strength and Conditioning Programs. *NSCA Coach*, 10(1): 6-13.

Piper, T., Moore, M., & Lukkarinen, M. (2022). Descriptive Investigation of Exercise-induced Nausea and Self-Treatment. *Journal of Australian Strength & Conditioning*, 30(02): 16-22.

Piper, T., Furman, S., Smith, T., & Waller, M. (2022). Establishing Normative Data for 10RM Strength Scores in College-Aged Females. *International Journal of Strength and Conditioning*, 2(1):1-15.

Waller, M., Dunnick, D., Shim, A., **Piper, T.**, & Townsend, R. (2021). Post-injury Training to Essential Job Demands for Firefighters. *NSCA TSAC Report*, 63: 30-35.

Piper, T.J., Furman, S.M., Smith, T.J., and Waller, M.A. (2021). Establishing Normative Data for 10RM Strength Scores in College-aged Males. *International Journal of Strength and Conditioning*. 1(1), 1-13.

Jones, Z.S., Matos, N.D., and **Piper, T.J.** (2020). The Overhead Squat. *Journal of the Australian Strength and Conditioning*. 28(07), 39-48.

Finney, J., Matos, N., and **Piper, T.J.** (2019). Fartlek Training with Personal Training Clients. *NSCA Personal Training Quarterly*. 6(4), 6-9.

Waller, M., Shim, A., and **Piper, T.J.** (2019). Strength and Conditioning Off-season Programming for High School Swimmers. *Strength and Conditioning Journal*, 41(5), 79-85.

Thornton, K., **Piper, T.J.**, Allen, J. (2019). Milk – A Multi-Faceted Food. *NSCA Coach*, 6(3), 28-32.

Piper, T., Smith, T., Jeria, J., & Intrieri, R. (2018). Development of the Self-Directed Learning for Exercise Scale. *International Journal of Self-Directed Learning*, 15(1), 1-15. Retrieved from <http://sdlglobal.com/journals.php>

Piper, T.J., Brees, T.N., and Helling, K. (2018). The Turkish Row. *Strength and Conditioning Journal*. 40(4):113-118, August 2018

Piper, T. J., Paulsen, T., Black, L., Brees, T., and Schulte, J. (2017). “Meniere's disease: An overview and training considerations” *Strength and Conditioning Journal* 39(5), 51-57.

*****Unit A Scholarship is presented above this line. Scholarship as a Unit B is below*****

Bellar, D., Murphy, K. A., Aithal, R., Davis, G. R., & **Piper, T.** (2017). The Effects of a 36-Hour Mixed Task Ultraendurance Race on Mucosal Immunity Markers and Pulmonary Function. *Wilderness & Environmental Medicine*, 28(1), 10-16.

Ralphs, D., and **Piper, T.** (2106). Celiacs disease: A review for the athlete and interdisciplinary team. *Strength and Conditioning Journal*,38(4), 66-71.

Furman, S. and **Piper T.** (2016). An integrated approach to becoming an effective collegiate strength and conditioning intern- for the exercise science student. *NSCA Coach*,3(3), 24-28.

Etheredge, C., Marcus, L., McMillan, C., **Piper, T.**, Davis, G., Bellar, D., ... & Glickman, E. L. (2014, May). Relationship of Temperature to Psychomotor Function During 36 Hours of Exercise without Sleep. In *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE* (Vol. 46, No. 5, pp. 700-700). 530 WALNUT ST, PHILADELPHIA, PA 19106-3621 USA: LIPPINCOTT WILLIAMS & WILKINS.

Bellar, D., Marcus, L., Etheredge, C., Davis, G., Judge, L. W., McMillan, C., **Piper, T.**, & Glickman, E. L. (2014, May). Effect of 36 Hours of Sustained Exercise on Melatonin. In *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE* (Vol. 46, No. 5, pp. 701-701). 530 WALNUT ST, PHILADELPHIA, PA 19106-3621 USA: LIPPINCOTT WILLIAMS & WILKINS.

Marcus, L., Etheredge, C., McMillan, C., **Piper, T.**, Bellar, D., Judge, L. W., & Glickman, E. L. (2014, May). Effect of 36 Hours of Sustained Exercise on Body Temperature. In *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE* (Vol. 46, No. 5, pp. 700-700). 530 WALNUT ST, PHILADELPHIA, PA 19106-3621 USA: LIPPINCOTT WILLIAMS & WILKINS.

Piper, T.J., Cole, M., Menk, D., and Schulte, J. (2014). "Infectious Meningitis: An Evidence-Based Approach to Diagnosis." *The International Journal of Athletic Therapy and Training*,19(2): 8-13.

Lukkarinen, M. and **Piper, T.J.** (2013). "Running of a Regional Senior Olympic Games" *The International Journal of Sport and Society*, 3(4), 85-90.

Piper, T.J., Radlo, S. Woodward, R., and Smith, T. (2012). "Dynamic balance abilities of college males for the bench press" *Journal of Strength & Conditioning Research*, 26(12): 3225-3229.

Piper, T.J., Jacobs, E. Haiduke, M., Waller, M.A., and McMillan, C.S. (2012). "Core Training Methods during

Pregnancy" *Strength & Conditioning Journal*, 34(1): 55-62.

