

Benjamin J. Snyder

University of South Carolina Upstate
School of Education
Spartanburg, SC 29303

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EDUCATION

Ohio University Athens, OH

Ph.D. in Biological Sciences (June, 2002)

Emphasis in Muscle Biology/Exercise Physiology

Dissertation: "Immunological parameters of skeletal muscle regeneration in young and old rats". Advisor: Robert S. Hikida, Ph.D.

University of Arizona Tucson, AZ

M.S. in Physiological Sciences (June, 1997)

Emphasis in Exercise Science

Furman University Greenville, SC

B.S. in Health and Exercise Science (June, 1995)

EMPLOYMENT AND TEACHING ACTIVITIES

Furman University, Greenville, SC

Associate Professor of Health Science (2017-present)

Classes Taught

Wellness Concepts

Anatomy and Physiology I

University of South Carolina Upstate, Spartanburg, SC

Exercise and Sport Science Program Coordinator (2009-2017)

Associate Professor of Exercise and Sport Science (2015-2017)

Assistant Professor of Exercise and Sport Science (2009-2015)

Classes Taught

Lifelong Health and Wellness

Exercise Physiology and Lab

Fitness Assessment and Prescription

Field Experience

Biomechanics

Sport Nutrition

Motor Learning and Development

Internship in Exercise and Sport Science

Shenandoah University Winchester, VA

Chair, Kinesiology Department (2007-2008)

Assistant Professor of Kinesiology (2006-2008)

Classes Taught

Personal and Community Health	Biomechanics
Exercise Physiology and Lab	Sports Nutrition
Certification in Exercise Science	Fitness Program Administration
Found. of Strength and Conditioning	

Schreiner University Kerrville, TX

Chair, Department of Exercise Science (2004-2006)
Assistant Professor of Exercise Science (2001-2006)

Classes Taught

Introduction to Exercise Science	Individual Fitness
Exercise Physiology and Lab	Sports Nutrition
Certification Preparation	Foundations of Strength and Conditioning
Program Administration	Research Applications

CERTIFICATIONS and AWARDS

National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (2003-present)
USC Upstate Bank of America Excellence in Teaching and Advising Award – Finalist (2011)
American College of Sports Medicine, Health and Fitness Specialist (2003-2008)
Schreiner University Scholarly and Creative Activity award (2005)

SCHOLARLY AND CREATIVE AND PROFESSIONAL ACTIVITIES

Peer-Reviewed Publication

- Snyder, B.J.**, Nicola, T. Cox, C. P. and Augenstein, B. *Effectiveness of three different training regimens on performance of the Deadlift exercise. Manuscript in preparation*
- Snyder, B. J.**, Senger, S. R. Cauthen, C. P. (2017). *Comparison of muscle involvement and posture between the conventional deadlift and a 'walk-in' style deadlift machine. In Press: Journal of Strength and Conditioning Research**
- Kamla, J., **Snyder, B. J.**, Tanner, L. & Wash, P. (2013). Are physical education teachers models of fitness? *Southeastern Regional Association of Teacher Educators Journal*, 22(1): 16-22.
- Snyder, B. J.** & Fry, W. R. (2012). Effect of verbal instruction on muscle activity during the bench press exercise. *Journal of Strength and Conditioning Research*, 26(9): 2394-2400.
- Kamla, J., **Snyder, B. J.**, and Senger, S. (2012). Creating active children one workout at a time. *Focus on Infants and Toddlers*. 24(3): 1-4.
- Snyder, B. J.**, & Leech, J. R. (2009). Voluntary increase in latissimus dorsi muscle activity during the lat pull-down following expert instruction. *Journal of Strength and Conditioning Research*. 23(8): 2204-2209.

Papers Presented at Professional Meetings

Snyder, B.J., Roy, J., and Chappellear, K. (2017). Usefulness of a wireless biomonitor to track in-game activity in NCAA Division-I men's basketball. Thematic poster session presented at the annual meeting of the National Strength and Conditioning Association, Las Vegas, NV.

Snyder, B.J., Foli, E. Augenstein, B., Nicola, T., and Cox, C. P. (2015). Use of alternative deadlift training can be effective at improving strength and teaching the Olympic deadlift in novice lifters. Poster session presented at the annual meeting of the National Strength and Conditioning Association, Las Vegas, NV.

