

THOMAS R. BAECHLE

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Professor and Chair, Department of Exercise Science

Education

| | | |
|------|-------|---|
| 1976 | Ed.D. | Adult and Higher Education University of South Dakota, Vermillion, South Dakota |
| 1969 | M.Ed. | Physical Education University of Nebraska, Lincoln, Nebraska |
| 1966 | B.S. | Physical Education, Health Education Eastern Kentucky University, Richmond, Kentucky |

Certifications

- Certified Exercise Test Technologist, American College of Sports Medicine
- Certified Clinical Exercise Specialist, American College of Sports Medicine
- Certified Strength and Conditioning Specialist (CSCS,*D-R), NSCA
- NSCA - Certified Personal Trainer (NSCA-CPT,*D-R), NSCA
- Approved Certification Administrator, National Certification Commission, Chevy Chase, MD.
- Distinguished Certification Administrator, National Certification Commission, Chevy Chase, MD.

TEACHING/ADMINISTRATIVE YEARS OF EXPERIENCE

| | Teaching/Administrative | |
|--|-------------------------|----|
| • University of Nebraska Lincoln, Nebraska | 2 | - |
| • Briar Cliff College, Sioux City, Iowa. | 8 | 7 |
| • Creighton University, Omaha, Nebraska | 34 | 32 |

CURRENT CREIGHTON UNIVERSITY SERVICE ACTIVITIES

- Council of Chairs
- Divisional Chairs Committee
- Faculty Council and Chair of Salaries and Salary Compression Sub Committee
- Academic Council
- Faculty Senate
- Professional Development Committee
- Athletic Board and Compliance Sub Committee

PRESENTLY HELD PROFESSIONAL ASSOCIATION/CIVIC OFFICES

- Executive Board Member, International Council on Sports Sciences and Physical Education
- Honorary Professor in Department of Biokinetics, Sport and Leisure Sciences, Faculty of Humanities at the University of Pretoria (South Africa), Personnel no. 4150090
- China Olympic Committee on Sports Training and Rehabilitation
- Medical Advisory Editor, Wellness Council of America
- Leadership Council, National Association for Competency Assurance, Washington, D.C.
- NSCA Past President's Committee

PREVIOUS PROFESSIONAL ASSOCIATION/VOLUNTEER ACTIVITIES

- Member, Certified Strength and Conditioning Specialist Certification Examination Development Committee, National Strength and Conditioning Association (NSCA) 1994 -2008
- Member, NSCA-Certified Personal Trainer Certification Examination Development Committee, 1993 - 2008
- Consultant to the Executive Director of the National Strength and Conditioning Association, Tokyo, Japan. 2006 – 2008
- Certification Commissioner, National Commission for Certification Accreditation (NCCA), Washington, DC., 2007
- Editorial Board. The Exercise Standards and Malpractice Reporter Board of Experts, 1996-2007
- Executive Director, NSCA Certification Commission, 1985 – 2007
- Technical Advisor to the Sports Health Integrated Network, Singapore 2005 - 2007
- Creighton University, Professional Development Committee, 2002 – 2008
- Executive Director, NSCA Certification Commission, 1985 – 2007
- Column Editor of NSCA Strength and Conditioning Journal, 1979-2007
- Advisor, Grant Writing Committee for Research and Facility Construction for 2008 Beijing Olympics, Hong Kong Polytechnical University and Hong Kong Chinese University 2005
- President, National Organization for Competency Assurance, 1998

