Curriculum Vitae

Jeff T. Wight

Kinesiologist & Sport Biomechanist
Director, JU Running Biomechanics Laboratory

Education

Ph.D. **University of Florida,** Gainesville, FL, 2007
Department of Applied Physiology and Kinesiology
Major/Concentration: Biomechanics
Doctoral Dissertation: ¹Using

for Gerontological Studies, Network for Biobehavioral and Social Research and Training in Aging, University of Florida

RESEARCH EXPERIENCE

Research Interests

Sports Biomechanics (pitching biomechanics, distance running biomechanics)
Shoulder Joint Flexibility (passive torque-angle analysis for internal/external rotation)

Selected Research Skills

Developed market-set and custom program for baseball pitching 3D motion

Laboratory Graduate Assistantships Acquired

JACKSONVILLE UNIVERSITY ATHLETICS. **Wight, J.T.**, & Robertson, C.T. (2016-2018). *Biomechanical assessment of JU Athletes.* ($25,560).
Graduate student: Jared Mallard

FIRST PLACE SPORTS RUNNING. **Wight, J.T.**, & Robertson, C.T. (2016-2018). *Race Management and Scientific Running Assessment.* ($25,560).
Graduate student: Jordon Garman

JACKSONVILLE TRACK CLUB RUNNING. **Wight, J.T.**, & Robertson, C.T. (2017-2019). *Running Assessments at JU 1st Place Sports Running Laboratory.* ($25,920).
Graduate student: Ryan Sloan

(Under Review) MOTUS BIOMECHANICS. **Wight, J.T.**, & Robertson, C.T. (2017-2018). *Pitching Sleeve Research and Consultation.* ($25,920).
Graduate student: - D F O \ Q 2 ¶ / R X J K O L Q

Peer-Reviewed Publications

Largo-Wight, E., Johnston, D.D., **Wight, J.T.** (2013). The efficacy of a theory-based, participatory recycling intervention on a college campus. Journal of Environmental Health, 76(4), 26-31.

Peterson, D.S., **Wight, J.T.**, Grover, G.B., Chow, J.W., & Tillman, M.D. (2007). Does warming up influence shoulder external rotation range of motion or stiffness in healthy, non-elite tennis players? *Journal of Undergraduate Research,* 8(2).

Chow, J.W., Park, S-A., **Wight, J.T.**, & Tillman, M.D. (2006). Reliability of a technique for determining sagittal knee geometry from lateral knee radiographs. *The Knee*, 13(4): 318-323.

Kelly, S.A., Czech, P.P., **Wight, J.T.,** Katie M. Blank, K.M., Garland Jr 0 0 1 206.57 309.65 Tm0 g0 G[(-

Wight, J.T., Mallard, J.A., & Robertson, C.T. (2017). *Distance running variability of stance and swing at slow and fast running speeds.* Annual Meeting of the Southeast American College of Sports Medicine.

DeCouto, B., Robertson, C.T., & **Wight, J.T.** (2017). *Sagittal plane hip, knee, and ankle variability for distance running at a training speed.* Annual Meeting of the Southeast American College of Sports Medicine.

2 ¶ / R X J K 0RbQertson, C.T., & **Wight, J.T.** (2017). *Sagittal plane knee variability for distance running at a training speed.* Annual Meeting of the Southeast American College of Sports Medicine.

Mallard, J.A., Robertson, C.T., & **Wight, J.T.** (2017). *Determining the limits of agreement for single and double leg balance exams for college football players.* Annual Meeting of the Southeast American College of Sports Medicine.

Garman, J., Robertson, C.T., & **Wight, J.T.** (2017). *Sagittal plane ankle variability during distance running at different speeds..* Annual Meeting of the Southeast American College of Sports Medicine.

Paxton, R.A., Robertson, C.T., & **Wight, J.T.** (2017). *Distance running hip flexion/extension variability at four critical instants for a slow and fast running velocity.* Annual Meeting of the Southeast American College of Sports Medicine.

Robertson, C.T., Baker, J.M., & **Wight, J.T.** (2017). *Does average sway velocity predict time-to-fall on single-leg and double-leg balance exams for college football players?* Annual Meeting of the Southeast American College of Sports Medicine.

Wight, J.T., Robertson, C.T., Paxton, R.A., McDermet, J.D., & Ferber, R., (2016). *Sagittal plane hip variability during distance running at different speeds.* Annual Meeting of the American Society of Biomechanics.

Wight, J.T., Phillips, M.P., Mallard, J.A., & Robertson, C.T. (2016). *Reliability of single-leg and double-leg balance exams for college football players.* Annual Meeting of the American Society of Biomechanics.