Foli, E. **Snyder, B.J.**, Augenstein, B., Nicola, T., and Cox, C. P. (2015, April) Use of alternative deadlift training can be effective at improving strength and teaching the Olympic deadlift in novice lifters. Presentation at the Eleventh Annual SC Upstate Research Symposium.

Snyder, B. J., Senger, S. R. Cauthen, C. P. (2014, July). Comparison of muscle activity during the olympic deadlift and a walk-in deadlift machine. Poster session presented at the annual meeting of the National Strength and Conditioning Association, Las Vegas, NV.

Snyder, B. J., Senger, S. R., & Cauthen, C. P. (2013, April). Comparison of muscle activity during the Olympic Deadlift and a walk-in deadlift machine. Ninth Annual SC Upstate Research Symposium.

Snyder, B. J., Kamla, J. & Tanner, L. K. (2012, April). *Physical Education Teacher Education (PETE) majors as role models for physical fitness*. Roundtable discussion presented at the Eighth annual South Carolina Upstate Research Symposium.

Snyder, B. J., & Leech, J. R. (2005, July). *Effects of specific technique instruction on electrical activity of back and arm muscles during the lat pulldown exercise*. Poster session presented at the annual meeting of the National Strength and Conditioning Association, Las Vegas, NV.

Leech, J. R. & **Snyder, B. J.** (2005, February). *Effects of specific technique instruction on EMG activity during the lat pulldown*. Poster session presented at the annual Texas regional meeting of the American College of Sports Medicine.

Snyder, B. J., Hilton-Taylor, L.K., & Hikida, R.S. (2002, June). *Aging alters the response of macrophage subpopulations to physiologic muscle damage*. Poster session presented at the annual meeting of the American College of Sports Medicine, Indianapolis, IN.

Snyder, B. J., Hostler, D., Crill, M.T., Toma K., Hagerman, F.C., & Hikida, R.S. (1999, June). *Effects of a ten week bicycle training program on satellite cell populations in vastus lateralis muscle of college aged males*. Poster session presented at the annual meeting of the American College of Sports Medicine, Seattle, WA.

Snyder, B. J., Lohman, T.G., Going, S.B. & Davis, R.L. (1997, June). *Effects of hormone replacement therapy on muscle specific torque and strength gains*. Poster session presented at the National meeting of the American College of Sports Medicine, Baltimore, MD.

Seminars and Workshop Participation

Snyder, B.J. (2017) Promotion and Tenure workshop. Yearly interactive presentation on the promotion and tenure process, led by the P&T chair.

Snyder, B.J. (2017) CETL Power-Up Lunch: Tips for Success in the Promotion and Tenure Process. Presented on top ten items to improve the 'Teaching' section of your P&T portfolio.

Snyder, B.J. (2013-2016). *Yearly Advising Workshop*. Presented to first and second year advisors in the School of Education.

Snyder, B. J. (2012) *Using the iPad and Nearpod app in the classroom*. QEP STEP-UP committee monthly meeting

Snyder, B. J. (2008) *Mind over Muscle: Muscle Isolation During Strength Training*. Creative Scholarship Day, Shenandoah University, Winchester, VA.

Snyder, B. J. (2008) *Sports Supplements and Ergogenic Aids – Use and Abuse in a 'Steroids Era'*. Lecture given at the Valley Health Coach's Conference, Winchester, VA.

Snyder, B. J. (2005) *Holiday Help – Avoiding holiday weight gain*. Lecture given to the monthly meeting of Schreiner Alliance, Kerrville, TX.

Snyder, B. J. (2005) *Easing into endurance exercise*. Schreiner University employee wellness program, Kerrville, TX.

Snyder, B. J. (2004) *Technology in Exercise Science - (It's not just Phys. Ed. anymore)*. 'Faculty Friday' series, Schreiner University, Kerrville, TX.

Snyder, B. J. (2004) *Exercise - the lost secret to weight loss*. Invited lecture to Schreiner University employee wellness program, Kerrville, TX.

Snyder, B. J. (2003) *Making wise diet decisions: Separating fact from fad*. Invited lecture at Racquetball and Fitness clubs, San Antonio, TX.

Snyder, B. J. (2002) *Slowed muscle regeneration in the elderly: what's the cause?* Invited lecture at 'Faculty Friday' series, Schreiner University, Kerrville, TX.

Manuscripts and Proposals Reviewed

Currently serving as a reviewer for the *Journal of Strength and Conditioning Research* reviewing several manuscripts per year.

