

Eric Sorenson

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EDUCATION

University of Oregon, Eugene, OR ■ 2009

Ph.D. in Human Physiology

Concentration: Sports Medicine & Educational Technology

University of Oregon, Eugene, OR ■ 2006

M.S. in Human Physiology

Point Loma Nazarene University, San Diego, CA ■ 2003

B.A. Magna Cum Laude in Athletic Training

PUBLICATIONS

Mata, A.J., Hayashi, H., Moreno, P.A., Dudley, R.I., **Sorenson, E.** (2021) Hip flexion angles during supine range of motion and bodyweight squats. *International Journal of Exercise Science*, 14(1), 912-918.

Brumitt, J., Patterson, C., Dudley, R., **Sorenson, E.**, Hill, G., Garrard, J., Corbett-Furgal, C. (2021) Preseason lower quarter Y balance test scores are not associated with time-loss in collegiate volleyball players. *Athletic Training & Sports Health Care*, 13(2), 60-67.

Sorenson, E. (2020). Posture, movement, and performance assessments In *NASM Essentials of Personal Fitness Training, 7th Ed. (In review)*. Burlington, MA: Jones & Bartlett Learning.

Sorenson, E. (2020). Movement assessments In *NASM Essentials of Corrective Exercise Training, 2nd Ed.* Burlington, MA: Jones & Bartlett Learning.

Hutchinson, M., Patterson, C., Cuddeford, T., Dudley, R., **Sorenson, E.**, Brumitt, J. (2020) Low prevalence of patellar tendon abnormality and low incidence of patellar tendinopathy in female collegiate volleyball players. *Research in Sports Medicine*, 28(2), 155-167.

Brumitt, J., Patterson, C., Dudley, R., **Sorenson, E.**, Hill, G., Peterson, C. (2019) Comparison of lower quarter Y-balance test scores for female collegiate volleyball players based on competition level, position, and starter status. *International Journal of Sports Physical Therapy*, 14(3), 415-423.

Sorenson, E. (2016) The reliability of functional movement screen scores assigned by athletic trainers. *International Journal of Athletic Therapy & Training*, 21(3), 38-41.

Hancock, C.L., Baker, R.T., **Sorenson, E.** (2016) Treatment of plantar fascia pain with joint mobilizations and positional release therapy: a case study. *International Journal of Athletic Therapy & Training*, 21(4), 23-29.

Roach, S., **Sorenson, E.**, Headly B., San Juan, J. G. (2013) The prevalence of myofascial trigger points in the hip in patellofemoral pain patients. *Archives of Physical Medicine and Rehabilitation*, 94, 522-6.

PRESENTATIONS

Upper Extremity Movement Impairments: Movement Screening and Corrective Exercise Strategies ■ 2020

National Academy of Sports Medicine Optima Conference

Evidence Based Practice: Enhancing Chronic Injury Assessment: Movement Screens, Movement Faults, and Their Causes ■ 2020

National Athletic Trainers' Association

Chronic Injury: Movement Faults and Their Causes ■ 2017, 2018

Azusa Pacific University Sports Medicine

Deep Learning: Are we asking too much? ■ 2015

Azusa Pacific University Faculty Development Day

Deep Learning: Are we asking too much? ■ 2015

Lilly Conference on College and University Teaching and Learning

Appy Hour: Use of Ubersense in Movement-based Courses ■ 2015

Azusa Pacific University Center for Teaching & Learning

Movement Screens: Pre-participation Physical Exams & Corrective Exercise Programming ■ 2014

Azusa Pacific University Sports Medicine

Movement Screens for Orthopedic Evaluation & Injury Prevention ■ 2010

University of Utah Sports Medicine

Movement Screens for Physical Education ■ 2009, 2010

Eugene 4J School District

Functional Movement Screen Research Presentation & Break-out Session ■ 2009

Oregon Athletic Trainers' Society

Functional Movement Screen Seminar ■ 2008

University of Oregon Recreational Center Staff Continuing Education

State of the (Athletic Training) Profession Symposium ■ 2006 & 2008

Director & Moderator - Eugene, OR

ABSTRACTS & POSTER PRESENTATIONS

Mata, A., Moreno, P., Dudley, R., **Sorenson, E.** (2018) Relationship between hip flexion angles during supine range of motion and bodyweight squats. Poster session at Southwest American College of Sports Medicine. Costa Mesa, CA.

