

CURRICULUM VITAE

Nathan D. Dicks

nathan.dicks@ndsu.edu

Education

- Doctor of Philosophy**, Exercise Science and Nutrition 2019
North Dakota State University, Fargo, North Dakota
Dissertation Title: Interval Training Methods to Increase Performance Markers and Load Carriage in Tactical Professionals. Advisor: Kyle J. Hackney
- Master of Science**, Exercise Physiology 2014
Minnesota State University, Mankato, Mankato, Minnesota
Thesis Title: Load Determination for the 3-Minute All-Out Exercise Test for Cycle Ergometry. Advisor: Robert W. Pettitt
- Master of Arts**, Business and Organizational Security Management 2010
Webster University, St. Louis, Missouri
- Bachelor of Science**, Criminal Justice 2006
North Dakota State University, Fargo, North Dakota

Certifications

Certified Strength and Conditioning Specialist (CSCS) (2013) with distinction (*D) (2020)
National Strength and Conditioning Association
Tactical Strength and Conditioning Facilitator (TSAC-F) (2015) with distinction (*D) (2020)
National Strength and Conditioning Association
enCore (Dual-energy X-ray absorptiometry) Operator (2016) GE Healthcare
First Aid/CPR/AED (2022) American Red Cross

United States Army professional education

Military Police Pre-Command Course, Fort Leonard Wood, Missouri, 2020
Advanced Operations Course, Fort Leavenworth, Kansas, 2019
Command General Staff Officer Course, Fort McCoy, Wisconsin, 2015
Commander's Safety Course, Fort Carson, Colorado, 2010
Military Police Captain's Career Course, Fort Leonard Wood, Missouri, 2009
Jumpmaster School, Fort Bragg, North Carolina, 2009
Air Assault School, Fort Campbell, Kentucky, 2009
Military Police Officer Basic Course, Fort Leonard Wood, Missouri, 2006
Airborne School, Fort Benning, Georgia, 2004

Professional Experience

Aug 2022- Present

Assistant Professor, Exercise Science

Department of Health, Nutrition, and Exercise Sciences, North Dakota State University, Fargo, ND.

- Teach courses in the undergraduate program: Exercise Testing & Prescription (HNES 472), Exercise Testing Laboratory (HNES 476), as well as in the graduate program: Physiological and Fitness Assessments in Exercise Science (HNES 761)
- Mentor undergraduate and graduate students in physiological research projects as well as maintain research agenda, generating grants and publications
- Advise undergraduate and graduate students on plans of study and courses

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Professional Experience cont.

- Aug 2019- May 2022 **Assistant Professor and Clinical Coordinator of Exercise Science**
Department of Nutrition, Dietetics and Exercise Science, Concordia College, Moorhead, MN
- Full teaching load of undergraduate courses, including Introduction to Exercise Science (EXS 245), Physiology of Exercise (EXS 350), Strength and Conditioning Programming & Management (EXS 370), Exercise Counseling & Behavior Strategies (EXS 410), Exercise and Chronic Disease (EXS 460), Inquiry-Exercise is Medicine (INQ 100), Wellness (PED 111), and Motor Development (PED 230)
 - Directed the clinical experiences for students in the program through Pre-Practicum (EXS 489) and Practicum (EXS 490) with a supervised 150-hour field experience
 - Advised an average of 25 first-year students through majors, classes, and resources
- Aug 2016- May 2019 **Graduate Research Assistant**
Department of Health, Nutrition, and Exercise Sciences, North Dakota State University, Fargo, ND
- Instructor for: Introduction to Wellness (HNES 111), Anaerobic Exercise Prescription and Advanced Resistance Training Techniques (HNES 473)
 - Teaching Assistant for Methods for Resistance Training and Cardiovascular Conditioning (HNES 374), Kinesiology (HNES 375), and Biomechanics (HNES 378)
 - Conducts physiological research as part of various grants and projects, mentoring Master Student's Thesis Research, and continuing personal research interests
 - Generated collaboration with the Fargo Police Department on the implementation of their Wellness Program to include physical ability assessments
- Aug 2014- May 2016 **Assistant Professor, Exercise Science/Exercise Physiology**
Department of Human Performance, Minnesota State University, Mankato, MN
- Instructor with 4/4 teaching load: Individual Fitness (HP102), Introduction to Human Performance Studies (HP 160), Triathlon Training (HP190), Concepts of Fitness (HP 291/Online), Athletic Testing and Conditioning (HP 456), Graded Exercise Testing (HP 466), Small Group Personal Training (HP 486)
 - Supervise/assist undergraduate/graduate students in physiological research studies as Associate Graduate Faculty
 - Advised over 120 undergraduate students on future education and internship opportunities and provided letters of recommendation when needed
- Jun 2013- Aug 2014 **Research Assistant**
Force Science Institute, Ltd. Mankato, MN
- Conduct physiological research for studies to provide data and implications for training and safety for law enforcement officers
 - Compose research and informational articles to share information with the academic and law enforcement communities
 - Assist in fostering the partnership with the Department of Human Performance at Minnesota State University, Mankato, in further expanding the research capabilities
- Jun 2012- Present **Owner/Head Coach**
Nate Dicks Endurance Sports, LLC, Dilworth, MN
- Work with athletes of all ability levels both in triathlon and running through personalize training plans and periodization to produce successful/optimal performances resulting in National and World qualifications/competitions

