

**Dr. David J. Szymanski, Department of Health & Exercise Sciences
Virgil Orr Undergraduate Junior Faculty Award Nominee Information**

I am honored to be among the nominees for this prestigious award. Thank you for your time and consideration.

A) List of Courses Taught and Overall Teacher Evaluation: (I have listed N/A as the evaluation score for the courses for which a teacher evaluation were accidentally shredded by the College of Education and any summer courses.)

QUARTER	COURSE	RATING
Winter 2007-08	HES 407 001: Exercise Prescription	4.0
	HES 546 051: Physiology of Strength & Conditioning	4.0
Fall 2007	HES 292 001: Preventative Health & Wellness	3.8
	HES 408 001: Physiology of Exercise	4.0
	HES 409 001: Measurement of Physiology Variables	3.9
Summer 2007	HES 409 002: Measurement of Physiology Variables	4.0
	HES 326 030: Applied Anatomy & Kinesiology	N/A
	HES 407 060: Exercise Prescription	N/A
Spring 2007	HES 408 060: Physiology of Exercise	N/A
	HES 408 001: Physiology of Exercise	N/A
	HES 409 001: Measurement of Physiology Variables	N/A
	HES 409 002: Measurement of Physiology Variables	N/A
	HES 418 001: Strength & Conditioning for Improved Performance	N/A
Winter 2006-07	HES 536 051: Physiology of Exercise II	N/A
	HES 110 001: Faculty/Staff Fitness	N/A
	HES 407 001: Exercise Prescription	3.9
	HES 518 051: Recent Literature and Research in Physical Education, Physical Fitness and Wellness	3.9
Fall 2006	HES 110 001: Faculty/Staff Fitness	N/A
	HES 408 001: Physiology of Exercise	3.7
	HES 409 001: Measurement of Physiology Variables	3.6
	HES 409 002: Measurement of Physiology Variables	3.8
	HES 509 051: Test and Measurements	3.9
Summer 2006	HES 407 060: Exercise Prescription	N/A
	HES 408 060: Physiology of Exercise	N/A
Spring 2006	HES 292 001: Preventative Health & Wellness	3.8
	HES 408 001: Physiology of Exercise	3.9
	HES 409 001: Measurement of Physiology Variables	3.9
	HES 536 051: Physiology of Exercise II	4.0
Winter 2005-06	HES 110 001: Faculty/Staff Fitness	N/A
	HES 407 001: Exercise Prescription	3.9
	HES 546 051: Physiology of Strength & Conditioning	3.2
Fall 2005	HES 408 001: Physiology of Exercise	3.1
	HES 409 001: Measurement of Physiology Variables	2.8
	HES 409 002: Measurement of Physiology Variables	3.6
	HES 410 001: Designing, Building, and Maintenance of Sport Physical Fitness Facilities	3.1
	HES 509 051: Test and Measurements	2.3

B) Statement of Beliefs Concerning the Importance of Teaching, Research, and Community/University Service to the Overall Mission of the University

I have spent the last 3 years at Louisiana Tech University as an assistant professor of exercise physiology and as the Director of the Applied Physiology Laboratory striving to be the best teacher, researcher, and servant to the university that I can be. The area of health and exercise sciences is an

evolving field of study. Because of this, I want to instill in the students that I teach a desire to learn, not for the moment, but for a lifetime. I want the students that I teach to be able to think critically, make educated decisions, communicate well, and be confident in their abilities. If I accomplish this, I have completed a major part of my responsibilities.

As a teacher, I tell my students that “knowledge and experience is power.” I do this every quarter hopeful that they will understand the importance of their education, study hard, and take advantage of all the opportunities presented to them. If they do this, they will be on their way to becoming powerful (knowledgeable) people. I believe that Health & Exercise Science students should “talk the talk and walk the walk.” What I mean by this statement is that I want them to learn as much as possible about this field, be able to explain what is going on physiologically, and also live a healthy, active life. My career has provided me with a unique view and understanding of how to educate and instruct students as they progress from undergraduate to graduate students. I try to take advantage of every opportunity to interact with my students in promoting discussions that lead to critical thinking, and to try to relate the classroom material to lifetime and sport performance applications (e.g., testing baseball players and conducting training studies with them). I not only use scientific words or theories to explain a certain topic, but I also tell, what I think are, really good analogies that simplify each of the concepts so that anyone can understand what I am saying.