Lundblom, R., Harrison, I., Franks, K., **Sorenson, E.**, Dudley, R. (2017) Ultrasonographic assessment of femoral cartilage thickness in ultramarathon runners. Poster session at Southwest American College of Sports Medicine. Costa Mesa, CA.

CERTIFICATIONS

Certified Athletic Trainer ■ 2004 – present

National Academy of Sports Medicine, Corrective Exercise Specialist ■ 2014

USA Weightlifting Level 1 Coach ■ 2010

GRANTS & AWARDS

- Faculty Research Grant ■ 2017
- Student-Athlete Faculty Recognition ■ 2015, 2016, 2017
- Innovative Teaching Grant ■ 2014
- Core Training Systems Research Grant In-kind ■ 2008
- National Athletic Trainers' Association, Osternig Master's Research Grant ■ 2006
- Northwest Health Foundation Research Grant ■ 2006
- Professional Baseball Athletic Trainers' Association Scholarship ■ 2006

TEACHING

Azusa Pacific University, Assistant/Associate Professor ■ 2013 – present

- Physiology of Exercise (AES 363 + 363L)
- Kinesiology (KIN 364)
- Corrective Exercise Strategies (KIN 372)
- Medical Conditions & Disabilities (AT 355)
- Human Movement Science (AES 290)
- Clinical Integration (AT 547)

Lane Community College, Adjunct Professor ■ 2009 – 2013

- Applied Anatomy & Kinesiology (EXMS 196)
- Applied Exercise Physiology I & II (EXMS 135 & 235)
- Injury Prevention & Management (EXMS 295)
- Principles of Strength Training & Conditioning Instruction (EXMS 194S)
- Movement Screens (EXMS 199F SS)

University of Oregon, Adjunct Professor* and Teaching Fellow (GTF)+ ■ 2003 – 2011

- The Female Athlete (HPHY 609)*
- Anatomy Laboratory (ANAT 314/315) +
- Tissue Injury & Healing (HPHY 361/362)* +
- Therapeutic Techniques (HPHY 408; developed course as GTF) +
- Exercise as Medicine (EMS 101) +
- Exercise & Performance (HPHY 103) +
- Contemporary Nutrition (EMS 199) +

