

# Kyle W. Wasserberger, MS, CSCS

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## Mission and Vision

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*“Somewhere, something incredible is waiting to be known”*

– Carl Sagan

My dad made me watch Carl Sagan’s “*Cosmos*” when I was ten years old. He was not an astronomer. He was not a cosmologist. He was a mechanical engineer who had a passion for learning, regardless of subject. My dad impressed in me that same passion for – and love of – learning, questioning, and scientific discovery.

To this day, I can still hear Dr. Sagan say, “*billions and billions.*” He inspired a generation of scientists because of his awe for the universe and talent for relating with others. My mission, like Dr. Sagan, is two-fold. First, through research I strive to answer burning questions and never lose the drive for inquiry in my own life. Second, through teaching I aim to help others recognize their passions and instill in them a thirst for lifelong, multidisciplinary learning

## Education

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| 2021 | <b>Auburn University</b> ; Auburn, Alabama, USA<br>Doctor of Philosophy; Kinesiology<br>Dissertation: <i>The Influence of Intensity on Overhead Throwing Mechanics: A Biomechanical Evaluation with Implications for Throwing Rehabilitation</i><br>Advisors: Gretchen Oliver (chair); Wendy Weimar, David Shannon, William Murrah |
| 2018 | <b>Auburn University</b> ; Auburn, Alabama, USA<br>Master of Science; Exercise Science<br>Biomechanics Emphasis  |
| 2016 | <b>Calvin University</b> ; Grand Rapids, Michigan, USA<br>Bachelor of Arts; Exercise Science<br>Pre-professional Emphasis  |

## Employment

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|----------------|---|
| 2018 – Present | <b>Graduate Teaching Assistant</b><br>Undergraduate Research Mentor<br>School of Kinesiology<br>Auburn University; Auburn, Alabama, USA |
| 2016 – 17      | <b>Assistant Baseball Coach</b>   |

Pitching Coordinator

Calvin University; Grand Rapids, Michigan, USA

2016 – 17      **Head Strength and Conditioning Coach**  
Hofbauer Performance; Byron Center, Michigan, USA

## Peer-Reviewed Manuscripts

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(organized by year of publication; accepted manuscripts ahead of print are included in the year they were accepted)

† = indicates undergraduate or masters student author under my supervision

### 2020

1. Oliver GD, **Wasserberger KW**, de Swart A†, Friesen KB, Downs JL, Bordelon NM. Effects of Hip Range of Motion and Isometric Strength on Energy Flow during Windmill Softball Pitching. *Journal of Athletic Training*. 2020; xx(xx): xxxx – xxxx.
2. Barfield JW, **Wasserberger KW**, Bordelon NM, Oliver GD. Relationship Between Humeral Energy Flow During the Baseball Pitch and Glenohumeral Stability. *International Journal of Sports Medicine*. 2020; xx(xx): xxxx – xxxx.
3. Bordelon NM, **Wasserberger KW**, Cassidy M†, Oliver GD. The Effect of Load Magnitude and Placement on Muscle Activation during Unilateral Dumbbell Carries. *Journal of Strength and Conditioning Research*. 2020; xx(xx): xxxx – xxxx.
4. Barfield JW, **Wasserberger KW**, Oliver GD. The Relationship between Energy Flow into and out of the Humerus during the Baseball Pitch with the Closed Kinetic Chain Upper Extremity Stability Test. *International Journal of Sports Medicine*. 2020; xx(xx): xxxx – xxxx.
5. Downs JL, **Wasserberger KW**, Oliver GD. The Influence of a Pre-throwing Protocol on Shoulder and Hip Range of Motion Over the Course of a Season in High School Baseball Athletes. *International Journal of Sports Medicine*. 2020; xx(xx): xxxx – xxxx.
6. **Wasserberger KW** & Downs JL, Barfield JW, Williams TK†, Oliver GD. The Effects of Elastic Resistance Bands on Lumbopelvic-Hip Complex and Scapular Stabilizing Muscle Activation during Four Full-Body Exercises. *Journal of Strength and Conditioning Research*. 2020; 34(10): 2840 – 2848.
7. Friesen KB, Downs JL, **Wasserberger KW**, Shannon D, Oliver GD. Glenohumeral and Hip Range of Motion in Youth Softball Athletes. *International Journal of Sports Medicine*. 2020; 41(01): 59 – 64.
8. **Wasserberger KW**, Barfield JW, Downs JL, Oliver GD. Glenohumeral External Rotation Weakness Partially Accounts for Increased Humeral Rotation Torque in Youth Baseball Pitchers. *Journal of Science and Medicine in Sport*. 2020; 23(4): 361 – 365.
9. Brittain AR, Friesen KB, **Wasserberger KW**, Barfield JW, Oliver GD. Single Leg Squat Performance and Reported Pain within Youth Softball Players. *Applied Sciences*. 2020; 10(5): 1648.

