

Eric K. Greska, Ph.D., CSCS, CPT

University of Delaware
Department of Kinesiology & Applied Physiology
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EDUCATION

- May 2012 Doctor of Philosophy, Old Dominion University
Concentration: Human Movement Science
Norfolk, Virginia
Dissertation: "The Influence of Inter-limb Differences on Anterior Cruciate Ligament Injury Risk Factors in Female Collegiate Soccer Athletes"
- August 2008 Master of Science, University of West Florida
Major: Exercise Science
Concentration: Biomechanics
Pensacola, Florida
- December 2006 Bachelor of Science, University of West Florida
Major: Physical Education
Pensacola, Florida

PROFESSIONAL EXPERIENCE

- 2018- Assistant Professor
Courses taught
 KAAP220 Fundamentals of Anatomy & Physiology I
 KAAP221 Fundamentals of Anatomy & Physiology II
 KAAP309/L Human Anatomy & Physiology I with Lab
 KAAP350 Basic Concepts in Kinesiology
College of Health Sciences, Department of Kinesiology & Applied Physiology
University of Delaware, Newark, Delaware
- 2012-2018 Assistant Professor, Exercise Science
Courses taught
 APK3110/L Exercise Physiology with Lab
 APK3220/L Biomechanics of Human Movement with Lab
 APK3232 Measurement and Evaluation in Health, Leisure, and Sport/
 Introduction to Undergraduate Research
 APK4114C Physiological Basis of Strength Development
 APK4163 Sports Nutrition & Weight Control
 APK5407 Elite Performance in Sports
 APK6167C Advanced Nutrition
 APK6226 Analysis of Human Movement
 PET4310C Mechanics of Human Motion
 PET4380 Exercise Testing and Prescription
 PET5052 Motor Learning
 PET5216 Success in Sports
College of Health, Department of Exercise Science and Community Health
University of West Florida, Pensacola, Florida

- 2010-2012 Graduate Research Assistant
Center for Brain Research and Rehabilitation
College of Health Sciences, School of Physical Therapy
Old Dominion University, Norfolk, Virginia
- 2009-2011 Adjunct Instructor
Lead Instructor
EXSC417 – Biomechanics/Advanced Kinesiology
College of Education, Department of Human Movement Science
Old Dominion University, Norfolk, Virginia
- 2008-2011 Laboratory Manager
Motion Analysis Laboratory
College of Education, Department of Human Movement Science
Old Dominion University, Norfolk, Virginia
- 2008-2010 Graduate Teaching Assistant
Lead Instructor
EXSC417 – Biomechanics/Advanced Kinesiology
College of Education, Department of Human Movement Science
Old Dominion University, Norfolk, Virginia
- 2007-2008 Adjunct Instructor
Lead Instructor
PET4310 – Biomechanics
PET2824 – Analysis of Team Sports
College of Professional Studies, Department of Health, Leisure, and Exercise
Science
University of West Florida, Pensacola, Florida
- 2007-2008 Graduate Research Assistant
Biomechanics Laboratory
College of Professional Studies, Department of Health, Leisure, and Exercise
Science
University of West Florida, Pensacola, Florida
- 2004-2008 Strength and Conditioning Coach
Softball, Men's and Women's Basketball, Men's and Women's Soccer
Athletics Department
University of West Florida, Pensacola, Florida
- 2003-2005 Student Assistant Coach
Women's Track and Field
Athletics Department
University of West Florida, Pensacola, Florida

GRANTS**Funded**

Primary Sponsor, \$18,560, University of Delaware Center for Teaching and Assessment of Learning Reengineering Large Introductory Courses (ReLIC) Grant: *Resurrecting Anatomy and Physiology: Bringing Pedagogy Back to Life for Student Success*. May 2019

Co-Sponsor, \$21,528, University of West Florida Technology Fee Instructional Technology Enhancement Project: *Nursing Skills & Simulation Learning (NSSL) Center Enhancements*. April 2018

Co-Sponsor, \$60,848, University of West Florida Technology Fee Instructional Technology Enhancement Project: *Simulation-Interprofessional Education*. April 2018

Faculty Mentor (Tom Dusenberry), \$500, University of West Florida Office of Undergraduate Research: *EMG Analysis of Baseball Pitchers and the Effects of Fatigue*. October 2017

Primary Sponsor, \$109,994, University of West Florida Technology Fee Systemic Project: *Enhancement of clinical skills with point-of-care ultrasound*. April 2017

Primary Sponsor, \$57,128, University of West Florida Technology Fee Instructional Technology Enhancement Project: *The Development of a Telehealth Teaching Space for Health Care Professional Education and Learning*. April 2017

Faculty Mentor (Jessica Presnall), \$250, University of West Florida Office of Undergraduate Research: *The Effects of Internal Versus External Verbal Cues on Muscle Activation*. February 2017

