

DAVID J. SZYMANSKI



Courses Taught:

KINE 407: Exercise Prescription
KINE 408: Physiology of Exercise
KINE 418: Strength Training & Conditioning
KINE 526: Physiology of Exercise I
KINE 536: Physiology of Exercise II
KINE 546: Theory & Methodology of Resistance Training

Educational Credentials:

Doctorate of Philosophy	Auburn University; Auburn, AL (Exercise Physiology), 2004
Masters of Education	Texas State University; San Marcos, TX (Sports Management), 1995
Bachelor of Arts	Texas Lutheran University; Seguin, TX (Kinesiology), 1993
Bachelor of Arts	Texas Lutheran University; Seguin, TX (Fine Art), 1989
Associate of Arts	College of DuPage; Glen Ellyn, IL (Commercial Art), 1987

Teaching Experience:

Professor	Louisiana Tech University, 2015-present
Associate Professor	Louisiana Tech University, 2010-2015
Assistant Professor	Louisiana Tech University, 2005-2010

Professional Experience:

Department Chair (Kinesiology)	Louisiana Tech University, 2018-present
Interim Department Chair (Kinesiology)	Louisiana Tech University, 2017-2018
Associate Department Chair (Kinesiology)	Louisiana Tech University, 2015-2016
Head Baseball Strength & Conditioning Coach	Louisiana Tech University, 2006-2014

Selected Publications:

1. Hornsby, G, Gleason, B, Wathen, D, Deweese, B, Stone, M, Pierce, K, Wagle, J, **Szymanski, DJ**, and Stone, MH. Servant or service? The problem and a conceptual solution. *Journal of Intercollegiate Sport*. 10: 228-243. 2017.
2. Bishop, S, **Szymanski, DJ**, Ryan, GA, Herron, RL, and Bishop, PA. The effect of intermittent vest cooling on thermoregulation and cardiovascular strain in baseball catchers. *Journal of Strength and Conditioning Research*. 31(8): 2060-2065. 2017.
3. **Szymanski, DJ**. Consideration of sports vision training for baseball hitters. *NSCA Coach*. 2(3): 4-7. 2015.
4. Warren, CD, **Szymanski, DJ**, and Landers, MR. Effects of three recovery protocols on range of motion, heart rate, rating of perceived exertion, and blood lactate in baseball pitchers during a simulated game. *Journal of Strength and Conditioning Research*. 29(11): 3016-3025. 2015.
5. **Szymanski, DJ**. Preseason training for youth baseball players. *Strength and Conditioning Journal*. 35(3): 63-76. 2013.
6. **Szymanski, DJ**. Effects of various resistance training methods on overhand throwing power athletes: A brief review. *Strength and Conditioning Journal*. 34(6): 61-74. 2012.
7. Wilson, JM, Miller, AL, **Szymanski, DJ**, Duncan, NM, Andersen, JC, Alcantara, ZG, Morrison, TJ, and Bergman, CJ. Effects of various warm-up devices and rest period lengths on batting velocity and acceleration of intercollegiate baseball players. *Journal of Strength and Conditioning Research*. 26(9): 2317-2323. 2012.

8. **Szymanski, DJ**, Bassett, KE, Beiser, EJ, Till, ME, Medlin, GL, Beam, JR, and DeRenne, C. Effect of various warm-up devices on bat velocity of intercollegiate softball players. *Journal of Strength and Conditioning Research*. 26(1): 199-205. 2012.
9. **Szymanski, DJ**. Resistance training to avoid little league elbow and shoulder. *NSCA's Performance Training Journal*. 10(2): 15-20. 2011.
10. **Szymanski, DJ**, Beiser, EJ, Bassett, KE, Till, ME, Medlin, GL, Beam, JR, and DeRenne, C. Effect of various warm-up devices on bat velocity of intercollegiate baseball players. *Journal of Strength and Conditioning Research*. 25(2): 287-292. 2011.
11. **Szymanski, DJ** and DeRenne, C. The effects of small muscle training on baseball hitting performance: A brief review. *Strength and Conditioning Journal*. 32(6): 99-108. 2010.
12. Beam, JR and **Szymanski, DJ**. Validity of two skinfold calipers in estimating percent body fat of college-aged men and women. *Journal of Strength and Conditioning Research*. 24(12): 3448-3456. 2010.
13. **Szymanski, DJ**, Szymanski, JM, Schade, RL, Bradford, TJ, McIntyre, JS, DeRenne, C, and Madsen, NH. The relation between anthropometric and physiological variables and linear bat swing velocity of high school baseball players before and after 12 weeks of training. *Journal of Strength and Conditioning Research*. 24(11): 2933-2943. 2010.
14. **Szymanski, DJ**. General, special, and specific core training for baseball players. *NSCA's Performance Training Journal*. 9(5): 13-16. 2010.
15. Davison SW, Caruso JF, Taylor ST, Lutz BM, Olson NM, Mason ML, and **Szymanski DJ**. The benefits of low-friction resistance training in an adolescent baseball player. *Medicina Sportiva*. 14(2): 90-95. 2010.

Selected Presentations (International):

1. **Szymanski, DJ**. Physical training for youth baseball players for injury prevention and performance enhancement. National Olympics Memorial Youth Center: NSCA Japan Selected Coaches. Hands-on presentation. Tokyo, Japan, December 5, 2014.
2. **Szymanski, DJ**. Physical training for youth baseball players for injury prevention and performance enhancement. NSCA Japan National Conference. Lecture & hands-on presentation. Tokyo, Japan, December 7, 2014.
3. **Szymanski, DJ**. Contributing factors for increased bat swing velocity and resistance training to develop increased bat velocity. NSCA Japan Special Symposium: Tokyo College of Sports and Recreation. Lecture. Tokyo, Japan, December 8, 2014.