Polubinsky, R.L., Plos, J.M., **Piper, T.J.**, and Nelson, J. (2010). "Functional vs. Structural Postural Deformities and the impact on Low Back Pain" *Athletic Therapy Today* 15(6): 8-14.

Waller, M.A., and **Piper, T.J.**, and Miller J. (2009). "Overhead pressing power/strength movements" *Strength & Conditioning Journal*, 31(5): 39-49.

Waller, M.A., **Piper, T.J.**, and Miller, J. (2009). "Coaching the Snatch/Clean Pulls with the High Pull Variation" *Strength & Conditioning Journal*, 31(3): 47-54.

Piletic, C. and **Piper, T.J.** (2005). "Including Individuals with Visual Impairments in the weight room." *Strength & Conditioning Journal*, 27(2):2-8.

Piletic, C. and **Piper, T.J.** (2003). "Weight Training for Individuals with Visual Impairments." *Athletic Therapy Today*, 8(6):53-55.

Waller, M.A., **Piper, T.J.** and Townsend, R. (2003). "Strongman Events and Program Integration" *Strength & Conditioning Journal*, 25(5):44-52.

Piper, T.J., and Teichelman, T. (2003). "Strength Training for Pre-Adolescent Students" *Strategies*, November/December.

Piper, T.J., and Teichelman, T. (2003). "Organizational and Motivational Strategies for Prepubescent Athletes" *Strength & Conditioning Journal*, 25(4):54-57.

Piper, T.J., Woelfel, K., Clark, R. (2003). "Proper Lifting and Spotting Techniques: a Model for Instructors of Athletic Training Programs". *NATA News*, July

Piper, T.J. (2002). (2002). "Playing with Plyometric for Youth Soccer" *American Journal of Health and Fitness*, Summer.

Piper, T.J., and Waller, M.A. (2001). "Variations of the Deadlift" *Strength & Conditioning Journal*, 23,(3):66-73.

Hill, S.R. and **Piper, T.J.** (2000). "Master Builders: Senior Strength Training" *Strength & Conditioning Journal*, 22,(5):49-56.

Piper, T.J. and Waller, M.A. (1999). "Alternatives to Expensive Equipment" *Strength & Conditioning Journal*, 21,(4):50-53.

Waller, M.A. and **Piper, T.J.** (1999). "Plyometrics for Personal Trainers" *Strength & Conditioning Journal*, 21(2):9-14.

Piper, T.J., and Erdmann, L.D. (1998). "A 4-Step Plyometric Program" *Strength & Conditioning Journal*, 20,(6):72-73.

Piper, T.J. and Erdmann, L.D. (1998). "Combined Weightlifting/Powerlifting Program" *Strength & Conditioning Journal*, 20,(6):15-19.

Erdmann, L.D., McMillan, C.S. and **Piper, T.J.** (1998). "A Model for designing a Users Friendly Fitness Class" *Illinois Journal of Health, Physical Education, Recreation, and Dance*, Vol. 41, Sp 98:10-15.

Piper, T.J. (1997). "In-Season Strength/Power Mesocycle for Women's Collegiate Volleyball" *Strength & Conditioning Journal*, 19,(3):21-25.

Grant Activity

5-8-2019 Received funding for a URC grant titled "Effects of two different training methods on change of direction performance", funded amount of \$2110.

NON-REFEREED ARTICLES

- Piper, T. J. (2013). "An experiment with Paul Anderson's PMT concept". *MILO*, 21(1), 74-78.
- Piper, T. J., & Waller, M. (2013). "Stone lifting preparation". *MILO*, 20(4), 26-28.
- Piper, T.J., Waller, M.A. (2012). "The Value of Variety". *MILO* 14(4),
- Waller, M. A., Lareaux, J., Miller, J., Taylor, J., and Piper, T. (2011). "Historical Perspective of Strength Programming Principles". *MILO* 18(4),
- Piper, T.J., Waller, M.A. (2010). "Get over yourself". *MILO* 18(3): 55-60.
- Piper, T.J., Waller, M.A. (2010). "Draft Horse Training" *MILO* 17(3): 32-35.
- Waller, M. A., Piper, T.J. (2009). "Correct Technique: Does It Matter?" *MILO* 17(2): 113-118.
- Waller, M. A., Piper, T.J. (2009). "Powering Up the Body" *MILO* 16(4): 45-47.
- Waller, M. A., Piper, T.J. (2008). "Increasing Lifting Strength in the Posterior Chain" *MILO* 16(2): 28-30.
- Piper, T.J., Nudo, J, and Waller, M. A. (2008). "Making Stones" *MILO* 15(4): 114-116.
- Waller, M. A., Piper, T.J. (2007). "Upper Extremity Flexibility: Why Rocky Can't Clean" *MILO* 15(3): 93-96.
- Piper, T.J., Waller, M.A (2007). "Weight Gain Tips for the Hard Gainer" *MILO*, 15(2): 35-39.
- Piper, T.J., Waller, M.A (2007). "Peripheral Heart Action Training applied to a hypertension sufferer" *MILO*, 14(4): 74-77.
- Waller, M.A., Piper, T.J. (2006). "Preparation for the beginning lifter" *MILO*, 14(3): 97-100.
- Waller, M.A., Piper, T.J. (2006). "The odd lifts at a USAWA Macomb Meet" *MILO*, 14(2): 21-23.
- Waller, M.A., Piper, T.J. (2006). "The Weightlifting Complex" *MILO*, 14(1): 83-84.
- Piper, T.J., Waller, M.A. (2006). "Old Man Strength, or, muscles don't know their age." *MILO*, 13(4): 65-58.
- Piper, T.J., Waller, M.A. (2005). "Training with broken dumbbells" *MILO*, 13,(3):102-105.
- Piper, T.J. (2005). "Six Ton Sets" *MILO*, 13,(2):99-102.
- Piper, T.J. (2004). "Great Stones" -a poem *MILO*, 11,(4):10.
- Piper, T.J. (2004). "Stones of the Land" -a poem *MILO*, 11,(4):10.
- Piper, T.J. (1999). "Hurt-Me! Leg Training" *Powerlifting USA*, 22,(10).
- Piper, T.J. (1999). "Hurt-Me! Arm Training" *Powerlifting USA*, 22,(9).