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Military Experience

- Oct 2022- Present **Deputy Brigade Commander, Lieutenant Colonel**
141st Maneuver Enhancement Brigade, Fargo, ND
- Advisor/principal assistant to the Commander for an organization of 1,800 Soldiers
 - Coordinates, directs, supervises, mentors, and trains the Brigade staff
 - Assists in the mentoring of three Battalion Commanders and two direct report Company Commander
- Oct 2019- Sept 2022 **Battalion Commander, Lieutenant Colonel**
131st Military Police Battalion, Bismarck, ND
- Led a military police battalion of 550 soldiers while providing oversight on law enforcement, administrative, supply, and maintenance operations; responsible for the Soldiers' welfare, readiness, and physical fitness
 - Led the organization through two COVID-19 State response missions partnering with the North Dakota Department of Health and Local Public Health Entities to establish and continue screening and testing citizens
 - Organized and lead a 250-personnel response force to provide support to local law enforcement in protecting citizens during a civil disturbance
- Oct 2018- Sept 2019 **Deputy Branch Chief, Lieutenant Colonel**
Army Element, Joint Force Headquarters, Bismarck, ND
- Serves as the personal representative for domestic operations with the National Guard's role in state emergency operations
 - Coordinates direct and supervises reception, stage, onward movement, and integration of personnel during state active duty
- Oct 2017- Sept 2018 **Executive Officer**
231st Bridge Support Battalion, Valley City, ND
- Advisor/principal assistant to the Commander for an organization of 600 soldiers and act as the Commander during his absence
 - Coordinates, directs, supervises, mentors, and trains a staff of 13 Soldiers to be proficient in their assigned areas of responsibilities
 - Oversee and manage training and proficiency of the Battalion headquarters and six subordinate units
- Oct 2012- Sept 2017 **Operations Officer/Provost Marshal**
141st Maneuver Enhancement Brigade, Fargo, ND
- Lead a 30-soldier section that advises the Commander on the security and protection of resources (personnel, equipment, facilities, information, and infrastructure) through analysis, planning, and coordination of current operations
 - Created and mentored the units' body composition program in tracking, providing education, and implementing weight loss/fitness plans for soldiers
 - Member of both the North Dakota (Team Captain) and the All Guard Marathon Teams

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Research Activities

Published Journal Articles

Dicks, N.D., Brin, H.N., Perumal, M.D., Hutcheson, E.L., Kopp, S.R., Walch, T.J., Carper, M.J., & Barry, A.M. (2022) Customized Occupational Specific Graded Exercise Test for Structural Firefighters: An Update. *Journal of Occupational and Environmental Medicine*, doi: 10.1097/JOM.0000000000002650

Stone, K.A., Barry, A.M., Kotarsky, C.J., **Dicks, N.D.**, Statsny, S.N., Byun, W., Mitchell, S., McGrath, R., and Hackney, K.J. (2022) Moderate to Vigorous Physical Activity and Leucine and Protein Intake Contributions to Muscle Health in Middle Age. *Journal of Frailty, Sarcopenia and Falls*.