Ratamess, N. T. (2012). Body Composition. In Miller, T. (ed.), *NSCA's Guide to Tests and Assessments* (1st ed., pp. 15-42). Champaign, IL: Human Kinetics.

Kirousis, W., and Gootman, J. (2012). Swimming, In: Reuter, B, (ed.), *Developing Endurance*. Champaign, IL: Human Kinetics.

Conferences, Workshops and Seminars Attended

40th Annual Meeting of the National Strength and Conditioning Association, Las Vegas, NV, July 12-15, 2017.

Southeastern American College of Sports Medicine, Regional Meeting, Greenville, SC, February 16-18, 2017.

National Strength and Conditioning Association Personal Trainers Conference, Jacksonville, FL, October 14-16, 2016.

Twelfth Annual SC Upstate Research Symposium, Spartanburg, SC, April 8th, 2016.

Southeastern American College of Sports Medicine, Regional Meeting, Greenville, SC, February 18-20, 2016.

38th Annual Meeting of the National Strength and Conditioning Association, Orlando, FL, July 8-11, 2015.

Eleventh Annual SC Upstate Research Symposium, Spartanburg, SC, April 17th, 2015.

37th Annual Meeting of the National Strength and Conditioning Association, Las Vegas, NV, July 9-12, 2014.

Southeastern Medical Fitness Association Symposium, Spartanburg, SC, February 21st, 2014.

36th Annual Meeting of the National Strength and Conditioning Association, Las Vegas, NV, July 10-13, 2013.

Ninth Annual SC Upstate Research Symposium, Spartanburg, SC, April 19th, 2013.

Eighth Annual Upstate Research Symposium, Spartanburg, SC April 20th, 2012.

Southeastern Medical Fitness Association Symposium, Spartanburg, SC, February 20th, 2012.

34th annual National Conference of the National Strength and Conditioning Association, Las Vegas, NV July 6-9, 2011.

33rd annual National Conference of the National Strength and Conditioning Association, Orlando, FL, July 14th-17th, 2010.

32nd annual National Conference of the National Strength and Conditioning Association, Las Vegas, NV, July 8th-11th, 2009.

Continuing Education

Recertified as Certified Strength and Conditioning Specialist (2014)

Other Professional Activities

NSCA Education Recognition Program (ERP) director. USC Upstate (2011-2017)

Successfully qualified the Exercise and Sport Science curriculum for recognition by the NSCA's Education Recognition Program, which recognizes curricula that meet the NSCA's standards for educating future strength and conditioning professionals. (2011)

Internal Grants Total: \$89,913

External Grants Total: \$68,977

Internal Grants:

Teaching and Productive Scholarship Grant (2017)

\$1,750 for travel to the annual meeting of the National Strength and Conditioning Association in Las Vegas, NV.

Technology Grant (2016)

\$11,210 for purchase of Zephyr Bioharness accelerometer/GPS units.

ASPIRE III Grant (2016) (*not funded*)

\$99,778 for purchase of Vicon 6 camera motion capture system, AMTI force plate, Woodway Pro XL treadmill to investigate methods to reduce incidence of ACL injuries in young athletes.

Technology Grant (2015)

\$11,000 for purchase of EKG and related equipment for clinical analysis of cardiovascular function.

Technology Grant (2014)

\$16,087 for purchase of equipment to measure the cardiorespiratory response to exercise for in student labs and for athletes.

Teaching and Productive Scholarship Grant (2014)

\$1,471 for travel to the annual meeting of the National Strength and Conditioning Association in Las Vegas, NV

Teaching and Productive Scholarship Grant (2013)

\$1,606 to travel to the annual meeting of the National Strength and Conditioning Association in Las Vegas, NV

Technology grant (2013)

\$12,733 from a Technology grant for purchase of a Biopac Bionomadix wireless data collection system.

Teaching and Productive Scholarship Grant (2013)

\$400 for the partial purchase of a laptop for use in a project for a study of training with the deadlift exercise.

Technology Grant (2011)

\$13,303 for video motion capture and analysis equipment for study on the deadlift exercise.

Teaching and Productive Scholarship Grant (2011)

\$1,422 for video motion capture and analysis equipment for study on the deadlift exercise.

Teaching and Productive Scholarship Grant (2011)

\$1,147 for travel to the National Strength and Conditioning Association 2011 national conference.