PREVIOUS ASSOCIATION/VOLUNTEER ACTIVITIES, continued

- Associate Editor of Journal of Strength and Conditioning Research, 1987-1997
- Vice President for Sports and Physical Education, Central District of the American Alliance for Health, Physical Education, Recreation and Dance (CDAAPERD), 1992-1993
- President, American Heart Association Nebraska Affiliate 1992-93
- Nominating and Development Committees (Chair), American Heart Association, Nebraska Affiliate, 1990-1993
- High School Wellness Committee, District School 66, 1989-1990
- Secretary, Family Life Committee, Countryside Community Church, 1989-1990
- Student section advisor, Nebraska Association for Health, Physical Education, Recreation and Dance (NAAPERD), 1988-1991
- Board of Christian Education (Chair), Countryside Community Church, 1988-1989
- Communications Committee, Nebraska Heart Association, 1988 -1989
- Finance Committee, National Organization for Competency Assurance (NOCA), 1989 -90
- Medical Advisory Committee, Wellness Council of the Midlands, 1987-1991.
- Representative Assembly for CDAAPERD, 1988, 1989
- Nomination Committee, CDAAPERD, 1987
- Budget and Convention Site Committees, NAAPERD, 1987-1988
- Honor Awards Committee Chairman, NAAPERD, 1987-1988
- President, NAAPERD, 1985-1986
- Nomination Committee, National Association for Physical Education in Higher Education (NAPEHE, 1983-1986
- Publications Editor, and on the Board of Directors, CDAAPERD, 1980-1990
- President, National Strength and Conditioning Association (NSCA), 1983-1985
- Finance Committee, NAAPERD, 1982-1983
- Executive Director, NSCA, 1982-1983
- Region IV Director, NSCA, 1979-1983
- Vice President of Physical Education and Sport, NAAPERD, 1981 and 1992
- Honor Awards Committee, NAAPERD, 1988-90
- Structures-Functions Committee (Chair), NAAPERD, 1978-1980
- State Director, Physical Education Public Information, 1974 and 1975
- Delegate, 1974 and 1975 Iowa Association for Health, Physical Education, Recreation and Dance (IAAPERD) conferences
- Local Physical Education Public Information Coordinator, IAAPERD, 1972-73
- Northwest District Representative, IAAPERD, 1970-1973

PRESENTATIONS

At Professional Meetings

- **STATE** meetings: NAHPERD: 1997, 1991, 1990, 1988, 1985, 1984, 1983, 1981, 1979; IAHPERD: 1990, 1984, 1976, 1975;
- **DISTRICT** meetings: American College of Sports Medicine (ACSM), Central States Chapter 2006, Northland Chapter ACSM 2003; CDAHPERD: 1993, 1990, 1986, 1984, 1983, 1979; Cardiac Network: 1997, 1995.
- **NATIONAL** meetings: Club Industry Conference 2005; National Organization for Competency Assurance (NOCA) 2003; NSCA Caribbean Conference, San Juan, Puerto Rico 2003; International Fitness Association (IDEA) 1998; NSCA: 1996, 1993, 1991, 1990, 1988, 1984, 1981, and 1980; AAHPERD: 1996, 1990, 1988 and 1987; National Association for Girls and Women in Sport (NAGWS) 1979.
- **INTERNATIONAL**: Fitness Innovations of Thailand Conference, Bangkok, Thailand 2008; BFY Sports and Fitness Conference, Women's University Mumbai, India (2 presentations) 2007; NSCA-Japan National Conference Tokyo, Japan 2007; Sports Health Integrated Resolution Workshop Singapore 2007; Taipei, Taiwan Chinese Cultural University, 2007, Argentina Scientific Congress, Buenos Aires 2006; Sports Health, Integrated Resolution Workshop, two trips (2 presentations) Singapore 2006; MegaFit Conference, Shanghai, China 2005; NSCA Japan Conference (3 presentations), Tokyo, Japan 2005; International Fitness Conference (2 presentations), Lisbon, Portugal 2005; Sports Health Integrated Resolution Workshop, Singapore - 2 trips (4 presentations) 2005; International Institute for Sport Science and Fitness Training Conference, Pretoria, South Africa (2 presentations) 2004; Fitness China Conference, Beijing (2 presentations) 2004; China Sports Board Conference (Olympic coaches organization) Beijing, 2004; Aerobics and Fitness Association, Barcelona, Spain 2003; Europea Universidad De Madrid, Madrid, Spain 2003; Fit Beach Conference, Montego Bay, Jamaica 2003; Sports City Conference, Mexico City, 2002; Council on Aging Conference and Strength and Conditioning Clinic- Australian Catholic University, Melbourne 2001; Caribbean Strength and Conditioning Clinic, San Juan, Puerto Rico 2000; NSCA- Japan, 2000, 1997, 1995, 1994, 1993, Tokyo, Japan; Taiwan Chinese Cultural University 1999; AsiaFit Conference (2000), and Hong Kong Sports Development Board (1999), and Hong Kong Sports Institute (1997) Hong Kong, China; Strength and Conditioning Conference, England 1999; South Africa IIFT 1997, Pretoria University and Stellenbosch University 2002; Egyptian Olympic Training Center 1997; NOCA: 1994, 1992; ACSM Montreal: 1983; Pre-Olympic Congress, Quebec: 1976

Summary of Presentations Given

I have given numerous clinics/workshops and made over 170 professional presentations for/to YMCA staffs, Girl Scouts, adult fitness groups, corporate groups (e.g., Northwestern Bell, Union Pacific, Immanuel Hospital), churches, service clubs

(e.g., Kiwanis), firefighters, police, special agents (i.e., FBI), army personnel, nurses, high school students, medical, pharmacy, dental and nursing school students and alumni, dieticians, cardiac and psychiatric professionals and patients, fitness organizations (e.g., AAHPERD, ACSM, NOCA, ...) and to sport coaches and athletes. NOTE: almost all presentations pertained to cardiovascular fitness, strength training, and/or health/fitness lifestyle management topics/issues, and more recently have focused on strength training older adults.

