



**Nicole C. Dabbs, Ph.D., FNCSA**

Biomechanics and Sport Performance Laboratory  
Department of Kinesiology,  
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**EDUCATION**

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*Doctor of Philosophy*

**University of Mississippi**, University, MS  
Dept of Health, Exercise Science, & Recreation Mgt  
Major Area: Health & Kinesiology  
Concentration: Biomechanics  
August 2013

**Dissertation:** The Effect of Whole-body Vibration on Muscle Recovery and Performance

*Master of Science*

**California State University, Fullerton**, Fullerton, CA  
Dept of Kinesiology  
Major Area: Kinesiology  
Concentration: Strength and Conditioning  
May 2010

**Thesis:** The Effect of Whole-body Vibration Warm-up on Bat Speed

*Bachelor of Science*

**California State University, Fullerton**, Fullerton, CA  
Dept of Kinesiology  
Major Area: Kinesiology  
Concentration: Strength and Conditioning  
May 2008

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**RELEVANT WORK EXPERIENCE**

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California State University, San Bernardino, Department of Kinesiology

September, 2017-Present (Tenure) **Associate Professor, Exercise Science**

September, 2013-2017 **Assistant Professor, Exercise Science**

- Teaching
  - KINE 480, Biomechanics
  - KINE 480L, Biomechanics Laboratory
  - KINE 240, Exercise Science Software
  - KINE 360, Physical Activity of Aging
  - KINE 370, Measurement and Statistics in Kinesiology
  - KINE 493, Internship
- Department Contributions:
  - Director of Fitness Assessment Center
  - Kinesiology Student Association, Faculty Advisor
  - Internship Coordinator

- Building and Space Coordinator
- Newsletter Coordinator

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## **Research Experience**

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September 2013-Present

### **California State University, San Bernardino, Applied Biomechanics and Sport Performance Laboratory**

Director (2013-Present)

- The Difference in Lower-Body Performance Measures in Collegiate and Recreationally Trained Male Soccer and Basketball Players.
- The Effects of Whole-Body Vibration on Balance Performance following Exercise Induced Muscle Damage.
- Validity of Balance Measures from multiple return to play tests in college athletes.
- Relationship between thermal imaging asymmetries and performance.
- The Effects of Fatigue on Vertical Jump Performance and Balance
- The Effects of Motorized vs. Non-motorized Treadmills on VO<sub>2</sub>, HR, RPE, and EMG in Collegiate Cross-country runners.

August 2010 – July 2013

### **University of Mississippi Applied Biomechanics Laboratory**

*Student Director (2011 – 2013)*

- *Kinetics and Kinematics of Slip Trials in Firefighters (3-D analysis-Vicon)*
- Three-Dimensional Examination of the Influence of Differently Weighted Warm-up Bats on Swing Kinematics (3-D analysis-Vicon), **PI**
- *The Effects of Whole-Body Vibration on Rest Intervals in Jumping Performance, PI*
- *The Effect of a TMJ Device on Athletic Performance Measures*
- The Acute Effects of Whole-Body Vibration on Functional Stability Measures in Older Women.
- The Influence of Body Composition on Selected Jump Performance Measures in Varsity Collegiate Female Varsity Athletes.
- The Effect of Boot Type on Postural Control
- The Effect of DOMS on Gait Kinematics during VO<sub>2</sub> Max Assessments

2009 – 2010

### **California State University, Fullerton Fitness Assessment Laboratory**

*Student Director (2009 – 2010)*

- Organizing data collection
- Mentoring interns on administering a variety of fitness assessments
- Data Entry
- Analyzing and interpreting reports

2008 – 2010

### **California State University, Fullerton Center for Sport Performance**

*Research Assistant (2008 – 2010)*

- The Effect of Time on Navicular Height with Low-Dye Arch Taping
- Influence of Rest Duration Following a Potentiating Stimulus on Muscular Power

- Relationship Between Heart Rate Recovery values and Body Composition in children and adolescents
- Physiological Profile of Mixed Martial Artists
- Effect of whole-body vibration warm-up on bat speed
- Optimal Elastic Cord Assistance to Enhance Vertical Jump Performance
- Effect of Different Rest Intervals Following Whole-Body Vibration on Vertical Jump Performance

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#### MANUSCRIPTS IN PREPARATION

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1. Rhouni, N. **Dabbs, NC**, Coburn, J., Gillium, T. Acute Effect of Mini-Trampoline Jumping on Vertical Jump and Balance Performance. (In Preparation)

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#### PEER-REVIEWED JOURNAL ARTICLES

