

Curriculum Vitae

Dr. Adam Charles Knight

Contact Information
Department of Kinesiology
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Personal Information

Home Address: 951 Cardinal Lane
Starkville, MS 39759

Citizenship: USA

Present Rank and Title

Mississippi State University
Associate Professor, Biomechanics
Graduate Coordinator
Co-Director of the Neuromechanics Laboratory
Department of Kinesiology

Educational Training:

Auburn University, Auburn, AL 2006-2009

Doctor of Philosophy, Kinesiology, Biomechanics Concentration
College of Education, Department of Kinesiology

Dissertation Title: Effects of Inversion Perturbation After Drop Landing on the Latency of the Ankle Musculature

Auburn University, Auburn, AL 2004-2006

Master's of Education, Exercise Science, Biomechanics Concentration
College of Education, Department of Health and Human Performance

University of Southern Mississippi, Hattiesburg, MS 2000-2004

Bachelor's of Science, Athletic Training
College of Health, Department of Health and Human Performance

Employment History:

2015-Present	Mississippi State University , Department of Kinesiology: Associate Professor (Tenured), Biomechanics Co-Director of the Neuromechanics Laboratory Graduate Coordinator, Department of Kinesiology Level One Graduate Faculty
2009-2015	Mississippi State University , Department of Kinesiology: Assistant Professor, Biomechanics Level Two Graduate Faculty
2007-2008	Auburn University , Department of Kinesiology: Graduate Teaching Assistant, Graduate Student Director of the Sport Biomechanics Laboratory
2004-2007	Auburn University , Auburn University Sports Medicine, Graduate Assistant Athletic Trainer (Football, Equestrian, and Cheerleading Teams)
2003-2004	Physical Therapy Technician, Hattiesburg Clinic , Hattiesburg, MS
2001-2003	Student Athletic Trainer, University of Southern Mississippi , Hattiesburg, MS

Percentage breakdown for the allocation of time and effort

- 60% teaching, 30% research, 10% service

Curriculum Experience:

Mississippi State University
Department of Kinesiology

EP 3233: Anatomical Kinesiology, MSU, 3 credits

Summer 2016, 15 students

Spring 2016, 68 students

Fall 2015, 70 students

Summer 2015, 10 students
Spring 2015, 72 students
Spring 2014, 100 students
Fall 2013, 101 students
Spring 2013, 96 students
Fall 2012, 99 students
Spring 2012, 100 students
Fall 2011, 89 students
Spring 2011, 95 students
Fall 2010, 88 students
Summer 2010, 8 students
Spring 2010, 83 students
Fall 2009, 49 students
Spring 2009 (PE 4233), 34 students

Course description: A functional account of body structure, analysis of human movement and related injury mechanisms.

EP 4703: Neural Control of Human Movement, MSU, 3 credits

Fall 2016, 65 students
Summer 2016 (Term II), 19 students
Summer 2016 (Intersession), 26 students
Fall 2015, 100 students
Summer 2015 (Term II), 17 students
Summer 2015 (Intersession), 37 students
Fall 2014, 162 students
Summer 2014 (Term II), 20 students
Summer 2014 (Intersession), 22 students
Fall 2013, 160 students
Summer 2013 (Intersession), 35 students
Fall 2012, 114 students

Course Description: Overview of the neural processes associated with human movement with the major focus being the mechanistic control of coordinated movement.

EP 4503: Mechanical Analysis of Human Movement, MSU, 3 credits

Spring 2017, Section One, 66 students
Spring 2017, Section Two, 66 students
Summer 2016, 20 students
Spring 2016, 86 students
Summer 2015, 21 students
Spring 2015, 85 students
Summer 2014, 17 students
Summer 2013, 18 students
Summer 2012, 16 students
Summer 2011, 15 students

Course Description: Overview of biomechanical principles and applications to the musculoskeletal system with an emphasis on the clinical setting for the treatment and rehabilitation of orthopedic injuries.

- Developed the syllabus, curriculum, assessments, and initiated this course in the summer of 2011.

EP 3643: Applied Anatomy and Pathophysiology, MSU, 3 credits

Spring 2010, 46 students

Summer 2009, 9 students

Course Description: Anatomical foundation of the human body with related pathophysiology of the cardiovascular, peripheral and central nervous system, and musculoskeletal disease states.

EP 8453: Biomechanics of Human Movement, MSU, 3 credits

Fall 2016, 20 students

Fall 2014, 20 students

Summer 2012, 3 students

Course Description: Overview of biomechanical principles/laws and their application to human movements (sport techniques and daily activities).

- Developed the syllabus, curriculum, assessments, and initiated this course in the summer of 2012.

PE 3223: Motor Development and Movement, MSU, 3 credits

Fall 2011, 31 students

Fall 2010, 31 students

Fall 2009, 26 students

Course Description: A study of motor development, movement and the child-centered approach to teaching movement in grades K-6.

PE 4283: Sport Biomechanics, MSU, 3 credits

Summer 2014, 15 students

Spring 2014, 60 students

Summer 2013, 11 students

Spring 2013, 49 students

Summer 2012, 15 students

Spring 2012, 50 students

Summer 2011, 18 students

Spring 2011, 52 students

Course Description: Systematic qualitative and quantitative analyses of selected athletic performances and other human movements utilizing observation and other measurement techniques to detect and correct faults that limit performance during sport activity.

- Developed the syllabus, curriculum, assessments, and initiated this course in the spring semester of 2011.

PE 4853: Motor Learning and Skill Analysis, MSU, 3 credits

Summer 2015, 3 students
Spring 2015, 11 students
Summer 2014, 7 students
Spring 2014, 21 students
Summer 2013, 18 students
Spring 2013, 33 students
Summer 2012, 11 students
Spring 2012, 26 students
Summer 2011, 32 students
Spring 2011, 39 students
Summer 2010, 20 students
Spring 2010, 28 students
Summer 2009, 25 students
Spring 2009, 22 students

Course Description: Designed to provide students with an understanding of how movement is produced and controlled and the principles that underlie the learning of motor skills.