TEXTS PUBLISHED

- Baechle, T.R. & R.W. Earle (2012). Weight Training: Steps to Success, 4th Ed. Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & Westcott, W.L. (2010) Fitness Professionals Guide to Strength Training Older Adults. Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & R.W. Earle. (2008). Essentials of Strength and Conditioning, 3rd Ed., Editors. Champaign, IL: Human Kinetics Publishers.
- Westcott, W.L. & T.R. Baechle (2008). Strength Training Past 50, 1st Edition. Portuguese *translation* by Editora Manole Ltda Publisher, arranged by Human Kinetics Publishers.
- Westcott, W.L. & T.R. Baechle (2007). Strength Training Past 50, 2nd Edition. Champaign, IL: Human Kinetics.
- Baechle, T.R. & R.W. Earle (2007). Weight Training: Steps to Success, 3rd Ed., Estonian *translation* Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & R.W. Earle (2007). Weight Training: Steps to Success, 3rd Ed., Korean *translation* Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & R.W. Earle (2007). Fitness Weight Training. Spanish *translation*. Champaign, IL: Human Kinetics Publishers, Inc.
- Baechle, T.R. & R.W. Earle (2007). Fitness Weight Training, 2nd Ed. Russian *translation*. Champaign, IL: Human Kinetics Publishers, Inc
- Westcott, W.L. & T.R. Baechle. (2007). Strength Training for Seniors. Japanese *translation*. Tokyo Japan: Japan Uni Agency.
- Baechle, T.R. & R.W. Earle (2007). Weight Training: Steps to Success, 3rd Ed., Russian *translation* Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & R.W. Earle (2005). Essentials of Strength and Conditioning, 2nd Ed., Editors. Korean *translation*. Seoul, Korea: Daehan Media Co.
- Earle, R.W. & Baechle, T.R. (2005). NSCA Essentials of Personal Training. Editors. Korean *translation*. Seoul, Korea: Daehan Media Co.
- Baechle, T.R. & R.W. Earle (2005). Weight Training: Steps to Success, 3rd Ed.. Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & R.W. Earle (2005). Weight Training: Steps to Success, Instructor's Resource. Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & Earle, R.W. (2005). Fitness Weight Training, 2nd Ed.. Champaign, IL: Human Kinetics Publishers.