UNIVERSITY SERVICE / VOLUNTEER EXPERIENCE

Admissions High School Engagement Committee

Azusa Pacific University ■ 2021

Faith Integration and Spiritual Formation Sub-committee

Azusa Pacific University ■ 2021

External Program Review, Exercise Science

California Lutheran University ■ 2021

Coronavirus Critical Response Team

Azusa Pacific University ■ 2020

External Program Review, Exercise Science

California Baptist University ■ 2020

Faculty Senate

Azusa Pacific University ■ 2019 – present

Search Committee

Azusa Pacific University Kinesiology Faculty ■ 2014, 2015, 2016, 2017, 2018

APU Fitness Challenge

Azusa Pacific University ■ 2016

Search Committee

Azusa Pacific University Strength & Conditioning Coach ■ 2016

Institutional Review Board

Azusa Pacific University ■ 2015 – 2019

Writing Across the Curriculum Committee

Azusa Pacific University ■ 2015 – 2019

BAS Fitness Challenge

Azusa Pacific University School of Behavioral & Applied Sciences ■ 2015

Olympic Lifting Seminar Organizer / Host

Azusa Pacific University: Applied Exercise Science and Athletics ■ 2015

Movement Screens and Corrective Exercise Programming

Azusa Pacific University Sports Medicine ■ 2014 – present

Strength & Conditioning Coach

Azusa Pacific University Men's Soccer ■ 2014 – present

Night of Champions Medical Team

Azusa Pacific University ■ 2014 – present

UO Senate Ad Hoc Committee on the Presidential Search

University of Oregon ■ 2008 – 2009

NATA District 10 Program Representative ■ University of Oregon ■ 2005 – 2006

District 10 representative for the UofO Graduate Athletic Training Program

EXPERIENCE**Scientific Advisory Board**

National Academy of Sports Medicine ■ 2019-2020

Kinesiology Department Chair

Azusa Pacific University ■ 2018 – present

Kinesiology Program Director

Azusa Pacific University ■ 2015 – present

Associate Program Director of Applied Exercise Science

Azusa Pacific University ■ 2014 – 2015

Strength & Conditioning

Azusa Pacific University Men's Soccer ■ 2014 – 2018

Athletic Training

Azusa Pacific University, Movement Analysis Consultant ■ 2014 – present

Tensegrity Physical Therapy, Director of Performance ■ 2007 – 2013

UofO Student Health Center Sports Medicine Clinic, GTF ■ 2006 – 2007

UofO Track & Field and Football event coverage ■ 2004 – 2006

Consultant, 4J School District Fitness Assessment Grant

Eugene, Oregon ■ 2009 – 2010

Video Production ■ University of Oregon & Esor Productions, LLC ■ 2005 – present
Produce, film and edit instructional videos for streaming; ~7.7 million views on YouTube channel

Educational Technology ■ University of Oregon ■ 2007 – 2008
Consultant for faculty and graduate teaching fellows incorporating technology into the classroom

Web Administrator ■ 2007 – 2013
Web development, updates and maintenance for Tensegrity Physical Therapy and UofO Department of Human Physiology

Recreational Sports GTF ■ University of Oregon ■ 2003 – 2007
Organize and manage intramural leagues, tournaments and special events

CONTINUING EDUCATION

FWATA Annual Symposium
District 8 Athletic Trainers' Association (Sacramento, CA) – 2003

NATA Annual Meeting
National Athletic Trainers' Association (Indianapolis, IN) – 2005

Neuromatrix Approach to Pain Management ■ Lorimer Moseley, PhD, PT
Sacred Heart Medical Center (Eugene, OR) – 2006

NATA Educator's Conference
National Athletic Trainers' Association (Dallas, TX; Washington, DC) – 2007 & 2009

Introduction to Muscle Energy: Pelvis & Lumbar Spine ■ Loren H. Rex, DO
Ursa Foundation (Edmonds, WA) – 2007

Basic Concepts in Neurology: Receptors to Spinal Cord ■ Marc Pick, DC
Marc Pick Creations (Los Angeles, CA) – 2007

Explain Pain ■ Lorimer Moseley, PhD, PT & David Butler, MS, PT
Neuro Othopaedic Institute (Oxford, England) – 2007

Functional Movement Screen ■ Gray Cook, MS, PT, CSCS & Lee Burton, PhD, ATC
Core Training Systems (Los Angeles, CA) – 2008

State of the (Athletic Training) Profession Symposium ■ Director
UofO Graduate Athletic Training Program (Eugene, OR) – 2006 & 2008

OATS Symposium: Care of the Cervical Spine
Oregon Athletic Trainers' Association (Eugene, OR) – 2008

Care of the Track & Field Athlete ■ Numerous Physicians & Researchers
Slocum Orthopedic Group (Eugene, OR) – 2008

Functional Training Summit ■ ATCs, PTs and Strength & Conditioning Experts
Perform Better (Long Beach, CA) – 2008 & 2009

Functional Biomechanics of the Lower Quarter ■ Chris Powers, PhD, PT
USC Musculoskeletal Biomechanics Laboratory (Eugene, OR) – 2008