KI 1001: Extreme Medicine: Understanding Unusual Cases on House, M.D.

Fall 2016, 40 students
Fall 2015, 40 students
Fall 2014, 40 students
Fall 2013, 25 students
Fall 2012, 23 students

Course Description: House, M.D. is a popular television show in which many strange and bizarre medical cases are presented. Questions often arise about the validity and probability of the illnesses and diseases presented on the show. This class examines some of the medical cases presented on the show, discuss the probability and validity of each case, and examine how the doctors were able to reach the correct diagnosis.

This is a first year experience class. I developed the syllabus, curriculum, assessments, and initiated this course in the fall semester of 2012.

KI 3273: Athletic Training, MSU, 3 credits

Summer 2010, 18 students

Summer 2009, 16 students

Course Description: Prevention and treatment of injuries prevalent in athletics, physical education and adult fitness programs.

**Auburn University
Department of Kinesiology**

- Instructor, Applied Anatomy for the Health Professional, Fall 2007, Spring 2008, Summer 2008, Fall 2008
- Instructor, Wellness, Fall 2007
- Instructor, Scientific Foundations of Health and Human Performance, Biomechanics Section, Summer 2007
- Instructor, Physical Education Program: Team Sports Basketball, Team Sports Softball, Spring 2008, Individual Sports, Bowling, Fall 2008
- Assisted with other classes: Undergraduate Biomechanics, Graduate Biomechanics, Graduate Biomechanics of Sport Injury, Dartfish (Biomechanics of Sport Technique), Graduate Biomechanics Laboratory Techniques, 2006-2008

Scholarship:

Published And Accepted (In Press) Peer Reviewed Manuscripts:

Knight, A. & Coffey, K. (2016). The effect of equine assisted therapy on gait for an individual with a spinal cord injury. *PALAESTRA*, 30(4), 40-43.

Chander, H., Garner, J., Wade, C., & **Knight, A.** (2016). Slip initiation in alternative and slip resistant footwear. *International Journal of Occupational Safety and Ergonomics*, In Press. DOI: 10.1080/10803548.2016.1262498.

Knight, A., Holmes, M., Chander, H., Stewart, T., and Kimble, A. (2016). Assessment of balance among adolescent track and field athletes, *Sports Biomechanics*, 15(2), 169-179.

Coffey, K., **Knight, A.**, & Wax, B. (2015). Equine assisted therapy and changes in gait for a participant with Down syndrome. *Journal of Human Sciences and Extension*, 3 (3), 18-26.

Knight, A., Lamberth, J., Galloway, R., Reynolds, N., & Luczak, T. (2014). The effect of static club head loft of a driver on golf ball launch variables and distance. *International Journal of Golf Science*, 3, 151-162.

Knight, A., & Weimar, W. (2013). Difference in ratio of evertor to invertor activity between the dominant and non-dominant legs during simulated lateral ankle sprain. *Journal of Sport Rehabilitation*, 22(4), 272-278.

Lamberth, J., Hale, B., **Knight, A.**, Boyd, J., & Luczak, T. (2013). Effects of 6-weeks of strength and functional training on golf performance. *International Journal of Golf Science*, 2, 33-42.

Knight, A., & Weimar, W.H. (2012). Development of a fulcrum methodology to replicate the lateral ankle sprain mechanism and measure dynamic inversion speed. *Sports Biomechanics*, 11 (3), 402-413.

Gilliland, K.J., & **Knight, A.** (2012). Friedreich's ataxia and gait changes through participation in therapeutic horseback riding. *Clinical Kinesiology*, 66, 1-6.

Knight, A. & Weimar, W.H. (2012). Effects of ankle taping and previous injury on the latency of the peroneus longus. *Sports Biomechanics*, 11 (1), 48-56.

Knight, A. & Weimar, W.H. (2011). Effects of inversion perturbation after step down task on the latency of the peroneus longus and peroneus brevis. *Journal of Applied Biomechanics*, 27, 283-290.

Knight, A. & Weimar, W.H. (2011). Difference in response latency of the peroneus longus between the dominant and non-dominant leg. *Journal of Sport Rehabilitation*, 20 (3), 321-332.

Knight, A. & Weimar, W.H. (2010). Effects of ankle taping on single and double leg balance. *Sport Science Review*, 19, 5-19.

Bulletins, Reports, and Invited Contributions:

Knight, A. & Weimar, W.H. (2012). Peroneal latency's role in inversion ankle sprain. *Lower Extremity Review*, 4(5), 61-68. Available online:
<http://lermagazine.com/article/peroneal-latencys-role-in-inversion-ankle-sprain>

Authored Book Chapters

Knight, A. (2013). Biomechanics. In Brown, S.P. (Ed.), *Fundamentals of Kinesiology*, (161-174). Dubuque, IA: Kendall Hunt.

Lamberth, J., & **Knight, A.** (2013). Applied Anatomy. In Brown, S.P. (Ed.), *Fundamentals of Kinesiology*, (138-160). Dubuque, IA: Kendall Hunt.

Articles in Review:

*Indicates Primary Faculty adviser/mentor for student research

*Simpson, J., Miller, B., O'Neal, E., Chander, H., & **Knight, A.** (2016). External load training does not alter balance performance in well-trained women. *Sports Biomechanics*, In Review.

Chander, H., **Knight, A.C.**, Garner, J.C., Wade, C., Carruth, D., Wilson, S.J., Gdovin, J.R., & Williams, C.C. (2016). Impact of military type footwear and load carrying workload on postural stability. *Ergonomics*. (In-Review).

Chander, H., **Knight, A.C.**, Garner, J.C., Wade, C., Carruth, D., DeBusk, H., & Hill, C.M. (2016). Impact of military type footwear and workload on heel contact dynamics during slip events. *International Journal of Industrial Ergonomics*. (In-Review).