Thesis committee involvement

Thomas Adams, Sp21, Defended, "Effects of Blood Flow Restriction Training on Scapular and Arm Strength in Division I Collegiate Baseball Players"

Joseph Allen, Sp20, Chair, Defended, "Tracking grip strength and response times as potential indicators of recovery in high school athletes"

Jason Taylor, Sp20, Chair, Defended, "Comparing the Effects of a Hip Strengthening Program and a Lateral Plyometric Program on Lateral Change of Direction Performance"

Darice Brooks, Sp20, Chair, Defended, "Adherence, self-motivation, and exercise enjoyment in novice

exercisers after four weeks of exercise protocol”

Samuel Almendarez, Sp18, Chair, Defended, “Effects of Ultra-Endurance Racing on Response Time and Memory Recall”

Mitch Wendling, Sp18, Chair, Defended, “The Effects of Fatigue and Sleep Deprivation on Flexibility and Balance Over the Course of an Ultra-Endurance Race”

Jean-Marc Charles, Sp19, Defended, “Investigating multiculturalism in sport psychology”

Sadie Van Norman, Sp18, Chair, Defended, “Biomarkers of exercise-induced nausea”

Danielle Thompson, Sp18, Defended, “Preparation for Rio 2016 Paralympic Games”

Rachel Bowden, F18, Defended, “Endurance effects on concurrent strength and endurance training programs”

Danielle Thompson, F18, Defended “Preparation for Rio 2016 Paralympics”

Holly Hall, Sp18, Defended, “The Inclusion of Disability in Athletic Training Curriculum and Clinical Experiences”

Jade Mariman, Sp18, Defended, “Student-athlete perception of sexual objectification”

Holly Hall, Sp18, Defended, “The inclusion of disability in athletic training program curriculum and clinical experiences”

Taryn Brees, Sp17, Defended, “The effect of muscular strength and power in participants over the course of an ultra-endurance event, The Ultimate Suck”

Dylan Hast, F17, “The effects of acute pre-performance self-myofascial release on maximum throwing velocity”, incomplete

Anthony Bischler, F17, “Vertical jump performance”, incomplete

*****Unit A Thesis work is presented above this line. Thesis work as Unit B is below*****

Anthony Pearson, Sp17, “Effects of Prowler pushing on sprint performance in collegiate softball players”, incomplete

Alex Sutrinaitis, Honors Thesis chair defended, Sp17, Completed, “The potentiation effects of a Prowler Push on sprinting”

Julia Rasmussen, Sp17, Defended “The effects of deceptive feedback on performance and motivation of division I college swimmers.”

Taryn Brees, Sp17, Defended “The ‘Ultimate Suck’ and its effects on strength and power”

Trevor Paulsen, Sp16, Defended, “Investigating mental toughness in collegiate women’s volleyball”

Trey Yocum, F16, Defended, “Kinetic analysis of resisted pushing”

Jenee Lange, Sp16, Defended, “ Examination of hamstrings to quadriceps strength ratios in female, NCAA division I, soccer and volleyball athletes over the course of a competitive season”

Carianna Gibb, Sp16, “Gender and event differences: Body composition in track and field and swimmers”

Casey Metoyer, Sp15, Defended, “Anaerobic exercise recovery: Coached breathing impact on performance”

Amy Neuser, F14, Defended, “The influence of competence, autonomy, and relatedness among chronically exercising college students”

Brittany Dutkiewicz, Honors thesis chair, F14, Completed “National Orthopedic injury rates 2010 vs. McDonough county January 2013-December 2014: A descriptive comparative study” First place winner of the Lowell Grabill Undergraduate Research Award at the Phi Kappa Phi Annual Initiation Banquet, 2015.

Schnaiter, J., Honors thesis chair, Sp14, Completed “The effects of deception on maximal strength.”

Karisa Laskowski, Sp14, Defended, “Quantification of force produced during horizontal upper body plyometrics”

Crystal Moulton, Sp14, Defended, “The effects of aerobic exercise and relaxation techniques on depression, anxiety, and stress in college students”

Jamie Grau, Sp14, Defended, “The effect of breathing techniques and mental imagery training on pre-competitive anxiety and self-confidence of collegiate swimmers”

Charlie Smith, F13, Incomplete “The effects of a pre-shot routine on learning a golf putt”

Robert Santana, Sp11, Defended, "The effects of dietary supplement versus conventional food consumption on fat free mass and strength."

