

STEPHANIE R. MOORE

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“Trust in what you love, continue to do it, and it will take you where you need to go.” -Natalie Goldberg

EDUCATION

University of Salzburg, Hallein-Rif, Austria *2019-Present*
Ph.D. Candidate in Sport and Exercise Science
Employment Project: Digital Motion

Northern Michigan University, Marquette MI *2016-2018*
M.Sc. in Exercise Science
Graduate Assistant: School of Health and Human Performance
Coursework: Advanced Senior Seminar, Sports Nutrition, Advanced Exercise Endocrinology, Statistics, Advanced Mechanical Kinesiology, Laboratory Procedures: Force Measures, Principles of Manual Therapies, Advanced Exercise Physiology, Laboratory Procedures: Electromyography, Laboratory Procedures: Lactate and Ventilatory Threshold

- **GPA 4.0**
- **Thesis title:** *Biomechanical Adaptations to an Implemented Ramp Angle in Recreational Alpine Skiers*

Gonzaga University, Spokane WA *2010-2014*
B.Sc. in Human Physiology
Coursework: Biomechanics, Assessment of Health & Function, Environmental & Exercise Physiology, Human Kinetics, Nutrition & Metabolism, Human Anatomy and Physiology I & II, Biochemistry, General & Organic Chemistry I & II, Biology, Statistics, Scientific Writing and Ethics

- **GPA 3.30**
- **Full time** student-athlete
- **Dean's list:** *Spring 2012, Fall 2013, Spring 2014*

AWARDS AND GRANTS

Outstanding Graduating Graduate Student, NMU SHHP Department *2019*
Northern Michigan University Certificate of Achievement, SHHP Department *2018*
ISBS Travel Grant, International Society of Biomechanics in Sports *2018*
Excellence in Education Award, NMU Office of Graduate Educations and Research *2017*
ISBS Student Mini Research Grant, International Society of Biomechanics in Sports *2017*

CONFERENCE PUBLICATIONS

Moore, S. R., Breen, S., Kröll, J., Strutzenberger, G., & Jensen, R. L. (2019). Reliability of center of pressure measures during successive ski-simulated squat tasks. To be presented at the International Society of Biomechanics and Sports, Miami, OH.

DuVall, A. J., Moore, S. R., & Jensen, R. L. (2019). Predictors of international ski federation distance cross-country ranking. To be presented at the International Society of Biomechanics and Sports, Miami, OH.

Moore, S. R., Weich, C., & Jensen, R. L. (2019). Influence of torso movement deviation on metabolic economy during V1 and V2 skate techniques. Presented at the *International Congress on Science and Skiing*, Vuokatti, Finland.

Weich, C., Jensen, R. L., Moore, S. R., & Fjeldhelm, S. (2019). The attractor method - a novel tool to highlight subtle differences in cross-country ski skating techniques (V1 vs. V2). Presented at the *International Congress on Science and Skiing*, Vuokatti, Finland.

Moore, S.R., Kröll, J., Clarke, S., Strutzenberger, G., & Jensen, R. (2018). Joint coordination adaptations to an implemented ramp angle in recreational alpine skiers. In *ISBS Proceedings Archive* (Vol. 36, p. 257).

Leonetti, M. J., Bishop, C. M., Edinger, K. M., Oldham, D. A., Moore, S. R., Wamboldt, P. A., Wheeler, J. L., McCulloch, R. S. (2014). Differences between shod and unshod drop jumps in college aged females. In *International Journal of Exercise Science: Conference Proceedings* 8(2): Article 25.

Moore, S. R., Thompson, S. M., Doesburg, K. M., Clark, M. D., Johnston, K. M., Portillo, J. M., Leahy, T. M., McCann, D. J. (2014). Effects of neck posture on ventilation and perceived exertion in trained females. *International Journal of Exercise Science: Conference Proceedings* 8(2): Article 38.

