

# AMANDA WHEELER GRYFFIN



## Profile

- Leader
- Passionate
- Detail Oriented
- Forward Thinking
- Analytical

## Education

- 2011**      **Doctor of Philosophy**  
Oklahoma State University  
Health, Leisure, and Human Performance  
Dissertation: The Effects of Whole Body  
Vibration on Delayed-Onset Muscle  
Soreness
- 2006**      **Master of Science**  
Marshall University  
Physical Education: Athletic Training  
Emphasis  
Thesis: Handgrip Strength Variations in  
Baseball and Softball Over a Six-Week  
Period of No Strength Training
- 2003**      **Bachelor of Science**  
Arkansas State University  
Athletic Training

## Experience

- 2022 - Present**      **Arkansas State University**  
Chair, Dept. Health, Physical Education, &  
Sport Sciences
- 2016 - Present**      **Arkansas State University**  
Associate Professor  
Department of HPESS Internship  
Coordinator (2018-Present)  
Undergraduate Exercise Science Program  
Coordinator (2018-Present)  
Undergraduate Athletic Training Program  
Director (2016-2018)

## Contact

- ✉ [awheeler@astate.edu](mailto:awheeler@astate.edu)
- ☎ 870-972-3066

- 2011 - 2016**      **Arkansas State University**  
Assistant Professor  
Undergraduate Athletic Training Program Director
- 2010 - 2011**      **Arkansas State University**  
Instructor  
Undergraduate Athletic Training Program  
Director
- 2009 - 2010**      **The University of Southern Mississippi**  
Visiting Instructor  
Undergraduate Athletic Training Program  
Clinical Education Coordinator

## Publications

### **Developing Your Clients' Mindset for Success**

Wheeler Gryffin AA, Rigsbee HJ | 2024  
Personal Training Quarterly. 11(4): Submitted.

### **Organizational Justice**

Benavides-Espinoza C, Wheeler Gryffin AA | 2024  
Encyclopedia of Sport Management (2nd Ed.).

### **Social media in Sport: Theory & Practice**

Benavides-Espinoza C, Wheeler Gryffin AA | 2022  
Journal of Sport Management. 36(5): 515-517.

### **The Relationship Between Anterior Pelvic Tilt and Hamstring Quadriceps Strength Ratio**

Wheeler Gryffin AA, Shelton K, Perkey DA | 2020  
Arkansas Journal. 55(1):8-13.

### **Effects of Different Accreditation Bodies on the Learning Style and GPA of Undergraduate Athletic Training Students**

Perkey DA, Wheeler AA, Bryant LG | 2014  
Arkansas AHPERD Journal. 49(1): 69-75.

### **Biomechanics and Methods of Improving Throwing Velocity in Baseball Pitching**

Brown K, Church JB, Jones MM, Wheeler AA | 2014  
Arkansas AHPERD Journal. 49(1): 43-51.

### **Acute Effects of Practical Hamstring Stretching: Implications for Clinical Practice in the Sports Medicine Setting**

Warren AJ, Coble AB, O'Brien MS, Smith DB, Wheeler AA, Hetzler T, Cramer JT | 2013  
Athletic Therapy & Sports Health Care. 6(2):59-66.

### **Effect of Whole Body Vibration on Delayed Onset Muscle Soreness, Flexibility, & Power**

Wheeler AA, Jacobson BH | 2013  
Journal of Strength & Conditioning Research. 27(9): 2527-2532.

### **Bilateral Pulmonary Emboli: A Case Review**

Trotter NM, Wheeler AA | 2013  
Athletic Therapy and Sports Health Care. 5(4):185-188.

## Presentations

### **TriTrek**

Dean MB, Wheeler Gryffin AA | 2024

SHAPE Arkansas, Little Rock, AR

### **Capture the Flag**

Dean MB, Wheeler Gryffin | 2024

SHAPE Arkansas, Little Rock, AR

### **Correlation Between Pass Speed, Leg Strength, and Explosive Leg Performance in Male Soccer Players**

Kobayashi K, Shepherd M, Pulscher M, Qualls J, Pribyslavskva V, Scudamore EM, Cantrell G, Church B, Wheeler Gryffin AA | 2024

Central States American College of Sports Medicine, Kansas City, MO

International Journal of Exercise Science: Conference Proceedings. 11(11): Article 9.