Caleb Robertson, Honors thesis chair, Sp11, Completed, "Physiological changes during a tire flip"

Michael Weiman, Honors thesis chair, Sp11, Completed, "The Effects of Elastic Band Assistance during Pull-ups"

Jud Taylor, Sp10, Defended, "Is active imagery better than passive imagery for enhancing basketball free throw skill acquisition: A test of the functional equivalence hypothesis"

Scott Mezzano, Sp 09, Defended, "Gender Perceptions of muscle groups and training preferences of the opposite gender"

Mentor Activities for Developing Student Researchers

Piper T. J. & Assmus, S. F15, Poster presentation at the 10th Annual Coaching and Sport Science College Coaches College, Johnson City, TN. “Preliminary investigation: Upper extremity power via seated med ball assessment in females.”

Piper, T. J., Schnaiter, J. & Grau, J. Su14, poster presentation at the NSCA National Convention, “Deceptive load information enhances lat pulldown strength.”

Schnaiter, J., Piper, T. J. & Grau, J. Su14, poster presentation at the NSCA National Convention, “Deceptive load information does not enhance bench press measures.”

Riley, C., Pearson, A., Piper, T., McMillan, C., Bellar, D., & Decker, J. Su14, poster presentation at the NSCA National Convention, “Incidence of hallucinations during an ultra-endurance event.”

Piper, T., McMillan, M., Riley, C., Pearson, A., & Bellar, D. Su14, poster presentation at the NSCA National Convention, “Self-directed learning and participants of ultra-endurance obstacle races.”

Haenitsh, C., McMillan, C., Piper, T. & Bellar, D. F14, poster presentation at the IAHPERD State Conference, “Education Resources for adult ultra-endurance athletes.”

Paul, T., McMillan, C., & Piper, T. F14, poster presentation at the Illinois Association of Health, Physical Education, Recreation, and Dance State Conference, "Perceptions of physical health of ultra-endurance racers"

Clark, U., McMillan, C., & Piper, T. F14, poster presentation at the IAHPERD State Conference, “Demographics and the height and weight changes in ultra-endurance racers.”

Gentry, B., Van Ginder, L., Piper, T., McMillan, C., & Decker, J. Su13, poster presentation at the NSCA National Convention, "Self-directed learning, Depression, Anxiety, and Stress in Ultra-Endurance Obstacle athletes"

Leslie Van Ginder and Brittani Gentry, F12, poster presentation at the Illinois Association of Health, Physical Education, Recreation, and Dance State Conference, "Self-directed learning, Depression, Anxiety, and Stress in Ultra-Endurance Obstacle Course Racers"

Jeff Lindfors, Su13, poster presentation at the NSCA National Convention, "Personality Traits of Ultra-Endurance, Ultra-Demand Athletes"

Carianna Cottone, F 2011, presentation at the Illinois Association of Health, Physical Education, Recreation, and Dance State Conference 2011, project title “Comparisons of Cardiorespiratory Field Assessment Results in Relation to Participant Perceptions of Results” 2nd faculty advisor on project

Michael Weiman, F 2010, presentation at the Illinois Association of Health, Physical Education, Recreation, and Dance State Conference 2011, project title "Variable resistance (bands and chains) on traditional weight lifting methods and its effects on power and strength" 1st faculty advisor on project

Student Independent Study and Honors Project involvement

Sydney Scott, Honors project, “Research for honors thesis”, Sp2020

Katrina Shelton, Graduate Independent Study, “Senior Olympics Director Assistance”, Sp2020

Ali Quinones, Independent Study, “Senior Olympics Marketing Assistance”, Sp2020

Nate Matos, Graduate Independent Study, “Manuscript skills and development”, Su19

Shakyra Ragsdale, Honors project, “Frequency of rehab compliance”, F17

Kaitlyn Litow, Honors project, “Exercise Adaptations for Children with Autism”, F17

Danielle Van Cura, Honors Project, “Research project: Manuscript preparation”, F17

Jared Dehm, Independent Study project, “Personal Training Manual Development, F17

Jill Biswell, Graduate independent study, “Bosu article Manuscript development” F17

*****Unit A student independent study above this line. Unit B work is below*****

David Garrison, Graduate independent study, “Issues and common speculations of the posterior pelvic tilt during squats”, F16, 1 sch

Aliyan Qualls, Honors project, “Strength-training program for older adults after hip replacement” F16

James O’Neill, Graduate independent study, “Tapering for the strength and conditioning coach”, Sp16, 3 sch

Dagmar Ralphs, Graduate independent study Management of Celiac Disease in athletes, Sp16, 3 sch

Shelby Assmus, Graduate independent study “Upper extremity kinematics during weightlifting snatch”, Sp16, 3 sch

Emily Walworth, Graduate independent study, “Detrimental to the fact”, Sp16, 3 sch

Trevor Paulsen, Graduate independent study, Meniere’s disease: Special population publication, 3 sch

Austin Pearson, Graduate independent study, NSCA column article development, F15, 2 sch

Alex Sutrinaitis, Honors project, “Sled pulling research review”, F14

Austin Hetzer, Graduate independent study, “Plyometric training on sand vs. wooden court”, F14, 3 sch

Megan Moore, Sp 2011, independent research mentoring on a project related to nausea reports during training

Lauren Helton, F 2010-Sp2011, student-mentoring on 2 research studies

Michael Weiman, Sp 2010, honors project title "Review of Literature of the use of variable resistance (bands and chains) on traditional weight lifting methods and its effects on power and strength" project faculty advisor

Eric Skocaj, Sp 2010 3rd faculty advisor for undergraduate research project on ultra-endurance runners

Clinic/Conference hosting, attendance, and presentations

Meet Director, coach, competitor, and judge, of the American Drug Free Powerlifting Federation Single Event Nationals 2023. Macomb, Illinois.

