

CONTACT

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EDUCATION**Doctor of Philosophy***Major:* Kinesiology – Biophysical concentration*Minor:* Statistics*Dissertation:* The Effects of Preparation Time and Lower Extremity Strength on Agility Performance

Oregon State University

Corvallis, OR

December 2024

Master of Science*Major:* Exercise Physiology*Thesis:* Postactivation Potentiation Effects from Maximal Isometric Contractions Performed at Different Knee Joint Angles

Western Michigan University

Kalamazoo, MI

August 2019

Bachelor of Science*Major:* Exercise Science*Minor:* Biology

Western Michigan University

Kalamazoo, MI

April 2017

PROFESSIONAL EXPERIENCE**Assistant Teaching Professor**

- Teach undergraduate and graduate kinesiology courses to ~200 students per year
- Serve as the faculty advisor for the Exercise is Medicine undergraduate student organization
- Advise graduate and undergraduate research projects
- Oversee graduate student capstone projects in partnership with Seattle University's Athletics Department

Seattle University

September 2025-Present

Exercise Scientist & Human Performance Lab Supervisor

- Oversaw all lab-based research and 25+ instructional lab sections per academic year
- Managed graduate assistants and undergraduate interns, fostering their professional development and research excellence
- Oversaw procurement, operation, and maintenance of lab equipment in the Human Performance Lab and Athletic Performance Center
- Taught undergraduate and graduate biomechanics courses to ~50 students per academic year

Seattle University

May 2023-September 2025

Graduate Teaching Assistant

- Taught undergraduate kinesiology courses and labs
- Mentored undergraduate and graduate students, providing guidance on research and professional development

Oregon State University

September 2019-August 2023

- Collaborated with faculty to update course curriculum, ensuring accurate, up-to-date content

Strength & Conditioning Coach

- Designed & implemented athlete training programs tailored to clients' goals and fitness levels
- Created performance tracking visualizations using R and Power BI
- Led coaching staff meetings

G3 Sports & Fitness
September 2021-June 2023

Graduate Teaching Assistant

- Taught undergraduate activity courses and labs
- Coordinated space reservations and equipment set up

Western Michigan University
August 2017-April 2019

Strength & Conditioning Coach

- Designed training programs for various populations, including children, adults, and combat sport athletes
- Led small group and team training sessions

KAT Strength and Conditioning
September 2018-July 2019

Personal Trainer

- Led one-on-one and small group training
- Performed fitness assessments

West Hills Athletic Club
December 2016-September 2018

Research Assistant

- Assisted with biomechanical data collection
- Co-authored manuscripts

Western Michigan University
August 2016-August 2017

TEACHING EXPERIENCE**Seattle University**

KINE 2400 – Motor Control and Learning	2026
KINE 2401 – Motor Control and Learning Lab	2026
KINE 3300 – Lifespan Physical Activity	2026
KINE 3200 – Exercise Programming	2026
KINE 3201 – Exercise Programming Lab	2026
KINE 4100 – Research Methods	2025-2026
KINE 5450 – Advanced Exercise Prescription <i>(Graduate)</i>	2025
KINE 5100 – Biomechanics and Energetics <i>(Graduate)</i>	2025
KINE 2200 – Biomechanics	2024-2026
KINE 2201 – Biomechanics Lab	2024-2026

Oregon State University

KIN 425 – Anatomical Kinesiology	2020
KIN 394 – Resistance Training Program Design Lab	2020-2021
KIN 385 – Therapeutic Exercise Lab	2021-2023
KIN 380 – Therapeutic Modalities Lab	2020-2023
KIN 325 – Fitness Assessment & Exercise Prescription Lab	2019-2020
KIN 324 – Exercise Physiology	2021
KIN 131 – Introduction to Kinesiology	2020
HHS 241 – Lifetime Fitness	2020-2022

HHS 231 – Lifetime Fitness for Health	2019-2023
Western Michigan University	
HPHE 2950 – Functional Anatomy & Biomechanics	2018-2019
PEGN 1760 – Racquet Sports	2017-2018
PEGN 1720 – Circuit Fitness	2017-2018
PEGN 1700 – Aerobics	2018
PEGN 1660 – Weight Training	2017-2019
PEGN 1030 – Aerobic Exercise	2018-2019
PEGN 1020 – Badminton	2018-2019

PEER-REVIEWED PUBLICATIONS

Hanson, N. J., Dykstra, R. M., & **DeRosia, K. D.** (2021), No effect of transcranial direct current stimulation on anaerobic test performance in resistance-trained individuals. *Research Directs in Strength and Performance*. 1(1), 1-7.