TEXTS PUBLISHED, continued

- Earle, R.W. & Baechle, T.R. (2005). Essentials of Personal Training. Editors. Chinese *translation*. MegaFit, LTD., Shanghai, China.
- Earle, R.W. and Baechle, T.R. (2005). Essentials of Personal Training. Japanese *translation*, 2nd Ed. Editors. Morinaga & Co., LTD, Tokyo.
- Baechle, T.R. & R.W. Earle (2005). Fitness Weight Training. Japanese, 2nd Ed. *translation*. Editors. Morinaga & Co., LTD, Tokyo.
- Earle, R.W. and Baechle, T.R. (2004). Essentials of Personal Training. Editors. Champaign, IL: Human Kinetics.
- Essentials of Strength and Conditioning (2004). Chinese *translation*. Editors. Taipei, Taiwan: Taiwan Ysi Hsien Publishing Co., LTD
- Baechle, T.R. and B.R. Groves (2003). Weight Training: Steps to Success, 2nd Ed.. Russian *translation*. EKSMO.
- Baechle, T.R. & R.W. Earle (2002). Fitness Weight Training Japanese *translation*. Morinaga & Co., LTD, Tokyo.
- Baechle, T.R. and B.R. Groves. (2002). Weight Training: Steps to Success, 2nd Ed.. Italian *translation*. Calzetti-Mariucci Publishers.
- Baechle, T.R. & R.W. Earle (2002). Essentials of Strength and Conditioning, 2nd Ed.. Editors. Book House HD., Tokyo.
- Westcott, W.L. and T.R. Baechle (2001). Strength Training Seniors: An Instructor's Guide for Developing Safe and Effective Programs. Japanese *translation*. Tokyo, Japan: NAP Limited Publishers.
- Westcott, W.L. and T.R. Baechle (2001). Strength Training Past 50. Japanese *translation*. Tokyo, Japan: Tuttle-Mori Agency, Inc.
- Baechle, T.R. and B.R. Groves (2001). Weight Training: Steps to Success, 2nd Ed.. Spanish *translation*. Barcelona, Spain: Edicones Martinez ROCA Publishers.
- Baechle, T.R. & R.W. Earle. (2000). Essentials of Strength and Conditioning, 2nd Ed. Editors. Japanese *translation*. Tokyo, Japan: Book House HD, Ltd.
- Baechle, T.R. & R.W. Earle. (2000). Essentials of Strength and Conditioning, 2nd Ed. Editors. Portuguese *translation*. Hispano Europea Publishers.
- Baechle, T.R. & R.W. Earle. (2000). Essentials of Strength and Conditioning, 2nd Ed. Editors. Champaign, IL: Human Kinetics.
- Baechle, T.R. & R.W. Earle (2000). Fitness Weight Training. Spanish *translation*. Champaign, IL: Human Kinetics Publishers, Inc.
- Baechle, T.R. and B.R. Groves. (2000). Weight Training: Steps to Success, 2nd Ed.. Korean *translation*. Seoung Gwen Choi Publishers.
- Baechle, T.R. and B.R. Groves. (2000). Weight Training: Steps to Success, 2nd Ed.. Portuguese *translation*. Artes Medicas Publishers.
- Baechle, T.R. and B.R. Groves. (2000). Weight Training: Steps to Success, 2nd Ed.. Chinese *translation*. Triumph Publishers.
- Baechle, T.R. and R.W. Earle. (2000) Fitness Weight Training. Chinese *translation*. Triumph Publishers.

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- Baechle, T.R. and R.W. Earle. (2000) Fitness Weight Training. Indonesian *translation*. Rajawali Pers Publishers.
- Baechle, T.R. & B.R. Groves. (1999). Weight Training: Steps to Success, 2nd Ed.. Hebrew *translation*. Israel: Focus Publications.
- Westcott, W.L. & T.R. Baechle. (1999). Strength Training for Seniors: Instructor's Guide. Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & B.R. Groves. (1998). Weight Training: Steps to Success, 2nd Ed.. Champaign, IL: Human Kinetics Publishers.
- Westcott, W.L. & T.R. Baechle. (1997). Strength Training Past 50. Champaign, IL: Human Kinetics.
- Baechle, T.R. & R.W. Earle. (1996). Fitness Weight Training. French *translation*. Paris, France: Vigor.
- Baechle, T.R. & R.W. Earle. (1995). Fitness Weight Training, Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & R.W. Earle. (1994). Essentials of Strength and Conditioning. Editors. Japanese *translation*. Tokyo, Japan: UNI Agency Publishers.
- Baechle, T.R. & R.W. Earle. (1994). Essentials of Strength Training and Conditioning. Editors. Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & B.R. Groves. (1994). Weight Training Instruction: Steps to Success, Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R., & B.R. Groves. (1993). Weight Training Video: Steps to Success. Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. & B.R. Groves. (1992). Weight Training: Steps to Success. Champaign, IL: Human Kinetics Publisher

TEXT IN PROGRESS

- Baechle, T.R. & R.W. Earle. Fitness Weight Training, 3rd Ed. Expected publication date, Spring 2012

CHAPTERS and ARTICLES PUBLISHED

- Baechle, T.R. Primary author for the "Resistance Training" with Earle and Wathen; secondary author of "Periodization" and "Resistance Training and Spotting Techniques" chapters with the same co-authors in Essentials of Strength and Conditioning (2008), 3rd Ed., Editors. Champaign, IL: Human Kinetics Publishers.
- Baechle, T.R. (2006) Certification Column. "The Certification to Add Computer-Based Testing Sites." Strength and Conditioning Journal, 28 (5), p. 22.
- Baechle, T.R. (2006) Certification Column. "The Certification Commission in Review (2004-05)." Strength and Conditioning Journal, 28 (3), p.30.

CHAPTERS and ARTICLES PUBLISHED, continued

- Baechle, T.R. (2006) Certification Column. "National Strength and Conditioning

Association Credentials First to Require Automated External Defibrillator.”
Strength and Conditioning Journal, 28 (2), p.44.