Robertson, C.T., **Wight, J.T.**, & Phillips, M.P. (2016). *Does performance on a 1-foot balance test predict performance on a 2-foot balance test for college football players?* Annual Meeting of the Southeast American College of Sports Medicine.

Wight, J.T., Wikstrom, E.A., & Tillman, M.D. (2015).
moment predict its end ROM for shoulder internal and external rotation? Annual Meeting of the Southeast American College of Sports Medicine.

Wight, J.T., Grover, G.B., Larkin, K., Livingston, B.P., & Tillman, M.D. (2012). *Bilateral analysis of the shoulder internal rotation passive torque-angle relationship for elite pitchers with glenohumeral internal rotation deficit.* Annual Meeting of the American Society of Biomechanics.

Wight, J.T., Williams, C., Magyari, P.M. (2012). *Does the number of repetitions achieved for the bench press predict the number of repetitions achieved for other*

common resistance training exercises? Annual Meeting of the American Society of Biomechanics.

Livingston, B.P., **Wight, J.T.**, Wikstrom, E.A., & Tillman, M.D. (2012). *Reliability and precision of the*

Wight, J.T. (2017). *Developing student poster presentations for the JU Symposium*. Fall Teaching Conference, Jacksonville, FL.

Wight, J.T. (2016). *Elite Running Biomechanics You Can Incorporate*. JU Exercise is Medicine Running Conference, Apr., 2016, Jacksonville, FL.

Wight, J.T. (2016). Seminar: Pitching Biomechanics. For JU Baseball Team.

Wight, J.T. (2015). *Laboratory Experiences in Kinesiology: Developing Student Poster Presentations (in an upper-level course) for the JU Symposium*. Fall Teaching Conference, Jacksonville, FL.

Wight, J.T. (2015). BRCHS Lunch and Learn: *Introducing the Exercise is Medicine (EIM) initiative at Jacksonville University.* Jacksonville University.

Wight, J.T. (2015). *Introduction to Sports Biomechanics*. Stanton High School, Jacksonville, FL.

Wight, J.T. (2015). *Elite vs. Average Running Biomechanics.* Jacksonville University Faculty Running Team. Jacksonville University.

Wight, J.T. (2015). *Hot Topics in Sports Biomechanics.* Science and Engineering Lecture Series. Jacksonville University.

Wight, J.T. (2010). *Simple Carbs are Quite Complex.* Lagniappe Night! City of Atlantic Beach, August 2010, Atlantic Beach, FL.

Wight, J.T. (2010). *Healthy Treats at the Beach.* Lagniappe Night! City of Atlantic Beach, June 2010, Atlantic Beach, FL.

Wight, J.T. (2010). *Homo sapiens 50,000 Years Ago.* Lagniappe Night! City of Atlantic Beach, May 2010, Atlantic Beach, FL.

Wight, J.T. (2010). *What Athletes can Teach us About Health.* Lagniappe Night! City of Atlantic Beach, April 2010, Atlantic Beach, FL.

Schreiner, A., **Wight, J.T.** (2010). *How Exercise Scientists Analyze Runners.* Lagniappe Night! City of Atlantic Beach, April 2010, Atlantic Beach, FL.

Williams, R., **Wight, J.T.** (2010). *Optimizing Running Performance.* Lagniappe Night! City of Atlantic Beach, April 2010, Atlantic Beach, FL.

Wight, J.T. (2010). *Ten Health Book Reviews in Ten Minutes.* Lagniappe Night! City of Atlantic Beach, March 2010, Atlantic Beach, FL.

Wight, J.T. (2010). *Five Tips for Efficient Exercise*. Lagniappe Night! City of Atlantic Beach, February 2010, Atlantic Beach, FL.

Wight, J.T. (2009). *Eat in Harmony with Your Nature.* City of Atlantic Beach, August 2009, Atlantic Beach, FL.

Wight, J.T. (2006). *LabVIEW Programming Tutorial: Basic Functions, Quality Control, and Analyzing Large Quantities of Data*. Center for Exercise Science Seminar, University of Florida, March 2006, Gainesville, FL.

Wight, J.T. (2005). *Development of a Biomechanical Model to Better Understand Strength and Aging.* Biomechanics Laboratory Seminar, University of Florida

TEACHING EXPERIENCE

Graduate Courses Taught

2017 ±	KIN 502 **Muscle/Tissue Mechanics** BRCHS, Jacksonville University
2016 ±	KIN 512 **3-Dimensional Motion Analysis** BRCHS, Jacksonville University
2016 ±	KIN 501 **Biomechanics of Human Movement Laboratory** BRCHS, Jacksonville University
2016 ±	KIN 511 **2-Dimensional Video Analysis** BRCHS, Jacksonville University
2017-	KIN 599 Graduate Thesis BRCHS, Jacksonville University

