

**CATHERINE L. RAMSTETTER, Ph.D., CHES**

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**PROFESSIONAL EXPERIENCE**

- Owner, School Health Consultant, Successful Healthy Children.org** 7/2015 – present  
 Guide school leaders in connecting school improvement with health-wellness initiatives to support health and learning.
- Utilize existing assessment tools for planning and external funding sources.
  - Assist in identifying metrics to measure progress and demonstrate success.
- Corryville Catholic School (9/2008-present)
- Received \$5000 grant from Hamilton County Prosecutor to teach Prevention Education, grades 1-8, 2017-2018
  - Facilitated CDC's School Health Index, Asset Mapping, wrote comprehensive wellness policy; established Wellness Council, Student Health Council, 2009
  - Initiated strategies for student-family physical activity and nutrition, staff health promotion
- Taft Elementary School (2015-16)
- Supported Student Health Council in Fuel Up to Play 60, two Family Fun Fitness Nights
  - Assisted Wellness Committee for staff health promotion
- Principal Investigator, Recess in Elementary Schools in the United States** 2/2007-present
- Conducted literature review of whole-child benefits of recess in U.S. elementary schools.
  - Ongoing advocacy for recess, collaboration with Ohio Chapter of the American Academy of Pediatrics Home and School Health Committee.
  - Resulted in Journal of School Health publication (November 2010); Position Statement of the American Academy of Pediatrics (January, 2013; slated for reaffirmation 2018).
- Associate Dean, Assistant Professor of Arts & Sciences** 5/2012 – 8/2015  
 The Christ College of Nursing and Health Sciences
- Responsible for 11 full-time and 15 adjunct faculty (English, Math, Natural and Social Sciences, Humanities) including hiring, evaluation and assignment of courses for faculty
  - Led College's Strategic Plan to develop and implement Health Sciences programs
  - Taught Health Promotion & Wellness (300 level; hybrid delivery) and Social and Cultural Issues in Contemporary Regional Health Care (100 level; traditional)
  - Responsible for Community Health Worker Training Program
- Health Education Consultant** 9/2011 – 12/2012  
 Every Child Succeeds
- Adapted "Bringing Literacy Home" curriculum for Home Visitor implementation for use in home visits with at-risk children and parents (ages 0-3 years).
  - Wrote instructions and informational handbook for home visitors and parents.
- Health Educator** 9/2011 – 12/2012  
 Hamilton County General Health District, Department of Public Health
- Supervised Request for Proposal for county constituencies to conduct needs assessment, develop action plans and implement a policy, environment, or systems change.
  - Developed rubric to score applicants; conduct training on CDC's CHANGE Tool; oversee constituents' progress and process.
  - Facilitate 12 community entities through assessment, action planning, implementation.
  - Resulted in policy, environment, systems changes affecting physical activity and nutrition.
- Adjunct Assistant Professor, Health Promotion & Education** 9/2010 – 6/2012  
 University of Cincinnati, College of Criminal Justice, Education and Human Services, School of Human Services; College of Medicine, Department of Public Health Sciences
- Full teaching responsibilities for graduate-level courses: Health Science Statistics; Health Promotion Program Management; Health Systems and Health Policy.
  - Received average of 4.3 on 5-point scale from students on college-level course evaluation.

- Assistant Director, Center for the Enhancement of Teaching & Learning** 7/2008 –  
University of Cincinnati 8/2011
- Collaborated with Director writing Faculty Development Council (FDC) Grants for CET&L Programs; CET&L received \$275,000 2009-2011.
  - Managed faculty-development programs: workshops, seminars, conferences, consultations.
  - Responsible for all Center assessment and evaluation; annual reports.
- Graduate Teaching Assistant, Health Promotion & Education** 9/2006 –  
University of Cincinnati, College of Criminal Justice, Education and Human Services, 6/2008  
School of Human Services
- Full teaching responsibility for undergraduate health education courses.
  - Conducted Classroom Action Research to improve teaching practice.
  - Received ratings of “excellent” from students in end-of-quarter evaluations.
- Fitness & Group Exercise Manager** 7/2004 –  
Mercy HealthPlex, Western Hills 9/2006
- Responsible for Fitness, Personal Training and Group Exercise programs and personnel:
    - Daily operation of departments to deliver \$200K annual revenue (20% of total revenue);
    - Staff hiring, professional development; performance evaluation; payroll.
  - Developed, implemented protocols for fitness assessment, exercise program orientation.
- Program Manager, Researcher, Sportsmetrics™ Training Program** 7/2001 –  
Cincinnati Sportsmedicine Research and Education Foundation 7/2004
- Researched, developed implementation protocols, sport-specific drills for Sportsmetrics™, knee-injury prevention for female athletes; assisted with IRB approval process.
  - Directed recruitment, training of athletes; supervised data collection and evaluation.
  - Developed and delivered curriculum for 13-hour Sportsmetrics™ certification.
  - Trained physical therapists, athletic trainers, physicians and coaches to deliver training.
  - Responsible for production of Sportsmetrics™ instructional video series and manuals.