- Baechle, T.R. (2006) Certification Column. “It Is Not Too Late to Be Recertified.” *Strength and Conditioning Journal*, 28 (1), p. 19.
- Baechle, T.R. (2005) Certification Column. “Become CSCS and NSCA-CPT Recertified Online.” *Strength and Conditioning Journal*, 27 (6), p.46.
- Baechle, T.R. (2005) Certification Column. “Becoming Recertified With Distinction (*D).” *Strength and Conditioning Journal*, 27 (5), p.63.
- Baechle, T.R. (2005) Certification Column. “Explanation of Qualifying CEUs.” *Strength and Conditioning Journal*, 27 (3), p.86.
- Baechle, T.R. (2004) Certification Column. “Certification Commission in review (2003).” *Strength and Conditioning Journal*, 26 (3), p.42.
- Baechle, T.R. (2004) Certification Column. “The NSCA’s Essentials of Personal Training.” *Strength and Conditioning Journal*, 26 (2), p.76.
- Baechle, T.R. & R.W. Earle (2004). Chapter. Exercise Techniques. In *Essentials of Personal Training*. Champaign, IL: Human Kinetics, Inc.
- Earle, R.W. & T.R Baechle. (2004). Chapter. Resistance Training Program Design. In *Essentials of Personal Training*. Champaign, IL: Human Kinetics, Inc.
- Baechle, T.R. (2003) Certification Column. “Certification Commission in review.” *Strength and Conditioning Journal*, 25 (5), p..
- Baechle, T.R. (2003) Certification Column. “Brought to You By Request.: The Commission’s Exams and Symposia.” *Strength and Conditioning Journal*, 24 (4), p. 56.
- Baechle, T.R. (2003) Certification Column. Certification Commission’s Examinations.” *Strength and Conditioning Journal*, 25 (3), p. 44 .
- Baechle, T.R. (2003) Certification Column. It’s Not Too Late to Get Recertified.” *Strength and Conditioning Journal*, 25 (2), p. 46.
- Baechle, T.R. (2002) Certification Column. “The Beginning of the End of the Current CEU Period.” *Strength and Conditioning Journal*, 24 (1), p. 29-30.
- Baechle, T.R. (2002) Certification Column. “Examples of Qualifying CEU’s.” *Strength and Conditioning Journal*, 24 (4), p. 1-2.
- Baechle, T.R. (2001) Certification Standards Revisited. Editorial. *Fitness Management*, 17 (9), p. 10.
- Baechle, T.R. Certification Column. “Certification Commission Expanding Its Influence and Opportunities for Those Certified” (2000). *Strength and Conditioning Journal*, Vol. 22 (2), pp. 27-28.
- Baechle, T.R. Certification Column: “The Certification Commission in Review” (2000). *Strength and Conditioning Journal*, Vol. 23(1).

CHAPTERS and ARTICLES PUBLISHED

- Baechle, T.R., et. al. (2000). Chapter. Resistance Training. In *Essentials of Strength Training and Conditioning*, Second Ed.. Champaign, IL: Human

Kinetics, Inc.

- Earle, R.W. and T.R. Baechle (2000). Chapter. Strength Training and Spotting Techniques. In *Essentials of Strength Training and Conditioning*, Second Ed.. Champaign, IL: Human Kinetics, Inc.
- Wathen, D., Baechle, T.R. and R.W. Earle. (2000). Chapter. Training Variation: Periodization. In *Essentials of Strength Training and Conditioning*, Second Ed.. Champaign, IL : Human Kinetics.
- Baechle, T.R. (1999) Certification Column: Certification Commission Expands CEU Provider Support. *Strength Training and Conditioning Journal*, 21(6).
- Baechle, T.R. (1999) Certification Column, "Free Certification Symposium Preview Now on the Internet." *Strength Training and Conditioning Journal*, 21(4).
- Baechle, T.R. (1999) Certification Column: The Certification Commission in Review. *Strength Training and Conditioning Journal*, 21(1).
- Baechle, T.R. (1998). Certification Column: "Recertified With Distinction" *Strength and Conditioning Journal*, 20(6).
- Baechle, T.R. (1998). Certification Column: "A Thank You" *Strength and Conditioning Journal*, 20(5).
- Baechle, T.R. (1998). Certification Column: "Wathen Becomes First to Qualify for Recertification With Distinction Designation" *Strength and Conditioning Journal*, 20(3).
- Baechle, T.R. (1998). Certification Column: "A Defining Time" *Strength and Conditioning Journal*, 20(3).
- Baechle, T.R. (1998). "Reach Out and Test Someone" *Strength and Conditioning Journal*, 20(1).
- Baechle, T.R. (1997) Certification Column: "NSCA Certification Commission national and international influence " *Strength and Conditioning Journal*, 19(6), 18-19.
- Baechle, T.R. (1997). Certification Column: "Exercise techniques checklist manual added as an exam preparation resource" *Strength and Conditioning Journal*, 19(5), 18.
- Baechle, T.R. (1997). Certification Column: "Exercise techniques checklist manual added as an exam preparation resource" *Strength And Conditioning Journal*, 19(4), 9.
- Baechle, T.R. (1997). Certification Column: "National study produces a new job description." *Strength and Conditioning Journal*, 19(3), 64-65.
- Baechle, T.R. (1997). Certification Column: "Announcing Recertified With Distinction" Program." *Strength and Conditioning Journal*, 19(2), 33.
- Baechle, T.R. (1997). Certification Column: Over 5000 meet recertification requirements." *Strength and Conditioning Journal*, 19(1) 42-43.