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1. **Dabbs, NC** & Cooper, C, Sauls, NM. The Effects of lower body fatigue on Jumping and Balance. Journal of Strength and Conditioning Research. (In Review)
2. **Dabbs, NC** & Chander, H. The Impact of Effects of Exercise Induced Muscle Damage on Lower Extremity Torque and Balance Performance in Recreationally Trained Individuals. International Journal of Sports Medicine. (In Review)
3. Sauls NM & **Dabbs NC**. Differences in male collegiate and recreationally trained soccer players on balance, agility, and vertical jump performance measures. International Journal of Kinesiology and Sports Science. 5(4), 1-7, 2017.
4. **Dabbs NC**, Sauls NM, Zayer A., Chander H. Balance Performance in Collegiate Athletes: A comparison of Balance Error Scoring System Measures. Journal Functional Morphology and Kinesiology. 2(26), 1-7, 2017.
5. **Dabbs NC** & Svoboda SM. Is Whole-Body Vibration Training Effective? Strength and Conditioning Journal; Point/Counterpoint Column. 38(4), 72-74, 2016.
6. **Dabbs NC**, Black C, Garner JC. The Effects of Whole Body Vibration on Muscle Contractile Properties in Exercise Induced Damaged Females. Journal of Electromyography and Kinesiology. 30, 119-125, 2016.
7. Chander H and **Dabbs NC**. Balance Performance and Training Among Female Athletes: A Brief Review. Strength and Conditioning Journal. 38(2): 8-13, 2016.
8. **Dabbs NC**, Black C, Garner JC. Whole-body Vibration While Squatting and Delayed-Onset Muscle Soreness in Women. Journal of Athletic Training. 51(1), 2016.
9. Escalante G., Chaney C, Stuckey S., Alvarez P., and **Dabbs NC**. The Effects of Versa Gripps During Pull-ups on Surface Electromyography in Strength Trained Males. Medicina Sportiva. 11:3, 2601-2608, 2015.
10. **Dabbs NC**, Lundahl JA, Garner JC. The Effectiveness of Different Rest Intervals Following Whole-Body Vibration on Vertical Jump Performance Between College Athletes And Recreational Trained Females. Sports Journal. 3: 258-268, 2015.
11. Chander H, MacDonald CJ, **Dabbs NC**, Allen CR, Lamont HS, Garner JC. Balance Performance in Female Collegiate Athletes. Journal of Sports Science. 2: 13-20, 2014.
12. **Dabbs NC**, MacDonald CJ, Chander H, Lamont HS, Garner JC. The Effects of Whole-body Vibration on Balance in Elderly Women. Medicina Sportiva. 18(1): 10-15, 2014.
13. **Dabbs NC**, Brown LE, Garner JC. The Effects of Whole Body Vibration on Vertical Jump Performance Following Exercise Induced Muscle Damage. International Journal of Kinesiology and Sports Science. 2(1): 23-30, 2014.
14. Allen CR, **Dabbs NC**, Zachary CS, Garner JC. The Acute Effect of a Commercial Bite-aligning Mouthpiece on Strength and Power in Recreationally Trained Men. Journal of Strength and Conditioning Research. 28(2): 499-503, 2014.

15. MacDonald CJ, Israetel M, **Dabbs NC**, Chander H, Allen CR, Lamont HS, Garner JC. The Influence of Body Composition on Selected Jump Performance Measures in Collegiate Female Athletes. Journal of Trainology. 2:33-37, 2013.
16. Abe T., **Dabbs N.C.**, Nahar V.K., Ford M.A., Bass M.A., & Loftin M. Relationship between Dual-Energy X-Ray Absorptiometry-Derived Appendicular Lean Tissue Mass and Total Body Skeletal Muscle Mass Estimated by Ultrasound. International Journal of Clinical Medicine. 4, 283-286, 2013.
17. **Dabbs NC**, Tran TT, Garner JC, Brown LE. A Brief Review: Utilizing whole-body vibration to increase acute power and vertical jump performance. Strength and Conditioning Journal. 34(5):78-84, 2012
18. Tran TT, Brown LE, Coburn JW, Lynn SK, **Dabbs NC**. Effects of assisted jumping on vertical jump parameters. Current Sports Medicine Reports. 11(3):155-159, 2012.
19. **Dabbs NC**, Muñoz CX, Tran TT, Brown LE, Bottaro M. Effect of different rest intervals following whole-body vibration on vertical jump performance. Journal of Strength and Conditioning Research. 25(3): 662-667, 2011
20. Tran TT, Brown LE, Coburn JW, Lynn SK, **Dabbs NC**, Schick MG, Schick EE, Khamoui AV, Uribe BP, Noffal, GJ. Effects of Different Elastic Cord Assistance Levels Vertical Jump. Journal of Strength and Conditioning Research. 25(12):3472-3478, 2011.
21. Schick MG, Brown LE, Coburn JW, Beam WC, Schick EE, **Dabbs NC**. Physiological profile of mixed martial artists. Medicina Sportiva. 14(4): 182-187, 2010
22. **Dabbs NC**, Brown LE, Coburn JW, Lynn SK, Biagini MS, Tran TT. Effect of whole-body vibration warm-up on bat speed. Journal of Strength and Conditioning Research. 24(9):2296-2299, 2010
23. Jo E, Judelson DA, Brown LE, Coburn JW, **Dabbs N**. Influence of Rest Duration Following a Potentiating Stimulus on Muscular Power. Journal of Strength and Conditioning. 24(2):343-347, 2010.