Undergraduate Courses Taught

2017 ±	KIN 400

2009 ±2013 PET 3312 **Biomechanics**
Clinical and Applied Movement Science, University of North Florida

2009 ±2013 PET 4625 **Research Methods for Sports Medicine**
Clinical and Applied Movement Science, University of North Florida

2009 ±2009 HSC 2100 **Personal and Community Health (Distance Learning)**
Clinical and Applied Movement Science, University of North Florida

2007 ±2007 APK 2105 **Human Physiology Laboratory**
Applied Physiology and Kinesiology, University of Florida

2006 ±2006 ISHC 313 **Basic Biomechanics**
Integrative Health Sciences, Stetson University

2004-2007 APK 2100 **Human Anatomy Laboratory**
Applied, Physiology and Kinesiology, University of Florida

2003 ±2003 HSC 2000 **Health and Fitness Courses**
Sport and Fitness, Universi-4(Fi.q0.00000912 0 612 792 reW*nBTsEMC /P /MCID 20>BD

Mentoring Experience

2016- **Graduate Assistantships Developed and Supervised**
JU Athletics Sports Biomechanics

SERVICE

Selected University Committees

2016-2017 **Chair, JU Symposium Committee.** The JU Symposium is a 2-day campus-wide conference that includes student and faculty podium and poster presentations (from 9AM-4PM). Requires planning, organizing, and collaboration with all of campus.

2015- **Race Director, JU River House Run 5K.** Oversee all aspects of large homecoming 5K. Requires coordination/collaboration among all of campus, 50 volunteers, advertising, signup, race timing, race results, course safety, finances, negotiations, and coordination/management with First Place Sports Running Company.

2016 **Director, Exercise is Medicine on-campus Initiative.** Fall semester, 2016.

2017 **Chair, Kinesiology Search Committee** (PT/AT position)

2017 **Member, Kinesiology Search Committee** (Exercise is Medicine position)

2016 **Chair, Kinesiology Search Committee** (instructor position)

2016 **Member, Kinesiology Faculty Search Committee** (performance psychologist position)

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2004 ±2006 **Member**, **UF Biomechanics Laboratory Research Committee**, University of Florida

2004 ±2005 **Biomechanics & Motion Analysis Laboratory Affiliation**, Installed 8-camera motion analysis system and provided formal training seminars, UF Biomechanics Laboratory, University of Florida

2004 ±2004 **Member, HHP Graduate Scholarship German Culture Exchange** Committee, College of Health and Human Performance, University of Florida

2003 ±2003 **Biomechanics & Motion Analysis Laboratory Affiliation**, Upgraded 8-camera motion analysis system to a 12-camera system, UD Biomechanics Laboratory, University of Delaware

Selected Community Service

2016- **Organizer (Volunteer), Community-Based Farmers' Market.** Initiated DQG RUJDQL]HG D FRPPLWWHH WR GHYHORS D ODUJ %HDFK¶V ³)RRG 'HVHUW´ &RODERUDWHG ZLWK ',* Foundation, and City of Atlantic Beach. Helped raise $10,000 in startup funds. Market begins in February, 2017.

2014- **Race Volunteer Organizer** (Volunteer), Recruited 75 Jacksonville University students to volunteer at 20+ Jacksonville running races

2013 ± **Race Founder and Director** (Volunteer), *Marsh Fest 5k*, City of Atlantic Beach/First Place Sports, Atlantic Beach, FL.

2010 ±2012 **Exercise Science Consultant** (Volunteer), Community-Based Fitness and Health, *The Training Yard*, Atlantic Beach, FL

2010 ±2012 **Founder and Director, Community-Based Farmer's Market**, *The Mid-Week Market*, City of Atlantic Beach, Atlantic Beach, FL.

2008 ±2014 **Member, Cultural Arts and Recreation Advisory Committee,** City of Atlantic Beach, Atlantic Beach, FL

COACHING AND ATHLETETICS

Selected Coaching Experience

2002 ±2002 **Youth Baseball Camp Instructor**, University of Delaware, Newark, DE

2001 ±2002 **Baseball Coach** (Volunteer)**,** Stahl Post Legion Baseball Club, New Castle, DE

2000 ±2001 **University Club Sports Head Coach** (Volunteer)
University of Wisconsin-Madison Club Baseball Team, Madison, WI

1996 ±1999 **Baseball Coach** (Volunteer)**,** Plover Legion Baseball Club, Plover, WI

1995 ±2000 **Youth Baseball Camp Instructor** (Volunteer), Plover Legion Baseball, Plover, WI

Selected Running Accomplishments (Recent)

Racing Sponsorship:
1st Place Sports Running Team, 1st Place Sports, Jacksonville, FL (2013 ±Present)