

Casey M. Watkins PhD
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I am a sport scientist with a particular interest in applying scientific principles to performance and monitoring.

conditioning coach for ~170 NCAA Division 1 athletes including women's soccer, women's rowing, and all track and field athletes.
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Seattle Washington, USA

Assistant Lab

Reviewer (n = 2), The Physician and Sports Medicine since 2021
Reviewer (n = 1), Medicine and Science in Sports and Exercise since 2021
Reviewer (n = 2), Science and Football since 2020

PUBLICATIONS

I have built a substantial research portfolio prior to and following my PhD. I have five first author publications in high impact peer reviewed journals, co-authorship on a further 10 journal articles, book chapters and 24 total conference abstracts, 419 citations and an index of 5

1. Maunder, M, Plews, DJ, Wallis, GA, Brick, MJ, Leigh, WB, Chang, WL, Stewart, T, Watkins, CM, and Kilding AE. Peak fat oxidation is positively associated with vastus lateralis muscle fiber type content, fast-twitch exercise fat oxidation, and endurance performance in trained men. *J Appl Physiol* 2021.
2. Watkins, CM, Storey, AG, McGuigan, MR, and Gill, ND. Horizontal force velocity power profiling of rugby players: A cross-sectional analysis of competitive level and position specific movement demands. In press. *J Strength Cond Res* 30(2):2021.
3. Watkins, CM, Storey, AG, McGuigan, MR, and Gill, ND. Implementation and efficacy of plyometric training: Bridging the gap between practice and research. *J Strength Cond Res*: 35(5) 1244-1255 2021.
4. Maunder, E, Plews, DJ, Wallis, GA, Brick, MJ, Leigh, WB, Chang, WL, Watkins, CM, Kilding, AE. Temperate performance and metabolic adaptations following endurance training performed under environmental heat stress. *Physiol Rep* 9, e14849, 2021.
5. Watkins, CM, Gill, ND, Maunder, E, Downes, P, Young, JD, McGuigan, MR, and Storey, AG.

10. Rivera M, Leyva WD, Archer DC, Munger CN, Watkins CM, Wong MA, Dobbs IJ, Galpin AJ, Coburn JW, Brown LE.

5. Kammerer JD, Dobbs IJ, Wong MA, Watkins CM, Barillas SR, Rivera M, Coburn JW, Costa PB, Brown LE. Differences between unilateral and bilateral horizontal isometric push force in collegiate rugby players. NSCA Annual Meeting, Las Vegas, NV, July 15, 2017.
6. Leyva WD, Archer DC, Munger CN, Rivera M, Barillas SR, Watkins CM, Wong MA, Dobbs IJ, Brown LE. Relationship between vertical jump power and sprint speed is altered between acceleration and top speed phases. NSCA Annual Meeting, Las Vegas, NV, July 15, 2017.
7. Lin A, Wong MA, Watkins CM, Eckel TL, Brown LE. Relationship between core endurance, leg strength and balance. NSCA Annual Meeting, Las Vegas, NV, July 15, 2017.
8. Marquardt AM, Wong MA, Watkins CM, Barillas SR, Coburn JW, Galpin AJ, Brown LE. Relationship between core endurance, leg strength and balance. NSCA Annual Meeting, Las Vegas, NV, July 15, 2017.

16. Watkins CM

2. Wong MA, Watkins CM, Dobbs IJ, Brown LE. Test Administration and Interpretation. In: Conditioning for Strength and Human Performance. Eds. Chandler TJ, Brown LE (Eds.) Abingdon, OXUK: Routledge, 2017.

REFERENCES

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Paul Downes
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