Dicks, N.D. & Pettitt, R.W. (2021) Optimization of the Critical Speed Concept for Tactical Professionals: A Brief Review. *Sports*, 9, 106. <https://doi.org/10.3390/sports9080106>

Johnson, N.R., Kotarsky, C., Hackney, K.J., Trautman, K., **Dicks, N.D.**, Byun, W., Keith, J., David, S., Stasny, S.N. (2021) Measures derived from panoramic ultrasonography and animal-based protein intake are related to muscular performance in middle-aged adults. *J. Clin. Med.*, 10(5), 988; <https://doi.org/10.3390/jcm10050988>

Longo J, Lyman K, **Dicks N**, Hanson T, Kilgore B. (2021) APFT Scores and Musculoskeletal Injuries among Army ROTC Cadets. *TAHPERD*. 2021;89(1):8-11

Dicks, N.D., Mahoney, S.J., Kramer, M., Lyman, K. J., Christensen, B.K., Pettitt, R.W. & Hackney, K.J. (2021) Increased Velocity at VO₂max and Load Carriage Performance in Army ROTC Cadets: Prescription Using the Critical Velocity Concept. *Ergonomics*, DOI: 10.1080/00140139.2020.1858186

Barry, A. M., Lyman, K. L., **Dicks, N. D.**, McGeorge, C. R., Carper, M. J., & Walch, T. J. (2020). Firefighters Are More Physically Active On-Duty Compared to Off-Duty. *International Journal of Environmental Research and Public Health*, 17(24), 9380. <https://doi.org/10.3390/ijerph17249380>

Roloff, Z.A., **Dicks, N.D.**, Krynski, L.M., Hartman, M.E., Ekkekakis, P., Pettitt, R.W. (2020). Rating of affective valence closely track changes in oxygen uptake: Application to high-intensity interval exercise. *Performance Enhancement & Health*. <https://doi.org/10.1016/j.peh.2020.100158>

Dicks, N.D., C.J. Kotarsky, K.A. Trautman, A.M. Barry, J.F. Keith, S. Mitchell, W. Byun, S.N. Stastny, K.J. Hackney (2019). Contribution of Protein Intake and Concurrent Exercise to Skeletal Muscle Quality with Aging. *The Journal of Frailty & Aging*, 1-6. <https://doi.org/10.14283/jfa.2019.40>

Pettitt, R. W., Jamnick, N. A., Kramer, M., & **Dicks, N. D.** (2019). A Different Perspective of the 3-Minute All-Out Exercise Test. *The Journal of Strength & Conditioning Research*, 33(8), e223-e224.

Barry, A. M., Lyman, K. J., **Dicks, N. D.**, Landin, K. D., McGeorge, C. R., Hackney, K. J., & Walch, T. J. (2019). Firefighters' Physical Activity and Waist Circumference as Predictors of VO₂max. *Journal of Occupational and Environmental Medicine*, 61(10), 849-853.

Dicks, N.D., Lyman, K.J., Hackney, K.J., Walch, T.J., & Barry, A.M. (2019) An Occupational Specific VO₂max Protocol for Structural Firefighters. *Journal of Occupational and Environmental Medicine* 61(5), 405-409. doi: 10.1097/JOM.0000000000001570.

Mahoney, S.J., **Dicks, N.D.**, Lyman, K.J., Christensen, B.K., & Hackney, K.J. (2019) Acute Cardiovascular, Metabolic, and Muscular Responses to Blood Flow Restricted Rowing Exercise. *Aerospace Medicine and Human Performance*. 90(5), 440-446. doi: <https://doi.org/10.3357/amhp.5258.2019>

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Published Journal Articles (Cont.)

