Casey M. Watkins PhD

E-Mail: Cwatkints@seattleuedu

I am a sport scientist with a particular interest in applying scientific prinaiplescoperformance and monitoring. 2021

Doctor of Philosophy Sport and Exerciseience

Thesis: Dose response and manipulation of plyometrics for improving sprint performance in semiprofessional and professional rugby players.

Graduation: July 2021

California State University, Fullerton

2015-2017

Master of Sience - Kinesiology

Thesis: Letermination of vertical jump as a measure of neuromuscular fatigue and readiness.

Graduation: May 2017

California State University, Fullerton

2012-2015

Bachelor of Sence – Kinesiology Honors: Cum LaudeDean's List

Graduation: May 261

CERTIFICATIONS

Certified Strength and Conditioning Specialist (CSCS)

National Strength and Conditioning Association (NSCA)

Exp. December 2023

Level 1 Anthropometrist

Since 2018

Since 2015

The International Society for the Advancement of Kinanthropometry (ISAK)

SCHOLARSHIPS

Adidas.hB 2021 Split 2betlaeses exetingularter including professional standards, exercise programming and lab, physical activity across the lifespan, and coaching. This involves class structure, content creation, execution, and assessment. Additionally, I am the strength and

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

Assistant Lab

Reviewe(n = 2), The Physician and Spo**Ms**dicine 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 priodrution and following PhD. I have five first authorpublications in highmpact peereviewed journals, courthorship on a further 10 journal articles book chapters and 24 total conference abstractising 419 citations and an index of 5

- 1. Maunder, M, Plews, DJ, Walle A, Brick, MJ, Leigh, WB, Chang, WL, Stewart, T, Watkins, CM, and Kilding AE. Peak fat oxidation is positively associated assus later 13 is a content, fed tate exercise fat oxidation, and endurance performance in tates 14 in Later 14 is a content, fed tate exercise fat oxidation, and endurance performance in tates 15 in Later 15 in Later 16 in L
- 2. Watkins, CM, Storey, AG, McGuigan, MR, and Gill, ND. Horizontal force velocity power profiling of rugby players: A crossectional analysis of competitievel and positionspecific movement demands. In press. J Strength Cond Response: 200021.
- 3. Watkins, CM, Storey, AG, McGuigan, MR, and Gill, ND. Implementation and efficacy of plyometric training: Bridging the gap between practice and researchgth Cond Res: 35(5) 1244-1255 2021.
- 4. Maunder, EPlews, DJ, Wallis, GA, Brick, MJ, Leigh, WB, Chang, WL, WatkinsandM, Kilding, AE Temperate performance and metabolic adaptations following endurance training performed under environmental heat st
- 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, Mong MA, Dobbs IJ, Galpin AJ, Coburn JW, Brown LE.

- 5. Kammerer JD, Dobbs IJ, Wong MA, Watkins CBArillas SR, Rivera M, Coburn JW, Costa PB, Brown LE. <u>Differences between unilateral and bilateral horizontal isometric push force in collegiate rugby play</u> SCA Annual Meeting, Las Vegas, NV, Jul 5,12017.
- 6. Leyva WD, Archer DC, Munger CN, Rivera M, Barilla ARins CM, Wong MA, Dobbs IJ, Brown LE Relationship between vertical jump power and sprint speed is altered between acceleration and top speed phase Annual Meeting, Las Vegas, NV, July 1,2017.
- 7. Lin A, Wong MA, Watkins CM, Eckel TL, Brown LE. Relationship between core endurance, leg strength and balants CA Annual Meeting, Las Vegas, NV, July 12017.
- 8. Marquardt AM, Wong, MAWatkins CM, Barillas SR, Coburn JW, Galpin AJ, Brown LE.N1Tc 0 1 .6 [(R)o(t)2 (w)7 Td [(WaE)-7 (.)]TJ 0 Tc 0[(N)2 (SC)-4 (A)-2 (A)-

16. Watkins CM

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

REFERENCES

Dr. Adam Storey
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Dr. Nicholas Gill
Associate Professor
Faculty of Health, Sport and Human Performance
University of Waikato
Nicholas.Gill@nzrugby.co.nz

Paul Downes Performance Director