Marshall Referee, coach, and judge at the American Drug Free Powerlifting Federation Single Event Nationals 2022. Columbia, Missouri

Coach, judge, and competitor at the American Drug Free Powerlifting Federation Full Power Nationals, Henderson, Kentucky.

Meet Director, coach, competitor, and judge, of the American Drug Free Powerlifting Federation Illinois State Meet 2022. Macomb, Illinois.

Marshall Referee, meet Director, coach, and judge, of the American Drug Free Powerlifting Federation Single Event Nationals 2021. Macomb, Illinois.

7-11-2020 Taylor, J. & Piper, T.J. “Comparing the Effects of a Hip Strengthening Program and a Lateral Plyometric Program on Lateral Change of Direction Performance”. poster presented at the 2020 National Strength and Conditioning Association Annual National conference, virtual presentation due to COVID-19 in-person cancellation

2-28-2020 Taylor, J. & Piper, T.J. WIU Grad Research day, Comparing the Effects of a Hip Strengthening Program and a Lateral Plyometric Program on Lateral Change of Direction Performance

2-28-2020 Darice Brooks WIU Grad Research day, “Adherence, Self-Motivation, and Exercise Enjoyment in Novice Exercisers after Four Weeks of Exercise Protocol”

5-8-10th -2019- Collegiate Strength & Conditioning Coaches Association (CSCCa) National Conference Attendance, Kansas City, MO.

4-17-2019 Rachel Shive, Advisement of one undergraduate research poster presentation “Investigating Macronutrients and Exercise in College Students” Rachel Shive

3-22-2019 Mitchell Wendling, advisement of Graduate Research Conference poster presentation “Effects of fatigue and sleep deprivation on flexibility and balance over the course of an ultra-endurance event”, Mitchell Wendling

3-22-2019 Sam Almendarez, advisement of Graduate Research Conference poster presentation “Effects of fatigue and sleep deprivation on response time and memory recall over the course of an ultra-endurance event”, Sp19, 2nd place winner of research poster presentations

3-2-2018 Jillian Biswell, Advisement of Graduate Research Conference poster presentation “Using a balance trainer for improved ankle stability and proprioception in athletes” Jillian Biswell, Sp18

3-2-2018 Jade Mariman, advisement of Graduate Research Conference poster presentation “Male student-athlete perception of sexual objectification”

1-10-12th-2019- National Strength and Conditioning Association (NSCA) National Coaches Conference Attendance, Indianapolis, IN

2-7-10th-18 32nd International Self-Directed Learning Symposium attendance, Cocoa Beach, FL

6-14-2018- National Strength and Conditioning Association (NSCA) National Conference attendance

12-9-17 “Shoulder Injury Prevention: Novel Stability Training Exercises for Scapulothoracic Control” Presentation at the NSCA State Clinic

12-9-17 “Presenter Roundtable” Presentation at the NSCA State Clinic

2017

Meet Director, No Frills Qualifier, Macomb IL
Muskegon qualifier, 4 lifters, 3 ADFPF Nat records, 3 qualified for WDFPF
ADFPF Nationals
USAW Onaga, KS meet