Lee, S., **DeRosia, K.**, Lamie, L. (2019), Determining the best combination of ground reaction force parameters for maximizing power during the power snatch. *International Journal of Performance Analysis in Sport*, 19(3), 313-322.

Lee, S., **DeRosia, K.**, Lamie, L. (2017), Evaluating the contribution of lower extremity kinetics to whole body power during the power snatch. *Sports Biomechanics*, 17, 554-566.

Lee, S., **DeRosia, K.**, Lamie, L., Levine N., Carlson, E., Parsons, Z. (2017), Correlation profiles between lower extremity net joint torques and whole body power during the power clean. *International Journal of Sports Science*, 7,66-72.

REFEREED ABSTRACT PUBLICATIONS & PRESENTATIONS

Rossanigo, R., Machetti, A., **DeRosia, K.**, Creati, A., & Agresta, C. Proof-of-concept for quantifying foot kinematics and movement demands during softball fielding. International Society of Biomechanics 30th Congress. Stockholm, SE. July 2025

Mulligan, C., **DeRosia, K.**, Johnson, S., Hannigan, K., Pollard, C., & Norcross, M. The relationship between deceleration in the penultimate step and sagittal plane energy absorption in the final step of a reactive side-step cut. National Athletic Training Association Clinical Symposia and AT Expo. Orlando, FL. June 2025

DeRosia, K., Mulligan, C., Johnson, S., & Norcross, M. Relationships between center of mass height and performance during planned and reactive side-step cutting. Annual Meeting of the American College of Sports Medicine. Denver, CO. June 2023

DeRosia, K., Mulligan, C., Johnson, S., & Norcross, M. Relationships between center of mass height and cutting angle during planned and reactive side-step cutting. Northwest ACSM Regional Conference. Portland, OR. February 2023.

DeRosia, K., Norcross, M., & Johnson, S. The reliability and precision of early phase rate of torque development using automated and manually identified contraction onsets. Northwest ACSM Regional Conference. Portland, OR. February 2022.

DeRosia, K. & Johnson, S. The effect of viewing scale on visual detection of explosive contraction onset. Northwest Biomechanics Symposium. Corvallis, OR. July 2021.

Lee, S., **DeRosia, K.**, & Lamie, L. Determining the best combination of ground reaction force parameters for maximizing power during the power snatch. Annual Meeting of the ISB/ASB, Calgary, CA. August 2019.

Hanson, NJ., Kishman, E., Martinez, S., **DeRosia, K.**, Lee, S., Sheadler, CM., & Miller MG. Assessing the ability of the Wattbike cycle ergometer to predict maximal oxygen consumption. Annual Meeting of the American College of Sports Medicine. Minneapolis, MN. June 2018.

DeRosia, K., Lamie, L., Lee, S., Michael, T., Hanson, N., & Weideman, C. Evaluating the contribution of lower extremity kinetics to whole body power during the power snatch. Midwest ACSM Regional Conference. Grand Rapids, MI. November 2017.

Lee, S., **DeRosia, K.**, & Lamie, L. Correlation profiles between lower extremity net joint torques and whole body power during the power clean. Midwest ASB Regional Conference. Grand Rapids, MI, February 2017.

Lee, S., **DeRosia, K.**, & Lamie, L. Correlation profiles between lower extremity net joint torques and whole body power during the power clean. Michigan ACSM State Conference. Gaylord, MI. February 2017.

GRANTS & FUNDING

Funded Proposals

2024-2025

Sponsor: Adidas AG

Title: Quantifying Movement Demands in Softball and Volleyball

Total Costs: \$126,484

Role: Subcontractor (PI: Agresta, C.)