## SERVICE & AWARDS

- American School Health Association (ASHA)
- Secretary, Board of Directors, current
  - Future Leaders Academy, 2010-2012
  - Reviewer for Journal of School Health, 2012-current
- Association for Supervision and Curriculum Development (ASCD) member  
Corryville Catholic School, School Board Member, 2010-2019
- Awarded the Principal’s Award, Caring for Corryville’s Children, 2013
  - Volunteer School Health Coordinator, 2009-2018
- Ohio Chapter of the American Academy of Pediatrics, Home and School Health Committee
- Facilitator of Cincinnati-based quarterly meeting on Play & Recess, Spring, 2019
  - Lead researcher of position statement on recess for the AAP, 2013
- Ohio Adolescent Health Partnership  
OhAHPERD
- Content Framework Writing Team for Ohio Health Education Model Curriculum, 2019-present
- Society for Public Health Education (SOPHE) and OhioSOPHE
- SOPHE Speaker of the House of Delegates, Board of Trustees; National Delegate for Ohio, 2017
  - Reviewer for Health Promotion Practice, 2010-current
- City of Wyoming, Ohio Sesquicentennial Celebration, Co-Chair, 2010-2011  
Selected for Inaugural AAHPERD Graduate Student Leadership Conference, 2006  
Received the Donna DeVerona “Spirit of Sport” award from the Greater Cincinnati Northern Kentucky Women’s Sports Association, 2005

## EDUCATION

- Ph.D., Health Education:** University of Cincinnati, Cincinnati, Ohio 6/2010  
M.S., Health Appraisal and Enhancement (Catherine L. Walsh): Miami University, Oxford, Ohio 5/1994  
B.A., History, Minor Political Science (Catherine L. Deitschel): Miami University, Oxford, Ohio 12/1986

### PEER-REVIEWED PUBLICATIONS

1. Ramstetter, C. & Fink, D.B. (Winter, 2018-2019). Ready for recess? The elementary school teacher's perspective. *American Educator*, 41(1), 34-37.
2. Fink, D. B. & Ramstetter, C. (November, 2018). "Even if they're being bad, maybe they need a chance to run around": What children think about recess. *Journal of School Health*.
3. Ramstetter, C. & Murray, R. (Spring, 2017). Time to play: Recognizing the benefits of recess. *American Educator*, 41(1), 17-23.
4. Ramstetter, C. (2013). *Action Research to promote health in one elementary school*. Saarbrücken, Germany: LAP LAMBERT Academic Publishing.
5. Murray, R., Ramstetter, C., Devore, C., Allison, M., Ancona, R., Barnett, S., ... & Young, T. (2013). The crucial role of recess in school. *Pediatrics*, 131(1), 183-188.
6. Griebing, S., Vaughn, L. M., Howell, B., Ramstetter, C., & Dole, D. (January, 2013). From passive to active voice: Using photography as a catalyst for social action. *International Journal of Humanities and Social Science*, 3( 2), 16-28.
7. Ramstetter, C. L., Murray, R., & Garner, A. (November, 2010). The crucial role of recess in schools. *Journal of School Health*, 80(11), 517-526.
8. Ramstetter, C. (2010). *Participatory Action Research to assess and enhance Coordinated School Health in one elementary school* (Doctoral dissertation, University of Cincinnati). Document number: ucin1276537211; [http://rave.ohiolink.edu/etdc/view?acc\\_num=ucin1276537211](http://rave.ohiolink.edu/etdc/view?acc_num=ucin1276537211)
9. Ramstetter (Walsh), C. L. (2008). Bullying prevention programs in U.S. elementary schools: A discussion of conclusions and implications. *The Health Education Monograph Series: Student Monograph*, 25(3), 27-37.
10. Barber-Westin, S. D., Galloway, M., Noyes, F. R., Corbett, G., & Walsh, C. (December, 2005). Assessment of lower limb neuromuscular control in prepubescent athletes. *American Journal of Sports Medicine*, 33, 1853 – 1860.
11. Noyes, F. R., Westin, S. B., Fleckenstein, C. M., Walsh, C. L., & West, J. R. (February, 2005). The drop-jump screening test: Difference in lower limb alignment between gender and effect of neuromuscular training in female athletes. *American Journal of Sports Medicine*, 33, 197-207.

