

# Reiley Thomas Bergin, Ph.D.

Athletic Training and Clinical Nutrition  
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## Education

2024 University of Kentucky, Lexington, KY Ph.D. Rehabilitation Sciences  
Dissertation: *Using Inertial Measurement Units (IMUs) to Assess Fatigue-Related Changes in Running: Applications in Training Load Management*  
Doctoral Committee: *Nick Heebner, Stuart Best, Matt Hoch, & Josh Winters*  
2016 Florida State University, Tallahassee, FL M.S. Exercise Physiology  
2014 Indiana University, Bloomington, IN B.S. Biology

## Professional Experiences

2020 - 2024 **University of Kentucky**, Lexington, KY  
Research Analyst Principal, Sports Medicine Research Institute (SMRI)  
2017 - 2020 **University of Kentucky**, Lexington, KY  
Graduate Research Assistant, Sports Medicine Research Institute (SMRI)  
2016 **Florida State University**, Tallahassee, FL  
Graduate Assistant, Athletic Department  
2015 **University of Notre Dame**, South Bend, IN  
Sports Science Intern, Athletic Department

## Academic Appointments

2024 - Present **University of Kentucky**, Lexington, KY  
Assistant Professor, Athletic Training and Clinical Nutrition

## Teaching Activity

### University of Kentucky:

Year	Sem	Course	Number	Students	Role
2018	Fall	Lab Techniques in Rehabilitation Sciences	RHB 680	5-6	Teaching Assistant
2019	Spring	Introduction to Exercise Testing and Prescription	KHP 450	10-12	Teaching Assistant

# Research and/or Creative Productivity

## Publications

ORCID: [0009-0002-5771-033X](https://orcid.org/0009-0002-5771-033X) | [Google Scholar Profile](https://scholar.google.com/citations?user=0009-0002-5771-033X)

Underline indicates advisee; \* graduate student, \*\*undergraduate student

### A. Refereed/Peer reviewed

#### 1. Published Journal Articles

1. Ross JA, Winters JD, Royer SD, Hoch MC, **Bergin RT**, Morelli N, Conley C, Sheppard RL, Heebner NR (2023) "Comparisons and Intercorrelations of Physical Performance Variables of Operational Preparedness in Special Operations Forces" *Military Medicine*. Volume 188, Issue 5-6, May-June 2023, Pages e1109–e1116. DOI: [10.1093/milmed/usab425](https://doi.org/10.1093/milmed/usab425)
2. Benjamin CL, Hosokawa Y, Curtis RM, Schaefer DA, **Bergin RT**, Abegg MR, Casa DJ (2020) "Environmental Conditions, Preseason Fitness Levels, and Game Workload: Analysis of a Female NCAA DI National Championship Soccer Season" *The Journal of Strength & Conditioning Research*. 34.4 (2020): 988-994. DOI: [10.1519/JSC.0000000000003535](https://doi.org/10.1519/JSC.0000000000003535)
3. Morelli N, Heebner NR, **Bergin RT**, Quintana Q, Hoch M (2020) "The Effect of Cognitive Dual-Tasks on Dynamic Postural Sway During Gait Using Inertial Measurement Units" *Physiological Measurement*. 2020 May 4;41(4):045002. DOI: [10.1088/1361-6579/ab8050](https://doi.org/10.1088/1361-6579/ab8050)
4. Benjamin CL, **Bergin RT** (2015) "Acute to Chronic Workload Ratio Monitoring for Athlete Performance" *NSCA Coach*. Vol 3, Issue 4.

#### 2. Theses

1. **Bergin RT** (2024) "Using Inertial Measurement Units (IMUs) to Assess Fatigue-Related Changes in Running: Applications in Training Load Management" *Theses and Dissertations-Rehabilitation Sciences*. 103. DOI: [10.13023/etd.2024.149](https://doi.org/10.13023/etd.2024.149)

#### 3. Abstracts/Peer-Reviewed Original Research

1. Winters J, Sessoms P, **Bergin RT**, Djafar T, Fraser J, Green B, Heebner N, Heimark N, Ross J, Silder A, Torp D, Viboch T, Whittier T, Hoch M (2024) "Dynamic Strength Index Differs Between Male and Female Entry-level U.S. Marines at the School of Infantry-West" *Military Health System Research Symposium*. Kissimmee, FL.
2. Heimark N, Porter KH, **Bergin RT**, Djafar TE, Green BS, Fraser JJ, Heebner NR, Ross JA, Sessoms PH, Silder A, Taylor M, Torp DM, Winters JD, Hoch MC (2024) "The Relationship Between Single-Leg Memory Hop Distance and Maximum Vertical Jump Height in Healthy U.S. Marines" *NATA Clinical Symposia & AT Expo*. New Orleans, Louisiana.
3. Winters JD, Djafar TE, Ross JA, **Bergin RT**, Conley CW, Dlugonski D, Sheppard RL, Chatham B, Heebner NR (2023) "Marine Raider Operators Demonstrate Increased Running Performance with Similar Impact Patterns Compared to Support Personnel" *American College of Sports Medicine Annual Meeting*. Denver, CO.
4. **Bergin RT**, Heebner N, Royer S, Ross J, Johnson AK, Hoch M, Morelli N, Conley C, Sheppard R, Winters J (2021) "Impact Loading During Running in Marine Special Operations Personnel Prior to Deployment" *Military Health System Research Symposium*. Kissimmee, FL.

5. Hoch MC, Winter JD, Royer SD, Morelli N, **Bergin RT**, Conley CE, Ross JA, Shepard RL, Heebner NR (2020) "Relationships Between Self-Reported Musculoskeletal and Psychosocial Health in Special Operations Personnel" *Military Health System Research Symposium*. Kissimmee, FL.
6. Royer S, Winters J, Ross J, Hoch M, **Bergin RT**, Morelli N, Sheppard R, Heebner N (2020) "Physical Performance Aspects of Operational Preparedness in Marine Raiders Following Unit Deployment Training" *American College of Sports Medicine Annual Meeting*. San Francisco, CA.
7. Hoch M, Heebner NR, Quintana Q, **Bergin RT**, Han D, Abt JP (2019) "Neurocognition and Dynamic Postural Control in Collegiate Athletes with a History of Ankle Sprain" *8th International Ankle Symposium*. Amsterdam.
8. **Bergin RT**, Heebner NR, Glueck A, DeRaymond C, Abt JP, Best S (2019) "The Effect of Acute Sleep Restriction on Lower Limb Running Mechanics During an Exhaustive Treadmill Run" *American College of Sports Medicine Annual Meeting*. Orlando, FL.
9. Best S, **Bergin RT**, Royer S, Winters JD, Poploski K, Heebner NR, Abt JP, Lephart S (2018) "Knee Extension Strength Asymmetry Does Not Affect Peak Power or Fatigue During the Wingate Test" *American College of Sports Medicine Annual Meeting*. Minneapolis, Minnesota.