

TIM PIPER, Ed. D.

CURRICULUM VITAE

Western Illinois University

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E: TJPiper@wiu.edu

Employment

Western Illinois University (1994-present)

Title: Associate Professor, year of promotion 2021

Department: Kinesiology

Specialization: Exercise Science, Strength and Conditioning, Personal Training

Education

Doctor of Education in Adult and Higher Education, Northern Illinois University

Dissertation title "Development of the Self-directed Learning for Exercise Scale (SDLES) and the Education Resource Assessment (ERA)"

Master of Science in Physical Education, 1994, emphasis in Exercise Science, WIU

Thesis: NSCA- ERP Program Director at Western Illinois University

NSCA Certified Strength and Conditioning Specialist

USAW Senior Coach

Scholarly Activities

Book publications

Piper, T.J. and Waller, M.A. "Power Training" (2008)

A comprehensive guide for developing explosive strength. This book extensively covers plyometric and weightlifting exercises in a straightforward manner. Numerous helpful tables, charts, graphs, and appendices are included in this text.

Waller, M.A. and Piper, T.J. "Alternative Training Methods" (2004), first printing (2006) second printing

A book that covers various strongman, odd lift, and unique implement training for those in search of unorthodox training for unusual results. The book starts with explanations of both mental and physical training concepts. Technique description for farmers walks, stone lifting, and sand bag training are only a few of the many methods covered in this book.

- Pregnancy" , 34(1): 5562.
- Polubinsky, R.L., Plos, J.M., Piper, T., and Nelson, J. (2010). "Functional vs. Structural Postural Deformities and the impact on Low Back Pain" 15(6): 814.
- Waller, M.A., and Piper, T.J. and Miller J. (2009). "Overhead pressing power/strength movements" , 31(5): 3949.
- Waller, M.A., Piper, T.J, and Miller, J. (2009). "Coaching the Snatch/Clean Pulls with the High Pull Variation" , 31(3): 4754.
- Piletic, C. and Piper, T.J (2005). "Including Individuals with Visual Impairments in the weight room." , 27(2):28.
- Piletic, C. and Piper, T.J. (2003). "Weight Training for Individuals with Visual Impairments." , 8(6):5355.
- Waller, M.A., Piper, T.J. and Townsend, R. (2003). "Strongman Events and Program Integration" , 25(5):4452.
- Piper, T.J., and Teichelman, T. (2003). "Strength Training for Adolescent Students" , November/December.
- Piper, T.J., and Teichelman, T. (2003). "Organizational and Motivational Strategies for Prepubescent Athletes" , 25(4):5457.
- Piper, T.J., Woelfel, K., Clark, R. (2003). "Proper Lifting and Spotting Techniques: a Model for Instructors of Athletic Training Programs". , July
- Piper, T.J. (2002). (2002). "Playing with Plyometric for Youth Soccer" , Summer.
- Piper, T.J., and Waller. M.A. (2001). "Variations of the Deadlift" , 23,(3):6673.
- Hill, S.R. and Piper, T.J. (2000). "Master Builders Senior Strength Training" , 22,(5):4956.
- Piper, T.J. and Waller, M.A. (1999). "Alternatives to Expensive Equipment" , 21,(4):5053.
- Waller, M.A. and Piper, T.J. (1999). "Plyometrics for Personal Trainers" , 21(2):914.
- Piper, T.J., and Erdmann, L.D. (1998). "A Step Plyometric Program" , 20,(6):7273.
- Piper, T.J. and Erdmann, L.D. (1998). "Combined Weightlifting/Powerlifting Program" , 20,(6):1519.
- Erdmann, L.D., McMillan, C.S. and Piper, T.J. (1998). "A Model for designing a Friendly Fitness Class" , Vol. 41, Sp 98:1015.

Piper, T.J. (1997). "InSeason Strength/Power Mesocycle for Women's Collegiate Volleyball"
, 19,(3):21-25.

Grant Activity

5-8-2019 Received funding for a URC grant titled "Effects of two different training methods on change of direction performance", funded amount of \$2110.

NON-REFEREED ARTICLES

Piper, T. J. (2013). "An experiment with Paul Anderson's PMT concept". 21(1), 74-78.