- 7-27,28,29-17 Perform Better Functional Training Summit, Chicago, IL
7-13,14,15-17 NSCA National Conference, Las Vegas, NV
1-4,5,6-17 NSCA Coaches Conference, Nashville, TN
3-4-17 meet director of the American Drug Free Powerlifting Federation Single Event Nationals, Macomb IL
- 11-4,5,6-16 Coached 2 lifters at the World Drug Free Powerlifting Federation World Championships,
Riva Del Garda, Italy
3-7-15 meet director of the American Drug Free Powerlifting Federation Single Event Nationals, Macomb IL
2-5-15 "Self-directed continued education practices in exercise science" presentation at the International Self-
directed Learning Symposium, 2015, Cocoa Beach, FL.
10-4-13 "Teaching Olympic Weightlifting to High School athletes". Invited presentation at the Rockford
Public Schools Wellness Symposium, Rockford, IL.
7-12-13 Lindfors, J., Piper T., McMillan, C., Decker, J. (2013, July). "Personality Traits of Ultra-Endurance,
Ultra-Demand Athletes", poster presented at the NSCA National Conference, Las Vegas, NV.
7-11-13 Piper, T. J., Gentry, B., Van Ginder, L., McMillan, C., & Decker, J. , "Self-directed learning,
Depression, Anxiety, and Stress in Ultra-Endurance Obstacle Course Racers", poster presented at the
NSCA National Conference, Las Vegas NV.
3-16-13 "Teaching Progressions for Olympic Weightlifting". Invited presentation at the Midwest Strength &
Conditioning Conference. McHenry County College, Crystal Lake, IL
2-8-13 McMillan, C., & Piper, T. J. "Role of self-directed learning and the connection to endurance
exercise", presentation at the 27th International Self-Directed Learning Symposium, Cocoa Beach FL.
7-23,24,25-12 Lukkarinen, M. and Piper, T.J. "Running of a Regional Senior Olympic Games" presentation at
the Sport and Society Conference 2012, Oxford England
7-13-12 - Piper, T.J. & Weiman, M. "The Effects of Elastic Band Assistance during Chin-ups", poster
presented at the 2012 National Strength and Conditioning Association Annual National conference,
Providence, RI
7-13-12 - Piper, T.J. & Weiman, M. "The Effects of Elastic Band Assistance during Chin-ups", poster
presented at the 2012 National Strength and Conditioning Association Annual National conference,
Providence, RI
7-13-12 - Robertson, C., Piper, T.J. & Kramer, D. "Tire Flip Performance Increases with Strong Verbal
Motivation" poster presented at the 2012 National Strength and Conditioning Association Annual
National conference, Providence, RI
7-13-12 - Ponce, L., Piper, T.J., McMillan, C. & Wigglesworth, J. "College Student Knowledge of the
Physiological Effects of Exercise", poster presented at the 2012 National Strength and Conditioning
Association Annual National conference, Providence, RI
7-13-12 - Mezzano, S., Piper, T.J., Radlo, S. & Plos, J "Gender Perceptions of Muscle Groups and the Opposite
Gender", poster presented at the 2012 National Strength and Conditioning Association Annual National
conference, Providence, RI
7-9-11 - Moore, M., & Piper, T.J. "Qualitative experimental investigation of exercise induced nausea and self-
treatment", poster presented at the NSCA National Conference, Las Vegas, NV
7-8-11 - Robertson, C. & Piper, T.J. "Physiological changes during a tire flip", poster presented at the NSCA
National Conference, Las Vegas, NV
7-7,8,9,-11 - attended the 2011 National Conference for the National Strength and Conditioning Association,
Las Vegas, NV
5-7,8-11 - hosted the USAW Level 1 Sport Performance clinic at WIU, Macomb, IL
3-19-11 - presentation on "Learning, Teaching and Understanding the Sport of Powerlifting" at the McHenry

County College Strength And Conditioning clinic

- 2-25-11 - presentation on "Motivation and Self-directed Learning in the Workplace" at the Academy of Human Resource Development International Research Conference in the Americas, Schaumburg, IL
- 7-15-10 - presented "Teaching and Understanding the Snatch and Squatting Techniques" at the NSCA National Conference, Orlando, FL
- 7-16-10 - poster presentation "Dynamic balance abilities of college males for the bench press" at the NSCA National Conference, Orlando, FL
- 5-29-10 - invited presentation "Teaching large groups the basics of the clean" at the NSCA Illinois State Sport Specific Training Clinic, Buffalo Grove, IL
- 4-9-10 - presented "Service Learning Integration into Kinesiology 300, Fitness for Older Adults and Special Populations" at the 4th Annual Teaching Forum - Service Learning, WIU, Macomb, IL
- 9-12-09 - attended the TWCC annual board meeting as a part of annual duties of board membership
- 4-11-09 - hosted the USA Weightlifting Sports Performance Coach course at WIU
- 2-28-09 - attended the NIU graduate research conference
- 1-9,10-09 - attended the NSCA Sport-specific Training Conference, Nashville, TN
- 9-27-08 - attended the NIU Adult and Higher Education Retreat
- 4-19-08 - attended the NSCA North Central Regional Clinic
- 2-23-08 - attended the NSCA Illinois State Strength & Conditioning Clinic
- 12-8,9-07 - attended "Sports Training Mastery" in Willowbrook IL.
- 10-6-07 - attended the NSCA Illinois Strength, Power, and Programming Clinic
- 10-6-07 - Presented "Lifting Sports: What are the differences" at the NSCA Illinois Strength, Power, and Programming Clinic
- 7-11,12,13-07 - attended the 2007 National Conference for the National Strength and Conditioning Association
- 7-12-07 - presented a poster titled "The effects of Deception on Maximal Strength, Physical Self-efficacy, and Goals." at the 2007 National Conference for the National Strength and Conditioning Association
- 3-21-07 - attended WIU COEHS 2007 Tech Fest
- 3-10-07 - attended the National Strength and Conditioning Association Midwest Strength and Conditioning clinic
- 3-8-07 - Great Lakes Athletic Training Association Annual Clinical Symposium, Invited presenter for a 3 hour workshop titled "Application of Weightlifting Movements for the Athletic Trainer"
- 2-17-07 - attended the Illinois National Strength and Conditioning Association state clinic, Chicago, IL
- 1-29,30,31-07 - invited consultant for the National Personal Trainer Institute exam item writing team
- 1-20-07 - invited keynote speaker for the Quad Cities Sports Performance open house, topic "Ground-Based Training for Work and Play"
- 8-24-06 - Presented a conditioning program to the Macomb High School Soccer team
- 5-20-06 - attended the Illinois National Strength and Conditioning Association state clinic, Chicago, IL
- 1-27,28-06 - invited consultant for the National Personal Trainer Institute domain writing team
- 3-17-06 - Presented with Jenn Plos "Teaching, Testing, and Training Weight Lifting Techniques through Technology" at the WIU COEHS 2006 Tech Fest
- 3-15,16,17-06 - attended the Great Lakes Athletic Training Association Annual Clinical Symposium
- 3-11-06 - attended the National Strength and Conditioning Association Four State clinic, Joplin, MO
- 2-17-06 - Presented "Interactive Personal Training via the Internet" at the WIU COEHS 2006 Faculty Innovators Reunion
- 6-12-05 - attended the National Athletic Trainers' Association National Convention
- 1-29-05 - Presented "Advanced Stretching Principles" at the NSCA Illinois State Clinic
- 6-4-04 - Presented an all day clinic to sports coaches for the WC4 Regional Office of Education
- 4-15-04 - Presented an all day clinic to sports coaches for the Regional Office of Education # 8 located in Stockton IL
- 4-30-04 - Organized a presentation by 6 students from KIN 300 for the "Creative Elder Options" program sponsored by the Macomb AARP chapter
- 3-31-04 - Presented "Advanced Bench Press and Deadlift Techniques" at the Macomb YMCA
- 2-26-04 - Presented "Coping Strategies for YOUR Stress" to the Golden Methode plant

