

## Will Peveler

Liberty University  
Department of Allied Health  
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### EDUCATION

- **PH.D.-** University of Alabama; Tuscaloosa, AL
  - Human Performance, Exercise Physiology- Dec 2003.
  - Minor-educational research and statistics
  - Minor-human physiology
- **Masters of Science-** Western Kentucky University; Bowling Green, KY
  - Physical Education: Focus Exercise Science- August 2000
- **Bachelor of Arts-** Western Kentucky University; Bowling Green, KY.
  - Mass Communication- May 1997
  - Minor- Physical Education
  - Minor- Music, emphasis Classical Guitar

### EXPERIENCE

- **Liberty University - August 2017- Present**
  - **Professor of Exercise Science**
    - **Teaching:**
      - Exercise Physiology
      - Biomechanics
      - Biomechanics Lab
      - Measurement and Evaluation in Health and Kinesiology
      - Mixed Martial Arts
      - Graduate Biomechanics
      - Graduate Biomechanics Lab
      - Graduate Graded Exercise Testing and Electrocardiography
      - Graduate Exercise Prescription for Special Populations: Cardiac and Pulmonary Disorders
      - Graduate Exercise Prescription for Special Populations: Chronic Health Conditions
      - Graduate Research Methods in Exercise Science
      - Graduate Physiological Interactions of Performance Enhancing Substances
- **Northern Kentucky University (NKU)- August 2009-August 2017**
  - **Associate Professor (Tenured)**
  - **Exercise Science Program Director**
  - **Laboratory Director**
    - **Teaching:**

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- Exercise Physiology with lab
- Biomechanics with lab
- Anatomical Kinesiology
- Research, Trends, and Issues in Exercise Science
- Senior Synthesis (Research project)
- Exercise Testing and Prescription with lab
- Introduction to Strength and Conditioning
- Internship
- Practicum
- Concepts of Lifetime Fitness
- **Academic Service**
  - Chair of the Institutional Review Board
  - University Research Council
  - Institutional Review Board
  - Faculty Senate
  - Faculty Benefits Committee
  - Faculty voice
  - Professional Concerns Committee
  - Indirect Cost Committee
  - Transportation Advisory Committee
  - Curriculum development for exercise science program
- **Awards**
  - 2011 Faculty Excellence in Performance in Scholarly or Creative Activity NKU
- **Liberty University online August 2016- Present**
  - **Adjunct graduate faculty**
- **University of Central Arkansas- January 2008-May 2009**
  - **Assistant Professor**
  - **Program Coordinator of Exercise Science**
  - **Laboratory Director**
    - **Teaching:**
      - Exercise Physiology
      - Graduate Exercise Physiology
      - Measurement and Evaluation
      - Exercise Testing and Prescription
      - Laboratory instrumentation (graduate and undergraduate)
      - Metabolism (graduate and undergraduate)
    - **Academic Service**
      - Program Coordinator of Exercise Science
      - Writing new Exercise Science Curriculum
      - Advancement Committee

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- **Mississippi University for Women- August 2004- Dec 2007**
  - **Assistant Professor**
  - **Laboratory Director**
    - **Teaching:**
      - Biomechanics
      - Anatomical Kinesiology
      - Exercise Physiology with lab
      - Exercise Programming for Special Populations
      - Exercise health and related disease (graduate class)
      - Graded Exercise Testing
      - Measurement and Evaluation
      - Motor Development
      - Motor control and Learning
      - Nutrition, Physical Activity and Weight Management
      - Weight Training for Majors
      - Weight and Aerobic Training for Majors
    - **Academic Service**
      - Awarded sabbatical spring 2007.
      - Director of Human Performance Lab
      - Designed the lab in the new Health and Kinesiology building.
      - Created classes:
        - HKC160 Weight and Aerobic Training for Majors
        - HK461 Advanced Exercise Physiology
        - HK490 Research in Exercise Science
      - Designed Exercise Science Curriculum
      - Designed Exercise Science Physical Therapy curriculum
      - Committees:
        - Committee on Use of Human Subjects in Experimentation
        - Honors Committee
        - Scholastic Appeals Committee
      - Graduate Faculty
- **Guest Lecturer Mississippi State University- Fall 2006**
  - Exercise Programming for Special Populations
- **Guest Lecturer Mississippi University for Women- October 2003- August 2004**
  - **Teaching:**
  - Biomechanics
  - Anatomical Kinesiology
  - Measurement and Evaluation
  - Motor control and Learning
  - Exercise Programming for Special Populations
  - Exercise health and related disease (graduate class)