### **Correlation Between Pass Speed, Leg Strength, and Explosive Leg Performance in Male Soccer Players**

Kobayashi K, Shepherd M, Pulscher M, Qualls J, Pribyslavskva V, Scudamore EM, Cantrell G, Church B, Wheeler Gryffin AA | 2023

SHAPE Arkansas, Jonesboro, AR

### **Mindset Matters: Cultivating a Growth Mindset for Enhanced Well-Being and Mental Health**

Wheeler Gryffin AA, Dean MB | 2023

Arkansas Council of Women in Higher Education Professional Development, Virtual

### **Mindset Matters - How to Develop a Growth Mindset Around Fitness and Exercise**

Dean MB, Wheeler Gryffin AA | 2023

Thrive Venture - The Transformation Conference, Virtual

### **The Effects of Meditation in College Students**

Shelton K, Wheeler Gryffin AA, Bryant L, Finnicum P | 2021

Central States America College of Sports Medicine, Virtual

### **Establishing Prediction Equations for "The Big 3": Squat, Deadlift, and Bench Press**

Wheeler AA, Church JB, Bryant LG, Allen G | 2020

America College of Sports Medicine Annual Meeting, Virtual Poster Session

Medicine & Science in Sports & Exercise. 52(5): S40.

### **Establishing Prediction Equations for "The Big 3": Squat, Deadlift, and Bench Press**

Wheeler AA, Church JB, Bryant LG, Allen G | 2019

Central States American College of Sports Medicine Poster Session, Broken Arrow, OK

International Journal of Exercise Science: Conference Proceedings. 11(7): Article 45.

### **Examining VO<sub>2</sub>max and Yo-Yo Intermittent Test for Training Load Calculation for Women Collegiate Soccer Players**

Thrasher AB, Supple M, Wheeler AA, Northcutt MS, Hosteng K, Church JB | 2017

National Strength & Conditioning Association Conference, Las Vegas, NV

### **The Effects of Training Loads on Games in Collegiate Soccer**

Supple M, Thrasher AB, Wheeler AA, Northcutt MS, Hosteng K, Church JB | 2017

National Strength & Conditioning Association Conference, Las Vegas, NV

### **An Investigation of Nonlocal Muscle Fatigue in Women**

Church JB, Wheeler AA, Bryant LG | 2017

National Strength & Conditioning Association Conference, Las Vegas, NV

## **Common Athletic Injuries: Prevention and Care**

Wheeler AA | 2017

Sports Medicine: Focus on the Athlete, New York Institute of Technology College of Osteopathic Medicine at A-State, Jonesboro, AR

## **The Clinical Efficacy of Common Cold Modalities in Relation to Adipose Tissue: A Pilot Study**

Byrnes KE, Thrasher AB, Wheeler AA | 2016

National Athletic Trainers' Association Clinical Symposia, Baltimore, MD

## **A Comparison of the Professional Quality of Life Between Athletic Trainers and Physical Educators**

Perkey DA, Wheeler AA, Bryant LG, Chadwick MO | 2014

Southwest Athletic Trainers' Association Annual Meeting and Clinical Symposium, Frisco, TX

## **Changes in Windmill Pitch Mechanics Over Time**

Konz SM, Wheeler AA | 2013

XXIV Congress of the International Society of Biomechanics, Natal, Brazil

## **The Influence of CrossFit on Fitness in Men and Women**

Church JB, Jeffery C, Jones MM, Wheeler AA, Adams TM, Stillwell J | 2013

National Strength & Conditioning Association Conference, Las Vegas, NV

## **A Descriptive Analysis of Academic Learning Time in Middle School Physical Education Using HOPSports Training System as the Method of Instruction**

Drummond JL, Hostetter KS, Wheeler AA | 2013

38th Annual National Wellness Conference, Stevens Point, WI

## **Temperature and Heat Index Differences Using Two Devices**

Wheeler AA, Head PL, Martoccio JD, Perkey DA, Hostetter KS | 2013

Southwest Athletic Trainers' Association Annual Meeting and Clinical Symposium, Houston, TX

## **The Changes in Windmill Pitch Kinematics Over Time**

Konz SM, Wheeler AA, Toma K | 2013

American College of Sports Medicine Annual Symposium, Indianapolis, IN

## **Effects of Relaxation on Balance**

Perkey DA, Wheeler AA | 2012

Arkansas Association of Health, Physical Education, Recreation, & Dance, Little Rock, AR

## **Effects of Evidence-Based Practice in Athletic Training Education**

Perkey DA, Wheeler AA | 2012

XX International Congress of Physical Education, Sport and Applied Sciences, San Nicolas de los Garza, N.L., Mexico