Poser, W.M, Trautman, K.A., **Dicks, N.D.**, Christensen, B.K., Lyman, K.J., & Hackney, K.J (2019) Simulated Casualty Evacuation Performance is Augmented by Deadlift Peak Force. *Military Medicine*. doi: 10.1093/milmed/usz050

Saari, A., **Dicks, N.**, Hartman, M., & Pettitt, R. (2019). Validation of the 3-min all-out exercise test for shuttle running prescription. *Journal of Strength and Conditioning Research*, 33, 1678-1684. doi: 10.1519/JSC.0000000000002120

Hartman, M., Ekkekakis, P. **Dicks, N.** & Pettitt, R. (2018) Dynamics of pleasure-displeasure at the limit of exercise tolerance: conceptualizing the sense of exertional physical fatigue as an affective response. *The Journal of Experimental Biology*. doi:10.1242/jeb.186585

Dicks, N.D., Joe, T.V., Hackney, K.J., and Pettitt, R.W. (2018) Validity of Critical Velocity Concept for Weighted Sprinting Performance. *International Journal of Exercise Science*: 11(4), 900 - 909.

Pettitt, R.W., **Dicks, N.D.** (2017) Application of the Running 3-Min All-Out Exercise Test: An Update. *MOJ Sport Medicine* 1(6). doi: 10.15406/mojm.2017.01.00034

Courtright, S., Williams, J., Clark, I., Pettitt, R., **Dicks, N.** (2016). Monitoring interval-training responses for swimming using the 3-min all-out exercise test. *International Journal of Exercise Science*. 9(5), 545-553.

Solomonson, A., **Dicks, N.**, Kerr, W., Pettitt, R. (2016). Influence of Load Carriage on High-Intensity Running Performance Estimation. *Journal of Strength and Conditioning Research*, 30, 1391-1396. doi: 10.1519/jsc.0000000000001209

Dicks, N., Jannick, N., Murray, S., & Pettitt, R. (2016). Load determination for the 3-min all-out exercise test for cycle ergometry. *International Journal of Sport Physiology and Performance*, 11, 197-203. doi: 10.1123/ijsp.2015-0116

Lewinski, W. J., Dysterheft, J. L., **Dicks, N. D.**, & Pettitt, R. W. (2015). The influence of officer equipment and protection on short sprinting performance. *Applied Ergonomics*, 47, 65-71. doi:10.1016/j.apergo.2014.08.017

Lewinski, W.J., Dysterheft, J.L., Bushey, J.M. & **Dicks, N. D.** (2015). Ambushes Leading Cause of Officer Fatalities- When Every Second Counts: Analysis of Officer Movement from Trained Ready Tactical Positions. *Law Enforcement Executive Forum*, 15 (1), 1-15.

Lewinski, W.J., Avery R.A., Dysterheft, J. L., **Dicks, N. D.**, & Bushey, J. M. (2015). The real risk during deadly police shootouts: Accuracy of the Naïve Shooter. *International Journal of Police Science and Management*, 17, 117-127. doi:10.1177/1461355715582975

Dicks, N. (2014). Agility Training for Law Enforcement Officers. *Tactical Strength and Conditioning Report (NSCA)*, 34, 4-5.

Oral Conference Presentations

Dicks, N.D. & Barry A.M. (2021) Occupational Specific VO_{2max} Protocol and Objectively Measured Physical Activity to Assess CRF. *National Strength and Conditioning Association Tactical Strength and Conditioning Annual Training*, Norfolk, VA. Invited.

Dicks, N.D. (2019) Optimization of the Critical Speed Concept to Tactical Professionals and Load Carriage. *National Strength and Conditioning Association Tactical Strength and Conditioning Annual Training*, San Antonio, TX. Invited.

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Dicks, N.D. (2019) Increased Performance Markers and Load Carriage in Army ROTC Cadets using Interval Training. *3rd Annual Graduate Student Council Research Symposium*, North Dakota State University, Fargo, ND. 2nd Place Award Winner.

Dicks, N.D. (2019) Application of the Critical Speed Concept to Tactical Professionals and Load Carriage. *National Strength and Conditioning Association, North Dakota State Clinic*. Sanford Power Center, Bismarck, ND. Invited.

Dicks, N.D. (2018) Application of the Critical Speed Concept to Tactical Professionals and Load Carriage. *Critical Power: Unlocking the limits of human performance*. Rocky Mountain University of Health Professions, Provo, UT. Invited.