### PEER-REVIEWED PRESENTATIONS

1. Ramstetter, C. L. & Fink, D.B. (October, 2017). Children's voices about recess—and having it taken away. *American School Health Association's Annual School Health Conference, Concurrent Session*. St. Louis, MO.
2. Fink, D.B. & Ramstetter, C. L. (October, 2016). Elementary school recess: Perspectives of teachers & children. *American School Health Association's Annual School Health Conference, Poster Session*. Baltimore, MD.
3. Ramstetter, C. L., Chaney, R., & Cook, J. (October, 2011). Students who "Practice what they preach" and improve their school. *American School Health Association's Annual School Health Conference, Concurrent Session*. Louisville, KY.
4. Ramstetter, C. L., & Bernard, A. (October, 2011). Process as outcome: From establishing relationships to established Wellness Council. *American School Health Association's Annual School Health Conference, Concurrent Session*. Louisville, KY.
5. Stieha, V., Louis, V., Hellman, S., Ramstetter, C., Lanman, S., Woods, A., . . . Hensley, B. (April, 2011). Naked on the page: Graduate students' experience with action research. *American Educational Research Association Annual Meeting, Concurrent Session*. New Orleans, LA.
6. Ramstetter, C. L. (October, 2010). Developing a student wellness council in a PAR study to assess and enhance school health. *American School Health Association's Annual School Health Conference, Concurrent Session*. Kansas City, MO.
7. Ramstetter, C. L., & Murray, R. (December, 2009). Recess: A review of the literature, implications and considerations for schools. *Ohio Alliance for Health Physical Education, Recreation and Dance Convention, Concurrent Session*. Columbus, OH.
8. Ramstetter, C. L. (October, 2009). Using "Know-Want to know-Learn" to establish healthy school teams & wellness councils. *American School Health Association's Annual School Health Conference, Roundtable*. Denver, CO.
9. Ramstetter (Walsh), C. L. (April, 2009). Photovoice for shared understanding and meaning-making. *American Alliance for Health, Physical Education, Recreation and Dance, National Conference, American Association for Health Education, Strategies Poster Session*. Tampa, FL.
10. Cincinnati Sportsmedicine Research and Education Foundation, & Ramstetter (Walsh), C. L. (April, 2009). Sportsmetrics: Preventing serious knee ligament injury in female athletes. *American Alliance for Health, Physical Education, Recreation and Dance, National Conference, National Association for Girls and Women in Sport, Workshop*. Tampa, FL.

11. Ramstetter (Walsh), C. L., & Rojas-Guyler, L. (February, 2009). Current trends in health research: Implications for reaching and working with diverse populations. *5th Annual Tri-State Diversity Conference: Diversity 2.0: Tomorrow's Solutions for Today's Problems*. Sharonville, OH.
12. Rojas-Guyler, L. Walsh, C. L., Luquis, R. R., & Perez, M. A. (April, 2008). Understanding best practice models for conducting health education research with racial and ethnic populations. *American Alliance for Health, Physical Education, Recreation and Dance, National Conference, American Association for Health Education, Poster Session*. Fort Worth, TX.
13. Walsh, C. L., & King, K. A. (November, 2007). Development of an instrument to measure core academic teachers' daily physical activity instruction in the primary grades, *Ohio Alliance for Health Physical Education, Recreation and Dance Convention, Poster Session*. Columbus, OH.
14. Walsh, C. L. (August, 2004). Sportsmetrics™: Neuromuscular training to prevent ACL injuries in females, *7th Annual Armed Forces Health Protection Conference*. Albuquerque, NM.
15. Walsh, C. L. (August, 2004). Strength training fallacies and benefits for the female athlete, *7th Annual Armed Forces Health Protection Conference*. Albuquerque, NM.