Furthermore, I want students to take ownership of their education and get the most out of it so it will benefit them in their career. The more they know and experience about their area of expertise, the better they will do in their career. I say career and not job because I think of a job as the position the man in the old Dunkin’ Donuts commercial had. I do not want my students to go to work saying that “It’s time to make the donuts” while they sleep walk through the doors of their employment. I want them to have a career with a passion to make a difference and to have self-fulfillment. I try to help students develop a passion for this field by getting them involved in research, presentations, and professional organizations. I have had a wonderful time teaching at Louisiana Tech University and I am proud to say that I have made a strong impact on student’s lives. Other than my first quarter teaching at Louisiana Tech University, I have received outstanding student evaluations and wonderful comments from students indicating how they have enjoyed my classes (even though they were very challenging) and how being involved with research has influenced their lives. Just recently one student said that they have decided to stay at Louisiana Tech for their master’s degree largely because of their experiences with me. That comment is very powerful and humbling at the same time.

During my 15 years as an educator/coach, I have maintained a strong passion for teaching and the quest for knowledge. My teaching and research are connected. I enjoy the quest for knowledge so much that I tell students and peers that I think of myself as the Indiana Jones of sports performance research. I am looking for the Holy Grail (the illusive treasure of sports performance knowledge). I do this by conducting research with college students, and high school and college athletes. While at Louisiana Tech University, more than 150 students have been involved in my research, as both subjects and investigators. I thoroughly enjoy sharing my research findings with my students and with peers. My research is an extension of me and partially defines who I am. I get a lot of self-fulfillment from being a researcher, and I hope that I can inspire others to pursue their passion the way that others have inspired me.

I believe that it is essential that we participate in university service because our decisions and actions will have an impact on the image and direction of the university. My service to the university has grown every year. I am involved at all three levels; department, college, and university. Departmentally I have been a search committee member for three academic positions, and the Chair of the clinical and health concentration curriculum committee. I am the Program Director for the NSCA’s Education Recognition Program for our concentration in sports performance. I am the Coordinator of the Health and Wellness Fair and Health & Exercise Sciences Research Seminar for the department as well. For the college, I am a NCATE Assessment System and Unit Evaluation member. At the university level I am a University Senate member and Volunteer Assistant Baseball Coach for the Tech Baseball team.

I have a tremendous amount of gratitude and appreciation for those who helped to educate and mentor me. Being a professor provides me with an opportunity to give someone else the benefits of education and encouragement that helped me develop as an individual. I continue to learn from colleagues, students, and family. I believe there is distinct relationship between my record of teaching, research, and service, one that exemplifies the high standards of Louisiana Tech University.

C) Selected List of Publications, Grants, and Similar Activities

Articles in Refereed Journals

Szymanski, D. J., J. S. McIntyre, J. M. Szymanski, T. J. Bradford, R. L. Schade, N. H. Madsen, and D. D. Pascoe. Effect of torso rotational strength on angular hip, angular shoulder, and linear bat velocities of high school baseball players. *Journal of Strength and Conditioning Research*. 21(4): 1117-1125. 2007.

Szymanski, D. J. Collegiate baseball in-season training. *Strength and Conditioning Journal*. 29(4): 68-80. 2007.

Szymanski, D. J., J. M. Szymanski, T. Jason Bradford, Ryan L. Schade, and D. D. Pascoe. Effect of 12 weeks of medicine ball training on high school baseball players. *Journal of Strength and Conditioning Research*. 21(3): 894-901. 2007.

Szymanski, D. J. Resistance training to develop increased bat velocity. *NSCA's Performance Training Journal*. 6(2): 16-20. 2007.

Szymanski, D. J., J. S. McIntyre, J. M. Szymanski, J. M. Molloy, N. H. Madsen, and D. D. Pascoe. Effect of wrist and forearm training on linear bat-end, center of percussion, and hand velocities, and on time to ball contact of high school baseball players. *Journal of Strength and Conditioning Research*. 20(1): 231-240. 2006.

Manuscripts in Review for Refereed Journals

Szymanski, D. J., C. DeRenne, and F. J. Spaniol. Contributing factors for increased bat swing velocity: A brief review. Submitted to the *Journal of Strength and Conditioning Research*.

Invited Articles in Non-Refereed Journals

Szymanski, D. J. In-season baseball training. *Sports Medicine Update*. 16(5): 28-39. 2003.