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#### **PEER-REVIEWED ABSTRACT PRESENTATIONS**

1. Cooper, CN., Sauls, NM., **Dabbs, NC**. The Effects of Lower Body Muscular Fatigue on Balance Performance. NSCA Annual Meeting, Indianapolis, IN, July 11-13, 2018. Journal of Strength and Conditioning Research.
2. Hernandez, C., Rhouni, N., Favela, D., Ramirez, J., Corella, E., Reid, MJ., Gillum, T., Coburn, J., **Dabbs, NC**. The Acute Effects of Miniature Trampoline Usage on Muscle Activation During Vertical Jumping. NSCA Annual Meeting, Indianapolis, IN, July 11-13, 2018. Journal of Strength and Conditioning Research.
3. Favela, D., Rhouni, N., Ramirez, J., Corella, E., Hernandez, C., Reid, MJ., Gillum, T., Coburn, J., **Dabbs, NC**. The Acute Effects of Mini-Trampoline Jumping on Jump Performance in Recreationally Trained Individuals. NSCA Annual Meeting, Indianapolis, IN, July 11-13, 2018. Journal of Strength and Conditioning Research.
4. Reid, MJ., Rhouni, N., Corella, E., Favela, D., Hernandez, C., Ramirez, J., Gillum, T., Coburn, J., **Dabbs, NC**. Immediate Effect of Mini-Trampoline Jumping on Balance. NSCA Annual Meeting, Indianapolis, IN, July 11-13, 2018. Journal of Strength and Conditioning Research.
5. Alamilla, RA., Romero, JD., Tu, K., Cooper, CN., Berwick III, GW., Jackson, MC., Escalante, G., **Dabbs, NC.**, Ng, J. Health-Related Components Of Fitness Of Special Weapons And Tactics Team Members. ACSM Annual Meeting, Minneapolis, MN, May 31-June 3, 2017. Medicine and Science in Sports and Exercise, 50(S5), 2018.

6. Romero, J., Alamilla, RA., Tu, K., Arevalo, D., **Dabbs, NC.**, Ng, J. Effect of an Absolute Dose of Encapsulated Caffeine on Cycling Time Trial in Average College-age Men. NSCA Annual Meeting, Las Vegas, NV, July 12-15, 2017. Journal of Strength and Conditioning, 2017.
7. Tu, K., Alamilla, RA., Romero, J., Arevalo, D., **Dabbs, NC.**, Ng, J. Effect of an Absolute Dose of Encapsulated Caffeine on Cycling Time Trial in Average College-age Women. NSCA Annual Meeting, Las Vegas, NV, July 12-15, 2017. Journal of Strength and Conditioning, 2017.
8. Alamilla, RA., Romero, J., Tu, K., Arevalo, D., **Dabbs, NC.**, Ng, J. Effect of an Absolute Dose of Encapsulated Caffeine on Cardiovascular, Metabolic, and Perceptual Responses during Exercise in Average College-age Men. NSCA Annual Meeting, Las Vegas, NV, July 12-15, 2017. Journal of Strength and Conditioning, 2017.
9. Wimbish, J., Cooper, CN., Hughes, P., Reid, M., Vazquez, A., Aquino, J., Roper, J., **Dabbs NC.** The Effects of Motorized vs. Non-motorized Treadmill on Voluntary Oxygen Consumption, Heart Rate, and RPE in Collegiate Cross-Country Females: A Preliminary Analysis. NSCA Annual Meeting, Las Vegas, NV, July 12-15, 2017. Journal of Strength and Conditioning, 2017.
10. Cooper, CN, Sauls, NM, Wimbish, J., **Dabbs NC.** The Effects of High Intensity Exercise on Muscle Activity During Maximal Voluntary Isometric Muscle Contractions. NSCA Annual Meeting, Las Vegas, NV, July 12-15, 2017. Journal of Strength and Conditioning, 2017.
11. Cooper, CN, Sauls, NM, Davis, J., Wimbish, J., Vazquez, A., **Dabbs NC.** The Effects of Lower Body Fatigue on Vertical Jump Ground Reaction Forces. ACSM Annual Meeting, Denver, CO, May 31-June 3, 2017. Medicine and Science in Sports and Exercise, 49(S5), 2017.
12. Wimbish, J., Cooper, CN., Montes, E., Bryant, L., Ng, J., Escalante, G., **Dabbs, N.C.** Sex Differences in Bilateral and Unilateral Asymmetries in Recreationally Trained Individuals. ACSM Annual Meeting, Denver, CO, May 31-June 3, 2017. Medicine and Science in Sports and Exercise, 49(S5), 2017.
13. Williams CC, **Dabbs NC,** Gdovin JR, Wilson SJ, Cazas-Moreno VL, Eason JD, Hoke EL, Fu YC, Wade C, Garner JC. The Effects of Various Weighted Implements on Baseball Swing Kinematics in Collegiate Baseball Players. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016.
14. Cooper CN, Perez C, Velasquez H, Sauls NM, & **Dabbs NC.** The Relationship between Sways Medical's Concussion Management System Application and BioDex Balance System SD during the Balance Error Scoring System Test in Female Athletes. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016.
15. Sauls NM, Davis J, Cooper CN, Velasquez H, Perez C, & **Dabbs, NC.** The Effects of Lower Body Fatigue on Vertical Jump Performance. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016.
16. **Dabbs NC,** Sauls NM, & Bryant L. The Effect of Balance, Pain, and Force Following Exercise Induced Muscle Damage Between Trained Males and Females. NSCA Annual Meeting, New Orleans, LA, July 6-9, 2016.
17. Sauls NM, Bocanegra MG, Nario DK, & **Dabbs, NC.** Differences in Collegiate and Recreationally Trained Male Soccer Players in Balance and Stability Measures. NSCA Annual Meeting, Orlando, FL, July 10-12, 2015.
18. **Dabbs, NC,** Sauls NM, Bocanegra MG, & Nario DK. Differences in Collegiate and Recreationally Trained Soccer Players in Sprint and Vertical Jumping Performance. NSCA Annual Meeting, Orlando, FL, July 10-12, 2015.
19. **Dabbs NC,** Chander H, Black CD, Loftin M, Valliant M, Brown LE, & Garner JC. Effects of Whole-Body Vibration on Voluntary Torque Following Exercise Induced Muscle Damage in Recreationally Trained Females. ACSM Annual Meeting, San