Chander H, Garner JC, Wade C & **Knight AC**. Postural Control in Workplace Safety: Role of Occupational Footwear and Workload. *Safety*. 2016 (In-review).

Published Abstracts, Conference Proceedings, and Professional Presentations:

DeBusk, H., Chander, H., Morris, C., Wilson, S., **Knight, A.**, Holmes, M., Hill, C., Wade, C. & Garner, J. (2015). The effect of commonly used alternative footwear on balance. *Medicine and Science in Sports and Exercise*, 47(5), S235.

- Presented at the 2015 American College of Sports Medicine Annual Meeting, May 2015, San Diego, CA.

Hill, C., Chander, H., Morris, C., Wilson, S., **Knight, A.**, Holmes, M., DeBusk, H., Wade, C. & Garner, J. (2015). Impact of low intensity workload on muscle exertion in alternative footwear. *Medicine and Science in Sports and Exercise*, 47(5), S202.

- Presented at the 2015 American College of Sports Medicine Annual Meeting, May 2015, San Diego, CA.

Luczak, T., Lamberth, J., **Knight, A.**, & Smith, J. (2014). Activation of the right pec major and left deltoid muscles during the golf swing as an instructional technique. *International Journal of Golf Science*, 3, S55.

- Presented at the 7th World Scientific Congress of Golf, Queensland, Australia, September 2014.

Brocato, K., **Knight, A.** & Holmes, M. (2014). Developing a mentoring program: college of education faculty mentors and mentees embrace a studio based learning model.

- Presented and published in the conference proceedings at the 7th annual faculty mentoring conference at the University of New Mexico, October 2014.

Knight, A., Adams, M., Abernathy, A., & Comer, A. (2014). Effects of ankle instability on ground reaction force during a stop-jump task. *Journal of Athletic Training, 49* (3), S219.

- Presented at the 2014 National Athletic Trainers Association Annual Meeting and Symposium, June 2014, Indianapolis, IN.

Knight, A., Hoseney, K., McGinley, S., & Hale, B. (2012). Difference in landing kinetics during simulated lateral ankle sprain mechanism between chronic ankle instability and healthy participants. *Journal of Athletic Training, 47*(3), S51.

- Presented at the 2012 National Athletic Trainers Association Annual Meeting and Symposium, June 2012, St. Louis, MO.

Knight, A. & Weimar, W. (2011). Effects of injury and tape on dynamic ankle inversion using a fulcrum methodology. *Journal of Athletic Training, 46*(3), S183.

- Presented at the 2011 National Athletic Trainers Association Annual Meeting and Symposium, June 2011, New Orleans, LA.

Gilliland, K., & **Knight, A. (2011).** Influence of Therapeutic horseback riding on gait for a participant with Friedreich's Ataxia. *Medicine and Science in Sports and Exercise, 43*(5), 289-290.

- Presented at the 2011 American College of Sports Medicine Annual Meeting, May 2011, Denver, CO.

Knight, A. & Weimar, W.H. (2010). Startle response of the ankle musculature to repeated inversion perturbations. *Journal of Athletic Training, 45*(3), S109.

- Presented at the 2010 National Athletic Trainers Association Annual Meeting and Symposium, June 2010, Philadelphia, PA.

Knight, A., & Weimar, W.H. (2009). Difference in latency of the peroneus longus between the dominant and non-dominant leg. *Journal of Athletic Training, 44*(3), S-71, S119.

- Presented at the 2009 National Athletic Trainers Association Annual Meeting and Symposium, June 2009, San Antonio, TX.

Knight, A., Shroyer, J.F., Sumner, A.M., Booker, J.E., & Weimar, W.H. (2009) Influence of ankle taping on the kinetics of a lateral jump. *Medicine & Science in Sports & Exercise, 41*(5), S391.

- Presented at the 2009 American College of Sports Medicine Annual Meeting and Symposium, May 2009, Seattle, WA.

Guidry, T., Campbell B., Shroyer, J., **Knight, A.** & Weimar W. (2009). Neurological insufficiency: The biceps brachii potential in pronated elbow flexion. *Medicine & Science in Sports & Exercise*, 41(5), S293.

- Presented at the 2009 American College of Sports Medicine Annual Meeting and Symposium, May 2009, Seattle, WA.

Garner, J., **Knight, A.**, Weimar, W., & MacDonald, C. (2008). Glenohumeral range of motion in throwing athletes versus non-overhead athletes. *Journal of Strength and Conditioning Research*

- Presented at the 2008 National Strength and Conditioning Association Annual Meeting and Symposium, July 2008, Seattle, WA.

Shroyer, J., Weimar, W., Garner, J., **Knight, A.**, & Sumner, A. (2008). Influence of sneakers versus flip-flops on attack angle and peak vertical force at heel contact. *Medicine and Science in Sport and Exercise*, 40(5), S333.

- Presented at the 2008 American College of Sports Medicine Annual Meeting and Symposium, May 2008, Indianapolis, IN.

Weimar, W., Overfelt, R., Shroyer, J., **Knight, A.**, Sumner, A., & Garner, J. (2008). The influence of mechanical nerve stimulation on center of gravity. *Medicine and Science in Sport and Exercise*, 40(5), S345.

- Presented at the 2008 American College of Sports Medicine Annual Meeting and Symposium, May 2008, Indianapolis, IN.

Knight, A., Garner, J., Shroyer, J., Campbell, B., & Weimar, W. (2007) Comparison of glenohumeral range of motion in throwing athletes versus non-throwing athletes. *Medicine and Science in Sport and Exercise*, 39(5), S2535.

- Presented at the 2007 American College of Sports Medicine Annual Meeting and Symposium, May 2007, New Orleans, LA.

Campbell, B., Weimar, W., Garner, J., & **Knight, A.** (2007). Unilateral patella tendon strap effects on weight bearing squat in healthy males. *Journal of Athletic Training*, 42(2), S136.

