

# DAVID J. SZYMANSKI



## Courses Taught:

KINE 408: Physiology of Exercise  
KINE 418: Strength Training & Conditioning  
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
Director of Baseball Performance	Louisiana Tech University, 2020-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. Gills, JL, Spliker, B, Glenn, JM, **Szymanski, D**, Romer, B, Lu, H, and Gray, M. Acute citrulline-malate supplementation increases total work in short lower-body isokinetic tasks for recreationally active females during menstruation. PAP July 26, 2021 to the *Journal of Strength and Conditioning Research*. XX(X): 000-000, 2021.
2. Sato, K, Light, TJ, Abbott, J, Painter, K, Gentles, J, Bazylar, C, and **Szymanski, D**. Load-velocity relationships in the back squat: the influence of relative strength. *Journal of Sports Performance*. 8(1): 1-12, 2021.
3. Donahue, PT, **Szymanski, DJ**, and Wilson, S. Association of anthropometrics and physical performance measures to golf-specific variables in collegiate male golfers. December 14, 2020. *Journal of Sports Medicine and Physical Fitness* DOI: 10.23736/S0022-4707.20.11488-9.
4. Gleason, BH, Bellon, CR, and **Szymanski, DJ**. Practitioner-driven recommendations for the professional evaluation of the strength and conditioning coach. *Strength and Conditioning Journal*. 42(2): 82-94, 2020.
5. 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.
6. 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.
7. **Szymanski, DJ**. Consideration of sports vision training for baseball hitters. *NSCA Coach*. 2(3): 4-7. 2015.

8. 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.
9. **Szymanski, DJ**. Preseason training for youth baseball players. *Strength and Conditioning Journal*. 35(3): 63-76. 2013.
10. **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.
11. 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.
12. **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.
13. **Szymanski, DJ**. Resistance training to avoid little league elbow and shoulder. *NSCA's Performance Training Journal*. 10(2): 15-20. 2011.
14. **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.
15. **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.
16. 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.
17. **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.
18. **Szymanski, DJ**. General, special, and specific core training for baseball players. *NSCA's Performance Training Journal*. 9(5): 13-16. 2010.

#### **Book:**

1. Coleman, AE and **Szymanski, DJ**. Co-editors. *Strength Training of Baseball*. Human Kinetics, Champaign, IL. 2022.

#### **Book Chapter:**

1. **Szymanski, DJ**. Introduction. In: *Strength Training of Baseball*. Human Kinetics, Champaign, IL. 2022.
2. **Szymanski, DJ** and Lawson, B. Importance of resistance training. In: *Strength Training of Baseball*. Human Kinetics, Champaign, IL. 2022.
3. **Szymanski, DJ** and Vazquez, J. Testing protocols and athlete assessment. In: *Strength Training of Baseball*. Human Kinetics, Champaign, IL. 2022.
4. **Szymanski, DJ**. Baseball and Softball. In: *Developing the Core*. Human Kinetics, Champaign, IL. pp. 133-140. 2014.

### **Selected Abstracts:**

1. **Szymanski, DJ**, Garcia, AS, and Qiao, M. Relationship of pinch and grip strengths on velocity and spin variables of different pitch types by collegiate baseball pitchers. Online Poster Presentation. National Strength and Conditioning Association's National Conference, Orlando, FL. July 8, 2021.
2. **Szymanski, DJ**, Szymanski, JM, Ortiz, PA, Cloud, DM, and Crotin, RL. Relationship between stature, body composition, and absolute and relative strength and power to fastball velocity among collegiate baseball pitchers. Online Poster Presentation. National Strength and Conditioning Association's National Conference, Orlando, FL. July 9, 2021.
3. Sakurai, M, Qiao, M, **Szymanski, DJ**, and Crotin, RL. Relationship between kinetics of countermovement jump and trunk mechanics of collegiate baseball pitching. Online Poster Presentation. National Strength and Conditioning Association's National Conference, Orlando, FL. July 8, 2021.
4. Kaplan, CA, **Szymanski, DJ**, and Graves, BS. Acute effect of ankle joint mobilization on hamstring flexibility. Online Poster Presentation. National Strength and Conditioning Association's National Conference, Orlando, FL. July 9, 2021.
5. **Szymanski, D**, Qiao, M, Singh, V, and Cloud, D. Isokinetic shoulder strength profile of collegiate baseball pitchers. *Journal of Strength and Conditioning Research*. 36(4): e77-78, 2021.
6. **Szymanski, D**, Qiao, M, Singh, V, and Szymanski, J. Correlation of power to fastball velocity of collegiate baseball pitchers. *Journal of Strength and Conditioning Research*. 36(4): e192-193, 2021.
7. Ivey, MQ, Nevala, ED, and **Szymanski, DJ**. Comparison of two devices for measuring bat velocity of adolescent baseball players: A pilot study. *Journal of Strength and Conditioning Research*. 31(1): S62-63, 2017.

### **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.

### **Grants:**

1. National Institute of Health. Expansion of Biomedical Research Facilities to Enhance BRAIN Initiative Collaborations in North Louisiana. PI - Leon Iasemidis, Sam Wallace, Co-PIs – Rebecca McConnico, Melinda Bryan, **David Szymanski**, Mu Qiao, Andrew Parks, et al. Submitted and accepted for review March 31, 2021. \$6,050,000. Not funded.
2. National Institute of Health. Expansion of Biomedical Research Facilities to Enhance BRAIN Initiative Collaborations in North Louisiana. PI - Leon Iasemidis, Sam Wallace, Co-PIs – Rebecca McConnico, Melinda Bryan, **David Szymanski**, Mu Qiao, Andrew Parks, et al. Submitted and accepted for review March 31, 2020. \$ 5,000,000. Not funded.
3. 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).
4. 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).
5. 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, Devonia Love-Vaughan, and Tim Bishop. Submitted December 4, 2017. \$192,000.00. Not funded.
6. 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).
7. Lagniappe Ladies Grant. Louisiana Tech University. **David Szymanski**. \$5,000.00. Submitted June 16, 2017. Not funded (2017).
8. Student Technology Fee Board. Louisiana Tech University. **David Szymanski** and Vishesh Singh. \$16,701.55. Submitted March 14, 2017. Funded \$16,701.55 (2017).

### **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