

Curriculum Vitae

Lukas Krumpl, PhD, CSCS

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Washington State University
Smith Gym 113D
Pullman, WA 99164

Current Title: Assistant Professor (Career Track)

Department: Department of Kinesiology and Educational Psychology

College: Education

EDUCATION

Doctor of Philosophy in Education; Biomechanics Emphasis

University of Idaho | Moscow | ID

2019-2023

Master of Science in Applied Kinesiology

San Diego State University | San Diego | CA

2017-2019

Bachelor of Science in Exercise Science

Bachelor of Arts in Health and Fitness Education

Minors in Coaching Science and Psychology

Seattle Pacific University | Seattle | WA

2013-2017

PROFESSIONAL EXPERIENCE

Assistant Professor, Career Track

Washington State University | Pullman | WA

08/2023 – present

Graduate Teaching Assistant

University of Idaho | Moscow | ID

08/2019 – 6/2023

Teaching & Research Assistant

San Diego State University | San Diego | CA

08/2017 – 5/2019

Laboratory & Teaching Assistant

Seattle Pacific University | Seattle | WA

09/2015 – 06/2017

Courses Taught:

Washington State University

KINES 162 – Foundations of Physics for Sport and Exercise (2023)

KINES 312 – Research in Kinesiology (2023)

KINES 412 & 413 – Strength Training Practicum I & II (2023)

University of Idaho, Department of Movement Sciences

PEP 300 – Applied Human Anatomy and Biomechanics (Lead instructor 2022; TA 2021; 2023)

PEP 493 – Fitness Assessment and Prescription (Lead instructor 2021; TA 2020)

H&S 150 – Wellness Lifestyles (2020, 2021, 2022)
H&S 232 – Medical Terminology (2020, 2021, 2022)
PEP 100 – Introduction to Exercise Science and Health (TA 2019, 2022)
H&S 450 – Critical Health Issues (TA 2019, 2020)
PEP 495 & 498 – Undergraduate Practicum and Internship (2021)
IFIT 106 – Total Body Conditioning (2020)
PEB 107 – Outdoor and Indoor Soccer (2019, 2020)

San Diego State University, School of Exercise and Nutritional Sciences
ENS 200 – Introduction to Exercise and Nutritional Sciences (TA 2018, 2019)

Seattle Pacific University, Department of Health and Human Performance

HHP 3570 – Biomechanics (TA 2016, 2017)
HHP 3580 – Exercise Physiology (TA 2017)
HHP 2128 – Functional Anatomy (TA 2017)
HHP 1160 – Conditioning (2017)

Non-credit Classes, Workshops, Seminars, & Invited Lectures:

- **Krumpl, L.** (Spring 2023) *Career Perspectives in Exercise Science*. Internship and Career Strategies, Seattle Pacific University, Seattle, Washington.
- **Krumpl, L.** (Summer 2022) *Concepts and Research of Blood Flow Restriction Therapy/Training*. Master of Science in Athletic Training Program, University of Idaho, Moscow, Idaho.
- **Krumpl, L.** (Summer 2022) *Electrocardiogram Lab*. Master of Science in Athletic Training Program, University of Idaho, Moscow, Idaho.
- **Krumpl, L.** (Spring 2022) *Career Perspectives in Exercise Science*. Internship and Career Strategies, Seattle Pacific University, Seattle, Washington.
- **Krumpl, L.** (Spring 2019) *Eccentric Hip Rotation Strength in Healthy Adults*. Student Research Symposium Showcase – Inauguration of President Adela de la Torre, San Diego State University, San Diego, CA.

RESEARCH EXPERIENCE

Publications:

- **Krumpl, L.**, Schiele, N., Cannavan, D., Larkins, L. W., Brown, A.F., & Bailey, J.P. *Plantar fascia thickness and stiffness in response to high intensity interval running*. [In revision after first review with Journal of Biomechanics 8/23]
- **Krumpl, L.**, Schiele, N., Cannavan, D., Larkins, L. W., Brown, A.F., & Bailey, J.P. *The effects of imposed running demands on three consecutive days on morphological and mechanical properties of the plantar fascia*. The Foot [In Progress]
- **Krumpl, L.**, Martonick, N.J.P., Chun, Y., Brown, A.F., & Bailey, J.P. *The relationship between health and movement screens and field-based physical fitness tests in Reserve Officer Training Corps cadets*. International Journal of Exercise Science. [Published 1/2023]
- Martonick, N., Chun, Y., **Krumpl, L.**, & Bailey, J.P. *Lower extremity kinematic waveform analysis during single leg drop task – a single subject approach*. International Journal of Sports Physical Therapy. [Published 9/2022]