- Diego, CA, May 26-30, 2014. *Medicine and Science in Sports and Exercise*, 47(5S), 2015.
20. Sauls NM, Bocanegra MG, Nario DK, & **Dabbs NC**. Differences in Recreationally Trained Male Soccer and Basketball Players on Balance and Stability Measures: A Pilot Study. ACSM Annual Meeting, San Diego, CA, May 26-30, 2014. *Medicine and Science in Sports and Exercise*, 47(5S), 2015.
  21. Nario DK, Sauls NM, Bocanegra MG, & **Dabbs NC**. The Difference in Vertical Jump Performance in Recreationally Trained Soccer and Basketball Males: A Pilot Study. ACSM Annual Meeting, San Diego, CA, May 26-30, 2014. *Medicine and Science in Sports and Exercise*, 47(5S), 2015.
  22. Bocanegra MG, Nario DK, Sauls NM, & **Dabbs NC**. Comparison of Sport Agility Performance in Recreationally Trained Soccer and Basketball Players: A Pilot Study. ACSM Annual Meeting, San Diego, CA, May 26-30, 2014. *Medicine and Science in Sports and Exercise*, 47(5S), 2015.
  23. **Dabbs NC**, Chander H, MacDonald CJ, Allen CR, Lamont HS, & Garner JC. The Relationship Between Static and Dynamic Balance Performance in Female Collegiate Athletes. SWACSM Annual Meeting, Costa Mesa, CA, October 17-18, 2014.
  24. **Dabbs NC**, Chander H, Moreno V, Brown LE, & Garner JC. Effects of Whole Body Vibration on Muscle Activity during Maximal Voluntary Isometric Contraction Following Exercise Induced Muscle Damage. NSCA Annual Meeting, Las Vegas, NV, July 9-12, 2014.
  25. Moreno VL, Chander H, MacDonald CJ, **Dabbs NC**, Allen CR, Lamont HS, & Garner JC. Differences in Reaction Time Between Female Collegiate Athletes. NSCA Annual Meeting, Las Vegas, NV, July 9-12, 2014.
  26. Garner JC, Chander H, Wade C, **Dabbs NC**, Allen CR, Cazas VL, Lundahl J, Borland CE. The Influence of Occupational Footwear on Lower Extremity Muscle Activity During Balance Perturbations. ACSM Annual Meeting, Orlando, FL, May 28-31, 2014. *Medicine and Science in Sports and Exercise*, 46(5S):S, 2014.
  27. **Dabbs NC**, Black CD, Loftin M, Valliant M, Brown LE, Garner JC. Effects of Whole-body Vibration on Pain Sensitivity Following Exercise Induced Muscle Damage. ACSM Annual Meeting, Orlando, FL, May 28-31, 2014. *Medicine and Science in Sports and Exercise*, 46(5S):S, 2014.
  28. **Dabbs NC**, Chander H, Allen CR, Lundahl J, Cazas VL, Hilton MS, Italia MA, & Garner JC. The Effects of Whole-body Vibration on Ground Reaction Forces and Rate of Force Development in College Aged Females. NSCA Annual Meeting, Las Vegas, NV, July 11-13, 2013. *Journal of Strength and Conditioning Research*.
  29. Allen CR, Lundahl J, Chander H, Zachay C, **Dabbs NC**, & Garner JC. The Acute Effects of a Performance Mouthpiece on Whole Body Reaction Time to Balance Perturbations. NSCA Annual Meeting, Las Vegas, NV, July 11-13, 2013. *Journal of Strength and Conditioning Research*.
  30. VL Cazas, LE Brown, JW Coburn, AJ Galpin, JJ Tufano, JC Garner, **NC Dabbs**, H Chander. Influences of Rest Intervals Following Assisted Jumping on Peak Velocity, Rate of Velocity Development & Rate of Force Development. NSCA Annual Meeting, Las Vegas, NV, July 11-13, 2013. *Journal of Strength and Conditioning Research*.
  31. Chander H, Wade C, **Dabbs NC**, Allen CR, Cazas VL, Lundahl J, & Garner JC. The Effect of Occupational Footwear on Dynamic Balance. ASB Annual Meeting.
  32. **Dabbs NC**, Chander H, Lundahl JA, Allen CR, Garner JC. The Effects of Whole-body Vibration on Vertical Jump Height and Peak Power. ACSM Annual Meeting, Indianapolis, IN, May 28-June 1, 2013. *Medicine and Science in Sports and Exercise*, 45(5S):S, 2013.
  33. Garner JC, Chander H, , Wade C, **Dabbs NC**, Waddell DE, Lundahl, J. Impacts of Muscle Activity while Walking in Occupational Footwear. ACSM Annual Meeting,

