

BRETT CROSSLAND

EDUCATION

2006
BS - Kinesiology
Midwestern State University

2008
MS - Kinesiology
Midwestern State University

2022
Ph.D. - Kinesiology
Texas Woman's University

CERTIFICATIONS

- National Strength & Conditioning Association – CSCS
- National Strength & Conditioning Association - CPSS
- Collegiate Strength & Conditioning Coaches Association - SCCC
- USA Weightlifting – Sports Performance Coach
- USA Track & Field – Level 1
- USA Triathlon – Level 1
- Reflexive Performance Reset - Level 1

SKILLS

- Venipuncture
- VO₂ Max Testing
- Lactate Threshold Testing
- Body Composition
- Luminex Magpix Analysis
- Enzyme-linked Immunosorbent Assays (ELISA)
- Biodex Strength Measurements
- DEXA Bone Density Measurements
- Electroencephalogram Recording
- Electrocardiogram Collection
- Heart Rate Variability Measurement and Analysis

PROFESSIONAL EXPERIENCE

2023
-
PRES

ASSISTANT PROFESSOR - DEPARTMENT OF ATHLETIC TRAINING & EXERCISE PHYSIOLOGY

MIDWESTERN STATE UNIVERSITY / WICHITA FALLS, TX

- Instructor of record for graduate and undergraduate classes taught in the Department of Athletic Training & Exercise Physiology.
- Mentor Graduate Assistant students in various research projects, proposals, presentations, and manuscript submissions.
- Develop and produce meaningful research outcomes focused on optimizing human performance
- Serve on various committees throughout the university and community.

2015
-
2023

HEAD SPORTS PERFORMANCE COACH ADJUNCT PROFESSOR

TEXAS WOMAN'S UNIVERSITY / DENTON, TX

- Developed individualized, sport specific training programs for every TWU student-athletes on a year-round basis.
- Implemented data tracking in order to monitor athlete training Load and recovery status.
- Performed research studies on TWU athletes focusing on sport performance.
- Worked in coordination with nutrition experts to develop and employ nutritional services for student athletes.
- Instructor of record for courses taught in the School of Health Promotions and Kinesiology.
- Supervised and mentored Graduate Assistant and Internship positions.

2013
-
2015

STRENGTH & CONDITIONING SPECIALIST

UNITED STATES ARMY SPECIAL FORCES / FORT CAMPBELL, KY

- Designed and implemented comprehensive strength and conditioning programs for members of the U.S Army Special Forces.
- Collaborated with Physical Therapists, Nutritionists, Sports Psychologists, and other strength and conditioning professionals regarding rehabilitation and training of injured soldiers.
- Maintained communication and training programs with soldiers and teams as they deployed on combat missions.

SERVICE



- Tactical Strength & Conditioning Report - NSCA - Editorial Review Committee
- Kilgore Academy for Fitness Professionals - Academy Review Board Member
- TWU Powerlifting Club - Staff Advisor
- Move Well Committee Member – TWU
- Texas Space Grant Consortium Design Challenge Showcase – EEG Consultant – TWU
- Guest lecturer for Sports Administration classes - TWU
- Mentor for First Year Learning Mustang Adventure Class - Fall 2023
- Thermoregulation management research for VITRO Architectural Glass
- Grant Reviewer - National Strength & Conditioning Association
- Grant Reviewer - Vermont Biomedical Research Network
- Interim / Volunteer Strength & Conditioning Coach - MSU - 2023

TEACHING



MIDWESTERN STATE UNIVERSITY / WICHITA FALLS, TX

- EXPH 1803 - Anatomical Kinesiology
- EXPH 3003 - Strength & Conditioning - Theory & Application
- EXPH 2503 – Physiology of Sport & Fitness
- EXPH 5023 - Advanced Exercise Physiology
- MWSU 1230 - First Year Mustangs Adventure

TEXAS WOMAN'S UNIVERSITY / DENTON, TX

- KINS 4903 - Exercise & Aging
- KINS 1901 - Fitness & Health
- KINS 1683 - Strength Training & Functional Anatomy

PROFESSIONAL EXPERIENCE (CONTINUED)



- 2010 - 2013
- **ASSISTANT STRENGTH & CONDITIONING COACH**
BROWN UNIVERSITY / PROVIDENCE, RI
 - Created comprehensive strength and conditioning programs for Men's and Women's varsity sports including: Basketball, Lacrosse, Ice Hockey, Track & Field, Squash, Swimming, Diving, Softball, Baseball, Field Hockey, Tennis, and Water Polo.
 - Assisted the Director of Strength & Conditioning with the implementation of the Brown University Football strength and conditioning program.
 - Responsible for scheduling of the Strength & Conditioning facility that serviced 31 varsity teams.
- 2008 - 2010
- **ASSISTANT STRENGTH & CONDITIONING COACH**
UNIVERSITY OF PENNSYLVANIA / PHILADELPHIA, PA
 - Assisted the Director of Strength & Conditioning in all aspects of UPENN Football Strength & Conditioning program. Duties including, but not limited to: strength training, speed development, conditioning, body composition, mobility programs, game day preparation, recover strategies, and nutritional consulting.
 - In charge of design and execution of strength and conditioning programs for women's basketball, softball, field hockey, track & field, crew, fencing, squash, gymnastics, cross country, and wrestling.
 - Played a vital role in the design, layout, and outfitting of the new Weiss Weightroom at Franklin Field.

PUBLICATIONS



- Sokoloski, M.L.; Rigby, B.R.; King, G.A.; Biggerstaff, K.D.; Irvine, C.J.; Bosak, A.M.; Gordon, R.A.; Zumbro, E.L.; Clark, C.E.; Varone, N.L.; et al. Muscle Damage, Inflammation, and Muscular Performance following the Physical Ability Test in Professional Firefighters. *Sports* 2023, 11, 144.
- Crossland, B.W.; Rigby, B.R.; Duplanty, A.A.; King, G.A.; Juma, S.; Levine, N.A.; Clark, C.E.; Ramirez, K.P.; Varone, N.L. Acute Supplementation with Cannabidiol Does Not Attenuate Inflammation or Improve Measures of Performance following Strenuous Exercise. *Healthcare* 2022, 10, 1133.
- Crossland, B., Garrish, J., Lopez, J., Lovitt, J., & Whitt, R. (2020), January 10). Striking a balance: Overtraining in strength programs. *Training & Conditioning*.
- Sheean, A.J., Owens, J., Suttle, S., Crossland, B.W., & Stinner, D.J. (2015). Return to Duty After Severe Bilateral Lower Extremity Trauma. *Journal Of Special Operation Medicine*, 15(1), Spring 2015.
- Crossland, B.W., Hartman, J.E., Kilgore, J.L., Hartman, M.J., Kaus, J.M. (2011). Upper-Body Anthropometric and Strength Measures and Their Relationship to Start Time in Elite Luge Athletes. *Journal of Strength & Conditioning*

PRESENTATIONS



- Crossland, B., Sokoloski, M, & Rigby, B. R. (2018). The Relationship Between Heart Rate Variability and Skeletal Muscle Damage in Female Collegiate Athletes. *International Journal of Exercise Science Conference Abstracts*, 2 (10).
- Crossland, B., Rigby, B. R., Brisebois, M., Irvine, C., & Nichols, D. (2017). Training manipulations based on heart rate variability measures. *International Journal of Exercise Science Conference Abstracts*, 2 (9).
- Crossland, B. & Rigby, B. R. (2016). Training manipulations based on heart rate variability in elite athletes. Invited presentation at International Symposium in Kinesiology and Exercise Science Research at Baylor University, Waco, Texas.