Piper, T. J., & Waller, M. (2013). "Stone lifting preparation". , 20(4), 26-28.

Piper, T.J., Waller, M.A. (2012). "The Value of Variety". 14(4),

Waller, M. A., Lareaux, J., Miller, J., Taylor, J., and Piper, T. (2011). "Historical Perspective of Strength Programming Principles". 18(4),

Piper, T.J., Waller, M.A. (2010). "Get over yourself". 18(3): 55-60.

Piper, T.J., Waller, M.A. (2010). "Draft Horse Training" 17(3): 3235.

Waller, M. A., Piper, T.J. (2009). "Correct Technique: Does It Matter?" 17(2): 113-118.

Waller, M. A., Piper, T.J. (2009). "Powering Up the Body" 16(4): 45-47.

Waller, M. A., Piper, T.J. (2008). "Increasing Lifting Strength in the Posterior Chain" 16(2): 28-30.

Piper, T.J., Nudo, J, and Waller, M. A. (2008). "Making Stones" 15(4): 114-116.

Waller, M. A., Piper, T.J. (2007). "Upper Extremity Flexibility: Why Rocky Can't Clean" 15(3): 9396.

Piper, T.J., Waller, M.A (2007). "Weight Gain Tips for the Hard Gainer" , 15(2): 35-39.

exercisers after four weeks of exercise protocol”

Samuel Almendarez, Sp18, Chair, Defended, “Effects of Ultra-Endurance Racing on Response Time and Memory Recall”

Mitch Wendling, Sp18, Chair, Defended, “The Effects of Fatigue and Sleep Deprivation on Flexibility and Balance Over the Course of an Ultra-Endurance Race”

JeanMarc Charles, Sp19, Defended, “Investigating multiculturalism in sport psychology”

Sadie Van Norman, Sp18, Chair, Defended, “Biomarkers of exercise-induced nausea”

Danielle Thompson, Sp18, Defended, “Preparation for Rio 2016 Paralympic Games”

Rachel Bowden, F18, Defended, “Endurance effects on concurrent strength and endurance training programs”

Danielle Thompson, F18, Defended “Preparation for Rio 2016 Paralympics”

Holly Hall, Sp18, Defended, The Inclusion of Disability in Athletic Tra0n714h0c2 (a)-t14h0c2 -b(l)-2 lienMCID 5

Jenee Lange Sp16, Defended, "Examination of hamstrings to quadriceps strength ratios in female, NCAA division I, soccer and volleyball athletes over the course of a competitive season"

Carianna Gibb, Sp16, "Gender and event differences: Body composition in track and field and swimmers"

Casey Metoyer, Sp15, Defended, "Anaerobic exercise recovery: Coached breathing impact on performance"

Amy Neuser F14, Defended, "The influence of competence, autonomy, and relatedness among chronically exercising college students"

Brittany Dutkiewicz Honors thesis chair, F14, Completed "National Orthopedic injury rates 2010 vs. McDonough county January 2013-December 2014: A descriptive comparative study" First place winner of the Lowell Grabill Undergraduate Research Award at the Phi Kappa Phi Annual Initiation Banquet, 2015.

Schnaiter, J., Honors thesis chair, Sp14, Completed "The effects of deception on maximal strength."

Karisa Laskowski Sp14, Defended, "Quantification of force produced during horizontal upper body plyometrics"

Crystal Moulton, Sp14, Defended, "The effects of aerobic exercise and relaxation techniques on depression, anxiety, and stress in college students"

Jamie Gray Sp14, Defended, "The effect of breathing techniques and mental imagery training on pre-competitive anxiety and self-confidence of collegiate swimmers"

Charlie Smith, F13, Incomplete "The effects of a pre-shot routine on learning a golf putt"

Robert Santana, Sp11, Defended, "The effects of dietary supplement versus conventional (((((u)5 (p8-2 (c

Schnaiter, J., Piper, T. J. & Grau, J. Su14, poster presentation at the NSCA National Convention, "Deceptive load information does not enhance bench press measures."

Riley, C., Pearson, A., Piper, T., McMillan, C., Bellar, D., & Decker, J. Su14, poster presentation at the NSCA National Convention, "Incidence of hallucinations during an ultra-endurance event."

