

JESSICA M. SZYMANSKI



Courses Taught:

KINE 206: Fitness for Senior Adults
KINE 255: Individual Sports and Physical Activity
KINE 256: Aerobic/Strength Conditioning and Aquatics
KINE 265: Team Sports and Group Activities
KINE 280: Dance Appreciation
KINE 290: Personal and Community Health
KINE 292: Preventive Health and Wellness
KINE 407: Exercise Prescription
KINE 409: Measurement of Physiology Variables Lab
KINE 416: Fitness Programming
KINE 418: Strength and Conditioning
FYE 100: First Year Experience

Educational Credentials:

Masters of Education Auburn University; Auburn, AL (Exercise Physiology), 1998
Bachelor of Arts Texas Lutheran University; Seguin, TX (Kinesiology), 1995

Teaching Experience:

Instructor Louisiana Tech University, 2008-present

Professional Experience:

College of Education Faculty Senate Rep Louisiana Tech University, 2015-17
Rocketfuel Volleyball Coach Ruston, LA, Present
Tulsa Juniors Volleyball Coach Tulsa, OK, 2005
Head Volleyball/Softball Coach Agnes Scott College, Decatur, GA, Fall 1998

Selected Publications:

1. 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.
2. 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.
3. Szymanski, D, Fairbanks, B, Light, T, and **Szymanski, J**. Relationship of anthropometric and performance variables to offensive statistics of collegiate baseball hitters over two years. *Journal of Strength & Conditioning Research*. 30(1): S142-143, February 2016.
4. Szymanski, D, Lueken, R, Cook, K, and **Szymanski, J**. Shoulder strength and pitching velocity of a collegiate pitcher with a Type 1 SLAP tear over a competitive season: A case study. *Journal of Strength & Conditioning Research*. 30(1): S90-91, February 2016.
5. Elumalai, A, Szymanski, DJ, **Szymanski, JM**, and Parks, JJ. The relationship between controlled arousal levels and putting in 2 different conditions: A pilot study. *Journal of Strength and Conditioning Research*. 28(12): S10, 2014.
6. Szymanski, DJ, Clark, SL, Accardo, DM, Beiser, EJ, Bassett, KE, **Szymanski, JM**, Medlin, GL, and Till, ME. Effect of various resisted training devices on bat swing and batted-ball velocities of novice college students. *Journal of Strength and Conditioning Research*. 26(1): S13-14, 2012.

7. **Szymanski, JM**, Szymanski, DJ, Clark, SL, Accardo, DM, Beiser, EJ, and Bassett, KE. Relationship between anthropometric and performance variables to bat swing and batted-ball velocities in novice college students. *Journal of Strength and Conditioning Research*. 26(1): S72-73, 2012.
8. Szymanski, DJ, Albert, JM, Reed, JG, and **Szymanski, JM**. Relationships between anthropometric and physiological variables and sport-specific skills of collegiate baseball players. *Medicine Science Sports & Exercise*. 43(5): S596, 2011.
9. Szymanski, DJ, Beiser, EJ, Bassett, KE, Till, ME, and **Szymanski, JM**. Relationship between sports performance variables and bat swing velocity of collegiate baseball players. *Journal of Strength and Conditioning Research*. 25(3): 122, March 2011.
10. **Szymanski, JM**, Lowe, HE, Szymanski, DJ, Cicciarella, CF, Lowe, DW, Gilliam, ST and Spaniol, FJ. Effect of visual training on batting performance and pitch recognition of Division I softball players. *Journal of Strength and Conditioning Research*. 25(3): 49-50, March 2011.
11. **Szymanski, JM**, Szymanski, DJ, Britt, AT, and Cicciarella, CF. Effect of preseason over-weighted medicine ball training on throwing velocity. *Journal of Strength and Conditioning Research*. 25(3): 64, March 2011.
12. Szymanski, DJ, **Szymanski, JM**, Albert, JM, Beam, JR, Hsu, HS, Reed, JG, and Spaniol, FJ. Physiological and anthropometric characteristics of college baseball players over an entire year. *Journal of Strength and Conditioning Research*. 24 (Suppl. 1): 1, 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.

Academic Honors & Awards:

Outstanding Faculty Advisor, Louisiana Tech University, 2017 & 2019
Virgil Orr Junior Faculty Award Nominee, 2016
F.J. Taylor Award Nominee, 2021

Certifications:

Certified Strength and Conditioning Specialist, NSCA, 1999-present
Certified in CPR & First Aid

Professional Memberships:

NSCA: National Strength and Conditioning Association, 1999-present