- Presented at the 2007 National Athletic Trainers Association Annual Meeting and Symposium, June 2007, Anaheim, CA.

Professional Presentations:

*Indicates Primary Faculty adviser/mentor for student research

Chander, H., Garner, J.C., Wade, C. & **Knight, A.C.** Impact of Alternative Footwear on Lower Extremity Muscle Activity during Normal and Slippery Gait. Annual Proceedings of the Gait and Clinical Movement Analysis Society. Memphis, TN, May 17-20, 2016.

- Chander H, Wade C, Garner JC, **Knight AC**, Wilson SJ & Fu YC. Human Balance in Occupational Footwear with an Extended Duration Workload. Poster presentation at the 40th Annual Meeting of the American Society of Biomechanics, Raleigh, NC, August 2016.
- Chander, H., Garner, J.C., Wade, C., **Knight, A.C.**, DeBusk, H. & Hill, CM. (2016). Lower Extremity Muscle Activity in Alternative Footwear During Slip Events: A Preliminary Analysis. Poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Greenville, SC, February, 2016.
- DeBusk, H., Hill, C.M, Stewart,T., Miller, B.M., Simpson, J.D., **Knight AC.**, & Chander, H. (2016). Effects of Military Type Footwear and Workload on Static Balance. Thematic poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Greenville, SC, February, 2016.
- Hill CM., DeBusk H., Stewart T., Simpson JD., Miller BL., **Knight AC.**, & Chander H. (2016). Impact Of Military Type Footwear and Workload on Muscle Activity in Static Balance. Poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Greenville, SC, February, 2016.
- Miller, BL., DeBusk, H., Hill, CM., Stewart, T., Simpson, JD., **Knight, AC.** & Chander, H. (2016). Impact of Military Boot Type and Physical Work Load on Dynamic Balance. Poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Greenville, SC, February, 2016.
- *Simpson, JD., Hill, CM., DeBusk, H., Stewart, T., Miller, BL., **Knight, AC.** & Chander, H. (2016). Influence of Military Boot Types and Physiological Workload on Lower Extremity Muscle Activation. Poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Greenville, SC, February, 2016.
- *Stewart, T., Kimble, A., Brown, J., Holmes, M.E., Chander, H & **Knight, A.C.** (2016). Effects of event specialty, Gender and leg dominance on running kinetics of high school track and field athletes. Poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Greenville, SC, February, 2016.
- Chander, H., Wade, C., **Knight, A.**, & Garner, J. (2015). Lower extremity joint kinematics in alternative footwear during slip events. Poster presentation at the annual meeting of the American Society of Biomechanics, August 2015, Columbus, OH.

- Chander, H., Morris C.E., Wilson, S.J., **Knight, A.C.**, Holmes, M.E., Wade, C., & Garner, J.C. (2015). Impact of alternative footwear on balance perturbations. Poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Jacksonville, FL, February 2015.
- DeBusk, H., Chander, H., Morris, C.E., Wilson, S.J., **Knight, A.C.**, Holmes, M.E., Hill, C.M., Wade, C., & Garner, J.C. (2015). The effect of commonly used alternative footwear on balance. Poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Jacksonville, FL, February 2015.
- Hill, C.M., Chander, H., Morris, C.E., Wilson, S.J., **Knight, A.C.**, Holmes, M.E., DeBusk, H., Wade, C., & Garner, J.C. (2015). Impact of low intensity workload on muscle exertion in alternative footwear. Poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Jacksonville, FL, February 2015.
- *Kimble, A., Brown, J., Stewart, T., Chander, H., Holmes, M., & **Knight, A.** (2015). Influence of event, gender, and leg dominance on balance among high school track and field athletes. Poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Jacksonville, FL, February 2015.
- *Stewart, T., Brown, J., Kimble, A., Chander, H., Holmes, M., & **Knight, A.** (2015). Balance performance with the eyes closed in high school track and field athletes. Poster presentation at the Southeast Chapter of the American College of Sports Medicine annual meeting, Jacksonville, FL, February 2015.
- *Watson, B., Kimble, A., Ray, W., Jones, K. & **Knight, A.** (2014). Effects of ankle instability on ground reaction force during a stop jump task. Abstract was accepted and poster was made for presentation at the Southeast American College of Sports Medicine Annual Meeting on February 15, 2014. Conference was cancelled due to inclement weather.
- *Comer, A., Adams, M., Abernathy, A., & **Knight, A.** (2013). Effects of previous lateral ankle sprain on balance. Poster presentation at the Southeast Chapter of the American College of Sports Medicine Annual meeting, Greenville, SC, Feb 15, 2013.
- *Adams, M., Abernathy, A., Comer, A., & **Knight, A.** (2013). Effects of previous lateral ankle sprain on ankle joint laxity. Poster presentation at the Southeast American College of Sports Medicine Annual meeting, Greenville, SC, Feb 15, 2013.

*Abernathy, A., Comer, A., Adams, M., & **Knight, A.** (2013). Effects of previous lateral ankle sprain on landing kinetics and dynamic balance. Poster presentation at the Southeast American College of Sports Medicine Annual meeting, Greenville, SC, Feb 15, 2013.

Gilliland, K. & **Knight, A.** (2012). Effect of equine assisted therapy on gait for an individual after spinal cord injury. Poster presentation at the North American Federation of Adapted Physical Activity Annual meeting, Birmingham, AL, 2012.

Bernheim, R., Washington, B., Harrison, A., Graben, K., **Knight, A.**, & Hale, B. The Influence of Vision and Surface Type on Balance Using a Double Leg Stance in Active Youths. Poster presentation at the Southeast American College of Sports Medicine 2012 Annual meeting, Jacksonville, FL Feb. 10, 2012.

Graben, K., Harrison, A., Washington, B., Bernheim, R., **Knight, A.**, & Hale, B. The Influence of Leg Dominance, Vision and Surface Type on Balance Using a Single Leg Stance in Active Youths. Poster presentation at the Southeast American College of Sports Medicine 2012 Annual meeting, Jacksonville, FL Feb. 10, 2012.