Abstracts in Refereed Journals

Szymanski, D. J. Increasing throwing velocity of baseball pitchers: A pilot study. Abstract. *Journal of Strength & Conditioning Research*. 21(4): e28. 2007.

Szymanski, D. J. and R. L. Myers. Heart rate responses of collegiate baseball pitchers while pitching and conditioning. Abstract. *Journal of Strength & Conditioning Research*. 21(4): e28. 2007.

Wheeler, T. D. and D. J. Szymanski. Effect of 7-weeks of plyometric training on vertical jump performance of collegiate female volleyball players. Abstract. *Journal of Strength & Conditioning Research*. 21(4): e30. 2007.

Szymanski, D. J., W. M. Miletello, and H. M. Billiot. A comparison of base running techniques and times to 1st base. Abstract. *Medicine & Science in Sports & Exercise*. 39(5): S207. 2007.

Abstracts Submitted and Accepted to Refereed Journals

Szymanski, D. J., J. M. Szymanski, R. L. Schade, and T. J. Bradford. Relationship between physiological variables and linear bat swing velocity of high school baseball players. ACSM Annual Meeting. *Medicine & Science Sports & Exercise*. May 28 – June 1, 2008.

Beam, J. R., D. J. Szymanski, and E. G. Cunningham. Comparison of six methods of estimating percent body fat to DXA in college students. ACSM Annual Meeting. *Medicine & Science Sports & Exercise*. May 28 – June 1, 2008.

Szymanski, D. J., J. M. Albert, J. G. Reed, D. L. Hemperley, R. M. Moore, and J. P. Walker. Effect of overweighted forearm training on bat swing and batted-ball velocities of high school baseball players. NSCA National Conference. *Journal of Strength and Conditioning Research*. July 9-12, 2008.

Szymanski, D. J., J. M. Albert, L. Z. Hawthorne, D. L. Hemperley, H. S. Hsu, J. G. Reed, C. J. Skinner, and J. R. Tatum. Effect of overweighted forearm training on bat swing and batted-ball velocities of novice participants. NSCA National Conference. *Journal of Strength and Conditioning Research*. July 9-12, 2008.

Szymanski, J. M., D. J. Szymanski, J. M. Albert, J. G. Reed, D. L. Hemperley, H. S. Hsu, R. M. Moore, J. D. Potts, R. C. Winstead. Relationship between physiological characteristics and baseball-specific variables of high school baseball players. NSCA National Conference. *Journal of Strength and Conditioning Research*. July 9-12, 2008.

Reed, J. G., D. J. Szymanski, J. M. Albert, L. Z. Hawthorne, D. L. Hemperley, H. S. Hsu, J. R. Tatum, J. E. Turner, and C. J. Skinner. Relationship between physiological characteristics and baseball/softball specific variables of novice college students. NSCA National Conference. *Journal of Strength and Conditioning Research*. July 9-12, 2008.

Reed, J. G., D. J. Szymanski, J. M. Albert, B. E. Stanley, and J. R. Beam. Effect of strength and conditioning on fitness levels of rookie and veteran firefighters. NSCA National Conference. *Journal of Strength and Conditioning Research*. July 9-12, 2008.

Spaniol, F., R. Bonnette, D. Szymanski, L. Ocker, D. Melrose, and J. Paluseo. Effect of Vizual Edge® performance training on the batting skills of NCAA Division I baseball players. NSCA National Conference. *Journal of Strength and Conditioning Research*. July 9-12, 2008.

Bonnette, R., F. Spaniol, D. Melrose, L. Ocker, J. Paluseo, and D. Szymanski. The relationship between rotational power, bat speed, and batted-ball velocity of NCAA Division I baseball players. NSCA National Conference. *Journal of Strength and Conditioning Research*. July 9-12, 2008.

Grants

Instructional Innovation Summer Grant. Enhancing Health & Exercise Science Classes Utilizing “A” Student Response System. Louisiana Tech University. Rhonda Boyd, C. Smiley Reeves, Larry Proctor, David Szymanski, and Wendy Miletello. \$5000. Funded \$5000 (2007-2008).

Student Technology Fee Board. Louisiana Tech University. Lanie Dornier, Charles Cicciarella, Wendy Miletello, Tammy Schilling, and David Szymanski. \$60,401 (2007-2008).

Student Technology Fee Board. Louisiana Tech University. Lanie Dornier, Charles Cicciarella, Wendy Miletello, and David Szymanski. \$108,000. Funded \$42,672 (2006-2007).