2-25-04 - Presented "Powerlifting Basic Techniques" at the Macomb YMCA
2-12-04 - Presented "Coping Strategies for YOUR Stress" to the Carthage Methode plant
1-28-04 - Presented "Powerlifting vs. Weightlifting vs. Bodybuilding" at the Macomb YMCA
7-20,21,22,23-03 -attended the USAW Weightlifting and Strength Symposium in Colorado Springs
7-16-03 -attended the National Strength and Conditioning Association National Conference
4-5-03 -attended the National Strength and Conditioning Association Missouri Conference
2-8-03 - Presented "Preparing, Teaching, and Applying the Weightlifting Movements!" at Highland Park Hospital Health and Fitness Center.
4-12,13,14-02 - Hosted a USA Weightlifting Sports Performance Coach course at WIU.
11-9-01 - Presented "Basic Weight Training" to 3 Ohio High School physical education classes.
11-2-01 -Presented "Conditioning Programs for Youth: Sprint, Plyometric, and Strength Training" at the Western District Illinois Association of Health, Physical Education, Recreation, and Dance conference.
10-19-01 - attended the "Fueling the Athlete" nutrition conference sponsored by SCAN
9-15-01 -Presented "High Intensity Training for Volleyball" at the Illinois Fall Strength and Health Clinic held at the Highland Park Hospital Health and Fitness Center.
11-18-00 -Presented "Developing Conditioning Programs for Youth" at the Illinois Fall Strength and Health Clinic held at the Highland Park Hospital Health and Fitness Center.
12-2-00 -Attended "Dr. Fleck on Exercise Science and Training" seminar in Chicago, IL.
11-19-99 Presented "Strength Training for the Female Athlete" at the Illinois Association of Health, Physical Education, Recreation, and Dance annual conference.
6-24-99 -Attended the National Strength and Conditioning Association National Conference
6-23-99 -Attended the symposium "Periodization of Strength Training" by Tudor Bompa
1999 - Recipient of a IAHPERD Student/Mentor Award, mentor to Kris Hunt for his program "Jr. High football strength/power/sprint training"
6-24-98 -attended the National Strength and Conditioning Association National Conference
6-23-98 -attended the National Strength and Conditioning Association Symposium on Creatine Monohydrate
3-30-98 - attended "The Vanishing Mind: Dementia Specific Training"
1998 - Recipient of a IAHPERD Student/Mentor Award, mentor to Mark Buckingham for his program "WIU Leatherneck Basketball 1998 Post-Season Workout"
12-5,6,7-97 - Hosted a USA Weightlifting Sports Performance Coach course at WIU.
11-20-97 - Presented "Stability and Functional Training for Adults and High School Coaches" at the Illinois Association of Health, Physical Education, Recreation, and Dance annual conference.
11-14-96 - Presented "Relaxation and Stress Management: Chillin with Mr. Tim" at the Illinois Association of Health, Physical Education, Recreation, and Dance annual conference.
11-14-96 - Presented "Power Development with Olympic Lifting" at the Illinois Association of Health, Physical Education, Recreation, and Dance annual conference.
10-18,19,20,-96 - Hosted a USA Weightlifting Club Coach course at WIU.
4-27-96 -Attended the 1996 Olympic Trials for U.S.A. Weightlifting
Spring 96 - WIU Faculty Development Mini-Grant, "Improved Teaching Effectiveness of Advanced Lifting Techniques"
2-22-96 -attended the National Strength and Conditioning Association Midwest Conference
10-20-95 attended Scientific Shoulder Training clinic
9-9-95 attended Biomechanical Application of Structural Integrity Concepts Exercise Workshop

Service Activities

2018-present – Collegiate Strength & Conditioning Coaches Association (CSCCa) Written Certification committee member