*McGinley, S., Hoseney, K., Carruth, D., Hale, B., & **Knight, A.** Difference in Landing Kinetics During Vertical Drop Down Movement Across Different Football Positions. Poster presentation at the Southeast American College of Sports Medicine 2012 Annual meeting, Jacksonville, FL Feb. 10, 2012.

*Hoseney, K., McGinley, S., Hale, B., & **Knight, A.** Difference in Landing Kinetics During Simulated Ankle Sprain Motion Among Chronic Ankle Instability and Healthy Participants. Poster presentation at the Southeast American College of Sports Medicine 2012 Annual meeting, Jacksonville, FL Feb. 10, 2012.

*Triplett, L., Roby, L.B., Morton, J., Gilliland, K., & **Knight, A.C.** Influence of therapeutic horseback riding on gait in a Down syndrome participant. Poster Presentation given at the 2011 Southeast Regional Chapter meeting of the American College of Sports Medicine, Greenville, SC, February 4, 2011.

*Collins, N., McGinley, S., Carruth, D., Hale, B., & **Knight, A.** Assessment of football player ankle joint motion during vertical step down movement. Poster Presentation given at the 2011 Southeast Regional Chapter meeting of the American College of Sports Medicine, Greenville, SC, February 4, 2011.

*Neal, E., McGinley, S., Carruth, D., Hale, B., & **Knight, A.** Assessment of football player knee joint motion during vertical step down movement. Poster Presentation given at the 2011 Southeast Regional Chapter meeting of the American College of Sports Medicine, Greenville, SC, February 4, 2011.

*Harkins, K., McGinley, S., Carruth, D., Hale, B., & **Knight, A.** Assessment of football player hip joint motion during vertical step down movement. Poster Presentation given at the 2011 Southeast Regional Chapter meeting of the American College of Sports Medicine, Greenville, SC, February 4, 2011.

Knight, A., & Weimar, W.H. (2010). Startle response to inversion perturbation. Podium Presentation given at the 2010 Southeast Regional Chapter meeting of the American College of Sports Medicine, Greenville, SC, February 5, 2010.

Knight, A., Weimar, W., Shroyer, J., Sumner, A., & Booker, J. (2008). The influence of four different types of athletic tape used for ankle taping on attack angle. Podium presentation given at the 2008 Southeast chapter of the American Society of Biomechanics Annual Meeting.

Abstracts Accepted for Presentation

*Indicates Primary Faculty adviser/mentor for student research

*Forge, S.R., Simpson, J.D., Miller, B.L., O'Neal, E.K., Chander, H., & **Knight, A.C.** Changes in Jumping Kinetics Following Three Weeks of External Load Training in Well-Trained Women. *Abstract accepted for presentation at the Southeast ACSM Annual Meeting, Greenville, S.C., February 16-18, 2017.*

Hill, C.M., DeBusk, H., Stewart, T., Simpson, J.D., Miller, B.L., **Knight, A.C.**, & Chander, H. Influence of military footwear and workload on percent muscle activation in static balance. *Abstract accepted for presentation at the Southeast ACSM Annual Meeting, Greenville, S.C., February 16-18, 2017.*

*McDaniel, J., Forge, S., Sutton, P., Mosby, A., Miller, B., Simpson, J., Chander, H., & **Knight, A.C.** Three Week External Load Training Does Not Increase Lower Extremity Muscle Activation in Well-Trained Females. *Abstract accepted for presentation at the Southeast ACSM Annual Meeting, Greenville, S.C., February 16-18, 2017.*

Miller, B.L., Simpson, J.D., Swain, J.C., Pace, M.T., Lowell, R.K., Pan, Z., **Knight, A.C.**, & Chander, H. Effect of minimalist footwear and fatigue on static balance. *Abstract accepted for presentation at the Southeast ACSM Annual Meeting, Greenville, S.C., February 16-18, 2017.*

*Mosby, A., Sutton, P., Forge, S., McDaniel, J., Miller, B., Simpson, J., Chander, H., & **Knight, A.C.** Three-Weeks of External Load Training Does Not Alter Muscle Activity During Static Balance. *Abstract accepted for presentation at the Southeast ACSM Annual Meeting, Greenville, S.C., February 16-18, 2017.*

*Simpson, J.D., Miller, B.L., O'Neal, E.K., Chander, H., & **Knight, A.C.** Analysis of Landing Kinetics During a Drop Vertical Jump After Three Weeks of External

Load Training. *Abstract accepted for presentation at the Southeast ACSM Annual Meeting, Greenville, S.C., February 16-18, 2017.*

*Sutton, P., Forge, S., Mosby, A., McDaniel, J., Miller, B.L., Simpson, J.D., Chander, H., & **Knight, A.C.** Three-Week External Load Training Does Not Improve Vertical Jump and Sprint Performance in Well-Trained Women. *Abstract accepted for presentation at the Southeast ACSM Annual Meeting, Greenville, S.C., February 16-18, 2017.*

Swain, J.C., Miller, B.L., Pace, M.T., Lowell, R.K., Simpson, J.D., **Knight, A.C.**, & Chander, H. Impact of minimalist footwear type and fatigue on balance. *Abstract accepted for presentation at the Southeast ACSM Annual Meeting, Greenville, S.C., February 16-18, 2017.*

Turner, A.J., DeBusk, H., Lowell, R.K., Hill, C.M., Miller, J.D., Simpson, J.D., **Knight, A.C.**, & Chander, H. Effects of military footwear and workload on unilateral static balance. *Abstract accepted for presentation at the Southeast ACSM Annual Meeting, Greenville, S.C., February 16-18, 2017.*

Abstracts in Review

Chander H, Knight AC, Garner JC, Wade C, DeBusk H, Wilson SJ, Gdovin JR, Hill CM & Carruth D. Muscle Activity during Postural Stability Tasks: Role of Military Footwear and Workload. *Proceedings of the American Society of Biomechanics Annual Conference, Boulder CO, August 8-11, 2017 (In-Review).*