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- Baechle, T.R. (1996). Certification Column: "Preparing to take the CSCS examination." *Strength and Conditioning Journal*, 18(5): 20-21.
- Baechle, T.R. (1996). Certification Column: "CSCS and personal trainer

- programs: Their collective impact." *Strength and Conditioning Journal*, 18(2): 44-45.
- Baechle, T.R. (1996). Certification Column: "CSCS Agency developing a Self-assessment CSCS exam." *Strength and Conditioning Journal*, 18(1):39.
 - Baechle, T.R. (1995). Certification Column: "National job analysis for the CSCS program." *Strength and Conditioning Journal*, 17(6): 39.
 - Baechle, T.R. (1995). Certification Column: "10-year CSCS reception in Phoenix - A time to reflect and celebrate." *Strength and Conditioning Journal*, 17 (5): 32.
 - Baechle, T.R. (1995). Certification Column: 1994 – "The certification program in review." *Strength and Conditioning Journal*, 17(4): 24.
 - Baechle, T.R. (1995). Certification Column: "National guidelines for certification programs." [3 part series]. *Strength and Conditioning Journal*, 17(1,2,3).
 - Baechle, T.R. (1994). Certification Column: "The NSCA - certified personal trainer examination becomes a reality in New Orleans." *Strength and Conditioning Journal*, 16(6): 42-43.
 - Baechle, T.R. (1994). Certification Column: "Certification agency goals under consideration for the year 2000." *Strength and Conditioning Journal*, 16(5): 48-49.
 - Baechle, T.R. (1994). Certification Column: "NSCA - certified personal trainer examination becomes a reality". *Strength and Conditioning Journal* 16(4): 42-43.
 - Latin, R., Berg, K. and T.R. Baechle. (1994). "Physical and performance characteristics of NCCA Division I male basketball players." *Journal of Strength and Conditioning Research* 8(4): 214-218.
 - Baechle, T.R. (1994). Certification Column: "The NSCA produces its first text!" *Strength and Conditioning Journal* 16(4): 44.
 - Baechle, T.R. (1994). Certification Column: "First continuing education (CEU) deadline meets with success." *Strength and Conditioning Journal*, 16(3): 58.
 - Baechle, T.R. (1994). Certification Column: "NSCA Certifications: Similarities and differences." *Strength and Conditioning Journal*, 16(2): 58.
 - Baechle, T.R. (1993). Certification Column: "Personal trainer certification program announced." *National Strength and Conditioning Association Journal*, 15(6): 76-77.
 - Baechle, T.R. & R. W. Earle. (1992). "Does being CSCS certified make a difference?" *National Strength and Conditioning Association Journal*, 14(4): 23-27.