Piper, T., McMillan, M., Riley, C., Pearson, A., & Bellar, D. Su14, poster presentation at the NSCA National Convention, "Self-directed learning and participants of ultra-endurance obstacle races."

Haenitsh, C., McMillan, C., Piper, T. & Bellar, D. F14, poster presentation at the AHPERD State Conference, "Education Resources for adult ultra-endurance athletes."

Paul, T., McMillan, C., & Piper, T. F14, poster presentation at the Illinois Association of Health, Physical Education, Recreation, and Dance State Conference, "Perceptions of physical health of ultra-endurance racers"

Clark, U., McMillan, C., & Piper, T. F14, poster presentation at the AHPERD State Conference, "Demographics and the height and weight changes in ultra-endurance racers."

Gentry, B., Van Ginder, L., Piper, T., McMillan, C., & Decker, J. Su13, poster presentation at the NSCA National Convention, "Self-directed learning, Depression, Anxiety, and Stress in Ultra-endurance Obstacle athletes"

Leslie Van Ginder and Brittani Gentry F12, poster presentation at the Illinois Association of Health, Physical Education, Recreation, and Dance State Conference, "Self-directed learning, Depression, Anxiety, and Stress in Ultra-Endurance Obstacle Athletes"

Danielle Van Curen, Honors Project, "Research project: Manuscript preparation", F17

Jared Dehm, Independent Study project, "Personal Training Manual Development, F17

Jill Biswell, Graduate independent study, "Bosu article Manuscript development" F17

*****Unit A student independent study above this line. Unit B work is below*****

David Garrison, Graduate independent study, "Issues and common speculations of the posterior pelvic tilt during squats", F16, 1 sch

Aliyan Qualls, Honors project, "Strength training program for older adults after hip replacement" F16

James O'Neill, Graduate independent study, "Tapering for the strength and conditioning coach", Sp16, 3 sch

Dagmar Ralphs, Graduate independent study Management of Celiac Disease in athletes, Sp16, 3 sch

Shelby Assmus, Graduate independent study, "Upper extremity kinematics during weightlifting w sm (tic)(h)2 (tlif)5

Clinic/Conference hosting, attendance, and presentations

Meet Director, coach, competitor, and judge, of the American Drug Free Powerlifting Federation Single Event Nationals 2023. Macomb, Illinois.

Marshall Referee, coach, and judge at the American Drug Free Powerlifting Federation Single Event National 2022. Columbia, Missouri

Coach, judge, and competitor at the American Drug Free Powerlifting Federation Full Power Nationals, Henderson, Kentucky.

Meet Director, coach, competitor, and judge, of the American Drug Free Powerlifting Federation Illinois State Meet 2022. Macomb, Illinois.

Marshall Referee, meet Director, coach, and judge, of the American Drug Free Powerlifting Federation Single Event Nationals 2021. Macomb, Illinois.

7-11-2020 Taylor, J. & Piper, T.J. "Comparing the Effects of a Hip Strengthening Program and a Lateral Plyometric Program on Lateral Change of Direction Performance". poster presented at the 2020 National Strength and Conditioning Association Annual National conference, virtual presentation due to COVID-19 in-person cancellation

2-28-2020 Taylor, J. & Piper, T.J. WIU Grad Research day "Comparing the Effects of a Hip Strengthening Program and a Lateral Plyometric Program on Lateral Change of Direction Performance"

2-28-2020 Darice Brooks WIU Grad Research day "Adherence, Self-Motivation, and Exercise Enjoyment in Novice Exercisers after Four Weeks of Exercise Protocol"

5-8-10th -2019- Collegiate Strength & Conditioning Coaches Association (CSCCa) National Conference Attendance, Kansas City, MO
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Meet Director, No Frills Qualifier, Macomb IL
Muskegon qualifier, 4 lifters, 3 ADFPF Nat records, 3 qualified for ADFPF
ADFPF Nationals
USAW Onaga, KS meet

7-27,28,2917 Perform Better Functional Training Summit, Chicago, IL
7-13,14,1517 NSCA National Conference, Las Vegas, NV
1-4,5,6-17 NSCA Coaches Conference, Nashville, TN
3-4-17 meet director of the American Drug Free Powerlifting Federation Single Event Nationals, Macomb IL

11-,4,5,6-16 Coached 2 lifters at the World Drug Free Powerlifting Federation World Championships,
Riva Del Garda, Italy

3-7-15 meet director of the American Drug Free Powerlifting Federation Single Event Nationals, Macomb IL

2-5-15 "Self-directed continued education practices in exercise science" presentation at the International Self-
directed Learning Symposium, 2015, Cocoa Beach, FL.