Technology Grant (2010)

\$11,220 for physiologic data collection equipment for various research and curriculum needs.

Teaching and Productive Scholarship Grant (2010)

\$574 for travel to the National Strength and Conditioning Association 2010 national conference.

Teaching and Productive Scholarship Grant (2009)

\$349 for research project on fitness of physical education students at USC Upstate.

Teaching and Productive Scholarship Grant (2009)

\$1,226 for travel to the National Strength and Conditioning Association 2009 national conference.

Faculty Development Grant (2005)

\$600 for travel to National Strength and Conditioning Association 2005 national conference.

Writing Across the Curriculum grant (2004)

\$500 to implement writing curriculum in Exercise Physiology.

Technology grant (2004)

\$1,000 to implement a practical skills exam procedure and author a laboratory manual for Exercise Physiology class.

Faculty Development Grant (2004)

\$500 for travel to the American College of Sports Medicine 2004 national conference.

Faculty Development Grant (2003)

\$300 to pursue certification by the American College of Sports Medicine.

Faculty Development Grant (2002)

\$350 for travel to the National Strength and Conditioning Association's 2003 'Sport-specific training conference'.

Title III Grant (2001)

\$485 for materials to integrate the materials from the Certified Strength and Conditioning Specialist examination into a strength and conditioning class.

Faculty Development Grant (2001)

\$700 for travel to the American College of Sports Medicine's 2002 national conference to present research.

External Grants

Rod K. Dishman Foundation (2004)

\$15,000 for the purchase of physiological data collection equipment.

Hillcrest Foundation (Dallas, TX) unrestricted grant (2003)

\$50,000 for the purchase of equipment for a Human Performance Laboratory.

National Science Foundation Course Curriculum and Laboratory Grant (2002) (*not funded*)

\$75,000 for the purchase of equipment for a Human Performance Laboratory.

American College of Sports Medicine Foundation Research Grant (2000)

\$3,977 to conduct research into skeletal muscle regeneration in elderly animals.

SERVICE ACTIVITIES

University of South Carolina Upstate

University-Wide

Promotion and Tenure Workshop (2017)

Led workshop for faculty preparing to submit files for promotion or tenure. This is an annual workshop led by the chair of the Promotion and Tenure committee.

Economics Full-time Assistant Professor Search Committee (2017)

Outside committee member for the Johnson College of Business and Economics

Promotion and Tenure Committee (2015-2017) (chair 2016-2017)

Representative of the School of Education. This committee makes decision on applications for promotion and tenure from all departments and faculty.

Senior Vice Chancellor for Academic Affairs Search Committee (2014-2015)

Representative of the School of Education for search for the head of the academic affairs office, the second in command of the University.

Faculty Senate, School of Education Representative (2011-2015)

One of four representatives from the School of Education. This committee considers University policy and has final approval of curriculum changes.

Academic Affairs Reorganization Committee, ad-hoc (2012-2013)

This committee was formed by Dr. Charles Harrington to discuss how to reorganize Academic Affairs to be more efficient and responsive to faculty needs.

Faculty Executive Committee (formerly Faculty Advisory) (2012-2013)

The committee is a subcommittee of the faculty senate that meets monthly with the administration to discuss faculty concerns.

Panel discussion: *Creating and Taking Exams: Strategies for Faculty and Students* (2012). LOL with Center for Teaching Excellence. In this discussion, I contributed my philosophy for designing effective exams and how to adjust them to match both class content and student performance.

Author, Academic Program Assessment Report (2010-2012). This report, due annually to the office of Institutional Research, describes the department's assessment program, the most recent results, and plans for improvement.

Poster presentation for NCATE accreditation visit (2011). In collaboration with Dr. Laura Hooks, I collected data on all faculty scholarly work and created a poster presentation for the NCATE site visit.

Academic Budget and Facilities Planning Committee, School of Education Representative, (2009-11). This committee plans for the development and elimination of academic programs, and provides advice to the administration on the use of existing and new facilities.

Wellness Center Fitness Coordinator Search committee (2011)
Committee chaired by the Wellness Center Director.

Wellness Center Aquatics Director Search committee (2009)
Committee chaired by the Wellness Center Director.