F2019-Sp2020

University Service
Council on Intercollegiate Athletics

College Service
COEHS Scholarship Fundraiser committee

Departmental Committee service
Undergraduate Exercise Science Program Director
Department Service and Awards
Grade Appeal

F2018-Sp2019

Departmental Service
Co-Chair of the search committee for Exercise Physiology
Undergraduate **Exercise Science Program Director**
Department Service and Awards
Recruitment and Scholarship committee member
Ad hoc undergraduate committee member for Exercise Science course review and programmatic change discussions
Donna Phillips Run organization committee
Undergraduate Dietetics Program committee member

F2017-Sp2018

College Service
COEHS Scholarship Fundraiser committee

Departmental Committee service
Chair of the search committee for Visiting professor for Exercise Physiology

Grade Appeal, F17-Sp19
Graduate Committee, F17-SP19
Undergraduate Exercise Science Program Committee, F17-Sp19

F2016-Sp2017

Grade Appeal, F16-Sp17
Graduate Committee, F16-SP17
Undergraduate Exercise Science Program Committee, F16-Sp17

F2015-Sp2016

*****Unit A service above this line, Unit B scholarship is below*****

F2014-Sp2015

F2013-Sp2014

NSCA Educational Recognition Program Director
Department Graduate committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2012-Sp2013

NSCA Educational Recognition Program Director

Department Fitness Competency Exam committee

Senior Olympics committee

F2011-Sp2012

NSCA Educational Recognition Program Director

Department Safety committee

Department Undergraduate Curriculum and Grade Appeal committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2010-Sp2011

NSCA Educational Recognition Program Director

Department Safety committee

Department Provost's Award's committee

Department Undergraduate Curriculum and Grade Appeal committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2009-Sp2010

NSCA Educational Recognition Program Director

Department Safety committee

Department Provost's Award's committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2007-Sp2008

NSCA Educational Recognition Program Director

Department Safety committee

Department Provost's Award's committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2006-Sp2007

NSCA Educational Recognition Program Director

Search committee, Anatomy and Physiology/Athletic Training

Department Operations committee

Department Safety committee

Department Provost's Award's committee

Coaching Minor ad hoc committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2005-Sp2006

NSCA Educational Recognition Program Director

Search committee, Swim Coach

Graduate Committee member (fall)

Undergraduate Program and Grade Appeal committee

Department Operations committee

Department Safety committee

Department Library Representative

Brophy Hall renovation committee member

Fitness Competency Exam committee

Senior Olympics committee

F2004-Sp2005

NSCA Educational Recognition Program Director
Search committee, KIN Department Chair
Undergraduate Program and Grade Appeal committee
Search committee, Strength and Conditioning Coach
Department Safety committee
Department Library Representative
Brophy Hall renovation committee member
Assessment committee on procedures (ad hoc)
Fitness Competency Exam committee
Senior Olympics committee

F2003-Sp2004

NSCA Educational Recognition Program Director
Fitness Competency Exam committee
Senior Olympics committee

F2002-Sp2003

NSCA Educational Recognition Program Director
Club advisor to the Strength and Conditioning Club at WIU
Fitness Competency Exam committee
Search committee, Exercise Science position
Advisor for the Wetzel Hall and Lincoln Hall weight rooms
Senior Olympics committee

F2001-Sp2002

NSCA Educational Recognition Program Director
Club advisor to the Strength and Conditioning Club at WIU
Fitness Competency Exam committee
Advisor for the Wetzel Hall and Lincoln Hall weight rooms
Senior Olympics committee

F2000-Sp2001

Club advisor to the Strength and Conditioning Club at WIU
Fitness Competency Exam committee
Advisor for the Wetzel Hall and Lincoln Hall weight rooms
Senior Olympics committee

F1999-Sp2000

Fitness Competency Exam committee
Advisor for the Wetzel Hall and Lincoln Hall weight rooms
Screening Committee
Senior Olympics committee

F1998-Sp1999

Member of an university committee/council
- Conference and Non-Credit Committee
Organized the moving of equipment from Horrabin Hall to Wetzel and Lincoln Halls
Supervisor of the Horrabin Hall weight room move
Screening committee
Fitness Competency Exam committee
Ad Hoc Student Interest/General Education
Senior Olympics committee

F1997-Sp1998

Fitness Competency Exam committee
Screening
Assessment Day Motor Control Sub-committee (ad hoc)
Senior Olympics committee

F1996-Sp1997

Fitness Competency Exam committee

Designed the room layout, supervised ALL aspects of the move from Western Hall to Horrabin Hall

Undergraduate Curriculum

Grade Appeals,

Screening

Senior Olympics committee

F1995-Sp1996

Fitness Competency Exam committee

Statistics, Measurement & Evaluation Search Committee, (chair)

Undergraduate Curriculum (secretary)

Screening

Grade Appeals, (chair, Sp96)

Fitness Room (Ad Hoc)

Senior Olympics committee

F1994-Sp1995

Fitness Competency Exam committee

Screening committee

Grade Appeals committee

Physical Education Excellence Day

Senior Olympics committee

Volunteer coaching and competition coordinating, (exact dates given when possible)

1994 to present, volunteer at the Macomb Salvation Army weight room, approximately 600 hours per year

1994 to present, assist with the organization of the annual Western Illinois Senior Olympics event, recruitment of students and judging of events