### 2019

10. **Wasserberger KW**, Barfield JW, Anz A, Andrews J, Oliver GD. Using the Single Leg Squat as an Assessment for Efficient Stride Leg Knee Mechanics in Adolescent Baseball Pitchers. *Journal of Science and Medicine in Sport*. 2019; 22(11): 1254 – 1259.

11. Giordano KA, **Wasserberger KW**, Barfield JW, Oliver GD. Acute and Chronic Kinematic Effects of a Resistance Tubing Training Device on Youth Baseball and Softball Swings. *Journal of Athletic Enhancement*. 2019; 8(6): xxxx – xxxx.

#### *In review*

1. Downs JL, **Wasserberger KW**, Saper M, Oliver GD. Elbow Valgus Loading Rate and Upper Extremity Anthropometric Measures and Elbow Kinetics in Youth Baseball Pitchers. *American Journal of Sports Medicine*.
2. Giordano KA, **Wasserberger KW**, Oliver GD. The Effects of Cervical Positioning and Mobilization on Shoulder External Rotation Strength. *Clinical Journal of Sports Medicine*.
3. Giordano KA, **Wasserberger KW**, Oliver GD. The Effects of Hip Rotation during the Pitch on Shoulder Kinetics in Youth Baseball Pitchers. *Journal of Science and Medicine in Sport*.
4. **Wasserberger KW**, Giordano KA, de Swart A†, Barfield JW, Oliver GD. Energy Generation, Absorption, and Transfer at the Shoulder and Elbow in Youth Baseball Pitchers. *Sport Biomechanics*.
5. **Wasserberger KW**, Friesen KB, Downs JL, Bordelon NM, Oliver GD. Comparison of pelvis and trunk kinematics between youth and collegiate softball pitchers. *American Journal of Sports Medicine*.

#### *In preparation*

1. **Wasserberger KW**, Giordano KA, de Swart A, Oliver GD. Energy Flow Analysis to Examine the Kinetic Chain in Baseball Pitching. *Expected submission within 9 months*.
2. **Wasserberger KW**, Giordano KA, Bordelon NM, Oliver GD. Upper Extremity Muscle Activity and Strength during Isometric Glenohumeral Internal and External Rotation in Commonly Used Testing Positions. *Expected submission within 12 months*.

## Conference Abstracts and Presentations

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(organized by conference date)

† = indicates undergraduate or masters student author under my supervision

### 2020

1. Cassidy M†, Bordelon NM, **Wasserberger KW**, Oliver GD. Electromyographic Analysis of Shoulder Strength Testing Positions. 2020 Auburn University COSAM Research Fair. Auburn, AL, USA. November 5, 2020.  
\*virtual conference due to COVID-19
2. Maddox L†, **Wasserberger KW**, Giordano KA, Oliver GD. Associations between a Pitcher's Arm Slot and Shoulder Joint Loads. 2020 Auburn University COSAM Research Fair. Auburn, AL, USA. November 5, 2020.  
\*virtual conference due to COVID-19
3. Bordelon NM, **Wasserberger KW**, Down JL, Friesen KB, Washington JK, Oliver GD. The Relationship between Humeral Segment Energy and Hand Angular Velocity in Softball Hitting. 2020 American Society of Biomechanics Annual Conference. Atlanta, GA, USA. August 4 – 7, 2020.  
\*virtual conference due to COVID-19