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- Baechle, T.R. (1991). CSCS Certification Update: "How many continuing education units will you need by December 31,1993?" *National Strength and Conditioning Association Journal*, 13(4): 82.
- Baechle, T.R. (1991). CSCS Certification Update: "Policies, procedures, and materials affecting the CSCS and CEU programs." *National Strength and*

- Conditioning Association Journal*, 13(3): 78.
- Baechle, T.R. (1991). CSCS Certification Update: "The CEU program - An ongoing process." *National Strength and Conditioning Association Journal*, 13(2): 72-73.
 - Baechle, T.R. (1991). CSCS Certification Update: Changing to meet the needs of CSCS members. *National Strength and Conditioning Association Journal*, 13(1): 81.
 - Berg, K., Latin, R., & T. Baechle. (1990). "Physical performance characteristics of NCAA Division I football players." *Research Quarterly for Exercise and Sports* 61(4): 395-401.
 - Holloway, J.B. & T.R. Baechle. (1990). "Strength training the female athlete: A review of selected aspects". *Sports Medicine*, 9(4): 216-228.
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 - Baechle, T.R. (1990). CSCS Certification Update: "Multilevel certification." *National Strength and Conditioning Association Journal*, 12(4): 86.
 - Baechle, T.R. (1990). CSCS Certification Update: "CSCS job description role delineation." *National Strength and Conditioning Association Journal*, 12(3): 72.
 - Baechle, T.R. (1990). CSCS Certification Update: "CSCS continuing education requirements for the CSCS to begin July 1, 1990." *National Strength and Conditioning Association Journal*, 12(2): 60-61.
 - Baechle, T.R., Barnes, K. & B. Kelso. (1989). "Teaching techniques #3: The bench press." *National Strength and Conditioning Association Journal*, 11(3): 44-48.
 - Baechle, T.R. (1989). "Certified strength and conditioning specialist survey report." *National Strength and Conditioning Association Bulletin*, 10(11): 1-5.
 - Williams, M. & T.R. Baechle. (1987). Frequency of physical activity, exercise capacity and atherosclerotic heart disease risk factors in male police. *Journal of Occupational Medicine*, 29(6): 596-600.
 - Baechle, T.R. (1987). Exercise methods. Chapter in Total Conditioning for the Special Olympian, 73-90. Special Olympics, Inc., and the National Strength and Conditioning Association.
 - Baechle, T.R. (1986). CSCS Program: "Certification - Now and in the future." *National Strength and Conditioning Association Journal*, 8(1): 54-56.
 - Baechle, T.R. & B.P. Conroy. (1996). Preseason Strength Training Chapter in the Team Physicians Handbook, Ed. Mellion, Walsh and Shelton. New York: Hanley and Belfur.
 - Fleck, et. al., & T.R. Baechle. (1989). Left ventricular hypertrophy in highly strength trained males. *Sports Cardiology*, Second International Conference. Bologna: Aulo Gaggi Publisher.
 - Kraemer, W. & T.R. Baechle. (1989). Development of a strength training program. Chapter in Sports Medicine (2nd Ed.) 113-126. Academic Press.
 - Williams, M. & Baechle, T.R. et. al. (1985). "Physical work capacity and

coronary risk factors in police.” Abstract in *Medicine and Science in Sports and Exercise*, 17(2): 3.

- Fleck, et. al., T.R. Baechle. (1985). “Left ventricular size and fiber types of highly trained males.” Abstract in *Proceedings of the Southern Society of Anatomists*, 5.
- Fleck, et. al., T.R. Baechle. (1985). “Airway obstruction found in elite weightlifters.” *National Strength and Conditioning Association Journal*, 7(4).
- Baechle, T.R. (1984). President’s message: “Good news on certification.” *National Strength and Conditioning Association Journal*, 6(6): 82.
- Baechle, T.R. (1984). President’s message: “Certification update.” *National Strength and Conditioning Association Journal*, 6(3): 52.
- Baechle, T.R. (1983). “Basketball coaches round table.” *National Strength and Conditioning Association Journal*, 5(1): 19-29, 54-55.
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RESEARCH GRANTS FUNDED

- "Left Ventricular Size and Fiber Types of Highly Weight Trained Males, with Fleck, et al. Grant funded by the NSCA, 1984. \$3,000
- "Health Monitoring and Physical Fitness Evaluations of Law Enforcement Officers," Principal researcher, co-researcher with Williams. Grant funded by the City of Omaha, 1984. \$10,500
- "The Certification of Strength and Conditioning Specialists: A Feasibility Study." Grant funded by the NSCA, 1982. \$2,000

- "A Comparative Analysis of the Total Athletic Budget in Selected Division I Institutions and the Dollar Value of Intercollegiate Athletic Exposure Gained through Newspaper Coverage," co-author with Higginson. Grant funded by the NCAA, 1982. \$3,000