10-4-13 "Teaching Olympic Weightlifting to High School athletes". Invited presentation at the Rockford
Public Schools Wellness Symposium, Rockford, IL.

7-12-13 Lindfors, J., Piper T., McMillan, C., Decker, J. (2013, July). "Personality Traits of Endurance,
Ultra-Demand Athletes", poster presented at the NSCA National Conference, Las Vegas, NV.

7-11-13 Piper, T. J., Gentry, B., Van Ginder, L., McMillan, C., & Decker, J. , "Self-directed learning,
Depression, Anxiety, and Stress in Ultra-Endurance Obstacle Course Racers", poster presented at the
NSCA National Conference, Las Vegas NV.

3-16-13 -n, C6.2 (g1 (.))Tnf(3C -44.2(t)-2 (95 (>>BDC9.2 (2[(, oR5-1 (r (r)gAu94,N(2013)5216)c 0 Tw (a1

County College Strength & Conditioning clinic

2-25-11 - presentation on "Motivation and Self-Directed Learning in the Workplace" at the Academy of Human Resource Development International Research Conference in the Americas, Schaumburg, IL

7-15-10 - presented "Teaching and Understanding the Snatch and Squatting Techniques" at the NSCA National Conference, Orlando, FL

7-16-10 - poster presentation "Dynamic balance abilities of college males for the bench press" at the NSCA National Conference, Orlando, FL

5-29-10 - invited presentation "Teaching large groups the basics of the clean" at the NSCA Illinois State Sport Specific Training Clinic, Buffalo Grove, IL

4-9-10 - presented "Service Learning Integration into Kinesiology 300, Fitness for Older Adults and Special Populations" at the 4th Annual Teaching For Service Learning, WIU, Macomb, IL

9-12-09 - attended the TWCC annual board meeting as a part of annual duties of board membership

4-11-09 - hosted the USA Weightlifting Sports Performance Coach course at WIU

2-28-09 - attended the NIU graduate research conference

1-9,10-09 - attended the NSCA Sport Specific Training Conference, Nashville, TN

9-27-08 - attended the NIU Adult and Higher Education Retreat

4-19-08 - attended the NSCA North Central Regional Clinic

2-23-08 - attended the NSCA Illinois State Strength & Conditioning Clinic

12-8,9-07 - attended "Sports Training Mastery" in Willowbrook IL.

10-6-07 - attended the NSCA Illinois Strength, Power, and Programming Clinic

10-6-07 - Presented "Lifting Sports: What are the differences" at the NSCA Illinois Strength, Power, and Programming Clinic

7-11,12,13-07 - attended the 2007 National Conference for the National Strength and Conditioning Association

7-12-07 - presented a poster titled "The effects of Deception on Maximal Strength, Physical Self-Efficacy, and Goals." at the 2007 National Conference for the National Strength and Conditioning Association

3-21-07 - attended WIU COEHS 2007 Tech Fest

3-10-07 - attended the National Strength and Conditioning Association Midwest Strength and Conditioning clinic

3-8-07 - Great Lakes Athletic Training Association Annual Clinical Symposium, Invited presenter for a 3 hour workshop titled "Application of Weightlifting Movements for the Athletic Trainer"

2-17-07 - attended the Illinois National Strength and Conditioning Association state clinic, Chicago, IL

1-29,30,31-07 - invited consultant for the National Personal Trainer Institute exam item writing team

1-20-07 - invited keynote speaker for the Quad Cities Sports Performance open house, topic "Baseball- Training for Work and Play"

8-24-06 - Con01 Tc2 (i)-27 Association nd C61 (ngt)-2 (hi)-21 (i)3TJ 35.32 0 Td ()Tj EMC /P <</MCIp2 (f)3 (