Wilson SJ, Chander H, Knight AC, Garner JC, Wade C, Luginsland L, Hill CM, Gdovin J, DeBusk H & Carruth D. Lower extremity kinematics in military footwear during slip events. *Proceedings of the American Society of Biomechanics Annual Conference, Boulder CO, August 8-11, 2017 (In-Review).*

Luginsland LA, Chander H, Wade C, Garner JC, Eason JD, Wilson SJ, Gdovin JR, Hill CM, Knight AC, Carruth D. Influence of Occupational Footwear on Muscle Activity during a Simulated Extended Time-Duration. *Proceedings of the American Society of Biomechanics Annual Conference, Boulder CO, August 8-11 2017. (In Review).*

Hill CM, DeBusk H, Wilson SJ, Gdovin JR, Williams CC, Luginsland LA, Knight AC and Chander H. Influence of military type footwear and workload on co-contraction index in unilateral stance. *Proceedings of the American Society of Biomechanics Annual Conference, Boulder CO, August 8-11 2017. (In Review).*

Simpson JD, DeBusk H, Hill CM, Miller BL, Knight AC and Chander H. Effect of military footwear type on ankle stability following a simulated military workload. *Proceedings of the American Society of Biomechanics Annual Conference, Boulder CO, August 8-11 2017. (In Review).*

Grants:

Chander, H., **Knight, A.**, Liu, Y. (2016-2017). Innovative Foot Orthotics in the Military – Impact of Material and Human Factors. Mississippi State University Cross College Grant, \$2,000, **Funded.**

Chander, H., Thompson, S., Shamsaei, N., Garrison, T., & **Knight, A.** (2016). \$500,000 Impact of Novel Foot Orthotics in the Military. Department of Defense Orthotics Outcome Research Award Program, **Not Funded.**

Knight, A., Strawderman, L., Garrison, T., Luczak, T., & Chander, H. (2015). \$ 998,361.00. Making Better Choices (of Equipment) – Inclusion of Biomechanical and Cognitive Style Considerations in Customizable Equipment. National Science Foundation Partnerships for Innovation: Building Innovation Capacity Grant. **Not Funded.**

Chander, H., **Knight, A.**, Babski-Reeves, K., Strawderman, L. (2014-2015, 2015-2016). Slip Initiation in Military Footwear. Mississippi State University Cross College Grant, \$4,000, **Funded.**

Knight, A. 2013-2014 Southeastern Conference Faculty Travel Grant, \$2500: Effects of textured insoles and different athletic shoes on the kinematics and muscle activation patterns during a simulated lateral ankle sprain mechanism, **Not Funded**

Knight, A., Holmes, M., Kimble, A., Ray, W., & Watson, B. Mississippi State University Honors College undergraduate research program: received \$4000 funding for purchase of new force platform from Honors College, also received \$2500 from College of Education and \$4500 from Department of Kinesiology, **Funded**, May 2013.

Knight, A. Mississippi State University ORED Faculty Travel Program, Funding to make research presentation at the 2011 American College of Sports Medicine Southeast Chapter Annual Meeting in Greenville, SC, \$1500, **Funded**, February 2013.

Knight, A. & Comer, A. Mississippi State University Honors College undergraduate research program: received \$1,024 in funding for purchase of equipment and to pay participants to investigate the influence of ankle instability on joint laxity, balance, and jumping kinetics, **Funded**, May 2012.

Knight, A. Mississippi State University ORED Faculty Travel Program, Funding to make research presentation at the 2012 American College of Sports Medicine Southeast Chapter Annual Meeting in Jacksonville, FL, \$1500, **Funded**, February 2012.

Knight, A. Mississippi State University ORED Faculty Travel Program, Funding to make research presentation at the 2011 American College of Sports Medicine Southeast Chapter Annual Meeting in Greenville, SC, \$1500, **Funded**, February 2011.

Agiovlasitis, S., **Knight, A.**, Hale, B., & Carruth, D. Contributing factors to lower body stability during standing and walking in individuals with Down syndrome. Cross-Disciplinary Research Collaboration Grant, \$2,000, November 2010, **Funded**.

Knight, A., Agiovlasitis, S., Hale, B., Lamberth, J., Cooper, R., Linford, R., & Nabors, B. Acquisition of an integrative motion analysis system for the systematic evaluation of human and animal movement behavior. National Science Foundation Major Research Instrumentation Grant Pre-Proposal, \$511,150, February 2010, **Not Funded**

Knight, A. Influence of Chronic Ankle Instability and shoe type on the kinetics and kinematics of walking and running gait. Mississippi State University Research Initiation Program, \$10,000, **Not Funded**, October 2009.

Knight, A. Mississippi State University ORED Faculty Travel Program, Funding to make research presentation at the 2010 National Athletic Trainer's Annual Meeting and Symposium in Philadelphia, PA, \$750, **Funded**, July 2009.

Knight, A & Hale, B. Effects of plantar flexion perturbation after drop landing on the latency of the ankle musculature. *Southeastern Athletic Trainers Association*, 2009, \$1,800, **Not Funded**

Knight, A. The Effects of Dynamic Training on the Latency of the Ankle Musculature. *National Athletic Trainers Association Research Foundation*, 2009 Pre-Proposal, \$50,000 **Not Funded**

Knight, A. & Sumner, A. The influence of balance training on balance at height. *Bertec Research Competition*, 2008. \$9,000 **Funded**

Current Research Projects

- Evaluation of biomechanical factors that affect track and field performance among adolescent athletes
 - Co-PI with Megan Holmes
 - Currently collecting and analyzing data
- Difference in joint laxity, balance, and landing kinetics between healthy participants, ankle sprain copers, and participants with chronic ankle instability
 - PI
 - Currently analyzing data and developing manuscripts
- Muscle activation patterns during different types of golf swings
 - Co-PI with MSU Institute of Golf
 - Currently constructing the study design