HONORS

- Distinguished Certification Administrator, National Certification Commission, August, 2008
- Elected to the Executive Board of the International Council on Sports Sciences and Physical Education at the General Assembly meeting in Guangzhou, China July, 2008
- Professional Excellence in Service Award, Creighton College of Arts and Sciences, February, 2008
- Inducted into Eastern Kentucky University's Hall of Distinguished Alumni, Richmond, Kentucky April, 2008.
- Service Award, NSCA Certification Commission, NSCA Conference, Atlanta, Georgia July, 2007
- Award for Outstanding Writing Achievements in Sport and Exercise Science (over 500,000 copies of books sold), awarded by Human Kinetics Publishers, NSCA Conference, Atlanta, Georgia, July, 2007
- Award for Efforts to Improve Knowledge, Expertise and Recognition of Strength and Conditioning Professionals around the World. Presented by Proyectmos Proyectata (Organization in Spain) at NSCA Conference, Atlanta, Georgia, July, 2007
- Elected to National Commission for Certifying Agencies (Washington, DC) January, 2006
- Award of Merit for contributions to the fitness profession from the International Fitness Institute, September 6, 2006, Ft. Lauderdale, FL
- Invited by the Chinese Olympic Committee to provide educational and certification opportunities to Chinese national coaches in preparation for the 2008 Olympics in Beijing, China
- Reappointed, Honorary Professor in Department of Biokinetics, Sport and Leisure Sciences from the Faculty of Humanities at the University of Pretoria, Personnel no. 4150090. Pretoria, South Africa from January 1, 2006 until December 2008.

HONORS

- Heart of Gold Award, Creighton Cardiac Center, Omaha, NE., February, 2004.
- Honorary Professorship in Department of Biokinetics, Sport and Leisure Sciences from the Faculty of Humanities at the University of Pretoria, Pretoria, South Africa (January 2003 thru December 2005)
- Distinguished Faculty Service Award, Creighton University. Omaha, NE., February, 2002
- Service Award, NOCA at national conference, Santa Fe, NM, 1999

- Lifetime Achievement Award from the NSCA, Nashville, TN., June, 1998.
- Award of Merit, Excellence In Education and Development of Professional Standards. International Fitness Institute, Boca Raton, FL., October, 1996
- Service Award, Creighton Cardiac Center, Omaha, NE., April, 1996
- Award of appreciation for commitment to students and faculty in the Creighton Exercise Sciences Department, Omaha, NE., November, 1993
- Award of appreciation for Guidance and Outstanding Service in Advancing the Heart Program, American Heart Association, Omaha, NE., May 1993
- NSCA President's Award for work associated with the Certified Strength and Conditioning Specialist certification program becoming accredited by the National Commission on Certifying Agencies, Las Vegas, NV., 1993
- Inducted into the Briar Cliff College Athletic Hall of Fame, Sioux City, IA., January, 1993
- Division Merit Award, CDAAHPERD, Minneapolis, MN., April 1993
- NSCA President's Award for Outstanding Performance in the Development and Administration of the Certified Strength and Conditioning Specialist (CSCS) Certification Program, NSCA conference, St. Louis, Missouri, 1991
- Dean's Award for Excellence in Teaching, Creighton University College of Arts and Sciences, Omaha, NE., 1991
- Award for Outstanding Service to the Creighton Cardiac Rehabilitation Program, St. Joseph Hospital, Omaha, NE., January, 1991.
- Outstanding Service Award, NAHPERD, Lincoln, NE., 1990
- Honorary First Degree Black Belt, International Council on Martial Arts Education, Omaha, NE., 1987.
- President's Award for Excellence, NSCA, June 1986.
- Certificate of Appreciation, Central District AAHPERD, Casper, Wyoming, June 1986.
- Included in Who's Who in the Midwest, 1985.
- Outstanding Service Award, NSCA, 1985.
- NSCA Strength and Conditioning Professional of the Year Award, 1984.
- Outstanding Service Award, Central District AAHPERD, 1985.
- Outstanding Service Award, Nebraska AHPERD, 1983.
- Elected as Region IV NSCA Strength Coach of the Year, 1982 and 1983.

HONORS

- Recipient of Governor's Council on Physical Fitness and Sports Award for the Outstanding Physical Fitness and Sports Program in the State of Iowa (College and University Division), 1976 (chair of department).
- Acknowledged by *Up Date* (AAHPERD) publications as having Central District's outstanding Physical Education Major Club, 1974 (chairman of department).
- Nominated to Outstanding Young Man of America, 1972 Edition.

CURRENT PROFESSIONAL MEMBERSHIPS

National Organization for Competency Assurance (life time member)

National Strength and Conditioning Association (life time member)

(December 28, 2009)