4. Barfield JW, **Wasserberger KW**, Oliver GD. Bilateral Differences in Lumbopelvic-Hip Complex Kinematics during the CKCUEST. 2020 American Society of Biomechanics Annual Conference. Atlanta, GA, USA. August 4 – 7, 2020.  
*\*virtual conference due to COVID-19*
5. **Wasserberger KW**, Giordano KA, Downs JL, Oliver GD. Humeral Energy Transfer and Glenohumeral Rotation Strength in Adolescent Baseball Pitchers. 2020 American Society of Biomechanics Annual Conference. Atlanta, GA, USA. August 4 – 7, 2020.  
*\*virtual conference due to COVID-19*
6. Bordelon NM, **Wasserberger KW**, Cassidy M†, Oliver GD. The Effect of Unilateral Dumbbell Carries on Lumbopelvic-Hip Complex Muscle Activation. 2020 NSCA National Conference. Las Vegas, NV, USA. July 8 – 11, 2020. *Poster Presentation.*  
*\*cancelled due to COVID-19*
7. Cassidy M†, Bordelon NM, **Wasserberger KW**, Oliver GD. The Effect of Load Magnitude on Muscle Activation during Unilateral Overhead Dumbbell Carries. Auburn University College of Sciences and Mathematics Student Symposium & Auburn University Student Research Symposium. April 9, 2020. *Poster presentation.*
8. Cassidy M†, Bordelon NM, **Wasserberger KW**, Oliver GD. The Effect of Load Magnitude on Muscle Activation During Unilateral Overhead Dumbbell Carries. 2020 Mid-South Biomechanics Conference. Memphis, TN, USA. February 20 – 21, 2020. *Oral presentation.*
9. Giordano KA, **Wasserberger KW**, Oliver GD. The Effects of Cervical Positioning and Mobilization on Shoulder External Rotation Strength. 2020 Combined Sections Meeting of the American Physical Therapy Association. Denver, CO, USA. February 12 – 15, 2020. *Poster presentation.*
10. **Wasserberger KW**, Downs JL, Giordano KA, Oliver GD. Humeral Segment Energy and its Relationship to Clinical Glenohumeral Measures in Youth Baseball Pitchers. 2020 Southeast American College of Sports Medicine Annual Conference. Jacksonville, FL, USA. February 13 – 15, 2020. *Oral presentation.*
11. Young MW†, **Wasserberger KW**, Downs JL, Giordano KA, Washington JK, Oliver GD. Does Pitch Location Affect Hitting Mechanics in Collegiate Softball Players? 2020 Southeast American College of Sports Medicine Annual Conference. Jacksonville, FL, USA. February 13 – 15, 2020. *Oral presentation.*
12. Brittain AR, Friesen KB, **Wasserberger KW**, Downs JL, Giordano KA, Bordelon NM, Oliver GD. Associations between Single Leg Squat Stability and Overhead Throwing Kinetics in Youth Softball Athletes. 2020 Southeast American College of Sports Medicine Annual Conference. Jacksonville, FL, USA. February 13 – 15, 2020. *Oral presentation.*
13. Downs JL, Friesen KB, **Wasserberger KW**, Giordano KA, Brittain AR, Bordelon NM, Oliver GD. Association between Pitching a Simulated Game and Pitching Performance in Youth Softball Pitchers. 2020 Southeast American College of Sports Medicine Annual Conference. Jacksonville, FL, USA. February 13 – 15, 2020. *Poster presentation.*
14. Friesen KB, Downs JL, **Wasserberger KW**, Giordano KA, Bordelon NM, Brittain AR, Oliver GD. Body Mass Index Affects Kinematic and Kinetic Parameters during the Windmill Softball Pitch. 2020 Southeast American College of Sports Medicine Annual Conference. Jacksonville, FL, USA. February 13 – 15, 2020. *Poster presentation.*
15. Bordelon NM, Cassidy M†, **Wasserberger KW**, Downs JL, Friesen KB, Brittain AR, Giordano KA, Oliver GD. The Effects of Load Magnitude and Placement on Muscle Activity during Unilateral Weighted Dumbbell Carries. 2020 Southeast American College of Sports Medicine Annual Conference. Jacksonville, FL, USA. February 13 – 15, 2020. *Oral presentation.*
16. Watterson MW†, Giordano KA, **Wasserberger KW**, Downs JL, Oliver GD. Impact of Hip Internal and External Rotation on Shoulder Kinetics during a Baseball Pitch. 2020 Southeast American College of Sports Medicine Annual Conference. Jacksonville, FL, USA. February 13 – 15, 2020. *Oral presentation.*