Peer-Reviewed Conference Abstracts

* Denotes Undergraduate Researcher

Dicks, N., Brin, H., Barry, A., Hackney, K. (2022) Assessment Of Incumbent Police Officers' Anthropometric Measurements, Physical Activity, And Physical Abilities Test: A Pilot Study. *National Strength and Conditioning Association Conference. New Orleans, LA*.

Brin, H., *Sigmund, B., **Dicks, N.**, Miller, D., Carper, M., Barry, A. (2022) The Effects Of Varying Restrictive Breathing Apparatuses On Cardiorespiratory Function In College-Aged Individuals. *National Strength and Conditioning Association Conference. New Orleans, LA*.

Dicks, N., Perumal, M., *Hutcheson, E., *Kopp, S., Walch, T., Carper, M., Barry, A. (2020) Customized Occupational Specific VO2MAX Testing for Structural Firefighters. *National Strength and Conditioning Association Conference. Las Vegas, NV*.

Perumal, M., *Kopp, S., *Hutcheson, E., Carper, M., **Dicks, N.**, Walch, T., Barry, A. (2020) Relationship Among Physical Activity Intensities, Obesity, and Cardiorespiratory Fitness in Career Firefighters. *National Strength and Conditioning Association Conference. Las Vegas, NV*.

Pettitt, R., Pettitt, C., Fretti, S., Kantor, M., Dexheimer, J., **Dicks, N.**, Kramer, M. (2020) Expedited Protocol for the Bottle Buoyancy Method of Body Composition Assessment. *National Strength and Conditioning Association Conference. Las Vegas, NV*.

Barry, A.M., Perumal, M.D., *Kopp, S.R., Carper, M.J., Walch, T.J., **Dicks, N.D.** (2020) Comparison of Physical Activity and Cardiorespiratory Fitness in Midwest Firefighters. *American College of Sports Medicine Annual Symposiums. Medicine and Science in Sports and Exercise*, Volume 52:7S, Page 372

*Hutcheson E., Perumal, M., *Kopp, S., Carper, M., Walch, T., **Dicks, N.**, Barry, A. (2019) Comparison of Physical Activity and Cardiorespiratory Fitness in Midwest Firefighters. *International Journal of Exercise Science: Conference Proceedings*, Volume 11, Issue 7, Page 12.

Barry A., Lyman, K., **Dicks, N.**, Landin, K., McGeorge, C., Walch, T. (2019) A Comparison of On- And Off-Duty Physical Activity in Career Firefighters. *American College of Sports Medicine Annual Symposiums, Orlando, FL. Medicine and Science in Sports and Exercise*, Volume 51:5

Dicks, N., *Joe, T., Hackney, K., Pettitt, R. (2018) Validity of Critical Velocity Regression Equation to Estimate Weighted Sprint Performance. *American College of Sports Medicine Annual Symposiums, Minneapolis, MN. Medicine and Science in Sports and Exercise*, Volume 50:5

Pettitt, R., Roloff, Z., Krynski, L., Hartman, M., Ekkekakis, P., **Dicks, N.** (2018) Affective Responses to High-Intensity Interval Training in The Severe Domain. *American College of Sports Medicine Annual Symposiums, Minneapolis, MN. Medicine and Science in Sports and Exercise*, Volume 50:5

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Peer-Reviewed Conference Abstracts (Cont.)

Barry A., **Dicks, N.**, Landin, K., Walch, T., Hackney, K., Lyman, K. (2018) The Relationship Between Firefighters' Physical Activity Levels and Cardiorespiratory Fitness. *American College of Sports Medicine Annual Symposiums, Minneapolis, Medicine and Science in Sports and Exercise*, Volume 50:5

Hackney, K., **Dicks, N.**, Stone, K., Kotarsky, C., Barry, A., Mitchell, S., Byun, W., Stastny, S. (2018) Contribution of Resistance Training and Protein intake to Functional Muscle Cross-sectional Area and Intramuscular Adipose Tissue. *American College of Sports Medicine Annual Symposiums, Minneapolis, Medicine and Science in Sports and Exercise*, Volume 50:5

Stone, K., Kotarsky, C., **Dicks, N.**, Streeter, D., Barry, A., Keith, J., Iverson, R., Stastny, S., David, S., Byun, W., Mitchell, S., Hackney, K. (2018) Dietary Protein Intake and Muscular Health with Aging: Counter Measures for Sarcopenia. *American College of Sports Medicine Annual Symposiums, Minneapolis, MN. Medicine and Science in Sports and Exercise*, Volume 50:5 Supplement

