

# CHRIS BAILEY

PHD, CSCS\*D, RSCC

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## EXPERIENCE

2018 – PRESENT

**CLINICAL ASSISTANT PROFESSOR**, UNIVERSITY OF NORTH TEXAS

2014 – 2018

**ASSISTANT PROFESSOR**, LAGRANGE COLLEGE

2015 – 2018

**GEORGIA STATE DIRECTOR**, NSCA

2011 – 2014

**RESEARCH ASSOCIATE/DOCTORAL FELLOW**, EAST TENNESSEE STATE UNIVERSITY

2013 – 2014

**TENNESSEE STATE DIRECTOR**, NSCA

2010 – 2011

**MINOR LEAGUE STRENGTH AND CONDITIONING COACH**, SAN DIEGO PADRES

2007 – 2009

**GRADUATE ASSISTANT**, GEORGIA COLLEGE & STATE UNIVERSITY

2007

**SPORT PERFORMANCE COACH**, SPORTS FITNESS EXPERIENCE (SFX)

2006

**SPORT PERFORMANCE COACH/INTERN**, QUALITY SPORTS TRAINING

2005 – 2009

**PERSONAL TRAINER**, BODYPLEX FITNESS, FITNESS PLUS

## EDUCATION

2014

**PHD IN SPORT PHYSIOLOGY & PERFORMANCE**, EAST TENNESSEE STATE UNIVERSITY

Dissertation: "Force Production Symmetry During Static, Isometric, and Dynamic Tasks." *Electronic Theses and Dissertations*. Paper 2388. <http://dc.etsu.edu/etd/2388>

DISSERTATION COMMITTEE: KIMITAKE SATO (CHAIR), MICHAEL H. STONE, WILLIAM A. SANDS, ANGUS BURNETT

2009

**M.Ed IN KINESIOLOGY**, GEORGIA COLLEGE AND STATE UNIVERSITY

Thesis: "Physiological and metabolic responses associated with the Battling Ropes training system"

Committee: Mike Martino (Chair), Chris Black, Scott Butler

2006

**BS IN EXERCISE SCIENCE**, GEORGIA COLLEGE AND STATE UNIVERSITY

## SKILLS

- Kinetic & Kinematic Assessment
- 3D Motion Capture (Vicon)
- Accelerometry & IMUs
- Body Composition Assessment (BIA, DXA, skinfolds)
- Data acquisition (SQL)
- Force Plate Data Collection and Analysis (Labview, R, Accupower, Capstone)
- Hydration testing (refractometry)
- HR Monitoring
- Infrared Timing Systems
- Lactate Assessment (BLa)
- Linear Position Transducers (GymAware)
- MS Office
- Oxygen Consumption (indirect calorimetry)
- Statistical Analysis (R, SPSS, JASP)
- Surface EMG
- Video Analysis

## CERTIFICATIONS

- Data Analyst in R (Dataquest)
- Certified Strength and Conditioning Specialist (CSCS) (NSCA) (200938632)
- Registered Strength and Conditioning Coach (RSCC) (NSCA)

## RESEARCH

My research largely focuses on biomechanics and sport performance. I am particularly interested in baseball but have studied other athletes as well. Published journal articles are displayed below, and I have presented research and published conference papers as well. For a full list of my research, please visit [cbaileyphd.com/top/about](http://cbaileyphd.com/top/about) or my ResearchGate page at [https://www.researchgate.net/profile/Chris\\_Bailey](https://www.researchgate.net/profile/Chris_Bailey).

- **Bailey, CA**, Sato, K. "Simulating fatigue in squat jumps: A preliminary investigation." *J Trainology*, 8:31-33, 2019.
- **Bailey, CA**. "Longitudinal Monitoring of Athletes: Statistical Issues and Best Practices." *Journal of Science in Sport & Exercise* (ePub ahead of print, <https://doi.org/10.1007/s42978-019-00042-4>) 2019.
- Beckham, G, Suchomel, T, Sole, C, **Bailey, CA**, Grazer, J, Talbot, K, Kim, S & Stone, MH. "Influence of Sex and Maximum Strength on Reactive Strength Index-modified." *J Sport Sci Med*, 18(1):65-72, 2019.
- Driggers, A, Bingham, G, **Bailey, CA**. "The relationship of throwing arm mechanics and elbow varus torque: Letter to the Editor." *American Journal of Sports Medicine* 47(1), 2018.
- **Bailey, CA**, McInnis, TC, and Batchner, JJ. "Bat Swing Mechanical Analysis with an Inertial Measurement Unit: Reliability and Implications for Athlete Monitoring." *Journal of Trainology*, 5(2), 42-44, 2016.
- Bricker, JC, **Bailey, CA**, Driggers, A, McInnis, TC, and Alami, A. "A new method for evaluating and predicting base stealing performance." *Journal of Strength and Conditioning Research*, 30(11), 3044:3050, 2016.
- **Bailey, CA**, Sato, K, Sands, WA, Burnett, A, and Stone, MH. "Carry-over of force production symmetry in athletes of differing strength levels" *Journal of Strength and Conditioning Research*. 29(11), 3188-3196, 2015.
- **Bailey, CA**, Sato, K, Burnett, A, and Stone, MH. "Force production asymmetry in male and female athletes of differing strength levels." *International Journal of Sport Physiology and Performance*. 10(4), 504-508, 2015.
- Suchomel, TJ, Sole, CJ, **Bailey, CA**, Grazer, JL, and Beckham, GK. "A comparison of reactive strength index-modified between six U.S. collegiate athletic teams." *Journal of Strength and Conditioning Research*, 29(5), 1310-1316, 2015.

- Suchomel, TJ, **Bailey, CA**, Sole, CJ, Grazer, JL, and Beckham, GK. "Using reactive strength index-modified as an explosive measurement tool in Division I athletes." *Journal of Strength and Conditioning Research*, 29(4), 899-904, 2015.
- Suchomel, TJ, **Bailey, CA**. "Monitoring and managing fatigue in baseball players." *Strength and Conditioning Journal*. 36(6), 39-45, 2014.
- Bazylar, C, **Bailey, CA**, Chiang, CY, Sato, K, Stone, MH. "The effects of strength training on isometric force production symmetry in recreational athletes." *Journal of Trainology*, 3(1), 6-10, 2014.
- **Bailey, CA**, Sato, K, Alexander, R, Chiang, C, Stone, MH. "Isometric force production symmetry and jumping performance in college athletes." *Journal of Trainology*, 2(1), 1-5, 2013.

## REFERENCES

### **Kimitake Sato, PhD, CSCS, USAW, PES**

CEO, Peak Force International  
(804) 986-7204  
jpnsatok@hotmail.com

### **Michael Stone, PhD, ASCC**

Professor/Ph.D. Program Coordinator/Sport Science Lab Director, East Tennessee State University  
Office: (423) 439-5796  
stonem@mail.etsu.edu

### **Austin Driggers, MA, CSCS, RSCC**

Sr. Director of Performance Science, Kansas City Royals  
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### **Tim McInnis, PhD, USAW, CSCS**

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### **Brian Johnston, PhD, ATC**

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