- **Graduate teaching assistant University of Alabama-** May 2000-2003
  - **Teaching:**
  - Exercise Physiology
  - Measurement and evaluation
  - Ecological approach to health and wellness
  - Volleyball
  - Jogging
  - Weight Training
- **Graduate teaching/research assistant Western Kentucky University-** January 1999-July 2000
  - **Teaching:**
  - Life time sports- Team
  - Life time sports- Individual
  - Volley Ball
  - Weight Training
  - Educational gymnastics
  - Outdoor Recreation (Low Impact Camping and Canoeing WEA)

#### **PUBLICATIONS:**

- **Peveler, WW**, Schoffstall, J, Coots, J, Kilian, J, Glauser, J. The effects of boxing glove design on thumb position when making a fist for striking. *Journal of Strength and Conditioning Research* accepted for review.
- Johnson, Q, Dawes, JJ, Uftring, M, Dos Santos, ML, Hale, D, Sanders, GJ, **Peveler, WW**, Kollock, RO. Differences in stronger versus weaker firefighters in selected measures of power. *International Journal of Exercise Science* Accepted 2022.
- Hale, D, Kollock, RO, Thomas, Sanders, GJ, **Peveler, WW**, Mangan, A, Landon, B. A Submaximal Field Test of Aerobic Capacity does not Accurately Reflect VO<sub>2</sub>max in Career Firefighters. *International Journal of Exercise Science* 15(4): 221-230, 2022.
- Hornsby, JH, Johnson, BL, Meckley, DP, Blackley, A, **Peveler, WW**, Lowes, JN, Dawes, JJ. Effects of Heart Rate Biofeedback, Sleep, and Alertness on Marksmanship Accuracy during a Live-fire Stress Shoot. *International Journal of Exercise Science* 14(6): 123-133, 2021.
- Sanders, GJ, Boos, B, Turner, Z, & **Peveler, WW**. The relationship between maximal oxygen consumption and repeated sprint performance in Division I soccer athletes. *International Journal of Exercise Science* 10(2): 197-204, 2017.
- **Peveler, WW**, Sanders, G, Kollock, R, Johnson, S, and Shew, B. Comparison of

ventilatory measures and 20 km time trial performance. *International Journal of Exercise Science* 10(4): 640-648, 2017.

- Sanders, G.J., Turner, Z, Boos, B., Peacock, C.A., **Peveler, W.**, Lipping, A. Aerobic capacity is related to repeated sprint ability with sprint distances less than 40 meters. *International Journal of Exercise Science* 10(2): 197-204, 2017.
- **Peveler, WW**, Sanders, G., Marczinsk, CA, & Holmer, B. Effects of energy drinks on performance and cardiovascular measures. *Journal of Strength and Conditioning Research* 31(4): 882-887, 2017.
- **Peveler, WW**. The Accuracy of Simulated Indoor Time Trials Utilizing a CompuTrainer and GPS Data. *Journal of Strength and Conditioning Research* 27(10): 2823–2827, 2013.
- **Peveler, WW**, Johnson, S, Shew, B, and Palmer, TG. A Kinematic Comparison of Alterations to Knee and Ankle Angles from Resting Measures to Active Pedaling During a Graded Exercise Protocol. *Journal of Strength and Conditioning Research* (26)11: 3004-3009, 2012.
- **Peveler, WW** and Palmer, TG. Effect of Magnesium Lactate Dihydrate and Calcium Lactate Monohydrate on 20 km Cycling Time Trial Performance. *Journal of Strength and Conditioning Research* (26)4: 1149-1153, 2012.
- **Peveler, WW**. Effects of saddle height on economy and anaerobic power in well-trained cyclists. *Journal of Strength and Conditioning Research* 25(3):629-33, 2011.
- **Peveler, WW**, Green, JM. The Effect of Extrinsic Factors on Indoor 20k Time Trial Performance. *Journal of Strength and Conditioning Research* 24(12): 3265-69, 2010.
- **Peveler, WW**. Effects of Saddle Height on Economy in Cycling. *The Journal of Strength and Conditioning Research* 22(4):1355-9, 2008.
- **Peveler, WW**, Pounders J, Bishop P. Effects of Saddle Height on Anaerobic Power Production in Cycling. *The Journal of Strength and Conditioning Research* 21(4): 1023-7, 2007.
- **Peveler, WW**, Bishop, P, Whitehorn, E, and Bosak, AM. The effects of ribose as an ergogenic aid. *The Journal of Strength and Conditioning Research* 20(3): 519-522, 2006.
- **Peveler, WW**, Bishop, P, Richardson, M, and Smith, J. Effects of Training in an Aero Position during cycling on Energy Efficiency. *Journal of Exercise Physiology online* 8(1): 44-50, 2005.
- **Peveler, WW**, Bishop, P, Richardson, M, and Smith, J. Comparing methods for