- Indianapolis, IN, May 28-June 1, 2013. *Medicine and Science in Sports and Exercise*, 45(5S):S, 2013.
34. Chander H, Garner JC, Wade C, Roche J, **Dabbs NC**, MacNeill RL. The effect of extended durations of walking in occupational footwear on balance. ASB Annual Meeting, Gainesville, FL, August 15-18, 2012.
  35. **Dabbs NC**, Garner JC, Chander H, Brown LE. Preliminary Three-Dimensional Examination of the Influence of Different Weighted Warm-up Bats on Swing Kinematics. NSCA Annual Meeting, Providence, RI, July 11-14, 2012. *Journal of Strength and Conditioning Research*, 27(1S):, 2012.
  36. **Dabbs NC**, Garner JC, Ricks RC, Chander H, Wilkerson C, Young J. The Influence of different weighted warm-up bats on swinging performance. ACSM Annual Meeting, San Francisco, CA, May 29-June 2, 2012. *Medicine and Science in Sports and Exercise*, 44(5S):S, 2012.
  37. Garner JC, Chander H, **Dabbs NC**, Roche J, Wade C. The Influence of occupational footwear on balance. ACSM Annual Meeting, San Francisco, CA, May 29-June 2, 2012. *Medicine and Science in Sports and Exercise*, 44(5S):S, 2012.
  38. **Dabbs NC**, Munoz CX, Tran TT, Brown LE, Garner JC. Effects of rest intervals following whole-body vibration on power output in the vertical jump. NSCA Annual Meeting, Las Vegas, NV, July 6-9, 2011. *Journal of Strength and Conditioning Research*, 2011.
  39. **Dabbs NC**, Brown LE, Coburn JW, Lynn SK, Biagini BS, Tran TT, Garner JC. Relationship between bat speed and performance in division I softball players. ACSM Annual Meeting, Denver, CO, May 31-June 4, 2011. *Medicine and Science in Sports and Exercise* 43(5S):S, 2011.
  40. **Dabbs NC**, Munoz CX, Tran TT, Brown LE. Effect of rest interval following whole-body vibration on vertical jump performance. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. *Journal of Strength and Conditioning Research* 25(1S):1, 2010
  41. Munoz CX, Tran TT, Brown LE, Coburn JW, Lynn SK, **Dabbs NC**, Gochioco MK, Schick EE, Khamoui AV, Uribe BP, Noffal GJ. Effects of assisted jumping on relative impact force and descent velocity. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. *Journal of Strength and Conditioning Research* 25(1S):1, 2011.
  42. Gochioco MK, Brown LE, Coburn JW, Beam WC, Schick EE, **Dabbs NC**, Khamoui AV, Tran TT, Munoz CX. A comparison of the physiological profiles of mixed martial artists and football, basketball, and baseball players. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. *Journal of Strength and Conditioning Research* 25(1S):1, 2011
  43. Tran TT, Brown LE, Coburn JW, Lynn SK, **Dabbs NC**, Gochioco MK, Schick EE, Khamoui AV, Uribe BP, Noffal GJ. Effects of different levels of assisted jumping on peak velocity, takeoff velocity and relative rate of force development. NSCA Annual Meeting, Orlando, FL, July 14-17, 2010. *Journal of Strength and Conditioning Research* 25(1S):1, 2011
  44. **Dabbs NC**, Brown LE, Coburn JW, Lynn SK, Biagini MS, Tran TT. Effects of whole-body vibration warm-up on bat speed. ACSM Annual Meeting, Baltimore, MD, June 2-5, 2010. *Medicine and Science in Sports and Exercise* 42(5S):S, 2010.
  45. Gochioco MK, Schick EE, **Dabbs NC**, Khamoui AV, Tran TT, Brown LE, Coburn JW, Beam WC. Physiological profile of amateur mixed martial artists. ACSM Annual Meeting, Baltimore, MD, June 2-5, 2010. *Medicine and Science in Sports and Exercise* 42(5S):S, 2010.