Dicks, N., Roloff, Z., *Krynski, L., Pettitt, R. (2017) High-intensity Cycling Intervals are Prescribed Accurately using the 3-min All-out Exercise Test. *American College of Sports Medicine Annual Symposiums, Denver, CO. Medicine and Science in Sports and Exercise*, Volume 49:5 Supplement

Saari, A., Pettitt, R., **Dicks, N.**, Hartman, M. (2017) Application of the critical speed concept to shuttle running prescription. *American College of Sports Medicine Annual Symposiums, Denver, CO. Medicine and Science in Sports and Exercise*, Volume 49:5 Supplement

Hartman, M., **Dicks, N.**, Ekkekakis, P., Pettitt, R. (2017) Affective Responses During High-Intensity Exercise Detect Changes in W'. *American College of Sports Medicine Annual Symposiums, Denver, CO. Medicine and Science in Sports and Exercise*, Volume 49:5 Supplement

Powell, S., Hauser, E., **Dicks, N.**, Pettitt, R., Pettitt, C. (2017) Recreationally-Trained Subjects are Unable to Attenuate the VO₂ Slow Component during Severe Exercise Using RPE. *American College of Sports Medicine Annual Symposiums, Denver, CO. Medicine and Science in Sports and Exercise*, Volume 49:5 Supplement

Dicks, N., Jamnick, N., Clark, I., Kernozek, T., & Pettitt, R. (2015) Load determination for the 3-min all-out exercise test for cycle ergometry. *American College of Sports Medicine Annual Symposiums, San Diego, CA. Medicine and Science in Sports and Exercise*, Volume 47:5 Supplement

Other Conference Abstracts

*** Denotes Undergraduate Researcher**

*Bernhardson, S. & Dicks, N. (2022) Using Heart Variability and Subjective Indicators Among In-Season Division-III Basketball Players. *Northland American College of Sports Medicine Spring Meeting*. St. Paul, MN.

Undergraduate Research 1st Place Award

*Bernhardson, S. & Dicks, N. (2022) Using Heart Variability and Subjective Indicators Among In-Season Division-III Basketball Players. *Celebration of Student Scholarship (COSS) Concordia College*, Moorhead, MN.

*Bernhardson, S., Toothaker, B. & Dicks, N. (2022) Use of Velocity Based Training Among Off-Season Division-III Football Players. *Celebration of Student Scholarship (COSS) Concordia College*, Moorhead, MN.

*Fornshell, C. & **Dicks, N.** (2021) Using the 3-minute All-out Running Test to Examine Exercise Science Students. *Celebration of Student Scholarship (COSS) Concordia College*, Moorhead, MN.

*Fornshell, C. & **Dicks, N.** (2021) Using the 3-minute All-out Running Test to Examine Exercise Science Students. *Northland American College of Sports Medicine Spring Meeting*. St. Paul, MN.

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Other Conference Abstracts (Cont.)

Dicks, N., Mahoney, S., *Anderson, V., Kilgore, B., Lyman, K., Christensen, B., & Hackney, K. (2019) Increased Performance Markers and Load Carriage in Army ROTC Cadets Using the Critical Velocity Model. *13th Annual College of Human Development and Education Research Symposium*, Fargo, ND. *Research Showcase Award Winner*

Mahoney, S., **Dicks, N.**, Barry, A., Lyman, K., & Hackney, K. (2019) Comparable Metabolic Responses from Blood Flow Restriction Walking and Walking with Load Carriage. *13th Annual College of Human Development and Education Research Symposium*, Fargo, ND.

Longo, J., Lyman, K., **Dicks, N.**, Kilgore, B. (2019) APFT Scores and Musculoskeletal Injuries among Army ROTC Cadets. *13th Annual College of Human Development and Education Research Symposium*, Fargo, ND.

Dicks, N., Mahoney, S., *Anderson, V., Kilgore, B., Lyman, K., Christensen, B., & Hackney, K. (2019) Increased Performance Markers and Load Carriage in Army ROTC Cadets Using the Critical Velocity Model. *Northland American College of Sports Medicine Spring Meeting*. St. Paul, MN.