- Brooks, S. J., Candow, D. G., Roe, A. J., Fehrenkamp, B. D., Wilk, V. C., Bailey, J. P., **Krumpl, L.**, Brown, A. F. *Creatine monohydrate supplementation changes total body water and DXA lean mass estimates in female collegiate dancers*. Journal of the International Society of Sports Nutrition [Published 3/2023]
- Cheatham, S., Martonick, N.J.P., **Krumpl, L.**, & Baker, R. *Technical Report: The Effects of Light Pressure Instrument Assisted Soft Tissue Mobilization at Different Rates on Grip Strength and Muscle Stiffness in Healthy Individuals*. Journal of Sport Rehabilitation [Published 3/2023]
- Bailey, J.P., Chun, Y., Martonick, N., **Krumpl, L.**, Dustin, M. & Pendegraft, N. *Mechanical and coordination differences between Shotokan Karateka rankings at ISKF 2019*. [In Progress]
- **Krumpl, L.**, Rosenthal, M.D. *Eccentric hip rotation strength in healthy adults*. Physical Therapy in Sport [In Progress]

Conferences:

- **Krumpl, L.**, Martonick, N.J.P., Bailey, J.P. (2023) *Run mechanics in individuals with resolved versus no history of plantar fasciitis*. 46th Annual Meeting of American Society of Biomechanics, Knoxville, Tennessee; & Northwest Biomechanics Symposium, Seattle, Washington.
- **Krumpl, L.**, Bailey, J.P. (2023) *Effects of submaximal treadmill running on plantar fascia properties in resolved plantar fasciitis individuals*. 46th Annual Meeting of American Society of Biomechanics, Knoxville, Tennessee; & Northwest Biomechanics Symposium, Seattle, Washington.
- **Krumpl, L.**, Bailey, J.P. (2022) *Morphological and mechanical properties of the plantar fascia in response to 400-meter track repeats until fatigue*. American College of Sports Medicine Northwest Regional Meeting, Portland, Oregon; International Journal of Exercise Science: Conference Proceedings: Vol. 8: Iss. 10, Article 38.
- **Krumpl, L.**, Bailey, J.P. (2022) *Mechanical and morphological properties of the plantar fascia in response to imposed running demands over three consecutive days*. Northwest Biomechanics Symposium, Washington State University, Pullman, Washington.
- **Krumpl, L.**, Bailey, J.P. (2022) *Mechanical and morphological properties of the plantar fascia in response to imposed running demands over three consecutive days*. Presented at the Running Symposium. North American Congress on Biomechanics, Ottawa, Canada.
- **Krumpl, L.**, Brooks, S., Brown, A. F., Alfiero, C.J., Martonick, N., Chun, Y., & Bailey, J.P. (2021) *Seasonal effects on gait and posture in wildland fire fighters*. 45th Annual Meeting of American Society of Biomechanics, Virtual meeting.
- **Krumpl, L.**, Martonick, N., Chun, Y., & Bailey, J.P. (2021) *Kinematic assessment of graded exercise test*. 45th Annual Meeting of American Society of Biomechanics, Virtual meeting.
- Chun, Y., **Krumpl, L.**, Martonick, N., & Bailey, J.P. (2021) *Altered strategies by box height and its effects on drop jump performance*. 45th Annual Meeting of American Society of Biomechanics, Virtual meeting.

- Sheasley, J., **Krumpl, L.**, Martonick, N., Chun, Y., & Bailey, J.P. (2021). *Identifying lower extremity asymmetries in previously injured recreational endurance runners*. Western Medical Research conference, Virtual Meeting.
- **Krumpl, L.**, Martonick, N., Chun, Y., Brown, A. F., & Bailey, J.P. (2020). *Relationship between clinical assessments of health and fitness and field-based physical fitness tests in Reserve Officers' Training Corps (ROTC) cadets*. 44th Annual Meeting of American Society of Biomechanics, Atlanta, Georgia.
- **Krumpl, L.**, Rosenthal, M.D. (2020) *Does blood flow restriction during squatting impact weight-distribution symmetry in healthy individuals?* American Physical Therapy Association Combined Sections Meeting, Denver, Colorado.
- **Krumpl, L.**, Cuellar J., Rosenthal, M.D. (2019) *Eccentric hip rotation strength in healthy adults*. American Physical Therapy Association Combined Sections Meeting, Washington, D.C.
- **Krumpl, L.**, Cannavan, D. (2018) *Seasonal changes in plantar fascia thickness in Division II basketball players*. European College of Sports Science Conference, Dublin, Ireland.

GRANT APPLICATIONS

- **Krumpl, L.** & Bailey, J. P. (2022) American College of Sports Medicine Northwest Chapter Student Research Award. For: *Plantar fascia thickness and stiffness in response to treadmill running in runners with resolved plantar fasciitis*. (\$1000.00) [Fully Funded 11/2022]
- **Krumpl, L.** (2022) Graduate and Student Association Travel Award. For: *Mechanical and morphological properties of the plantar fascia in response to imposed running demands over three consecutive days*. Presented at the Running Symposium. North American Congress on Biomechanics, Ottawa, Canada. (\$900.00) [Fully Funded 10/2022 by Graduate and Professional Student Association]
- **Krumpl, L.** & Bailey, J.P. (2021) National Strength & Conditioning Association Doctoral Grant. *Mechanical and morphological properties of the plantar fascia in response to imposed running demands*. (\$15,000) [Unfunded]