- 2-25-04 - Presented "Powerlifting Basic Techniques" at the Macomb YMCA
- 2-12-04 - Presented "Coping Strategies for YOUR Stress" to the Carthage Methode plant
- 1-28-04 - Presented "Powerlifting vs. Weightlifting vs. Bodybuilding" at the Macomb YMCA
- 7-20,21,22,23-03 -attended the USAW Weightlifting and Strength Symposium in Colorado Springs
- 7-16-03 -attended the National Strength and Conditioning Association National Conference
- 4-5-03 -attended the National Strength and Conditioning Association Missouri Conference
- 2-8-03 - Presented "Preparing, Teaching, and Applying the Weightlifting Movements!" at Highland Park Hospital Health and Fitness Center.
- 4-12,13,14-02 - Hosted a USA Weightlifting Sports Performance Coach course at WIU.
- 11-9-01 - Presented "Basic Weight Training" to 3 Ohio High School physical education classes.
- 11-2-01 -Presented "Conditioning Programs for Youth: Sprint, Plyometric, and Strength Training" at the Western District Illinois Association of Health, Physical Education, Recreation, and Dance conference.
- 10-19-01 - attended the "Fueling the Athlete" nutrition conference sponsored by SCAN
- 9-15-01 Presented "High Intensity Training for Volleyball" at the Illinois Fall Strength and Health Clinic held at the Highland Park Hospital Health and Fitness Center.
- 11-18-00 -Presented "Developing Conditioning Programs for Youth" at the Illinois Fall Strength and Health Clinic held at the Highland Park Hospital Health and Fitness Center.
- 12-2-00 Attended "Dr. Fleck on Exercise Science and Training" seminar in Chicago, IL.
- 11-19-99 Presented "Strength Training for the Female Athlete" at the Illinois Association of Health, Physical Education, Recreation, and Dance annual conference.
- 6-24-99 -Attended the National Strength and Conditioning Association National Conference
- 6-23-99 -Attended the symposium "Periodization of Strength Training" by Tudor Bompa
- 1999 - Recipient of a IAHPERD Student/Mentor Award, mentor to Kris Hunt for his program "Jr. High football strength/power/sprint training"
- 6-24-98 -attended the National Strength and Conditioning Association National Conference
- 6-23-98 -attended the National Strength and Conditioning Association Symposium on Creatine Monohydrate
- 3-30-98 - attended "The Vanishing Mind: Dementia Specific Training"
- 1998 - Recipient of a IAHPERD Student/Mentor Award, mentor to Mark Buckingham for his program "WIU Leatherneck Basketball 1998 Pre-Season Workout"
- 12-5,6,7-97 - Hosted a USA Weightlifting Sports Performance Coach course at WIU.
- 11-20-97 - Presented "Stability and Functional Training for Adults and High School Coaches" at the Illinois Association of Health, Physical Education, Recreation, and Dance annual conference.
- 11-14-96 - Presented "Relaxation and Stress Management: Chillin with Mr. Tim" at the Illinois Association of Health, Physical Education, Recreation, and Dance annual conference
- 11-14-96 - Presented "Power Development with Olympic Lifting" at the I1 (du)-2 (/)(e)-1 (da7())TJ 0 A1 (oc)(

Service Activities

2018-present – Collegiate Strength & Conditioning Coaches Association (CSCCa) Written Certification committee member

F2019-Sp2020

University Service

Council on Intercollegiate Athletics

College Service

COEHS Scholarship Fundraiser committee

Departmental Committee service

Undergraduate Exercise Science Program Director

Department Service and Awards

Grade Appeal

F2018-Sp2019

Departmental Service

Co-Chair of the search committee for Exercise Physiology

Undergraduate Exercise Science Program Director

Department Service and Awards

Recruitment and Scholarship committee member

Ad hoc undergraduate committee member for Exercise Science course review and programmatic change discussions

Donna Phillips Run organization committee

Undergraduate Dietetics Program committee member

F2017-Sp2018

College Service

COEHS Scholarship Fundraiser committee

Departmental Committee service

Chair of the search committee for Visiting professor for Exercise Physiology

Grade Appeal, F18 Sp19

Graduate Committee, F18 Sp19

Department Fitness Competency Exam committee

Senior Olympics committee

F2012-Sp2013

NSCA Educational Recognition Program Director

Department Fitness Competency Exam committee

Senior Olympics committee

F2011-~~S~~2012

NSCA Educational Recognition Program Director

Department Safety committee

Department Undergraduate Curriculum and Grade Appeal committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2010Sp2011

