

Zachary Forest Droll, Ph.D.

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EDUCATION Ph.D. in Leadership: Health & Human Performance **October 2023**

Concordia University Chicago

Concentration in Human Performance Research

Dissertation title: "Training to increase clubhead speed: how accumulated fatigue affects putting skill."

Master of Science in Applied Exercise Science **May 2019**

Concordia University Chicago

Critically appraised topic title: "The effect of omega-3 intake on muscular hypertrophy."

Bachelor of Science in Exercise Science **May 2017**

Huntington University

Concentration in Strength and Conditioning

Research title: "Muscle cross-sectional area and its effect on strength: A comparison between sexes."

PROFESSIONAL EXPERIENCE

Assistant Professor of Exercise Science **2023-Present**

Lipscomb University

- Adjunct teaching graduate strength and conditioning courses until January 2024
- Teaching graduate level strength and conditioning and sport nutrition courses
- Continuing strength and conditioning research agenda

Visiting Professor of Movement Science

2021-2023

Grand Valley State University

- Responsible for twelve credit hours per semester, both face-to-face and online
- Taught Exercise Physiology, Exercise Prescription for Special Populations, Exercise Testing and Prescription, and Strength and Conditioning.
- Aided in the improvement of coursework and structure to align with university objectives
- Average instructor evaluation of 4.7 out of 5
- Overseeing Three honors senior projects in strength and conditioning
- Mentoring and advising a research internship focused on strength and conditioning and research.

Guest Lecturer in Anatomy and Kinesiology

2020

Huntington University

- Designed and presented lectures relating to Occupational Therapy and advanced strength and conditioning concepts
- Facilitated Anatomy and Kinesiology lab components and lecture components relating to anatomy as well as biomechanics
- Received 100% positive lecturer rating reviews, 91% of which listed as exceeded expectations

Head Strength and Conditioning Coach

2019 - Present

Work Over Time Fitness

- Oversees and designs all nutritional programs
- Educates athletes on program design principles
- Oversees, designs, and implements all athletic strength and conditioning programs

Strength and Conditioning Coach

2017 - 2019

Jorgensen YMCA

- Oversees, designs, and implements fitness programs
- Speaker for seminars on strength training fundamentals
- Designed and implemented a no-cost strength and conditioning program for children of low-income families

RESEARCH THREE YEAR PLAN

Research Interest

Optimizing sports performance focusing on golf, strength sports, and E-sports.

Year One

Publish "Training to increase clubhead speed: How accumulated fatigue affects putting skill."

Year Two

Conduct and publish "Training to increase clubhead speed: How training volume affects driver clubhead speed."

Conduct and publish "A 16-week trial of creatine monohydrate supplementation in competitive E-sports players and its effects on reaction time and cognitive fatigue markers."

Year Three

Conduct and Publish "How differing aerobic training volumes and workloads affect Esports performance: An exploration of the stimulus to fatigue ratio in E-Sports."

RESEARCH EXPERIENCE

Head Researcher

2022 - Present

Department of Human Health and Performance, Concordia University Chicago

Research title: Training to Increase Clubhead Speed: How Accumulated Fatigue Affects Putting Skill

Co-Researcher

2020 - Present

Department of Occupational Therapy, Huntington University

Research title: Students' Understanding of HPV at a Faith-Based University

Head Researcher

2016

Department of Exercise Science, Huntington University

Conducted research analyzing the relationship between fat-free body mass and strength to examine the differences between male and female athletes

SKILLS

- Evidence-based teaching
- Facilitating student-focused learning
- Student mentorship
- Performing and interpreting research and statistics
- Academic writing
- Leadership and coaching
- Strength and conditioning programming

CERTIFICATIONS

Certified Strength and Conditioning Specialist (CSCS)

2019 – Present

National Strength and Conditioning Association

Golf Fitness Specialist (GFS)

2022- Present

National Academy of Sports Medicine