#### **INVITED PRESENTATIONS (Professional Organizations)**

1. Ramstetter, C.L. (November, 2017). Sharpsburg Results. *Sharpsburg Elementary School Faculty Development*. Sharpsburg Elementary, Norwood, OH.
2. Ramstetter, C.L. (April 23, 2013). The importance of physical activity in schools. *Roadmaps to health: Active living for the body and brain*. Health Policy Institute of Ohio. Kettering, OH.
3. Ramstetter, C.L. (May 7, 2013). The crucial role of recess in schools. *Nutrition + Physical Activity Learning Connection: Ohio Summit*. Action for Healthy Kids. Gahana, OH.
4. Chace, M., & Ramstetter, C.L. (April, 2011). Latest findings and best practices for recess in grades k-8: What is the role of PTA?. *Ohio PTA Convention*. Columbus, OH.
5. Ramstetter, C.L. (July, 2009). It's time for recess. *Advocacy Campaign for Elementary-School Recess*. Home and School Health Committee for the Ohio Chapter, American Academy of Pediatrics. Columbus, OH.
6. Cincinnati Sportsmedicine Research and Education Foundation & Walsh, C. L. (May, 2007). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Hilton Head Island, SC.
7. Walsh, C. L., (October, 2006). The drop-jump screening test for neuromuscular indices, *American Alliance for Health, Physical Education, Recreation and Dance Graduate Student Leadership Conference*. Reston, VA.
8. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (September, 2004). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
9. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (July, 2004). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
10. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (May, 2004). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Hilton Head Island, SC.
11. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (March, 2004). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
12. Walsh, C. L. (March, 2004). Dynamic warm-up and flexibility exercises to prevent injury. *Spectrum Tenth Annual Sportsmedicine Symposium*, Cincinnati OH.
13. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (January, 2004). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
14. Walsh, C. L. (November, 2003). Sportsmetrics™: An overview, *American College of Sports Medicine, Greater New York Chapter Annual Meeting*. New York City, NY.
15. Walsh, C. L. (November, 2003). Sportsmetrics™: An overview, *Illinois Athletic Trainers' Association Annual Meeting*. Naperville, IL.
16. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (November, 2003). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
17. Walsh, C. L. (November, 2003). Preventive neuromuscular training: Sportsmetrics™. *The Female Athlete: Prevention|Treatment|Performance*. Cincinnati, OH.
18. Walsh, C. L. (November, 2003). Training and conditioning for the female athlete; weight training/strength programs: Fallacies and benefits, *The Female Athlete: Prevention|Treatment|Performance*. Cincinnati, OH.
19. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (September, 2003). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
20. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (July, 2003). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
21. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (June, 2003). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Silverdale, WA.
22. Walsh, C. L. (May, 2003). Cincinnati Sportsmedicine Sports Injury Testing to detect and prevent knee injuries, *Advances on the Knee and Shoulder*, Hilton Head Island, SC.

23. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (May, 2003). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Hilton Head Island, SC.
24. Walsh, C. L. (May, 2003). Sportsmetrics™: Neuromuscular training for prevention of knee injury, *University of Kentucky Wildcat Symposium*. Lexington, KY.
25. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (May, 2003). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Petoskey, MI.
26. Walsh, C. L. (April, 2003). Sportsmetrics™: Sports Injury Test and plyometric exercises, *HealthSouth Orthopaedic Symposium*. Houston, TX.
27. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (March, 2003). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
28. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (February, 2003). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
29. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (November, 2002). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
30. Walsh, C. L. (September, 2002). Sportsmetrics™, Sports Injury Testing, *Teaching Conference of Cincinnati Sportsmedicine Research and Education Foundation*. Cincinnati, OH.
31. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (September, 2002). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Spokane WA.
32. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (September, 2002). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
33. Walsh, C. L. (May, 2002). Sports Injury Testing: Profiling the athlete with abnormal indices, *Advances on the Knee and Shoulder*. Hilton Head Island, SC.
34. Walsh, C. L. (May, 2002). Sportsmetrics™: Neuromuscular training to prevent knee injuries, *Advances on the Knee and Shoulder*. Hilton Head Island, SC.
35. Walsh, C. L. (May, 2002). Sportsmetrics™ development and Sports Injury Testing, *HealthSouth Sportsmetrics™ Symposium*. Charlotte, NC.
36. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (April, 2002). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.

#### **INVITED PRESENTATIONS (Community)**

1. Walsh, C. L. (March, 2006). Everyday exercises, *Speaking of Women's Health*. Cincinnati, OH.
2. Walsh, C. L. & Butler, P. L. (March, 2005). FITTING it all in, *Speaking of Women's Health*. Cincinnati, OH.
3. Walsh, C. L. (June, 2004). Sportsmetrics™ team specialist workshop, *Ursuline Academy*. Cincinnati, OH.
4. Walsh, C. L. (May, 2004). Sportsmetrics™ team specialist workshop, *McAuley High School*. Cincinnati, OH.
5. Walsh, C. L. (July, 2002). Injury prevention: Training and conditioning programs for high school athletes, *Cincinnati Sportsmedicine Coaches Clinic for State of Ohio High School Coaching Requirement*. Milford OH.