NSCA Educational Recognition Program Director

Department Safety committee

Department Provost's Award's committee

Department Undergraduate Curriculum and Grade Appeal committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2009-~~S~~2010

NSCA Educational Recognition Program Director

Department Safety committee

Department Provost's Award's committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2007-~~S~~2008

NSCA Educational Recognition Program Director

Department Safety committee

Department Provost's Award's committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2006-~~S~~2007

NSCA Educational Recognition Program Director

Search committee, Anatomy and Physiology/Athletic Training

Department Operations committee

Department Safety committee

Department Provost's Award's committee

Coaching Minor ad hoc committee

Department Fitness Competency Exam committee

Senior Olympics committee

F2005-~~S~~2006

NSCA Educational Recognition Program Director

Search committee, Swim Coach

Graduate Committee member (fall)

Undergraduate Program and Grade Appeal committee

Department Operations committee

Department Safety committee

Department Library Representative

Brophy Hall renovation committee member

Fitness Competency Exam committee

Senior Olympics committee

F2004-Sp2005

NSCA Educational Recognition Program Director
Search committee, KIN Department Chair
Undergraduate Program and Grade Appeal committee
Search committee, Strength and Conditioning Coach
Department Safety committee
Department Library Representative
Brophy Hall renovation committee member
Assessment committee on procedures (ad hoc)
Fitness Competency Exam committee
Senior Olympics committee

F2003-~~S~~2004

NSCA Educational Recognition Program Director
Fitness Competency Exam committee
Senior Olympics committee

F2002-~~S~~2003

NSCA Educational Recognition Program Director
Club advisor to the Strength and Conditioning Club at WIU
Fitness Competency Exam committee
Search committee, Exercise Science position
Advisor for the Wetzel Hall and Lincoln Hall weight rooms
Senior Olympics committee

F2001-~~S~~2002

NSCA Educational Recognition Program Director
Club advisor to the Strength and Conditioning Club at WIU
Fitness Competency Exam committee
Advisor for the Wetzel Hall and Lincoln Hall weight rooms
Senior Olympics committee

F2000-~~S~~2001

Club advisor to the Strength and Conditioning Club at WIU
Fitness Competency Exam committee
Advisor for the Wetzel Hall and Lincoln Hall weight rooms
Senior Olympics committee

F1999-~~S~~2000

Fitness Competency Exam committee
Advisor for the Wetzel Hall and Lincoln Hall weight rooms
Screening Committee
Senior Olympics committee

F1998-~~S~~1999

Member of an university committee/council
- Conference and No Credit Committee
Organized the moving of equipment from Horrabin Hall to Wetzel and Lincoln Halls
Supervisor of the Horrabin Hall weight room move
Screening committee
Fitness Competency Exam committee
Ad Hoc Student Interest/General Education
Senior Olympics committee

F1997-~~S~~1998

Fitness Competency Exam committee
Screening
Assessment Day Motor Control Subcommittee (ad hoc)
Senior Olympics committee

F1996-Sp1997

Fitness Competency Exam committee

Designed the room layout, supervised ALL aspects of the move from Western Hall to Horrabin Hall

Undergraduate Curriculum

Grade Appeals,

Screening

Senior Olympics committee

F1995-~~S~~1996

Fitness Competency Exam committee

Statistics, Measurement & Evaluation Search Committee, (chair)

Undergraduate Curriculum (secretary)

Screening

Grade Appeals, (chair, Sp96)

Fitness Room (Ad Hoc)

Senior Olympics committee

F1994-~~S~~1995

Fitness Competency Exam committee

Screening committee

Grade Appeals committee

Physical Education Excellence Day

Senior Olympics committee

Volunteer coaching and competition coordinating, (exact dates given when possible)

1994 to present, volunteer at the Macomb Salvation Army weight room, approximately 600 hours per year

1994 to present, assist with the organization of the annual Western Illinois Senior Olympics event, recruitment of students and judging of events