Student Technology Fee Board. Louisiana Tech University. James E. Heimdal and David J. Szymanski. \$107,015. Funded \$59,898 (2005-2006).

Equipment/Supply Grants

Elite Power Med-Ball. Power Systems, Inc. David J. Szymanski. \$1000 (2008).

Baseball equipment. Hand Speed Trainer, Inc. David J. Szymanski. \$1500 (2006-2007).

Presentations: National

Beam, J. R., W. M. Miletello, and D. J. Szymanski. Estimation of maximal oxygen consumption from submaximal cycle ergometry in college-aged Black women. Poster Presentation. AAPHRED National Convention. Fort Worth, TX. April 8-12, 2008.

Szymanski, D. J. Effect of overweighted forearm training on bat swing velocity. Session Presentation. National Strength and Conditioning Association’s Sport Specific Training Conference. Anaheim, CA. January 4-5, 2008.

Szymanski, D. J. Head first sliding: Faster or more dangerous? Session Presentation. National Strength and Conditioning Association’s Sport Specific Training Conference. Anaheim, CA. January 4-5, 2008.

Szymanski, D. J. Increasing throwing velocity of baseball pitchers: A pilot study. Poster Presentation. National Strength and Conditioning Association. Atlanta, GA. July 11-14, 2007.

Szymanski, D. J. and R. L. Myers. Heart rate responses of collegiate baseball pitchers while pitching and conditioning. Poster Presentation. National Strength and Conditioning Association. Atlanta, GA. July 11-14, 2007.

Szymanski, D. J., W. M. Miletello, and H. M. Billiot. A comparison of base running techniques and times to 1st base. Poster Presentation. ACSM Annual Meeting. New Orleans, LA. May 30-June 2, 2007.

Szymanski, D. J. Increasing throwing velocity. Session Presentation (2 hr). National Strength and Conditioning Association's Sport Specific Training Conference. San Antonio, TX. January 5-6, 2007.

Szymanski, D. J., J. M. Albert, and J. G. Reed. Special and specific medicine ball exercises for baseball. From the Field Presentation. National Strength and Conditioning Association's Sport Specific Training Conference. San Antonio, TX. January 5-6, 2007.

Szymanski, D. J. Specific exercise intensity for baseball pitchers. Session Presentation. National Strength and Conditioning Association's Sport Specific Training Conference. Dallas, TX. January 6-7, 2006.

Presentations: Regional

Szymanski, D. J., J. M. Albert, J. G. Reed, and J. M. Szymanski. Physiological predictors of sport-specific skills of collegiate Division I baseball players. SEACSM Regional Meeting. Poster Presentation. February 15, 2008.

Presentations: State

Szymanski, D. J. Ways to improve bat swing and throwing velocity for baseball players. Session presentation. Louisiana High School Baseball Coaches Association. Baton Rouge, LA. January 12, 2008.

Szymanski, D. J. Resistance and speed training for baseball players. Session presentation. Louisiana High School Baseball Coaches Association. Baton Rouge, LA. January 12, 2008.

Szymanski, D. J. Annual Resistance Training Program for Various Levels of Baseball Players. Sports Performance Seminar. Velocity Sports Performance. Orlando, FL. November 29, 2007.

Reed, J. G. and D. J. Szymanski. Physiological characteristics of firefighters in Northeastern Louisiana. LAHPERD. Baton Rouge, LA. October 5, 2007.

D) Selected List of Community/University Service Activities

2008	Coordinator of Health & Exercise Sciences Research Seminar
2008	Professional Development Workshop, Ruston Middle & High School
2007-present	NCATE Assessment System and Unit Evaluation member
2007-present	Chair of Curriculum Committee, Department HES
2007-present	University Senate
2007	LA Gear Up Sports Medicine Camp Exercise Physiology Exploration leader
2006-present	Coordinator of Health & Wellness Fair for HES Department
2006	Search Committee, Adapted Physical Education position
2006-present	Volunteer Assistant Baseball Coach, Louisiana Tech University
2006-2007	Faculty Advisor, Louisiana Tech University Rugby Club
2006-present	Program Director of NSCA Education Recognition Program
2006-present	Recruitment: Time Out for Tech, Football recruiting, Baseball recruiting
2006	LA Gear Up Sports Medicine Camp Exercise Physiology Exploration leader
2005-2006	Volunteer Strength and Conditioning Coach, Louisiana Tech University