Mahoney, S., **Dicks, N.**, Barry, A., Lyman, K., & Hackney, K. (2019) Comparable Metabolic Responses from Blood Flow Restriction Walking and Walking with Load Carriage. *3rd Annual Graduate Student Council Research Symposium*, North Dakota State University, Fargo, ND.

Johnson, N., Trautman, K., Kotarsky, C., **Dicks, N.**, Hackney, K., & Stastny, S. (2019) Differences in Amino Acid Composition between Various Types of Protein Supplements. *International Conference on Frailty & Sarcopenia Research*, Miami Beach, FL.

Trautman, K., Kotarsky, C., **Dicks, N.**, Sawyer, B., Mitchell, S., Stastny, S., & Hackney, K. (2019) The Role of Biological Sex on Nutritional Habits and Muscular Health among Middle-Aged, Healthy Adults. *International Conference on Frailty & Sarcopenia Research*, Miami Beach, FL.

Alvarez, E., **Dicks, N.**, *Keller, D., Mahoney, S., Jorgenson, D., Wandler, J., Sand, M., & Ewert, D. (2018) Tissue Dynamics Characterization Based on Ultrasound Image Processing. *Rocky Mountain Bioengineering Symposium*. Fargo, ND.

Barry, A., **Dicks, N.**, Landin, K., Hackney, K. & Lyman, K. (2018) Effects of Physical Activity and Cardiorespiratory Fitness on Cardiopulmonary Resuscitation in Firefighters. *College of Human Development and Education Research Symposium*, Fargo, ND. *Research Showcase Award Winner*

Dicks, N., Stone, K., Kotarsky, C., Streeter, D., Mitchell, S., & Hackney, K. (2017) Inter-rater Reliability and Measurement of MRI-Functional Cross-Sectional Area in Healthy Sedentary Individuals. *College of Human Development and Education Research Symposium*, Fargo, ND. *Research Showcase Award Winner*

Stone, K., Kotarsky, C. Streeter, D., **Dicks, N.**, David, S., Mitchell, S. & Hackney, K. (2017) Muscular Health with Aging: Differences in Quadriceps Sizes, Strength, and Quality between Sedentary and Active Adults. *College of Human Development and Education Research Symposium*, Fargo, ND.

Roloff, Z., Krynski, L, **Dicks, N.**, & Pettitt, R. (2016) Evaluating Anaerobic Work Capacity Using Time and Intensity in Cyclist Performing High-Intensity Interval Training. *Northland American College of Sports Medicine Spring Meeting*. St. Paul, MN.

Hauser, E., **Dicks, N.**, Pettitt, R., & Pettitt, C. (2016) Recreationally-Trained Subjects are Unable to Attenuate the VO₂ Slow Component during Severe Intensity Exercise. *Northland American College of Sports Medicine Spring Meeting*. St. Paul, MN.

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Grants and Sponsored Research

Dicks, N. and Bernhardson, S., "Use of Velocity Based Training Devices to influence power phased training in Collegiate Football Player" Sponsored by Concordia College Undergraduate Research, Scholarship, Creative Activity, \$700 (2022). (Funded \$700)

Dicks, N. and Hackney, K., "Applying the Critical Velocity Model for a Load Carriage Training Program" Sponsored by NACSM Innovative Student Research Grant, \$986 (2018). (Funded \$986.00)

Dicks, N. and Hackney, K., "Law Enforcement Officer Health and Wellness Program Initiative: A Prospective Study" Sponsored by the College of Human Development and Education, \$3708.00 (2017). (Funded \$3708.00)

Mahoney, S., **Dicks, N.**, Hackney K., "Effect of Blood Flow Restriction during Rowing on the Musculoskeletal and Cardiovascular System" Sponsored by Northland American College of Sports Medicine, Graduate Research, \$1,000.00 (2017). (Funded \$400.00).

Dicks, N., Hackney, K., "Blood flow restriction as a training method for load carriage" Sponsored by National Strength and Conditioning Association Foundation, Doctoral Research, \$6,114.00. (2017). (Not Funded).