Core Principles for Sports Performance ■ Robyn Pester, MS, PT, ATC, CSCS
Robyn Pester Physical Therapy (Eugene, OR) – 2008

Private Sector Strength & Conditioning Programming ■ Jonas Beauchemin, CSCS
Mike Boyle Strength & Conditioning (Eugene, OR) – 2009

Capitol Hill Day

Advocate for Athletic Trainers' Equal Access to Medicare Act (Washington DC) – 2009

Running Gait Analysis: sEMG and Kinematic Analyses ■ Chris Powers, PhD, PT

USC Musculoskeletal Biomechanics Laboratory (Eugene, OR) – 2009

Building the Ultimate Back: From Rehabilitation to Performance ■ Stewart McGill, PhD

University of Waterloo, Ontario (St. Louis, MO) – 2009

The Function of the Spine ■ Serge Gracovetsky, PhD

Concordia University, Montreal (Eugene, OR) – 2009

Olympic Lifting: Level 1 Coaching ■ Jim Schmidt & Butch Curry

USA Weightlifting (Humboldt, CA) – 2010

Functional Biomechanics of the Lower Quarter II: Evaluation of Movement Dysfunction: Gait & Running ■ Chris Powers, PhD, PT

Movement Performance Institute (Los Angeles, CA) – 2010

Spinoscope ■ Serge Gracovetsky, PhD

Concordia University, Montreal (Eugene, OR) – 2010

Rehab to Running ■ Darcy Norman, PT, ATC, CSCS

Athletes' Performance (Eugene, OR) – 2011

Surface Electromyography User's Meeting

Noraxon USA (Los Angeles, CA) – 2011

Advanced Functional Biomechanics of the Lower Quarter II: Principles of Evaluation & Treatment ■ Chris Powers, PhD, PT

Movement Performance Institute (Los Angeles, CA) – 2011 (6 month course)

Medical Bike Fitting ■ Jeff Frame, MS

Bio-Velo (Eugene, OR) – 2011

Small Business Development Program - Year 1 ■ Gary Smith, MBA

Lane Community College (Eugene, OR) – 2011-2012

Return to Sport Evaluations ■ Chris Powers, PhD, PT

Movement Performance Institute (Eugene, OR) – 2012

Morphologic & Mechanical Contributions to Joint Health ■ Scott McLean, PhD

University of Michigan School of Kinesiology (Eugene, OR) – 2012

Neuromuscular Contributions to Low Back Pain ■ Jacek Cholewicki, PhD

Michigan State University, College of Osteopathic Medicine (Eugene, OR) – 2012

Osteopathic Manual Therapy Techniques ■ Ed Stiles, DO, FAAO

Pikeville College, School of Osteopathic Medicine (Eugene, OR) – 2012

Olympic Lifting 4-day clinic ■ Director

Tensegrity Physical Therapy (Eugene, OR) – 2012

Keiser Training Systems: Building the Right Engine ■ Arik Wiest, MS

Keiser, National Personal Training Institute (Eugene, OR) – 2012

Shoulder Biomechanics & Rehabilitation ■ Paula Ludwig, PhD, PT

University of Minnesota, Physical Medicine & Rehabilitation (Eugene, OR) – 2013

Fractals & Motor Control (Pattern Recognition) ■ Richard Taylor, PhD

University of Oregon (Eugene, OR) – 2013

Oregon NSCA Strength Clinic ■ Strength & Conditioning experts

NSCA Collegiate Strength & Conditioning Coaches (Corvallis, OR) – 2013

Noraxon Research Symposium

Noraxon USA (Los Angeles, CA) – 2013

Corrective Exercise Specialist

National Academy of Sports Medicine – 2014

Advanced Functional Biomechanics of the Lower Quarter: An Update of Current Research and Intervention Methods