- Influence of therapeutic horseback riding on motor function among children with autism
 - Co-PI
 - Currently collecting data
- Member of the Human Factors Working Group
 - Consists of team members from the Center for Advanced Vehicular Systems (CAVS), department of kinesiology, department of industrial and systems engineering, and the department of psychology

Academic Advising

Doctoral Students

- Committee Chair, 2015-present. Jeffrey Simpson, Department of Kinesiology. Dissertation Title: Undecided.
- Committee member, 2015-present. Brandon Miller, Department of Kinesiology. Dissertation Title: Undecided.
- Committee member, 2014-present. Elliot Sallisbury, Department of Industrial and Systems Engineering. Dissertation Title: Effects of body size, work location, and mobile device on musculoskeletal loading, discomfort and postures of the upper extremity and cervical spine.
- Committee Member, 2011-2013. Shaheen Ahmed, Department of Industrial and Systems Engineering. Dissertation Title: Physiological responses during static and dynamic tasks.
 - Successfully defended dissertation and graduated December 2013
 - Currently an assistant professor in the department of computer information systems and technology at the University of West Alabama

Master's Students

- Major Advisor, 2014-2016, Ty Stewart, Department of Kinesiology
 - Directed Individual Study Title: Effects of military footwear on ankle instability
 - Graduated Spring 2016
- Committee member, 2014-2015, Brooke Rhodes, Department of Aerospace Engineering
 - Thesis title: Exercise equipment usability equipment for a deep space concept vehicle
 - Successfully defended thesis, graduated Spring 2016
- Committee member, 2014-2016, Hunter DeBusk, Department of Kinesiology
 - Thesis Title: Impact of high top military boots on balance
 - Currently analyzing data
 - Successfully defended thesis, graduated Summer 2016
- Committee member, 2014-2016, Chris Hill, Department of Kinesiology

- Thesis Title: Influence of military workload on muscle exertion in two types of military footwear
 - Currently analyzing data
 - Successfully defended thesis, graduated Summer 2016
- Committee member, 2014-2016, Jaden Rountree, Department of Kinesiology
 - Thesis Title: Efficacy of carbohydrate ingestion during CrossFit performance
 - Currently collecting data
 - Successfully defended thesis, graduated Summer 2016
- Committee chair, 2012-2015, Jennifer Estes, Department of Kinesiology
 - Thesis Title: Influence of therapeutic horseback riding on participants with autism
 - Successfully defended thesis in May 2015.
 - Graduated August 2015
- Committee Member, 2013 – present, David Chew, Department of Industrial and Systems Engineering
 - Thesis Title: The effects of a sit-stand workstation on back muscle activity and postural sway
 - Currently analyzing data
- Committee Member, 2012-213, Robert Jackson, Department of Landscape Architecture.
 - Thesis Title: Runner friendly built environments.
 - Successfully defended thesis December 2013.
- Committee Member, 2012, Riley Galloway, Department of Kinesiology.
 - Thesis Title: Performance measures of three different golf drivers.
 - Successfully defended thesis December 2012.
- Major Advisor, 2010-2011. Kathryn Hoseny, Department of Kinesiology.
 - Research Topic: Kinetics of Simulated Lateral Ankle Sprain
 - Successfully completed directed individual study and graduated December 2011, presented research at the 2012 SEACSM conference in Jacksonville, FL.
 - Received the 2012 College of Education 2nd place award in the graduate research poster category at the 2012 college of education research symposium

Undergraduate Students

- Advise approximately 80-100 undergraduate students each academic year

Undergraduate Research Supervision

- Amari Kimble (2013-2014)
 - Presented research on balance among adolescent track and field athletes at the 2015 SEACSM conference
 - Currently a co-author of a manuscript in review
- Jodi Brown and Wesley Gordon (2013-2014)

- Presented research on landing kinetics between the dominant and non-dominant legs at the 2014 honors college spring research symposium and the 2014 college of education research symposium
 - Jodi received the 2014 College of Education best undergraduate research poster award
- Ben Watson, Whitney Ray, Amari Kimble, and Keri Jones (2013-2014)
 - Abstract accepted to present research on the kinetics of a stop-jump task at the 2014 SEACSM conference (cancelled due to weather), presented research at the 2014 honors college spring research symposium and the 2014 college of education research symposium
 - Whitney was the recipient of the 2013-2014 College of Education Undergraduate Research Award
- Anna Comer, Murry Adams, and Alisan Abernathy (2012-2013)
 - Presented research individually on the effects of ankle instability on joint laxity, balance, and landing kinetics at the 2013 SEACSM conference, the 2013 honors college spring research symposium, and the 2013 college of education research symposium
- Rebecca Bernheim (2011-2012)
 - Presented research individually on the influence of vision and surface type on balance using a double leg stance in active youths at the 2012 SEACSM conference, the 2012 honors college spring research symposium, and the 2012 college of education research symposium
 - Rebecca was the recipient of the 2011-2012 College of Education Undergraduate Research Award
- Sara McGinley (2011-2012)
 - Presented landing kinetics of football players at the 2012 SEACSM conference and the 2012 college of education research symposium
- Jennifer Motion, Laura Beth Roby, and Lindsey Triplett (2010-2011)
 - Presented therapeutic horseback riding and gait research at the 2011 SEACSM conference, the 2011 spring honors college research symposium, and the 2011 college of education research symposium
 - Recipient of the 2011 College of Education best undergraduate research poster award
- Kelly Harkins (2010-2011)
 - Presented motion analysis of football player motion at the 2011 SEACSM conference, the 2011 honors college spring research symposium, and the 2011 college of education research symposium
 - Recipient of the 2010-2011 College of Education Undergraduate Research Award
- Eddie Neal (2010-2011)
 - Presented motion analysis of football player motion at the 2011 SEACSM conference and the 2011 honors college spring research symposium
- Nigel Collins (2010-2011)
 - Presented motion analysis of football player motion at the 2011 SEACSM conference
- Jack Thompson (2010)