Setting Saddle Height in trained Cyclist. *Journal Exercise Physiology online* 8(1): 51-55, 2005.

- **Peveler, WW**, Bishop, P, Richardson, M, and Smith, J. Effects of Training in an Aero Position during cycling on Power output. *Journal of Exercise Physiology online* 7(5): 52-56, 2004.
- Green, JM, Crews, TR, Bosak, AM, and **Peveler, WW**. A comparison of respiratory compensation thresholds of anaerobic competitors, aerobic competitors and untrained subjects. *Eur J Appl Physiol* 90(5-6):608-1, 2003.
- Green, JM, Crews, TR, Bosak, AM, and **Peveler WW**. Overall and differentiated RPE at the respiratory compensation threshold: effects of gender and mode. *Eur J Appl Physiol* 89(5):445-50, 2003.
- Green, JM, Crews, TR, Bosak, AM, and **Peveler, WW**. Physiological responses during RPE estimation-production treadmill exercise at 0% and 10% incline. *Journal of Sports Medicine and Physical Fitness* 42: 8-13, 2002.

### Research in Progress

- **Peveler, WW**, Coots, J & Schofstall, J. Effects of glove and hand wraps on grip strength in mixed martial arts.
- **Peveler, WW** & Titcomb, D. Validity and Reliability of commercially available accelerometers for determining punch count and average velocities. (Data collection).
- **Peveler, WW**, Bosak, M & Titcomb, D. Effects of mixed martial arts training on bone density. (IRB submitted).

### Books

- **Peveler WW**. *Train Like a Pro* book series. Lanham, MD; Roman Littlefield.
  - **Peveler WW**. Strength and conditioning for mixed martial arts. Lanham, MD; Roman Littlefield, 2021.
  - **Peveler WW**. Training for obstacle course racing. Lanham, MD; Roman Littlefield, 2021.
  - **Peveler WW**. Training for mountain biking. Lanham, MD; Roman Littlefield, 2021.
- **Peveler WW**. *Athletic Movement Skills Study Guide and Exam*. Champaign, IL; Human Kinetics, 2019.
- **Peveler WW**. *Triathlon Training Fundamentals*. Guilford, CT; Lyons Press, 2014.
- **Peveler WW**. *The Complete Book of Road Cycling and Racing*. New York, NY; McGraw-Hill, 2009.

