

JESSICA M. SZYMANSKI



Courses Taught:

KINE 206: Fitness for Senior Adults
KINE 255: Individual Sports and Physical Activity
KINE 256: Aerobic/Strength Conditioning and Aquatics
KINE 265: Team Sports and Group Activities
KINE 280: Dance Appreciation
KINE 290: Personal and Community Health
KINE 292: Preventive Health and Wellness
KINE 407: Exercise Prescription
KINE 409: Measurement of Physiology Variables Lab
KINE 416: Fitness Programming
KINE 418: Strength and Conditioning
KINE 425-1: Practicum
FYE 100: First Year Experience

Educational Credentials:

Masters of Education Auburn University; Auburn, AL (Exercise Physiology), 1998
Bachelor of Arts Texas Lutheran University; Seguin, TX (Kinesiology), 1995

Teaching Experience:

Instructor Louisiana Tech University, 2008-present

Professional Experience:

College of Education Faculty Senate Rep Louisiana Tech University, 2015-2017
Rocketfuel Volleyball Coach Ruston, LA, Present
Tulsa Juniors Volleyball Coach Tulsa, OK, 2005
Head Volleyball/Softball Coach Agnes Scott College, Decatur, GA, Fall 1998

Selected Publications:

1. Szymanski, D, Qiao, M, **Szymanski, J**, and Crotin, R. Relationships between lower body power and fastball velocities amongst collegiate baseball pitchers. *Journal of Strength and Conditioning Research*. 37(3): e209, 2023.
2. Fish, M, Szymanski, D, Crotin, R, Singh, V, and **Szymanski, J**. Anthropometric and physical performance relationships to fastball velocities in collegiate baseball pitchers. *Journal of Strength and Conditioning Research*. 37(3): e200-201, 2023.
3. Qiao, M, Crotin, R, Szymanski, D, Singh, V, and **Szymanski, J**. Differences in jump characteristics related to elbow varus torque among Division I collegiate pitchers. *Journal of Strength and Conditioning Research*. 37(3): e242-243, 2023.
4. Szymanski, DJ, **Szymanski, JM**, Ortiz, PA, Cloud, DM, and Crotin, RL. Relationship between stature, body composition, and absolute and relative strength and power to fastball velocity among collegiate baseball pitchers. *Journal of Strength and Conditioning Research*. 35(12): e369-370, 2022.
5. Szymanski, D, Qiao, M, Singh, V, and **Szymanski, J**. Correlation of power to fastball velocity of collegiate baseball pitchers. *Journal of Strength and Conditioning Research*. 36(4): e192-193, 2021.
6. Szymanski, D, Fairbanks, B, Light, T, and **Szymanski, J**. Relationship of anthropometric and performance variables to offensive statistics of collegiate baseball hitters over two years. *Journal of Strength and Conditioning Research*. 30(1): S142-143, February 2016.

7. Szymanski, D, Lueken, R, Cook, K, and **Szymanski, J**. Shoulder strength and pitching velocity of a collegiate pitcher with a Type 1 SLAP tear over a competitive season: A case study. *Journal of Strength and Conditioning Research*. 30(1): S90- 91, February 2016.
8. Elumalai, A, Szymanski, DJ, **Szymanski, JM**, and Parks, JJ. The relationship between controlled arousal levels and putting in 2 different conditions: A pilot study. *Journal of Strength and Conditioning Research*. 28(12): S10, 2014.
9. Szymanski, DJ, Clark, SL, Accardo, DM, Beiser, EJ, Bassett, KE, **Szymanski, JM**, Medlin, GL, and Till, ME. Effect of various resisted training devices on bat swing and batted-ball velocities of novice college students. *Journal of Strength and Conditioning Research*. 26(1): S13-14, 2012.
10. **Szymanski, JM**, Szymanski, DJ, Clark, SL, Accardo, DM, Beiser, EJ, and Bassett, KE. Relationship between anthropometric and performance variables to bat swing and batted-ball velocities in novice college students. *Journal of Strength and Conditioning Research*. 26(1): S72-73, 2012.
11. Szymanski, DJ, Albert, JM, Reed, JG, and **Szymanski, JM**. Relationships between anthropometric and physiological variables and sport-specific skills of collegiate baseball players. *Medicine Science Sports & Exercise*. 43(5): S596, 2011.
12. Szymanski, DJ, Beiser, EJ, Bassett, KE, Till, ME, and **Szymanski, JM**. Relationship between sports performance variables and bat swing velocity of collegiate baseball players. *Journal of Strength and Conditioning Research*. 25(3): 122, March 2011.
13. **Szymanski, JM**, Lowe, HE, Szymanski, DJ, Cicciarella, CF, Lowe, DW, Gilliam, ST and Spaniol, FJ. Effect of visual training on batting performance and pitch recognition of Division I softball players. *Journal of Strength and Conditioning Research*. 25(3): 49-50, March 2011.
14. **Szymanski, JM**, Szymanski, DJ, Britt, AT, and Cicciarella, CF. Effect of preseason over-weighted medicine ball training on throwing velocity. *Journal of Strength and Conditioning Research*. 25(3): 64, March 2011.
15. Szymanski, DJ, **Szymanski, JM**, Albert, JM, Beam, JR, Hsu, HS, Reed, JG, and Spaniol, FJ. Physiological and anthropometric characteristics of college baseball players over an entire year. *Journal of Strength and Conditioning Research*. 24 (Suppl. 1): 1, 2010.
16. Szymanski, DJ, **Szymanski, JM**, Schade, RL, Bradford, TJ, McIntyre, JS, DeRenne, C, and Madsen, NH. The relation between anthropometric and physiological variables and linear bat swing velocity of high school baseball players before and after 12 weeks of training. *Journal of Strength and Conditioning Research*. 24(11): 2933-2943, 2010.

Academic Honors & Awards:

Outstanding Faculty Advisor, College of Education, 2017, 2019 & 2021
Virgil Orr Junior Faculty Award Nominee, 2016
Outstanding Faculty Advisor Nominee, Louisiana Tech University, 2020
F. Jay Taylor Award Nominee, 2021
F. Jay Taylor Award Recipient, 2022

Certifications:

Certified Strength and Conditioning Specialist, NSCA, 1999-present
Certified in CPR & First Aid

Professional Memberships:

NSCA: National Strength and Conditioning Association, 1999-present
USA Volleyball: Sports Engine, 2021-present