#### **INVITED PUBLICATIONS**

1. Ramstetter, C.L. & Murray, R. (Spring, 2017). Time to play: Recognizing the benefits of recess. *American Educator*. 17-43. [http://www.aft.org/sites/default/files/ae\\_spring2017ramstetter\\_and\\_murray.pdf](http://www.aft.org/sites/default/files/ae_spring2017ramstetter_and_murray.pdf)
2. Walsh, C. L. (Winter, 2005). Warming up to it: Pre-practice movements to help on the diamond. *Sporting Kid, the Official Publication of the National Alliance for Youth Sports*.
3. Walsh, C. L. (Fall, 2004). Stay in the game. *Touchline, the official publication of the Soccer Association for Youth*.
4. Walsh, C. L. (Fall, 2004). Jumps and lunges: Helping young basketball players gain strength and flexibility. *Sporting Kid, the Official Publication of the National Alliance for Youth Sports*.
5. Walsh, C. L. (March, 2004). Agility drills for soccer. *Sporting Kid, the Official Publication of the National Alliance for Youth Sports*.
6. Walsh, C. L., Brock, M. L. (March, 2003). Strength training for soccer. *Sporting Kid, the Official Publication of the National Alliance for Youth Sports*.
7. Walsh, C. L., Brock, M. L., Getz, C. M. (October, 2002). Stretch it out. *Sporting Kid, the Official Publication of the National Alliance for Youth Sports*.
8. Walsh, C. L., Brock, M. L., Getz, C. M. (March, 2002) Working out the kinks. *Sporting Kid, the Official Publication of the National Alliance for Youth Sports*.
9. Noyes, F. R., Walsh, C. L. (October, 2001). Training and prevention equal longevity for women's knees. *Living Longer Health Courier*.

#### **VIDEO PUBLICATIONS**

1. Center for the Enhancement of Teaching & Learning. (November, 2010). What UC Students Say about "Interdisciplinary" Studies. *ProfPost, Voices on Main*. University of Cincinnati. <http://www.youtube.com/user/ProfPost#p/u/0/RSgr4wHrruw>

2. Center for the Enhancement of Teaching & Learning. (May, 2010). Keep it interactive! *ProfPost, Voices on Main*. University of Cincinnati. <http://www.youtube.com/user/ProfPost#p/u/2/wjS2XIWoQ6g>
3. Center for the Enhancement of Teaching & Learning. (March, 2010). What would you tell President Williams? *ProfPost, Voices on Main*. University of Cincinnati. <http://www.youtube.com/user/ProfPost#p/u/1/4aieAyna4cE>
4. Center for the Enhancement of Teaching & Learning. (July 22, 2009). Semester conversion: Some Pros and Cons. *ProfPost, Voices on Main*. University of Cincinnati. <http://www.youtube.com/user/ProfPost#p/u/3/Oh1YsjBFG0I>
5. Center for the Enhancement of Teaching & Learning. (July 22, 2009). Semester conversion: When does it happen? *ProfPost, Voices on Main*. University of Cincinnati. <http://profpost.uc.edu/category/voices-on-main/>
6. Center for the Enhancement of Teaching & Learning. (March, 2009). What's more important: Pedagogy or personality? *ProfPost, Voices on Main*. University of Cincinnati. <http://profpost.uc.edu/category/voices-on-main/>
7. Center for the Enhancement of Teaching & Learning. (February, 2009). What professors wear: Does it matter? *ProfPost, Voices on Main*. University of Cincinnati. <http://profpost.uc.edu/category/voices-on-main/>
8. Center for the Enhancement of Teaching & Learning. (January, 2009). Voices on Main: Cell phones in the classroom. University of Cincinnati *ProfPost*. <http://profpost.uc.edu/category/voices-on-main/>
9. Cincinnati Sportsmedicine Research and Education Foundation. (2007). *Sportsmetrics™ WIPP: Warm-up for Injury Prevention and Performance*.
10. Cincinnati Sportsmedicine Research and Education Foundation. (2004). *Sportsmetrics™ Basketball*.
11. Cincinnati Sportsmedicine Research and Education Foundation. (2003). *Sportsmetrics™ Soccer*.
12. Cincinnati Sportsmedicine Research and Education Foundation. (2002). *Sportsmetrics™ WIPP: Warm-up for Injury Prevention and Performance*.
13. Cincinnati Sportsmedicine Research and Education Foundation. (2002). *Sportsmetrics™ Training & Technique*.