### Other Publications

- Contributor to LIVESTRONG.com
  - 36 articles

### Presentations

- **Peveler, WW**, Schoffstall, J, Kilian, J, Glauser, J, Coots, J. The Effects of Boxing Glove Size on Thumb Position When Making a Fist for Striking. *National Strength and Conditioning Association Conference*, 2023.
- **Peveler, WW**, Schoffstall, J, Coots, JG, Kilian, J, Glauser, J. The Effects of Mixed Martial Art Glove Design On Thumb Position When Striking. *American College of Sports Medicine Conference*, 2023.
- **Peveler, WW**, Shofstall, J. The effects of boxing glove design on thumb position when making a fist for striking. *National Strength and Conditioning Association Conference*, 2022.
- Hale, WD, Kollock, RO, Sanders, G, **Peveler, WW**. Examining the Association of Aerobic Capacity and Economy with Performance of Simulated Fire Suppression Activities. *National Strength and Conditioning Association Conference*, 2022.
- Hale, WD, Kollock, RO, Sanders, G, **Peveler, WW**. The Proportion of Casualties Suffered by Firefighters Across Physical Abilities Test Performance Levels. *National Strength and Conditioning Association Conference*, 2022.
- Kollock, RO, Hale, WD, Thomas, J, Sanders, G, **Peveler, WW**. The Impact of Anthropometrics on Dynamic Stability While Wearing Fire-Specific Equipment and Gear. *National Strength and Conditioning Association Conference*, 2022.
- **Peveler, WW**. The effect of a familiarization trial on 20km time trial performance in experienced cyclists. *National Strength and Conditioning Association Conference*, 2019.
- McLaury, C, Thomas, J, Long, A, Bont, A, Hale, D, Sanders, G, **Peveler, W**, Dawes, J and Kollock, R. The Influence of Prior Load Carriage on Drop Jump Landing Kinetics. *Central States American College of Sports Medicine Conference*, 2019.
- Long, A, Thomas, J, McLaury, C, Hale, D, Sanders, G, **Peveler, W**, Dawes, J and Kollock, R. The Effects of Load on Static Stability in Fire Fighter Cadets. *Central States American College of Sports Medicine Conference*, 2019.
- Thomas, J, Long, A, McLaury, C, Hale, D, Sanders, G, **Peveler, W**, Dawes, J and Kollock, R. The Effects of Load on Limits of Stability in Fire Fighter Cadets. *Central States American College of Sports Medicine Conference*, 2019.

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- **Peveler, WW**, Bosak, AM, & Sanders, G. Effects of Energy Drinks on Resting Cardiovascular Measures. *American College of Sports Medicine Conference*, 2018.
- Kellerman, KJ, **Peveler, WW**, & Bosak, AM. Fitness Essential to the Mission? The Shift in Military Physical Fitness in the 21<sup>st</sup> Century. *South East American College of Sports Medicine Conference*, 2018.
- **Peveler, WW**, Bosak, AM, & Sanders, G. Effects of Energy Drinks on Resting Cardiovascular Measures. *Mid-Atlantic American College of Sports Medicine Conference*, 2017.
- **Peveler, WW** & Sanders, G. Effects of energy drinks on cardiovascular and performance measures. *American College of Sports Medicine Conference*, 2016.
- **Sanders, G.J.**, Peveler, W., Warning, B. The Effect of Three Different Energy Drinks on 1.5-Mile Running Performance, Oxygen Consumption, and Perceived Exertion. *International Society of Sports Nutrition Conference*, 2016.
- **Peveler, WW** & Sanders, G. Effects of energy drinks on performance and cardiovascular measures. *Midwest American College of Sports Medicine Conference*, 2015.
- Sanders, GJ, **Peveler, W**, & Holmer, B. The effect of three different energy drinks on oxygen consumption and perceived exertion during treadmill exercise. *International Society of Sports Nutrition Conference*, 2015.
- Holmer, B, **Peveler, WW**, & Sanders, GJ. The effect of three different energy drinks on perceived exertion during treadmill exercise. *Midwest American College of Sports Medicine Conference*, 2015.
- Warning, B, **Peveler, WW**, & Sanders, GJ. The Effect of Three Different Energy Drinks on Ratings of Perceived Exertion and 1.5 Mile Treadmill Performance. *Midwest American College of Sports Medicine Conference*, 2015.
- **Peveler, WW**, Shew, B, Johnson, S, Sanders, G, and Kollock, R. Heart rate at a Respiratory Exchange Ratio of 1.00 Accurately Predicts 20 KM Cycling Time Trial Performance. *Midwest American College of Sports Medicine Conference*, 2014.
- **Peveler, WW**. The Accuracy of Simulated Indoor Time Trials Using a CompuTrainer and GPS Data. *South East American College of Sports Medicine Conference*, 2013.
- **Peveler, WW** and Bosak A. Resistance Training for Triathletes: Research and Practical Application. One hour tutorial. *Midwest American College of Sports Medicine Conference*, 2011.