- Presented motion analysis of the football player squat technique at the 2010 honors college summer undergraduate research symposium
- Derek Crenshaw (2010)
 - Presented therapeutic riding and gait research at the 2010 College of Education research symposium and the 2010 honors college spring undergraduate research symposium
 - Recipient of the 2010 College of Education best undergraduate research poster award

Professional Service and Memberships:

2002-present National Athletic Trainers Association (NATA)

2008-present American Society of Biomechanics (ASB)

2009-present Mississippi Athletic Trainers Association (MATA)

2005-2009 National Strength and Conditioning Association (NSCA)

2010-present American College of Sports Medicine Southeast Regional Chapter (SEACSM)

2004-2008 Alabama Athletic Trainers Association (ALATA)

Certifications:

2004-present Certified Athletic Trainer (ATC) by the National Athletic Trainers Association Board of Certification (NATABOC), Certification No. 050402291

2009-present Licensed Athletic Trainer by the Mississippi State Board of Health, License No: AT0492

2004-2008 Licensed Athletic Trainer by the Alabama Board of Athletic Trainer's, License No: 798

2005-present Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association Certification Commission, Certification No. 20052681

Selected Honors and Awards:

2011 Mississippi State University State Pride Award for outstanding faculty performance

2009	Dissertation Research Award Finalist at National Athletic Trainers Annual Meeting and Symposium
2008	Dennis G. Wilson Graduate Student Scholarship, Department of Kinesiology
2005-2006	American Sports Medicine Institute Outstanding Athletic Trainer Scholarship
2003-2004	Outstanding Undergraduate Scholar Award, School of Health and Human Performance, University of Southern Mississippi

Service:

University Committees

- Institutional Review Board Full Member (August 2016-Present)
- Institutional Review Board Alternate Member (August 2015-July 2016)
- Office of the Graduate School Research Assistant of the Year Selection Committee (Spring 2015, Spring 2016)

College Committees

- College of Education Mentoring Committee (August 2016 – present)
- Chair, College of Education Faculty Council (August 2014-May 2016)
- College of Education Faculty Council (August 2012-May 2013)
- College of Education Research Committee (August 2009 – May 2012)

Departmental Committees

- Chair, Department of Kinesiology Graduate Committee (August 2016 – present)
- Chair, Department of Kinesiology Academic Culture Committee (August 2015 – May 2016)
- Department of Kinesiology Executive Council Member (Elected by departmental faculty in August 2015, became an appointed member in August 2016 as graduate coordinator)
- Department of Kinesiology Graduate Committee (April 2015 – July 2016)
- Department of Kinesiology Academic Culture Committee (August 2010 – May 2015, August 2016 - present)
- Department of Kinesiology Motor Behavior Search Committee (Summer 2014)
- Department of Kinesiology Biomechanics Search Committee (Spring 2014)

- Department of Kinesiology Exercise Physiologist Search Committee (Spring-Summer 2011)
- Department of Kinesiology Library Committee (January 2009 – August 2010)
- Department of Kinesiology NCATE Committee (January 2009 – August 2010)
- Department of Kinesiology Technology Committee (January 2009 – August 2010)

Sessions Chaired at Regional and National Conferences

- Invited Session Chair, Clinical Implications of Bi-articular muscle actions
 - 2014 American College of Sports Medicine Southeast Regional Chapter Meeting, Greenville, S.C.
 - Conference was canceled due to inclement weather
- Session Chair, Endurance Athletes
 - 2011 American College of Sports Medicine Southeast Regional Chapter Annual Meeting, Greenville, S.C.
- Session Chair, Mechanics of Real-time Motion Capture using the Vicon System
 - 2010 American College of Sports Medicine Southeast Regional Chapter Annual Meeting, Greenville, S.C.

Guest Lectures

- Guest Lecturer in EP 2013 (Fundamentals of Kinesiology)
 - Biomechanics Lecture: Spring 2009, Fall 2009, Spring 2010, Fall 2010, Spring 2011, Fall 2011, Spring 2012, Fall 2012, Spring 2013, Fall 2013, Spring 2014, Fall 2014, Spring 2015, Fall 2015, Spring 2016
 - Athletic Training Lecture: Spring 2009, Fall 2009, Spring 2010, Fall 2010, Spring 2011, Fall 2011, Spring 2012

Research Manuscript Reviewer:

- Medicine and Science in Sport & Exercise
- Journal of Sport Rehabilitation
- Journal of Electromyography and Kinesiology
- Journal of Motor Behavior
- International Journal of Golf Science
- Journal of Sport Sciences
- Archives of Physical Medicine and Rehabilitation
- Research in Sports Medicine
- Journal of Athletic Training
- Sports Biomechanics
- Physical Therapy in Sport

Conference Proposal Reviewer

- 2012 National Athletic Trainers Association Annual Meeting
 - Pre-proposal reviewer

Invited Presentations

- Auburn University Sports Medicine Staff (December 2008)
 - Invited speaker on ankle sprain research
- Drum Corp International Conference, January 2008, Orlando, FL
 - Invited speaker on pre-season conditioning and potential injuries associated with Marching Bands & Drum Corps

Other Service

- Maintain a blog on the Mississippi State University department of kinesiology website on current biomechanical and sports medicine issues
 - <http://www.drknight-kinesiology.blogspot.com/>
- Small group leader for First Baptist Church Starkville University ministry, 2009-2014, 2016 - present
- Starkville Upward Basketball Coach, 2011-2014
- Volunteer with the Mississippi State TEAM therapeutic horseback riding program, September 2009 – present
- Auburn University Swimming Team (9-time National Champions)
 - Assisted with Video Motion Analysis using Dartfish software stroke comparison, 2006 – 2008.
- Auburn University School of Veterinary Medicine
 - Assisted with research involving the kinematics of starts of greyhound dogs on grass and soil surfaces.