■ Chris Powers, PhD, PT

Movement Performance Institute (Los Angeles, CA) – 2014

Determining & Validating Your Value as an Athletic Trainer

■ April Hoy, MS, ATC
Azusa Pacific University (Azusa, CA) – 2015

Evidence-Based Biomechanics Symposium

Noraxon USA (Denver, CO) – 2015

Global Leadership Summit

Christ Church of the Valley (San Dimas, CA) – 2015

Qualitative Research Methods

Azusa Pacific University (Azusa, CA) – 2016

Advanced Functional Biomechanics of the Lower Quarter: An Update of Current Research and Intervention Methods

■ Chris Powers, PhD, PT

Movement Performance Institute (Los Angeles, CA) – 2016

Leadership Academy for Department Chairs

American Council on Education (San Diego, CA) – 2018

Supporting the Minds of Injured and Recovering Athletes

■ Paul Saville, PhD
Azusa Pacific University (Azusa, CA) – 2018

Southwest ACSM Annual Regional Chapter Meeting

American College of Sports Medicine (Costa Mesa, CA) – 2018

Advanced Functional Biomechanics of the Lower Quarter: An Update of Current Research and Intervention Methods

■ Chris Powers, PhD, PT

Movement Performance Institute (Los Angeles, CA) – 2018

Optima Conference

National Academy of Sports Medicine (Phoenix, AZ) – 2019

Virtual Optima Conference

National Academy of Sports Medicine (Phoenix, AZ) – 2020

TEACHING EFFECTIVENESS EDUCATION

- **Beginnings: Insights, Tools & Strategies for New Teachers** ■ 2003
- **Tech Tools for Engagement** ■ 2003
- **Coffee, Cookies & Conversations for GTFs: Dealing with complex situations** ■ 2004
- **Responding to Student Writing: Dealing with sentence-level errors** ■ 2005
- **“Get Savvy” Teaching Expo** ■ 2005
- **Large Class Teaching: Turning things around** ■ 2005
- **Advanced Beginnings: More Insights, Tools & Strategies for Teachers** ■ 2006
- **Creating Outcomes & Assessments** ■ 2006

- **More Ways to Engage Students in Large Classes** ■ 2006
- **Wikis, Podcasts & Blogs** ■ 2006
- **Apple Seminars: Podcasts, Final Cut Pro & Apple Servers** ■ 2006
- **Technology in Education** ■ 2006
- **Emerging Technology in Education** ■ 2007
- **Teaching Disciplinary Habits of Mind** ■ 2009
- **High Impact Practices** ■ 2013
- **New Faculty Orientation (Azusa Pacific University)** ■ 2013
- **Using a Strengths Perspective to Stimulate Engaged Learning** ■ 2013
- **Diversity Sensitive Learning Environments** ■ 2013
- **Faith Integration Foundations** ■ 2013
- **Lilly Conference on College and University Teaching and Learning** ■ 2014
- **Understanding Gender Dysphoria (Dr. Mark Yarhouse)** ■ 2014
- **Enhancing the Learning Experience Through Blended Course Design** ■ 2014
- **Service Learning: Contribution to the Classroom** ■ 2014
- **Copyright or Copywrong?** ■ 2014
- **Avoiding Plagiarism: Be their coach, not their scorekeeper** ■ 2014
- **Mobile Learning Institute** ■ 2014 – 2015
- **Lilly Conference on College and University Teaching and Learning** ■ 2015
- **Team-Based Learning and Reflective Blogging** ■ 2015
- **Writing Grows Like a Seed, Not Like a Line** ■ 2017
- **Thriving as a Faculty Member - How Does Your Garden Grow?** ■ 2017
- **The Practice of Play - Inspiring Creativity Through Serious Play** ■ 2017
- **Growing in Understanding Through Scaffolding in Weekly Activities** ■ 2017

CHURCH INVOLVEMENT & SELECTED CHARITABLE GIVING

- **Christ Church of the Valley / One&All Church (San Dimas, CA)**
- **Small group weekly meetings**
- **World Vision**
- **Charity:Water**
- **Redeeming Love**