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- Bosak, A. and **Peveler, WW**. Off Road Endurance Sports: Trail Running and Mountain Biking. Tutorial Presentation at the *Midwest American College of Sports Medicine Conference*, 2011.
- **Peveler, WW**. Resistance Training for Endurance Athletes. *Tennessee Association for Health, Physical Education, Recreation, and Dance Conference*, 2011.
- **Peveler, WW** and Bosak, A, and Wittenberg, DE. Training Considerations for Triathletes: Off-season resistance Training and the Mature Athlete. One hour tutorial. *Southeast American College of Sports Medicine Conference*, 2011.
- Sherrer, M and **Peveler, WW**. The Bioavailability of Lactate Dihydrate and Calcium Lactate Monohydrate. Poster presentation. *Southeast American College of Sports Medicine Conference*, 2011.
- **Peveler, WW**. Resistance Training for Triathletes. One hour tutorial. *Kentucky Association for Health, Physical Education, Recreation, and Dance Conference*, 2010.
- Bosak, A and **Peveler, WW**. Off-Road Endurance Sports: Trail Running and Mountain Biking. Seventy-five minute tutorial. *Southeast American College of Sports Medicine Conference*, 2010.
- **Peveler, WW**. The Effects of Saddle Height on Anaerobic Power in Highly Trained Cyclist. *National Strength and Conditioning Association Conference*, 2009.
- **Peveler, WW**. The Effects of Saddle Height on Economy in Highly Trained Cyclist. *National American College of Sports Medicine Conference*, 2009.
- **Peveler, WW**, and Green, JM. The Effect of Extrinsic Factors on Indoor 20k Time Trial Performance. *National American College of Sports Medicine Conference*, 2008.
- **Peveler, WW**, Pounders, J, and Bishop, P. Effects of Saddle Height on Anaerobic Power Production in Cycling. *Southeast American College of Sports Medicine Conference*, 2005.
- **Peveler, WW**, Bishop P, Richardson, M, and Smith, J. Effects of Training in an Aero Position on Metabolic Economy. *Southeast American College of Sports Medicine Conference*, 2004.
- **Peveler, WW**, Green, JM, and Bosak, AM. Accuracy of Assessing Resting and Exercise Heart Rate Using Pulse Palpation. *Southeast American College of Sports Medicine Conference*, 2001.
- Green, JM, **Peveler, WW**, Crews, TR, and Bosak, AM. Ventilatory Threshold of Trained Aerobic, Trained Anaerobic, and Untrained Individuals. *WKU's research*

*Conference, 2000.*

**Invited Speaker**

- **Peveler, WW.** Training in a Hot Environment. *D-N-D Sports Performance, Rehabilitation, and Injury Prevention Conference, 2023.*
- **Peveler, WW.** Overtraining. *Juniata College Pennsylvania Strength and Conditioning Clinic, 2021.*
- **Peveler, WW.** Adaptations to Endurance Training. *Juniata College Pennsylvania Strength and Conditioning Clinic, 2020.*
- **Peveler, WW.** Strength and Conditioning for Combat Sports. *Juniata College Pennsylvania Strength and Conditioning Clinic, 2019.*
- **Peveler, WW.** Training in a Hot Environment. *Juniata College Pennsylvania Strength and Conditioning Clinic, 2018.*
- **Peveler, WW.** Ergogenic aids in sport performance. *Juniata College Pennsylvania Strength and Conditioning Clinic, 2017.*
- **Peveler, WW.** Resistance training for endurance athletes. *Juniata College Pennsylvania Strength and Conditioning Clinic, 2016.*
- **Peveler, WW.** Hydration and Sport. *Juniata College Pennsylvania Strength and Conditioning Clinic, 2015.*
- **Peveler, WW.** Human Performance in Combat Operations. *Tactical Strength and Conditioning Conference, 2014.*
- **Peveler, WW.** Ergogenic Aids in Sports. *Juniata College Pennsylvania Strength and Conditioning Clinic, 2014.*
- **Peveler, WW.** Off-Season Resistance Training for Endurance Athletes: Research and Practical Application. *National Strength and Conditioning Conference, 2013.*
- **Peveler, WW.** Training in the heat: physiological response, adaptation, and coping and prevention strategies. *Juniata College Pennsylvania Strength and Conditioning Clinic, 2013.*
- **Peveler, WW.** Muscle Fiber Nomenclature and Motor Unit Recruitment. *Juniata College Pennsylvania Strength and Conditioning Clinic, 2012.*
- **Peveler, WW.** Heat Related Illness: Physiology. *Kentucky Athletic Trainers' Society,*

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2011.