Unfunded Proposals

2021-2022

Sponsor: National Strength and Conditioning Association Foundation

Title: The Effects of Reaction Time, Maximal Strength, and Explosive Strength on Agility Performance

Total Amount: \$14,068

Role: Co-Investigator

(Invited for Re-submission)

RESEARCH ADVISING

Bachelor's Thesis Research Advisor

Bryan Koszer. The Impact of Sprint Training on Residual Neuromuscular Fatigue and Upper Body Isometric Force Production. Seattle University. College of Nursing and Health Sciences. Kinesiology. 2026

Master's Thesis Committee Chair

Brenna Dunston. The Effect of Shoelace Tension on Performance and Ankle Mechanics During Basketball-Specific Movements. Seattle University. College of Nursing and Health Sciences. Kinesiology. 2026

Master's Thesis Committee Member

Jeremiah Miller. The Effects of Resistance Training in Resistance-Trained Women. Seattle University.
College of Nursing and Health Sciences. Kinesiology. 2026

FACILITATED WORKSHOPS/CLINICS**NSCA CSCS Exam Prep Clinic**

Live in-person clinic

September 2026

Live online clinic

March 2026

Live in-person clinic

September 2025

PROFESSIONAL DEVELOPMENT WORKSHOPS**Seattle University**

Foundations of Community Engaged Learning Workshop Series

2026

CERTIFICATIONS**Certified Strength and Conditioning Specialist**

2021-Present

National Strength & Conditioning Association

Level Two Weightlifting Coach

2021-Present

USA Weightlifting

Coaching Advancement Program Master's Certification

2016-Present

Michigan High School Athletic Association

SERVICE ACTIVITIES**Seattle University**

2025-2026

University Recreation

Volunteer – Fitness Assessment

The Academy for Creating Excellence

2025

Seattle Day of Excellence 5k walk/run

Volunteer - Body Composition Analysis

Seattle University

2023-2025

College of Arts & Sciences Early Action Day

Kinesiology Representative

Oregon State University

College of Public Health & Human Sciences Graduate Student Council

Kinesiology Representative

2021-2022

Recreational Sports Advisory Board

Chair

2021-2022

Western Michigan University

Exercise Science Student Organization

Vice President

2016-2017

Treasurer

2015-2016

SEED Mentoring Program

<i>Upperclassman Mentor</i>	2016-2017
Special Olympics	
Powerlifting	2017-2018
<i>Volunteer Coach</i>	
Track & Field	2016
<i>Volunteer Coach</i>	

HONORS/AWARDS

NSCA Foundation Challenge Scholarship	2022
Anna J. H. Fang Endowed Scholarship	2021, 2022
NSCA Foundation Coaching Advancement Grant	2022
Oregon State University Provost's Distinguished Graduate Scholarship	2019
Western Edge Retention Scholarship	2014
Michigan Competitive Scholarship	2013
Bronco Recognition of Excellence Grant	2013
WMU Grant	2013

MEDIA

New York Times	2026
4 Tests to Measure your Agility at Any Age	
Seattle University Magazine	2025
A New Era of Care	
Seattle University News	2025
Moving On Up	
Oregon State University College of Health	2023
Dean's Health Hero Spotlight	

PROJECTS

Seattle University Human Performance Lab

Assisted with design and construction of a new human performance lab to incorporate existing and future equipment, enhance student instructional quality, and increase research flexibility

Seattle University Data Science/Athletics Collaboration

Oversaw a team of data science graduate students on a project to create statistical models and data visualizations for the Seattle University Athletic department's health and performance staff

Seattle University Computer Science/Athletics Collaboration

Oversaw a team of computer science graduate students on a project to create an internal performance and health database for the Seattle University Athletic department

Seattle University Wright-Family Athletic Performance Center

Assisted with design and construction of a new athletic performance center to ensure proper integration of biomechanical data collection and analysis equipment, including embedded force platforms, 3D optical motion capture cameras, and surface EMG

Seattle University Human Performance Lab

Created automated data cleaning and reporting program for VO2max test results

Oregon State University Football

Developed shiny dashboard for force plate testing data presentation

G3 Volleyball

Created Power BI dashboard for athlete monitoring

CORE COMPETENCIES/SKILLS**Biomechanical/Motor Control Data Collection/Analysis**

3D Motion Capture (Motive, The MotionMonitor, Vicon Nexus, Visual3D)

Ground Reaction Force (AMTI, Bertec, Kistler, Hawkin Dynamics)

Electromyography (Noraxon, BIOPAC, Delsys)

Isokinetic Dynamometry (Biodex System 3)

Physiological Data Collection/Analysis

VO₂max testing (Parvomedics True One 2400 metabolic cart)

Anaerobic capacity testing (Wingate test, Running-based Anaerobic Sprint Test)

Body composition (skinfold, bioelectrical impedance analysis, underwater weighing)

Speed and agility testing (VALD SmartSpeed, Brower Timing Systems)

Programming Languages

R

LabVIEW

Python

Data Visualization

Shiny Dashboard

Microsoft Power BI