

Joseph M. Berning, Ph.D., C.S.C.S.

New Mexico State University, Assistant Professor, MSC 3M, PO Box 30001, Las Cruces, NM 88003
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EDUCATION

PhD. University of Nebraska-Lincoln, Lincoln, Nebraska 2003
M.S. University of Louisville: Louisville, Kentucky 1998
B.S. Iowa State University: Ames, Iowa 1988

TEACHING (9 Courses Taught Annually-6 of which are separate-unrelated)

New Mexico State University, Las Cruces, New Mexico 2003 to Present
 Assistant Professor, Director Exercise Physiology Laboratory
 Academic Program Director of Undergraduate Strength and Conditioning Program

University of Louisville, Louisville, Kentucky 1998-2000
 Lecturer-Full Time Faculty (Exercise Physiology)

Instructor (volunteer): Taught 4 month NSCA-CSCS Prep Course: U of Louisville 1999-2000

Jefferson Community College and Elizabethtown Community College, Kentucky 1999-2000
 Adjunct Faculty Biology Departments

Graduate Teaching Assistant: University of Louisville and University of Nebraska
 1996-1998, 2000-2003

PUBLICATIONS: Book Chapter-1, Refereed Publications-A few (Example)

Berning, J.M. C.A. Coker, and D. Briggs. Biomechanical and perceptual influence of chain resistance on the performance of the Olympic clean. *Journal of Strength and Conditioning Research*, Accepted, March 2, 2007: Expected publication date Nov-2007.

PUBLISHED ABSTRACTS and NATIONAL-STATE-LOCAL PRESENTATIONS: Quite a few (Example)

Berning, J.M., J.J. Goodwin (student), M. DeBeliso, C. Harris, K.J. Adams (FACSM). Effect of functional isometric squats on vertical jump in males: A post-activation potentiation study, *Medicine Science Sports and Exercise*, May 2006.

SERVICE (Presentations, Professional Volunteer Activity -a lot, Committees-too many) (Example)

Berning, J.M., {Mallander,S. Horwath,S, & K.Page-students}. El Camino Middle School Health Day: Represented NMSU Exercise Physiology during a career day for middle school students. March 16, 2007.