

Jacob E. Kysar

Guiding others to connect with new beliefs; one catch at a time

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Education and Post-Graduate Courses

<i>Master of Science, Human Physiology – Sensorimotor Physiology</i> University of Oregon Eugene, OR	2015 – 2017
<i>Bachelor of Science, Kinesiology – Sport Psychology Specialization</i> Western Washington University Bellingham, WA	2012 – 2014
<i>Associate in Arts and Sciences</i> Whatcom Community College Bellingham, WA	2003 – 2012
<i>Postural-Visual Integration (2-day course)</i> Coordinators: Ron Hruska, Heidi Wise Seattle, WA	2015
<i>Impingement and Instability (2-day course)</i> Coordinator: Ron Hruska Lincoln, NE	2015
<i>Postural Respiration (2-day course)</i> Coordinator: James Anderson Seattle, WA	2014
<i>Myokinematic Restoration (2-day course)</i> Coordinator: James Anderson Seattle, WA	2014
<i>Pelvis Restoration (2-day course)</i> Coordinator: Lori Thomsen Portland, OR	2014

Employment and Positions Held

<i>Instructor of Kinesiology</i> Seattle University Seattle, WA	2018 –
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<i>Graduate Employee</i> University of Oregon Eugene, OR	2015 –
<i>Personal Trainer</i> Oakway Fitness Eugene, OR	2015 –
<i>Personal Trainer</i> Locker Room Fitness Ferndale, WA	2014 – 2015
<i>Graduate Assistant Coach – Men’s Basketball</i> Western Washington University Bellingham, WA	2014 – 2015
<i>Strength and Conditioning Coach – Men’s Basketball</i> Western Washington University Bellingham, WA	2013 – 2015

Certifications, Awards and Honors

<i>Certified Strength and Conditioning Specialist</i> National Strength and Conditioning Association	2014 –
<i>Corrective Exercise Specialist</i> National Academy of Sports Medicine	2013 –
<i>Performance Enhancement Specialist</i> National Academy of Sports Medicine	2011 –
<i>Certified Personal Trainer</i> American Council on Exercise	2010 – 2017
<i>Magna Cum Laude</i> Western Washington University	2014
<i>Most Outstanding Graduating Senior</i> Western Washington University	2014
<i>Presidential Scholar Nominee</i> Western Washington University	2014
<i>Instructor - First Aid/CPR/AED</i> American Red Cross	2010 –

Grants, Awards & Scholarships

<i>ACSM Northwest President's Cup Award</i>	2018
ACSM Northwest Region	
Amount: \$1200	
 <i>ACSM Northwest Research Grant</i>	 2017
ACSM Northwest Region	
Amount: \$1200	
 <i>Dr. Chappelle Arnett Scholarship</i>	 2013
Western Washington University	
Amount: \$500	

Research

Published Manuscripts

1. **Kysar, J. E.**, & Dalton, B. H. (2019). Static monocular visual cues can decrease the vestibular-evoked balance response at low frequencies. *Gait & Posture*, *69*, 162-168.

Work in Progress

1. **Kysar, J.**, & Lovering, A. Does patent foramen ovale closure improve exercise capacity and reduce blood flow through intrapulmonary shunt? Data collection phase (25% complete).

Presented and Published Abstracts

1. **Kysar, J.**, Christian, K., Olson, T., Laurie, S., & Lovering, A. Crossing the Threshold: Effect of mild hypercapnic bedrest on ventilatory sensitivity to carbon dioxide. American College of Sports Medicine Northwest. Bend, OR. February 23-24, 2018.
2. **Kysar, J.**, & Dalton, B. H. Effects of monocular visual cues on the vestibular control of standing balance. International Society for Posture & Gait Research World Congress, Fort Lauderdale, FL. June 25-29, 2017.
3. **Kysar, J.**, & Dalton, B. H. Eye for an eye: Vestibular control of standing balance is modulated by monocular visual cues. Northwest Biomechanics, Eugene, OR. May 19-20, 2017.

Reviewed Manuscripts

1. **Kysar, J. E.**, Peterson, J. & Dalton, B. H. (2017). *Gait and Posture*.
2. **Kysar, J. E.**, & Lovering, A. T. (2017). *Gavin Journal*.

Professional Memberships, Teaching and Service

Membership

<i>Professional Member</i>	2019 –
American Heart Association	

<i>Professional Member</i> American College of Sports Medicine	2017 –
<i>Student Member</i> International Society for Posture and Gait Research	2016 –
<i>NSCA Professional Member</i> National Strength and Conditioning Association	2014 –
<u>Teaching</u>	
SPEX 2310 – Sport and Exercise Physiology Department of Kinesiology, Seattle University	2019
SPEX 2311 – Sport and Exercise Physiology Lab Department of Kinesiology, Seattle University	2019
SPEX 1550 – Introduction to Kinesiology Department of Kinesiology, Seattle University	2019
SPEX 2120 – Responding to Emergencies Department of Kinesiology, Seattle University	2019
SPEX 2310 – Sport and Exercise Physiology Department of Kinesiology, Seattle University	2018
SPEX 2311 – Sport and Exercise Physiology Lab Department of Kinesiology, Seattle University	2018
SPEX 3120 – Nutrition for Sport and Exercise Department of Kinesiology, Seattle University	2018
HPHY 623 – Systems Physiology (Cardiorespiratory Lab) Department of Human Physiology, University of Oregon	2018
HPHY 325 – Human Anatomy and Physiology Department of Human Physiology, University of Oregon	2018
HPHY 323 – Human Anatomy II Department of Human Physiology, University of Oregon	2018
HPHY 321 – Human Anatomy I Department of Human Physiology, University of Oregon	2017
HPHY 323 – Human Anatomy II Department of Human Physiology, University of Oregon	2017
HPHY 371 – Practical Anatomy and Physiology Department of Human Physiology, University of Oregon	2017
HPHY 325 – Human Anatomy and Physiology Department of Human Physiology, University of Oregon	2017

HPHY 323 – Human Anatomy II Department of Human Physiology, University of Oregon	2017
HPHY 321 – Human Anatomy I Department of Human Physiology, University of Oregon	2016
HPHY 325 – Human Anatomy and Physiology Department of Human Physiology, University of Oregon	2016
HPHY 323 – Human Anatomy II Department of Human Physiology, University of Oregon	2016
HPHY 321 – Human Anatomy I Department of Human Physiology, University of Oregon	2015

Invited Speaker

Kysar, J. E. Crossing the Threshold to Mars: Effect of Hypercapnic Bedrest on the Ventilatory Sensitivity to Carbon Dioxide. American College of Sports Medicine National. Minneapolis, MN (June, 2018)

Kysar, J. E. Crossing the Threshold to Mars: Effect of Hypercapnic Bedrest on the Ventilatory Sensitivity to Carbon Dioxide. American College of Sports Medicine Northwest. Bend, OR (February, 2018)

Kysar, J. E. Training Principles and Insights. *Exercise and Performance*. University of Oregon. Eugene, Oregon. (August 2017).

Kysar, J. E., & McLaughlin, W. Navigating the gym with a breath of fresh air. Locker Room Fitness, Ferndale, Washington (June 2015).