46. Tran TT, Brown LE, Coburn JW, Lynn SK, **Dabbs NC**, Gochioco MK, Schick EE, Khamoui AV, Uribe BP, Noffal GJ. Effects of different levels of assisted jumping on vertical jump height and relative ground reaction force. ACSM Annual Meeting, Baltimore, MD, June 2-5, 2010. *Medicine and Science in Sports and Exercise* 42(5S):S, 2010.
47. Tran T, Faulkinbury K, Stieg J, Khamoui AV, Uribe BP, **Dabbs NC**, Jo E, Brown LE, Coburn JW, Judelson DA. Effect of 10 Repetitions of Box Jumps and Depth Jumps on Peak Ground Reaction Force. NSCA Annual Meeting, Las Vegas, NV, July 9-11, 2009. *Journal of Strength and Conditioning Research* 23(6):,2009
48. **Dabbs NC**, Khamoui, AV, Nguyen D, Uribe, BP, Tran T, Jo E, Brown, LE, Coburn, JW, Judelson DA, Noffal GJ. Difference in Vertical Jump Performance by Force Production. NSCA Annual Meeting, Las Vegas, NV, July 9-11, 2009. *Journal of Strength and Conditioning Research* 23(6):, 2009.
49. Uribe BP, Khamoui AV, Tran TT, Nguyen D, **Dabbs NC**, Brown LE, Coburn JW, Judelson DA. Rate of velocity development positively correlates with quadriceps cross sectional area. NSCA Annual Meeting, Las Vegas, NV, July 9-11, 2009. *Journal of Strength and Conditioning Research* 24(1S):1, 2010.
50. Jo E, Judelson DA, Brown LE, Coburn JW, **Dabbs N**, Uribe BP. Influence of recovery duration following a potentiating stimulus on muscular power in recreationally trained individuals. ACSM Annual Meeting, Seattle, WA, May 27-30, 2009. *Medicine and Science in Sports and Exercise*.
51. **Dabbs NC**, Hurst NA, Kersey RD, Perell KL, Barr ML, Brown LE. The effect of time on navicular height with low-dye arch taping. ACSM Annual Meeting, Seattle, WA, May 27-30, 2009. *Medicine and Science in Sports and Exercise* 41(5S):,2009.

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#### **REGIONAL ABSTRACT PRESENTATIONS- NOT PUBLISHED**

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1. Cooper, CN., Sauls, NM., **Dabbs, NC**. The Effects of Lower Body Muscular Fatigue on Balance Performance. Southwest NSCA Regional Meeting, Santa Monica, CA, April 20-21, 2018.
2. Hernandez, C., Rhouni, N., Favela, D., Ramirez, J., Corella, E., Reid, MJ., Gillum, T., Coburn, J., **Dabbs, NC**. The Acute Effects of Miniature Trampoline Usage on Muscle Activation During Vertical Jumping. Southwest NSCA Regional Meeting, Santa Monica, CA, April 20-21, 2018.
3. Favela, D., Rhouni, N., Ramirez, J., Corella, E., Hernandez, C., Reid, MJ., Gillum, T., Coburn, J., **Dabbs, NC**. The Acute Effects of Mini-Trampoline Jumping on Jump Performance in Recreationally Trained Individuals. Southwest NSCA Regional Meeting, Santa Monica, CA, April 20-21, 2018.
4. Reid, MJ., Rhouni, N., Corella, E., Favela, D., Hernandez, C., Ramirez, J., Gillum, T., Coburn, J., **Dabbs, NC**. Immediate Effect of Mini-Trampoline Jumping on Balance. Southwest NSCA Regional Meeting, Santa Monica, CA, April 20-21, 2018.
5. Cooper, CN., Alamilla, RA., Berwick III, GW., Jackson, MC., **Dabbs, NC.**, Ng, J. The Relationship Between Agility And Anaerobic Power In Special Weapons And Tactics Team Members. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.
6. Reid, M., Cooper, CN., Wimbish, J., Favela, D., Hernandez, C. and **Dabbs, NC**. Differences Between Division II Female Cross-Country And Soccer Athletes Force Production During Walking And Running: A Preliminary Study. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.
7. Hernandez, C., Reid, M., Cooper, CN., Wimbish, J., Favela, D., and **Dabbs, NC**. The Effect Of Motorized And Non-Motorized Treadmill On The Lower-Body Percent Of