**2019**

17. **Wasserberger KW**, Downs JL, Giordano KA, Brittain AR, Oliver GD. Associations between Glenohumeral Rotation Strength and Select Kinetic Parameters during the Baseball Pitch in Adolescent Baseball Pitchers. The 37<sup>th</sup> International Society of Biomechanics in Sports Annual Conference. Oxford, Ohio, USA. July 21 – 25, 2019. *Poster presentation*.
18. **Wasserberger KW**, Friesen KB, Barfield JW, Oliver GD. The Association between Single-Leg Squat Performance and Stride Leg Kinematics in Adolescent Baseball Pitchers. The 43<sup>rd</sup> Annual Meeting of the American Society of Biomechanics and the XXVII Congress of the International Society of Biomechanics Joint Conference. Calgary, Alberta, Canada. July 31 – August 4, 2019. *Poster presentation*.
19. **Wasserberger KW**, Barfield JW, Giordano KA, Young MW†, Oliver GD. Acute Effects of Resistance Tubing Device on Hand Path in Youth Baseball and Softball Hitters. 2019 Southeast American College of Sports Medicine Annual Conference. Greenville, South Carolina, USA. February 14 – 16, 2019. *Podium presentation*.
20. Giordano KA, Barfield JW, **Wasserberger KW**, Oliver GD. Effects of a Resistance Tubing Training Device Intervention on Youth Baseball and Softball Swings. 2019 Southeast American College of Sports Medicine Annual Conference. Greenville, South Carolina, USA. February 14 – 16, 2019. *Podium presentation*.

**2018**

21. **Wasserberger KW**, Downs JL, Williams TK†, and Oliver GD. The Effects of Resistance Bands on Trapezius Activity during Full-Body Exercises. The 42<sup>nd</sup> Annual Meeting of the American Society of Biomechanics. Rochester, Minnesota, USA. August 8 – 11, 2018. *Poster presentation*.
22. Friesen KB, **Wasserberger KW**, Downs JL, Washington JK, Williams TK†, and Oliver GD. A comparison of total body band-resisted exercises on gluteus medius activation. The 42<sup>nd</sup> Annual Meeting of the American Society of Biomechanics. Rochester, Minnesota, USA. August 8 – 11, 2018. *Poster presentation*.
23. **Wasserberger KW**, Washington JK, Gilmer GG†, and Oliver GD. Correlation of trunk and upper extremity kinematics at ball contact in the softball swing: a pilot study. 2018 Southeast American College of Sports Medicine. Chattanooga, Tennessee, USA. February 15 – 17, 2018. *Poster presentation*.
24. Hanks MM, Brewer LE, Gilmer GG†, Washington JK, Gascon SS, Barfield JW, Williams PT, Friesen KB, **Wasserberger KW**, Downs JL, Brittain AR, Oliver GD. *The influence of self-selected protective equipment on kinematics in youth lacrosse players*. 2018 Southeast American College of Sports Medicine. Chattanooga, Tennessee, USA. February 15 – 17, 2018. *Poster presentation*.