## **Glenohumeral Internal Rotation Deficit Trends in a Division I Pitching Staff**

Laughter SA, Wheeler AA | 2012

Central States American College of Sports Medicine Poster Session, Columbia, MO

## **Whole Body Vibration**

Wheeler AA | 2012

Arkansas Athletic Trainers' Association Annual Meeting, Magnolia, AR

## **Athletic Training Education Roundtable**

Bonacci J, DeWitt T, Epping E, Kilsgaard J, Lambeth R, Miller J, Wheeler AA | 2012

Arkansas Athletic Trainers' Association Annual Meeting, Magnolia, AR

## **The Effects of Two Types of Tape on Ankle Range of Motion**

Fust J, Wheeler AA | 2012

Arkansas Athletic Trainers' Association Annual Meeting, Magnolia, AR

## **Effect of Whole Body Vibration on Flexibility and Perception of Muscle Soreness in College Aged Females**

Wheeler AA, Jacobson BH | 2011

Central States American College of Sports Medicine Poster Session, Overland Park, KS

## **A Comparison of Intramuscular Temperature Changes with Pulsed Short-Wave Diathermy and Autosound Ultrasound**

Wheeler AA, Long BC | 2010

National Athletic Trainers' Association Conference & Symposium, Philadelphia, PA

## **Grants**

- 2016            **The Effects of Weekly Training Loads on Game Intensity and Recovery in Collegiate Soccer Players**  
*\$4000 Funded*  
Student Undergraduate Research Fellowship Grant, Arkansas State University  
(Advisor)
- 2014            **The Effects of Subcutaneous Adipose Tissue on Cooling Rates Using Ice Immersion and Commercial Cold Packs**  
*\$4200 Funded*  
Seed Grant, Arkansas State University, Primary Investigator
- 2012            **The Effects of Two Types of Tape on Ankle Range of Motion**  
*\$4000 Funded*  
Student Undergraduate Research Fellowship Grant, Arkansas State University  
(Advisor)

## **Graduate Student Theses/Dissertations**

- 2023            **Examining the Influence of a Mariachi Program on Hispanic Students' Cultural Identity and Schooling Perceptions**  
*Martin Cantu (EdD Educational Leadership)*  
Committee Member
- 2023            **Accountability Measures and the Instructional Measures that Promote Student Achievement in Low Socioeconomic Status**  
*Shanna Vaughan (EdD Educational Leadership)*  
Committee Member
- 2021            **Perceptions of the McKinney-Vento Act Liasons in Arkansas Public School Districts**  
*Judy Holaway (EdD Educational Leadership)*  
Committee Member
- 2020            **The Efficacy of Wearing a Maternity FIT-Splint Band Starting at 20 Weeks Pregnancy in Preventing Diastasis Recti Abdominis**  
*Breanna Miller (MS Exercise Science)*  
Committee Member
- 2020            **The Officiating Shortage: Examining the Administrator's Role in Addressing Basketball Contest Climates in the State of Missouri**  
*Brian White (EdD Educational Leadership)*  
Committee Member
- 2020            **The Effects of Meditation on College Students**  
*Katherine Shelton (MS Exercise Science)*  
Committee Chair

- 2017      **Acute Range of Motion Changes Using Self Mobilization Techniques**  
*Trent Edwards (MS Exercise Science)*  
 Committee Chair
- 2015      **Strength Correlation of Deadlift, Back Squat, and Bench Press**  
*Greg Allen (MS Exercise Science)*  
 Committee Chair
- 2015      **Physical Education Teacher Candidates' Perceptions and Competence of Student Assessment**  
*Hunter Kortan (MSE Physical Education)*  
 Committee Member
- 2014      **Perceived Leadership Qualities of Athletic Trainers at NCAA Institutions in the Southeast Region of the US**  
*Katherine Gonzalez (MS Sport Administration)*  
 Committee Member; Content Advisor
- 2013      **Anterior Pelvic Tilt as a Predictor for Hamstring Injury**  
*Rachel Ploor (MS Exercise Science)*  
 Committee Chair
- 2012      **The Influence of CrossFit on Fitness in Men and Women**  
*Christine Jeffery (MS Exercise Science)*  
 Committee Member

## Undergraduate Student Honor Theses

- 2017      **The Effects of Weekly Training Loads on Game Intensity and Recovery in Collegiate Soccer Players**  
*Michaela Supple*  
 Committee Chair
- 2017      **Investigation of the Transfer of Fatigue: The Effects of Fatiguing Upper Body Muscles on Lower Body Performance**  
*Allie Wilbourn*  
 Committee Member
- 2017      **Impact of a Lower Limb Amputation on Quality of Exercise Experience**  
*Carmen Miller*  
 Committee Member