- Muscle Activation In Division II Female Cross Country Athletes. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.
8. Favela, D., Reid, M., Cooper, CN., Wimbish, J., Hernandez, C., Ng, J., and **Dabbs, NC.** The Effects Of Motorized Vs. Non-Motorized Treadmills In Colligate Cross-Country Female Athletes On Substrate Utilization. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.
  9. Romero, JD., Alamilla, RA., Tu, K., Cooper, CN., Berwick III, GW., Jackson, MC., Escalante, G., **Dabbs, NC.**, Ng, J. Bone Mineral Density And Body Composition Of Special Weapons And Tactics Team Members. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.
  10. Tu, K., Alamilla, RA., Romero, JD., Cooper, CN., Berwick III, GW., Jackson, MC., **Dabbs, NC.**, Ng, J. Correlation Between Leg Strength And Balance Of Special Weapons And Tactics Team Members. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.
  11. Alamilla, RA., Romero, JD., Tu, K., Cooper, CN., Berwick III, GW., Jackson, MC., Escalante, G., **Dabbs, NC.**, Ng, J. Health-Related Components Of Fitness Of Special Weapons And Tactics Team Members. SWACSM Annual Meeting, Long Beach, CA, October 20-21, 2017.
  12. Kong, K., Whited, J., Martinez, A., Escalante, G., **Dabbs, NC.**, Ng, J. Association Between Lower Extremity Asymmetry and Muscular Strength of Recreationally Trained Individuals. Southwest ACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
  13. Gutierrez, J., Miller, C., Walters, A., Morones, D., Escalante, G., **Dabbs, NC.**, Ng, J. Sex Differences in Muscular Strength and Power in Recreationally Trained Individuals. Southwest ACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
  14. Cooper, C., Vazquez, W., Sauls, NM, Davis, J., **Dabbs, NC.** The Effects of Lower-Body Fatigue on Vertical Jump Ground Reaction Forces. Southwest ACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
  15. Segura, L., Sauls, NM., Perez, C., Velasquez, H., Ng, J., Escalante, G., **Dabbs, NC.** The Relationship Between Bilateral Asymmetries and Explosive Lower-Body Performance. Southwest ACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
  16. Wimbish, J., Cooper, C., Montes, E., Bryant, L., Ng, J., Escalante, G., **Dabbs, NC.** Sex Differences in Bilateral and Unilateral Asymmetries in Recreationally Trained Individuals. Southwest ACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
  17. Boiteau H, Rivera A, Rodriguez B, Malapira KR, Sauls NM, & **Dabbs NC.** The Relationship between SwayMedical's Concussion Management System Application and Biodex Balance System SD during the Balance Error Scoring System Test. SWACSM Annual Meeting, Costa Mesa, CA, October 16-17, 2015.
  18. Bryant L, Sauls NM, Malapira KR, Acevedo N, & **Dabbs NC.** The Effects Exercise Induced Muscle Soreness on Balance and Pain. SWACSM Annual Meeting, Costa Mesa, CA, October 16-17, 2015.
  19. Malapira KR, Boiteau H, Segura LE, & **Dabbs NC.** Differences in Collegiate Female Athletes on Balance and Stability Measures. SWACSM Annual Meeting, Costa Mesa, CA, October 16-17, 2015.
  20. **Dabbs NC,** Chander H, Lundahl JA, Allen CR, Garner JC. The Effects of Whole-body Vibration on Vertical Jump Height and Peak Power. SEACSM Regional Meeting, Greenville, SC, Feb 14-16, 2013.
  21. Lundahl JA, Allen CR, **Dabbs NC,** Chander H, Garner JC. The Acute Effects of a performance Mouthpiece on Measures of strength and power. SEACSM Regional Meeting, Greenville, SC, Feb 14-16, 2013.

22. Chander H, Garner JC, Wade C, **Dabbs NC**, Waddell DE, Lundahl, J. Impacts of Muscle Activity while Walking in Occupational Footwear. SEACSM Regional Meeting, Greenville, SC, Feb 14-16, 2013.
23. **Dabbs NC**, Chander H, Allen CR, Lundahl J, Cazas VL, Terrell EM, Castles C, Brown LE, Garner JC. Effects of Whole Body Vibration on Vertical Jump Forces Following Exercise Induced Muscle Damage in Women. SWACSM Annual Meeting, Newport, CA, October 18-19, 2013.
24. **Dabbs NC**, Mendoza D, Rubin DA, Judelson DA. Relationship Between Heart Rate Recovery values and Body Composition in children and adolescents. SWACSM Regional Meeting, San Diego, Ca, October 23-24, 2009.

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#### CONFERENCE PROCEEDINGS

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1. Fu YC, **Dabbs NC**, Garner JC. No Angular Swing Kinematic Differences in Female Softball Players with Differently Weighted Bats. 39<sup>th</sup> Annual Meeting American Society of Biomechanics, Columbus, OH, August 5-8, 2015.
2. Fu YC, **Dabbs NC**, Garner JC. Comparison of Linear and Angular Swing Velocities With Differently Weighted Warm-up Bats in Softball Players. 33<sup>rd</sup> International Conference in Society of Biomechanics in Sports Annual Conference, Université de Poitiers, France, June 29-July 3, 2015.
3. "Vegetable Protein and the Athletic Diet", College Strength & Conditioning Coaches Association Annual Meeting. Orlando, FL, May 2012. Sponsor: Bush's Beans & Co.

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#### INVITED PRESENTATIONS

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1. **Dabbs, NC**. What works and doesn't work with whole-body vibration. 27<sup>th</sup> Annual Practical Applications in Sports Medicine, Palm Springs, CA, July, 2018.
2. **Dabbs, NC**. Good Vibrations? Southwest National Strength and Conditioning Association Regional Conference, Santa Monica, Ca, April 21, 2018.
3. Dabbs, NC. Baseline Balance Assessments for Concussions. 26<sup>th</sup> Annual Practical Applications in Sports Medicine, Palm Springs, CA, June 4, 2017.
4. Multiple Sclerosis Support Group, Oxford, MS, March 2012- Utilizing Whole-Body Vibration to reduce Spasticity
5. Trainology Conference, Ole Miss, July 2012- Sport Performance and Whole-Body Vibration. Oral Presentation
6. General Electric Corporation Health Day, 2010- Stretch and Strengthen the Stress Away

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#### RESEARCH FUNDING

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1. **Dabbs, NC**  
The Difference in Lower-Body Performance Measures in Collegiate and Recreationally Trained Male Soccer and Basketball Players.  
Summer Research Fellowship 2014--2015: CSUSB  
**Role: Primary Investigator**  
Funding Requested: \$3,000  
Status: Funded, \$3,000
2. **Dabbs, NC**  
The Effects of Whole-Body Vibration on Balance Performance following Exercise Induced Muscle Damage.  
Mini Grant 2014-2015: CSUSB

**Role: Primary Investigator**

Funding Requested: \$5,000

Status: Funded, \$4,500.