Selected Presentations (National):

1. **Szymanski, DJ**. Essential components to a baseball resistance training program. Session Presentation. National Strength and Conditioning Association's Coaches Conference. Indianapolis, IN, January 11, 2014.
2. Greenwood, M, Jones, M, Carter, J, Coleman, G, Gravani, K, **Szymanski, D**, and Byars, A. Sport nutrition eating habits of NCAA-Division I athletes. Session Presentation. National Strength and Conditioning Association's National Conference, Las Vegas NV, July 13, 2013.
3. **Szymanski, DJ**. In-season training for the pitcher: The why and how. Session Presentation. National Strength and Conditioning Association's Coaches Conference. San Antonio, TX. January 7, 2012.

4. **Szymanski, DJ.** Longitudinal effects of 3-years of resistance training on performance variables of college baseball players. Session Presentation. National Strength and Conditioning Association's Sport-Specific Training Conference. Orlando, FL. January 8-9, 2010.

Selected Presentations (State & Local):

1. **Szymanski, DJ.** How to get the most out of your weight training workout. Health & Wellness Seminar. Louisiana Tech University. December 5, 2017.
2. **Szymanski, DJ.** Dr. Szymanski and the scientific quest for optimal baseball performance. Seminar presentation. Texas A&M University. October 9, 2017.
3. **Szymanski, DJ.** Dr. Szymanski and the quest for optimal baseball performance. Biology Seminar Series. Seminar presentation. Louisiana Tech University. May 8, 2017.
4. **Szymanski, DJ.** Resistance training for youth baseball players. NSCA Louisiana State Clinic. Session presentation. Northwestern State University. April 8, 2017.
5. **Szymanski, DJ.** SLAP tears: Non-operative training considerations for the overhead athlete. NSCA Louisiana State Clinic. Session presentation. Ruston, LA. December 5, 2015.
6. **Szymanski, DJ.** Periodization for High School Football. Northwood High School coaching staff. Ruston, LA. November 24, 2014.
7. **Szymanski, DJ.** Best Practices: Performance Eating for Athletes. Louisiana Tech University Men's Basketball team. Ruston, LA. September 11, 2014.
8. **Szymanski, DJ.** The Tier System: Making it work for you. Session Presentation. NSCA Louisiana State Clinic. Baton Rouge, LA. April 5, 2014.

Grants:

1. Student Technology Fee Board. Louisiana Tech University. **David Szymanski**, Jean Chen, Lacey Deal, Ben Gleason, C. Smiley Reeves, and Vishesh Singh. Submitted September 15, 2018. \$191,825.35. Funded \$63,514.00 (2018).
2. Student Technology Fee Board. Louisiana Tech University. **David Szymanski**, Ben Gleason, and Vishesh Singh. Submitted March 26, 2018. \$172,926.00. Funded \$1,200 (2018).
3. LOSFA through LABOR Grant. Gaming Activities for Motivating an Innovative New Generation (GAMING) for STEAM Careers. Lindsey Keith-Vincent, Lillian Diane Madden, **David Szymanski**, Jordan Blazo, Jane Jacob, George Noflin, Glenn Larson, Devonian Love-Vaughan, and Tim Bishop. Submitted December 4, 2017. \$192,000.00. Not funded.
4. Student Technology Fee Board. Louisiana Tech University. **David Szymanski**, Ben Gleason, and Vishesh Singh. Submitted October 20, 2017. \$180,174.50. Funded \$68,312 (2017).
5. Lagniappe Ladies Grant. Louisiana Tech University. **David Szymanski**. \$5,000.00. Submitted June 16, 2017. Not funded (2017).
6. Student Technology Fee Board. Louisiana Tech University. **David Szymanski** and Vishesh Singh. \$16,701.55. Submitted March 14, 2017. Funded \$16,701.55 (2017).
7. Board of Regents Traditional Enhancement Fund. Louisiana Tech University. Braden Romer, **David Szymanski**, Bryant Hollins, and Tammy Schilling. Submitted October 23, 2015. \$211,975.00. Not funded (2016).

8. Board of Regents Support Fund: Louisiana Systemic Initiatives Program. Sport Science Discovery Programs. Louisiana Tech University. Braden Romer, **David Szymanski**, Heath Tims, and Kelly Crittendon. Submitted February 27, 2015. \$111,803.88. Not funded (2015).
9. Board of Regents Support Fund: Traditional and Undergraduate Enhancement Proposal. Louisiana Tech University. Braden Romer, **David Szymanski**, and Bryant Hollins. \$155,450.00. Submitted October 24, 2014. Not funded (2015).

Academic Honors & Awards:

Leadership Medallion, Louisiana Tech University, 2018
Presidential Medallion, Louisiana Tech University, 2014
University Senate Chair Award Recipient, Louisiana Tech University, 2013
University Senate Chair Award Nominee, Louisiana Tech University, 2012
Fellow of the NSCA, 2011-present
Eva Cunningham Endowed Professorship in Education, 2011-present

Certifications:

Registered Strength and Conditioning Coach Emeritus, NSCA, 2013-present
Certified Strength and Conditioning Specialist with Distinction, NSCA, 2006-present
Certified in CPR & First Aid

Professional Memberships:

NSCA: National Strength and Conditioning Association, 1993-present
ACSM: American College of Sports Medicine, 1997-2017
SIG: Special Interest Group (Baseball) with the NSCA, 2002-present
SEACSM: Southeastern American College of Sports Medicine, 2007-2017