- **Peveler, WW.** Mechanisms of Fatigue. *Juniata College Pennsylvania State Strength and Conditioning Clinic*, 2011.
- **Peveler, WW.** The Principles of Bioenergetics and their Application to Sport Performance. *Juniata College Pennsylvania State Strength and Conditioning Clinic*, 2010.
- **Peveler, WW.** Functional Training for Triathletes. *Mid-Atlantic American College of Sports Medicine Conference*, 2008.
- **Peveler, WW.** Meet the “Experts”. *Mid-Atlantic American College of Sports Medicine Conference*, 2008.
- **Peveler, WW.** The Science of Cycling, Bike Fit and Performance and Off Season Training. *Juniata College Pennsylvania State Strength and Conditioning Clinic*, 2008.
- **Peveler, WW.** Strength Training for Endurance Athletes: The latest Research. *National Strength and Conditioning Association Arkansas State Clinic*, 2008.
- **Peveler, WW.** Exercise Prescription for Special Populations. *American College of Sports Medicine certification Workshop*, 2005.

### Grants Received

- Received \$98,218 (\$49,109 x 2 years) KBRIN NIH grant (May, 2014).
- Received two \$3000 seed grant (\$6,000 total) from NKU Research, Grants and Contracts for the 2013-2014 year.
- Received \$600 camera upgrade from Innovision systems
- Received \$11,995 for 3D analysis software update through NKU ITAC grant
- Received \$3,000 seed grant from NKU Research, Grants and Contracts (2011).
- Received \$5,000 in 3D software upgrade from Innovision Systems (2010).
- Received \$5,685.95 research grant from the Northern Kentucky University Faculty Senate benefits committee (2010).
- Received summer research stipend (Equivalent to 6% of salary) from UCA faculty research committee for summer 2008.
- Received \$3,000 dollar grant to purchase equipment for research from faculty research committee MUW.
- Received \$1,564.00 dollar grant to purchase equipment for research from faculty research committee MUW.
- Received \$1,564.00 dollar grant to purchase equipment for research from faculty research committee MUW.
- Awarded graduate fellowship at University of Alabama.

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- Equipment donated by Syntace for research in the lab UA.
- Received \$300.00 grant in order to purchase equipment for research WKU.

### Grants Submitted

- Acquisition of h/p Cosmos Treadmill. National Science Foundation Grant: Major Research Instrumentation Requested funding: \$184,424.90.
- The Effect of Strenuous Exercise on Marksmanship Scores. Air Force Research Laboratory, 711<sup>th</sup> Human Performance Wing. Requested funding: \$55,000.

### Reviewer

- *Biomechanics: A Case-Based Approach*, Jones and Bartlett Learning
- Journal of Sports Medicine
- Central Sates ACSM abstract reviewer (annual meeting 2008)
- Arkansas Department of Higher Education SURF (Student Undergraduate Research Fellowship) Grant (2008).
- Brink, T. *The Complete Mountain Biking Manual*. McGraw-Hill; 1 edition
- Journal of Sport Rehabilitation
- Journal of the International Society of Sports Nutrition
- Journal of Sports Science
- Medical Science Monitor
- Journal of Medicinal Foods
- International Journal of Exercise Science.

### Coaching:

- Assistant coach at The Edge Martial Arts
- Instructor at Gary Williams Martial Arts
- Western Kentucky University Cycling Team
- University of Alabama Cycling Team
- Coach The Leukemia & Lymphoma Society's Team in Training for triathlon and cycling.

### Academic Awards/Honors

- 2011 Faculty Excellence in Performance in Scholarly or Creative Activity NKU.
- Outstanding graduate student in the department of physical education WKU.
- Graduate Fellowship awarded from the college of education, UA.
- Dissertation research award; Most Outstanding Dissertation, UA.

### Military Service:

- **US Navy Diver**-1989-1993 (active), 1993-1997 (IRR)
  - NTC, San Diego, CA
  - NAVSUBTREPAC, Pearl Harbor, Hawaii
  - USS Yellowstone, Norfolk, VA
  - Gulf War Veteran
- **US Army Reserve Diver/Drill Sergeant**-1997-2000

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- 100<sup>th</sup> Div.
- **Qualifications**
  - Diver
  - Drill Sergeant
  - Airborne
- **Military Awards/Honors:**
  - Army Commendation Medal
  - Army Achievement Medal
  - Navy Unit Commendation Medal
  - National Defense Service Medal
  - Southwest Asia Service Medal with two Bronze Stars
  - Kuwait Liberation Medal
  - Professional Development Ribbon
  - Battle "E" Service Ribbon
  - Sea Service Deployment Ribbon (2nd Award)
  - Good Conduct Award