**3. Dabbs, NC & Garner, JC.**

The Effect of Whole-body Vibration on Muscle Recovery Following Induced Delayed Onset Muscle Soreness

Doctoral Grant: National Strength and Conditioning Association

**Role: Primary Investigator**

Funding Request: \$10,000

Status: Not Funded, Submitted 2012

**4. Dabbs, NC & Garner, JC.**

The Effect of Whole-body Vibration on Muscle Recovery Following Induced Delayed Onset Muscle Soreness

Internal Grant at UM: Graduate Student Council

**Role: Primary Investigator**

Funding Request: \$1,000,

Status: Approved, 2012

**5. Valliant, MW & Garner, JC**

Efficacies of on-field testing modalities on Sickle Cell Trait Athletes

National Football League Medical Charities

**Role: Funded Graduate Research Assistant**

Funding Request: \$78,728

Status: Not Funded, Submitted 2011

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**MEMBERSHIPS**

- Southwest American College of Sports Medicine (SWACSM), 2008-present
- American College of Sports Medicine (ACSM), 2008-Current
- National Strength and Conditioning Association (NSCA), 2008- Current
- Southeast American College of Sports Medicine (SEACSM), 2011-2013

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**CERTIFICATIONS**

- Lay Responder First Aid and CPR/AED Instructional Trainer, 2010-2014
- Lay Responder: CPR/AED/First Aid Certification, 2010-present

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**HONORS/AWARDS**

- NSCA, Fellow
- CSUSB, KSA Faculty Mentor of the Year, 2018
- CSUSB, KSA Tenure-Track Faculty of the Year, 2016, 2017
- NSCA, Volunteer Spotlight of the Month, January, 2015
- UM The School of Applied Sciences Graduate Student of the Month, 12/2012
- UM Exercise Science Graduate Student of the Year, 2011/2012
- CSU Doctoral Incentive Program Recipient, 2011
- NSCA Women's Scholarship-2010, 2011
- NSCA Challenge Scholarship- 2009, 2012

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**PROFESSIONAL SERVICE**

- NSCA, Foundation Board Member, 2017-2020, Vice President
- SWACSM, Board of Trustees, Member at Large, 2015-2018
- CSUSB, Educational Recognition Program Director for NSCA, 2015-2017

- NSCA, National Women's Committee, Committee Chair, 2014-2017
- CSUSB, Kinesiology Student Association Faculty Advisor, 2014-2015
- CSU, Chancellors Doctoral Incentive Program Mini Grant Committee Reviewer, 2013
- NSCA, National Women's Committee Member, 2013-2018
- NSCA, National Membership Committee, Committee Secretary, 2013-2016
- NSCA, National Membership Committee, 2012-2018
- UM, Graduate Women's Mentorship Program, 2012
- UM, HESRM Department Instructor Search Committee Member, 2012
- UM, Graduate Student Council HERSM department representative senator, 2012-2013
- NSCA, State Advisory Board Founding Member, Mississippi, 2011-2013
- Mississippi Regional Science Fair -Scientific Judge, 2012
- Editor
  - Guest Editor for Special Issue on Female Athletes-2; Strength and Conditioning Journal, TBA
  - Guest Editor for Special Issue on Female Athletes; Strength and Conditioning Journal, April 2016
  
- Review Experience
  - Review, Journal of Biomechanics
  - Reviewer, International Journal of Exercise Science
  - Reviewer, Journal of Trainology
  - Reviewer, Sports Medicine Open Journal
  - Reviewer, BioMed Central
  - Reviewer, International Journal of Athletic Training and Therapy
  - Reviewer, International Journal of Kinesiology and Sports Science
  - Reviewer, Journal of Sports Science
  - Reviewer, NSCA Coach's Journal
  - Reviewer, Journal of Strength and Conditioning Research
  - Reviewer, Performance Training Journal
  - Reviewer, Journal of Caffeine Research
  - Reviewer, Medicina Sportiva Journal
  - Reviewer, Strength and Conditioning Journal
  - Reviewer, Journal of Kinesiology
  - Reviewer, Journal of Sport Science and Medicine

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## **LEADERSHIP EXPERIENCE**

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- CSU-SB, Quarter to Semester Coordinator for Exercise Science
- CSU-SB, Director of Fitness Assessment Program
- CSU-SB, Internship Coordinator
- CSU-SB, Review Committee for CDIP applicants
- CSU-SB, Faculty Mentor for CDIP on campus
- CSU-SB, Faculty Advisor for Kinesiology Student Association
- CSU-SB, Transfer Student SOAR Orientation, 2014
- UM, Transfer Student Advisement, 2012
- UM, Sally McDonnell Barksdale Honor's College Student Director, 2011-present
- UM, Exercise Science Independent Study ABL Student Director, 2012-present
- UM, Exercise Science Practicum ABL Student Director, 2012-present

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## REFERENCES

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**Lee E. Brown**, Ed.D., CSCS\*D, FNCSA, FACSM  
Professor, Strength and Conditioning

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