STUDENT MENTORING

Conferences and Symposia (*Undergraduate student)

- Lewis, M.*, **Krumpl, L.**, Bailey, J.P. (2023) *Morphological properties of the plantar fascia: Interval vs. continuous running*. Northwest Biomechanics Symposium, Seattle, WA; Health and Human Sciences Student Research Symposium, University of Idaho, School of Education; & Undergraduate Research Symposium, University of Idaho
- Matz, L.*, Chun, Y., Johannsen, C., **Krumpl, L.**, Martonick, N., Bailey, J.P. (2022) *The effects of a passive elastic lifting device on lifting mechanics*. American College of Sports Medicine Northwest Regional Meeting, Portland, OR.
- Warren, N.*, Martonick, N., **Krumpl, L.**, Bailey, J.P. (2022) *EMG waveform analyses at different running velocities: A pilot study*. Northwest Biomechanics Symposium, Pullman, WA.
- Olson, B.*, Granger, B.*, Gorbenko, A.*, **Krumpl, L.**, Thralls-Butte, K. (2022) *Foam rolling in daily environment: An observational study*. Erickson Conference, Seattle Pacific University, Seattle, WA.

- Gatlin, C.*, **Krumpl, L.**, Martonick, N., Chun, Y., & Bailey, J.P. (2021) *The effects of high intensity run to volitional fatigue on drop jump performance*. 45th Annual Meeting of American Society of Biomechanics, Virtual meeting.
- Gatlin, C.*, **Krumpl, L.**, Martonick, N., Chun, Y., & Bailey, J.P. (2021) *The effects of high intensity run to volitional fatigue on drop jump performance*. University of Idaho, School of Education, Health and Human Sciences Student Research Symposium.

Undergraduate Student Practicum and Internship Supervision

SURF/OUR Grant Recipients:

- Lenah Matz, UI SURF Grant (Summer 2021)
- Madeline Bryant, Movement Sciences Program Practicum (Fall 2019), OURS Grant (Spring 2020)
- Aurora Mackie-Meuler, Movement Sciences Program Practicum (Fall 2019), OURS Grant/Program Internship (Spring 2020)

Conference Abstract Submissions:

- Nate Warren, Department of Biological Science, Culminating Project -Practicum (Fall 2021-Spring 2022)
- Justin Lyons, Department of Biological Science, Beckman Scholars Award (Summer 2020-Summer 2021)
- Caden Gatlin, Movement Sciences Program Practicum (Fall 2020), & Internship (Spring 2021)

ACADEMIC SERVICE

- Graduate Research and Policy Committee Student Representative (University of Idaho) 2022-2023
- Search Committee Member (College, Interim Dean, University of Idaho) *Spring 2020*
- National Biomechanics Day Organizer, Moscow High School 2022

PROFESSIONAL MEMBERSHIPS & REVIEWER APPOINTMENTS

- Member, National Strength & Conditioning Association *since 2017*
- Member, American Society of Biomechanics *since 2020*
- Member, American College of Sports Medicine & NW ACSM *since 2021*
- Member, American Association for the Advancement of Science *since 2019*
- Member, Psi Chi *since 2016*
- Reviewer, Sports Health *since 2021*

HONORS & AWARDS

- University of Idaho, College of Graduate Studies highlighted student for commencement 2023
- Northwest Biomechanics Symposium honorable mention (category graduate poster) 2023
- University of Idaho, College of Education, Health & Human Sciences Student Research Symposium honorable mention (category graduate oral) 2023
- University of Idaho, College of Education, Health & Human Sciences Student Research Symposium 1st place oral presentation 2021, 2022
- Northwest ACSM Best Graduate Presentation – Category Oral 2022
- 3 Minute Thesis Competition 2nd place – University of Idaho 2022
- San Diego State University Student Research Symposium Best Graduate Oral Presentation 2019
- European College of Sport Science Young Investigator Award Finalist 2018
- American Kinesiology Association’s Undergraduate Scholar of the Year 2017

- Seattle Pacific University People of Promise Award 2017
- Seattle Pacific University Dean's List 2013 – 2017

CERTIFICATIONS, LICENSES, & OTHER QUALIFICATIONS

- Certified Strength and Conditioning Specialist (CSCS) 12/2017
- National Phlebotomy Certification 11/2017
- Trained DEXA technician 09/2019
- First Aid/AED/CPR certified (American Heart Association) 06/2022
- NIH, Human Research Subjects certified 08/2017
- UEFA B-License 02/2013
- Fluent in German (native tongue)

OTHER LEADERSHIP EXPERIENCE

- Presider at the Seattle Pacific University Erickson Conference 2018, 2019, 2022, 2023
- International Student Advisor & Orientation Leader at Seattle Pacific University 2014 - 2016
- Member and Coordinator of the International Students Club at Seattle Pacific University 2014 - 2016
- Head Coach at Queen Anne Soccer Club 2014 - 2015
- Head Coach for the varsity team at McClure Middle School 2015