LISCENCES AND CERTIFICATIONS

American Avalanche Association Level 1 Avalanche Training	2019
AHCA CPR/AED + First Aid	2018
AHA Heartsaver BLS Instructor Certification	2018
AHA Heartsaver Bloodborne Pathogens Certification	2017
National Institutes of Health "Protecting Human Research Participants"	2016
Professional Ski Instructors of America Children's Specialist 1 Certification	2016
Professional Ski Instructors of America Level 1 Certification	2015
Utah State Whitewater River Crew License	2016

PROFESSIONAL EXPERIENCE

- Yellowstone Club Outdoor Pursuits: Kids**, Big Sky, MT *Dec 2015-present*
- Ski instruction for children 2-8 y/o. Primary lesson plan: Private; One-on-one instruction prioritizing safety, fun and learning
 - Communication and adaptation to high-profile clientele

- Contingent Special Instructor**, Northern Michigan University, MI *May 2018-Dec 2018*
- Lead Health Promotion exercise courses
 - Lead lecture course HL 315: “Consumer Health and Quackery”
 - Developed and managed all aspects of the course
- Graduate Teaching Assistantship**, Northern Michigan University, MI *Aug 2016-May 2018*
- Coursework taught: Exercise Physiology Lab, Senior Exercise, Health Promotion exercise courses
 - Organization of syllabi and student activities
 - Facilitation of content discussion and lab procedures
 - Assessment of student learning and participation
 - Clinical assessment of exercise participants
- International Society of Biomechanics in Sports Internship** *May-July 2017*
- Research endeavors supervised by academics at the University of Salzburg, Austria
 - Independent laboratory access, testing, and analysis
- Montana Whitewater: Madison River Tubing Office**, Bozeman, MT *Jun-Sep 2015*
- Independent operation from open to close
 - **Full time** responsibilities included reservation management, gear rental and maintenance, retail clerk, opening/closing till, bookkeeping, phone secretary and river trip execution
- Big Sky Mountain Sports**, Big Sky, MT *Dec 2014-Apr 2015*
- **Full time** ski instruction for children 3-13 y/o. Ensured a safe and fun learning environment, managed lesson plans and timeliness
- Adrift Adventures**, Moab, UT *June-Sep 2014*
- Provided customer service, ensured safety & entertainment while maneuvering the Colorado river (class 1-3 rapids)
 - Practiced safe transportation & storage of equipment
 - Performed safe food preparation, transportation & storage
- Spokane City Aquatics WSI & Assistant Swim Coach**, Spokane, WA *Jun-Aug 2012-2013*
- 30 hr/wk, teaching & coaching
 - Lead Aquatics Camp encouraging fun, education, & skill development
 - Promoted from previous WSI & Lifeguard position Summer 2012

RESEARCH EQUIPMENT OPERATIONAL EXPERIENCE

AMTI 3D Force Plates (OR6-7-2000)

AMTI AccuPower Portable Force Plate (ACP-1033)

Biodex System 4 Isokinetic Dynamometer

BioPac MP 150

BTS EMG-Analyzer 1.8.19.0

Kistler Portable Force Plate

Motion Analysis Corporation motion capture system

Noraxon DTS Surface EMG (Desktop)
ParvoMedics TrueOne Metabolic System OUSW 4.3.4
SensorMedics VMax 29c
Vicon Motion System

RESEARCH PROGRAM EXPERIENCE

Excel – extensive knowledge
MatLab – basic coding knowledge
R – basic coding knowledge
IBM SPSS Statistics – extensive knowledge
Visual 3D x64 Professional (v6.01.18) – standard knowledge

CURRENT PROFESSIONAL MEMBERSHIPS

International Society of Biomechanics in Sports *May 2017-2019*
Professional Ski Instructors of America *Dec 2014-2019*

PERSONAL EXPERIENCE

Eagle Mount Bozeman: volunteer adaptive ski instruction *Jan-Mar 2016*

- Weekly, with additional substitutions as schedule allowed
- Provided adaptive ski lessons with the use of tethers and the ability to meet the increased needs of the children involved in the program

Ironman Lake Tahoe 140.6 Finisher *2015*

Ironman 70.3 Benton Harbor Finisher *2015*

- World Championship qualifier

Gonzaga Student Athlete Advisory Committee: service projects *2010-2014*

- Habitat for Humanity, UGM meal server, race volunteer, Catholic Charities volunteer, Spokane river clean up (etc.)

NCAA Division I Cross Country, Indoor & Outdoor Track, Gonzaga University *2010-2014*

REFERENCES

Dr. Randall L. Jensen, PhD. Professor of Exercise Science, Northern Michigan University
Relationship: academic and thesis advisor
Email: rajensen@nmu.edu
Phone: (906) 227-1184

Dr. Sarah Breen, PhD. Associate Professor of Exercise Science, Northern Michigan University
Relationship: thesis committee member, professor
Email: sabreen@nmu.edu
Phone: (906) 227-1143