## Professional Service

### Student Research Grant Reviewer

Central States ACSM | 2020

### Athletic Training Section Chair

ArkAHPERD | 2017 - 2018

### Programming Committee Member

Arkansas Athletic Trainers' Association | 2015 - 2016

### Athletic Training Section Chair

ArkAHPERD | 2015 - 2016

### Site Visitor

Commission on Accreditation of Athletic Training Education | 2014 - Present

## **Journal of Athletic Medicine Reviewer**

Journal of Athletic Medicine | 2013 - Present

## **Athletic Training Section Chair**

ArkAHPERD | 2011 - 2012

## **Deloss Brubaker Student Writing Contest Reviewer**

National Athletic Trainers' Association | 2012 - 2016

## **Journal of Athletic Training Reviewer**

National Athletic Trainers' Association | 2011 - Present

## **Public Relations Committee Member**

Southwest Athletic Trainers' Association | 2011 - 2014

## **Public Relations Committee Member**

Arkansas Athletic Trainers' Association | 2011 - 2014

## **Young Professionals Committee Member**

Arkansas Athletic Trainers' Association | 2011 - 2013

## **Athletic Trainer (Football)**

Arkansas High School All Stars Week | 2011

## **Student Undergraduate Research Fellowship Grant Reviewer**

Arkansas Department of Higher Education | 2011 - Present

## **Community Service**

### **Greeter**

First United Methodist Church | 2024

### **Vestry Member**

St. Mark's Episcopal Church | 2016 - 2018

### **Board Member**

Autism Association of Northeast Arkansas | 2014 - 2015

Invitation

### **Volunteer**

Northeast Arkansans for Animals | 2011 - 2015

## **Institutional Service**

### **Strategic Planning Sub-Committee**

Arkansas State University | 2019

Goal 1

### **Graduate School Task Force**

Arkansas State University | 2018

### **Graduate Policy Group**

Arkansas State University | 2017 - 2020

### **Faculty Senate**

Arkansas State University | 2017 - 2020

### **Graduate Council**

Arkansas State University | 2017 - Present

Chair 2022-2024

## **Student Research Travel Support Committee**

College of Education & Behavioral Sciences | 2017 - Present

Chair 2017-2018

## **Diversity Committee**

College of Education & Behavioral Sciences | 2017 - 2019

## **Undergraduate Curriculum Committee**

College of Education & Behavioral Sciences | 2015 - Present

## **Parking & Motor Vehicle Committee**

Arkansas State University | 2015 - 2018

Chair 2017-2018; Vice-Chair 106-2017

## **COEBS Dean Search Committee**

University | 2015 - 2016

## **St. Mark's On Campus Club Advisor**

Arkansas State University | 2015 - 2017

## **Honors Committee**

College of Education & Behavioral Sciences | 2013 - 2017

## **Recruitment Committee**

Health, Physical Education, & Sport Science Department | 2013 - 2017

## **Graduate Curriculum Committee**

Health, Physical Education, & Sport Science Department | 2011 - Present

## **A-State Softball Club Advisor**

Arkansas State University | 2011 - 2012

## **Curriculum Committee**

Health, Physical Education, & Sport Science Department | 2010 - Present

Chair 2015-Present

## **Scholarship & Awards Committee**

Health, Physical Education, & Sport Science Department | 2010 - 2017

## **Athletic Training Student Club Advisor**

Arkansas State University | 2010 - 2018

## **Licensure & Certification**

**BOC (050302139)**

**State of Arkansas Athletic Training License (AT#340)**

**NPI: 1225247331**

**Certified Strength & Conditioning Specialist (200733697)**

**First Aid/CPR/AED**

American Heart Association Instructor (08190807018)



## Achievements & Awards

**Nominee, You Made A Difference Award**

2019

**Nominee, Sun Belt Conference Faculty Member of the Year**

2019

**Arkansas State University Health & Wellness Assessment Fellow**

2018

**COEBS Faculty Achievement Award for Service**

2017

**HPESS Department Faculty Achievement Award for Service**

2017

**Office of Assessment Professor of the Month**

March 2016

**Nominee, You Made a Difference Award**

2014

**COEBS Faculty Achievement Award for Scholarship**

2013

**HPESS Department Faculty Achievement Award for Scholarship**

2013

**Award of Excellence: Outstanding Research Poster, National Wellness Institute**

2013