School of Education

CAEP accreditation standard 3 work group (2016-2017)

Reviewing and writing current procedures for assessing Candidate Quality, Recruitment and Selectivity in the School of Education

Athletics Liaison (2014-2017)

Review transcripts and degree progress for all athletes enrolled in the School of Education, three times per year to determine progress towards degree, in accordance with NCAA regulations. This data determines their eligibility to complete in intercollegiate athletics.

Candidate Progress Review committee (2011-2017)

This committee considers the Professional Program status of teacher candidates who have had a complaint filed against them by a professor.

Program Coordinator, Exercise Science/Physical Education (2009-2017)

As program coordinator for P.E., I prepared the class schedule, which included selecting appropriate courses to offer, securing instructors for each class, finding classrooms, setting class meeting times, setting roster caps and resolving conflicts that arose from these activities.

Leadership Team (2009-2017)

The leadership team works with the administration of the SoE to discuss and implement long and short-range plans on behalf of the SoE faculty.

Chair, Physical Education Full-time instructor Search Committee (2014-2015)

The committee successfully hired Mr. Gary Lynch to fill the position.

Promotion and Tenure Criteria Review, ad-hoc (2013-2014)

This group was assembled by the Dean of the School of Education with the charge to review the unit promotion and tenure criteria and revise where necessary.

Scholarships and Awards committee (2010-2014)

This committee considers applications for student scholarship awards, and considers nominations for the distinguished alumnus award.

Chair, Physical Education Full-time instructor Search Committee (2010-2011)

The committee successfully hired Ms. Cate Egan to fill the position.

National Council for Accreditation of Teacher Education Steering Committee. (2009-2010)

Served as a member of the committee to plan for the SoE's successful re-accreditation by NCATE.

Conceptual Framework Committee, ad-hoc (2009-2010)

This committee was charged with revising the Conceptual Framework in advance of the NCATE visit. Had primary responsibility for formatting the document, and input in revisions.

Strategic Planning Committee, ad-hoc (2009-2010)

This committee met monthly throughout the year to revise the strategic plan for the School of Education.

Chair, Physical Education Teacher Education Search Committee (2009)

This committee hired Dr. Jim Kamla as the primary instructor for the Physical Education Teacher Education program.

Shenandoah University

General Education Assessment Committee (2007-2008)

Kinesiology Search Committee (2008)

Spanish Search Committee (2006)

Schreiner University

Academic Affairs Committee (2002-2006, chair, 2004-2006)

Admissions Committee (2002-2006)
Employee Wellness Committee (2004-2006)
Undergraduate Research Committee (2005-2006)
Board of Trustees faculty representative (2004-2006)
Teacher Education Committee (2003-2005)
Health and Wellness Director Search Committee (2004)
Business Administration Search Committee (2003)
Chemistry Search Committee (2002)

Community Service

Head Coach Carolina Elite Soccer Academy Recreational Team (2014, 2015, 2016, 2017). Using my expertise in designing effective practice sessions and developing motor skills in young children, I serve as a volunteer soccer coach in a large, regional soccer academy.

Volunteer official for Swim Association Invitational League swim meets in Greenville, SC (2016). Served as a SAIL certified runner and timer.

Served as a volunteer coach for Northwood Little League (2014). Worked individually with children aged 6-9 to establish and refine gross motor skills related to baseball during practices and before games.

Carried out video analysis of 5 football players from Byrnes High School and Spartanburg Christian Academy (2012). Using the program's high speed motion capture analysis system allowed analysis of a football kicking and punting activity to improve athletic performance.

Lecture for Graduate Greenville (2010)
Graduate Greenville is a program run by the United Way which identifies high school freshmen who are at risk to drop out of school.

Professional Service

National Strength and Conditioning Association Exam Development Committee (2014-present).

This national committee oversees the creation of the Certified Strength and Conditioning Specialist exam, which is the organization's most popular exam.

National Strength and Conditioning Association Certification Committee (2013-2014).
This national committee includes seven members selected directly by the Board of Trustees and reports to the Certification Director.

National Strength and Conditioning Association Education Committee (2004-2011, Chair 2009-2011).
This national committee reviews applications for and selects the 'Educator of the Year' from the organization, and provides feedback to the organization's Education Director on a variety of educational materials produced by the NSCA.

National Council for Accreditation of Teacher Education State Board of Examiners (2009-2010).

Training course to become an on-site reviewer for NCATE in the state of South Carolina.

American College of Sports Medicine, Health and Fitness Instructor Workshop-Lecturer/Examiner (2005-2006)