Dicks, N., Mahoney, S., Hackney, K., "Effect of Blood Flow Restriction during Rowing on the Musculoskeletal and Cardiovascular System" Sponsored by American College of Sports Medicine Foundation, Doctoral Research, \$4,425.00 (2017). (Not Funded).

Military Awards

Bronze Star Medal, 2003, 2008
Meritorious Service Medal, 2012
Army Commendation Medal, 2008, 2009
Army Achievement Medal, 2000
Army Reserve Component Achievement Medal, 2002, 2005, 2015, 2018, 2021
Afghanistan Campaign Medal, 2003
Iraqi Campaign Medal, 2008
Global War on Terrorism Service Medal, 2003
Armed Forces Service Medal, 2022
Meritorious Unit Citation, 2012
North Dakota Meritorious Unit Citation, 2022
Senior Parachutist Badge, 2009
Air Assault Badge, 2009
Order of the Marechaussee (Bronze), 2021

Service

Service to Organizations/Field

2021- Present	Reviewer, Applied Ergonomics International Journal of Environmental Research and Public Health Journal of Sports Rehabilitation
2020- Present	Chair, Tactical Strength and Conditioning Special Interest Group Executive Council, National Strength and Conditioning Association
2019- Present	Reviewer, Journal of Strength and Conditioning Research
2018- Present	Reviewer, International Journal of Exercise Science
2017- 2020	Committee Member, Tactical Strength and Conditioning Special Interest Group Executive Council, National Strength and Conditioning Association

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Service to Departments

- 2021-2022 First-Year Experience Advisor Group
Associate Provost Stephanie Ahlfeldt, Academic Affairs, Concordia College
- 2021-2022 Institutional Review Board
Committee Member, Concordia College
- 2021-2022 Committee Member, Masters' Student Thesis
Halle Brin
Pittsburg State University
- 2019- Present Committee Member, Doctoral Student Thesis
Sean Mahoney
North Dakota State University
- 2018- 2019 Graduate Student Committee Member, Department Chair Search Committee
Department of Health, Nutrition, and Exercise Sciences, North Dakota State University
- 2017- 2018 Graduate Student Committee Member, Graduate Student Thesis
Sean Mahoney (2018)
Department of Health, Nutrition, and Exercise Sciences, North Dakota State University
- 2014- 2016 Member, Social Committee, Exercise Science Working Group
Department of Human Performance, Minnesota State University, Mankato
- 2014-2016 Committee Member, Graduate Student Manuscripts
Anssi Sarri (2014), Mark Hartman (2014), Aaron Solomonson (2015), Zachary Roloff
(2016)
Department of Human Performance, Minnesota State University, Mankato

Service to Community

- 2021-Present Park Board Committee Member
Dilworth, MN
- 2020 Volunteer Assistant Coach, Dilworth Boys 10U Baseball
Dilworth, MN
- 2019 Volunteer Assistant Coach, Dilworth Boys 9U Baseball
Dilworth, MN
- 2018-Present Deacon/Elder, Sojourn Church/ Journey Church
Dilworth, MN/ Fargo, ND
- 2017-2019 Member, Fargo Police Department Wellness Committee
Fargo, ND
- 2013-2015 Volunteer Assistant Coach, Green Hornets Kids Triathlon Team
Mankato, MN

Nathan Dicks, Ph.D., CSCS, *D, TSAC-F, *D

Professional Development

- 2021- 2022 Dovre Faith and Learning Mentorship Program
Concordia College

- 2019-2021 First- and Second-Year Faculty Development Program
Concordia College

- 2019 Building on Best Practices for Teaching in the First-Year Experience
Concordia College

- 2018 Demystify Your Dissertation: Communication to a General Audience
Graduate School, North Dakota State University

- 2016 Teaching Assistant Training
Office of Teaching and Learning, North Dakota State University

- 2014-2015 Faculty Teaching Certificate Program
Center for Excellence in Teaching and Learning, Minnesota State University, Mankato

Professional Organization Membership

- 2012- Present American College of Sports Medicine
- 2012- Present National Strength and Conditioning Association
- 2012- Present National Guard Officer's Association of North Dakota
- 2009- Present Military Police Regimental Association (Lifetime Member)