

Curriculum Vitae

Allison B. Schaefer, MS, NSCA CSCS

Instructor of Exercise Science

Director: Human Performance Lab

Liberty University

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Education

Master of Science (M.S.), 2021, Liberty University, Lynchburg, VA

- Major: Human Performance
 - Specialization: Strength Training and Conditioning
 - Thesis: Evaluating the Impact of Competition on Broad Jump Performance in Collegiate Women's Ice Hockey Players

Bachelor of Science (B.S.), 2019, Liberty University, Lynchburg, VA

- Major: Exercise Science
 - Specialization: Pre-Professional
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Teaching/Relevant Professional Experience

Instructor of Exercise Science

August 2023-Present

Liberty University – Lynchburg, VA

- Taught a several undergraduate courses within the Exercise Science and Strength and Conditioning degrees, including:
 - EXSC 101: Introduction to Exercise Science
 - PHED 225: Weight Training and Conditioning
 - EXSC 320: Measurement and Evaluation in Kinesiology
 - EXSC 340: Essentials of Strength and Conditioning
 - EXSC 351: Biomechanics Lab
 - EXSC 401: Research Seminar in Strength and Conditioning
 - EXSC 411: Applied Exercise Physiology Lab
- Served as the faculty advisor for the Club Field Hockey team at Liberty University

Director of Human Performance Lab

September 2022 - Present

Liberty University – Lynchburg, VA

- Maintained and calibrated several pieces of equipment including metabolic carts, an altitude chamber, Monark cycle ergometers, a hydrostatic scale, InBody and BodPod
- Supervised our Graduate Assistants and student workers and assisted in creating their schedules

- Assisted students in creating, submitting, and studying various research questions throughout the semester

Adjunct Professor of Exercise Science

January 2022 – July 2023

Liberty University – Lynchburg, VA

- Taught a multiplicity of undergraduate courses within the Exercise Science degree program
 - Mentored students entering a variety of different career pathways (both clinical and strength and conditioning tracks)
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Certifications

Certified Strength and Conditioning Specialist (NSCA CSCS)

April 2019 - Current

USAFH Level 1 Coach

June 2022 - Current

CPR/First Aid/AED

October 2018 - Current

Membership in Professional Organizations

National Strength and Conditioning Association

February 2019 - Current

Publications

- Kilian, J., & Schaefer, A. (2020). The tribe mindset—Developing a meaningful team culture. *NSCA Coach*, 7(3), 46-49.
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Conferences Attended

- National Strength and Conditioning Association’s National Conference (2023). Las Vegas, NV.
- National Strength and Conditioning Association’s Coaches Conference (2023). Charlotte, NC.
- National Strength and Conditioning Association’s National Conference (2022). New Orleans, LA.