**Invited Presentations**

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**2019**

1. **Wasserberger KW**, Barfield JW, Anz A, Andrews J, Oliver GD. Using the Single Leg Squat as an Assessment for Efficient Stride Leg Knee Mechanics in Adolescent Baseball Pitchers. Alabama Physical Therapy Association Annual Conference. Homewood, AL, USA. August 16 – 17, 2019.

**Research Collaborators**

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Andrews, James R.	Andrews Research Institute & Education Foundation; Gulf Breeze, Florida, USA
Anz, Adam W.	Andrews Research Institute & Education Foundation; Gulf Breeze, Florida, USA
Barfield, Jeff W.	Lander University; Greenwood, South Carolina, USA
Bordelon, Nicole M.	Auburn University; Auburn, Alabama, USA
Brittain, Abby R.	Auburn University; Auburn, Alabama, USA
Downs, Jessica L.	Auburn University; Auburn, Alabama, USA
Friesen, Kenzie B.	Auburn University; Auburn, Alabama, USA
Giordano, Kevin A.	Auburn University; Auburn, Alabama, USA
Hanks, Mathew M.	University of Wisconsin-Milwaukee;
Oliver, Gretchen D.	Auburn University; Auburn, Alabama, USA
Plummer, Hillary A.	Andrews Research Institute & Education Foundation; Gulf Breeze, Florida, USA
Saper, Michael G.	Seattle Children's Hospital; Seattle, Washington, USA
de Swart, A.	Vrije Universiteit; Amsterdam, Netherlands
Trigt, B.V.	Vrije Universiteit; Amsterdam, Netherlands
Veeger, H.E.J.	Vrije Universiteit; Amsterdam, Netherlands
Washington, Jessica K.	Berry College; Mount Berry, Georgia, USA

## Teaching Experience

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*Key:* DEPARTMENT Class# – Class Title (credit hours) (semesters of experience)

KINE = Kinesiology

PHED = Physical Education

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KINE 1103 – Wellness (2 credit hours) (2 semesters)

- Basic concepts and principles of wellness with laboratory experiences for the self-appraisal of health-related physical fitness.

KINE 3621 – Biomechanics of Human Movement Laboratory (1 credit hour) (5 semesters)

- Laboratory experience focuses on application of knowledge of anatomical, neuromuscular, and biomechanical principles of human movement. Content emphasizes understanding the science of exercise, how to apply and interpret common mechanical measures, and writing about findings using basic scientific writing techniques.

KINE 4403 – Applied Anatomy for the Allied Health Professional (3 credit hours) (1 semester)

- Study of skeletal anatomy with an applied approach.

KINE 4880 – Training and Conditioning Programming (3 credit hours) (2 semesters)

- Skills and knowledge related to sport specific annual training regimens.

PHED 1383 – Kettlebell Training (2 credit hours) (1 semester)

- Introductory approach to kettlebell techniques and kettlebell program development.

## Professional Memberships

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2020 – Present American Baseball Biomechanics Society

2018 – Present International Society of Biomechanics in Sport

2018 – Present American Society of Biomechanics

2017 – Present American Kinesiology Association

2017 – Present American College of Sports Medicine

2016 – Present National Strength and Conditioning Association

2018 – 2019 Honor Society of Phi Kappa Phi

2015 – 2016 NCAA Division III Student Athlete Advisory Committee

## Professional Certifications

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2016 – Present Certified Strength and Conditioning Specialist®  
National Strength and Conditioning Association

2016 – Present First Aid, CPR, AED  
American Heart Association

## Honors and Awards

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## Service

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June 2019 Volunteer Group Organizer  
Auburn Kinesiology Summer Sports Science Camp

2018 – 2019 Student Social Subcommittee  
American Society of Biomechanics

2018 – 2019 Student Information Dissemination Subcommittee  
American Society of Biomechanics