Faculty Mentor (Stephanie Shaia), \$650, University of West Florida Office of Undergraduate Research: *Event related EEG changes during active, passive, and imagined movement*. February 2017

Faculty Mentor (Hallie Davis), \$650, University of West Florida Office of Undergraduate Research: *Objective Activity Measurement Before and After Shoulder Arthroplasty*. February 2017

Faculty Mentor (Katy Kuhlmeier), \$650, University of West Florida Office of Undergraduate Research: *Preventing overuse shoulder injuries in collegiate volleyball players*. February 2017

Primary Sponsor, \$189,300, University of West Florida Technology Fee Systemic Project: *Synthetic Cadaver Lab*. April 2016

Faculty Mentor (Daisy-May Kenny), \$640, University of West Florida Office of Undergraduate Research: *Motivating the Aging Population to Participate in Regular Physical Activity*. February 2016

Faculty Mentor (Jessica Evans), \$637, University of West Florida Office of Undergraduate Research: *Alzheimer's Disease: A Correlation Between Gait Patterns and Cognitive Function*. October 2015

Faculty Mentor (Ryan Couch), \$741, University of West Florida Office of Undergraduate Research: *Blood Flow Restriction Training Effects on Nitric Oxide levels in a Sedentary population*. October 2015

- Faculty Mentor (Mariel Crawford), \$467, University of West Florida Graduate Student Scholarly and Creative Activities Committee: Effects of Tradition vs Sumo Deadlift on lumbar spine positioning. October 2015
- Faculty Mentor (Celia Teel), \$329, University of West Florida Graduate Student Scholarly and Creative Activities Committee: Dominant leg electromyographic comparison of flipturn push-off and maximal vertical jump in collegiate female swimmers. October 2015
- Primary Investigator, \$12,925, University of West Florida Health & Wellness Interprofessional Collaboration Grant: Physiologic and Cognitive Response in Nursing Students. February 2015
- Faculty Mentor (Claire Errington), \$1,000, University of West Florida Graduate Student Scholarly and Creative Activities Committee: Effects of a Commercially Available Energy Drink on Reaction Time and Isometric Strength in Healthy College Students. October 2014
- Faculty Mentor (Nicole Davis), \$650, University of West Florida Office of Undergraduate Research: Quantification of Gait Patterns in Unilateral Lower Extremity Amputees with Prosthetic Assistance. September 2014
- Primary Investigator, \$2,000, University of West Florida Faculty Scholarly and Creative Activities Committee: Neuromechanical Performance Measures of Division II Collegiate Athletes. April 2014
- Faculty Mentor (Stuart McCrory and Mariel Crawford), \$1,000, University of West Florida Office of Undergraduate Research: Assessing the Effects of Program Design on Hip Angles While Performing the Clean and Jerk Exercise. January 2014
- Faculty Mentor (Jeremy Provence), \$1,000, University of West Florida Graduate Student Scholarly and Creative Activities Committee: Quantitative Analysis of Biomechanical Movement Patterns and Skill Development of the Fitnessgram and T-Scale Push-up Protocols. November 2013
- Faculty Co-Mentor (James Lewis), \$1,000, University of West Florida Graduate Student Scholarly and Creative Activities Committee: The Effects of an Acute Bout of Intense Cycling in Hot and Cool Environments on Heat Shock Protein and Neutrophil Activity. November 2013
- Lab Director, \$50,000, External donation from individual benefactor to the UWF Biomechanics Laboratory to enhance the equipment capabilities of the laboratory and research experiences for undergraduate students.

Submitted

- Primary Investigator, \$225,000 with Department of Defense (Army Research Office, Office of Naval Research, Air Force Office of Scientific Research) Defense University Research Instrumentation Program (DURIP): Quantifying In-field Physical Performance Measures during Small-Unit Tactical Objectives. Submitted October 2014.
- Primary Sponsor, \$59,398, University of West Florida Technology Fee Systemic Project: Expand Technology Accessibility for Clinical-Based Experiences within Health-Related Programs. Submitted January 2015
- Primary Investigator, \$630,500 with Department of Defense (Army Research Office) Defense University Research Instrumentation Program (DURIP): Virtual Environment Instrumentation for Analyzing Physical Performance During Tactical Objectives. Submitted October 2013.
- Co-Sponsor, \$22,000 with Old Dominion University Honors College Undergraduate Research

Apprenticeship Program (URAP) department grant. Submitted October 2011

Co-Investigator, \$100,000 with National Football Association Charities: The Effects of an 8-week Fatigue Based Injury Prevention Program on Lower Extremity Biomechanics. Submitted June 2010.

Co-Investigator, \$200,000 with Commonwealth Health Research Board: Prevention of Lower Extremity Injuries: A novel approach using a fatigue based injury prevention program. Submitted October 2010.

Co-Sponsor, \$22,000 with Old Dominion University Honors College Undergraduate Research Apprenticeship Program (URAP) department grant. Submitted October 2010

RESEARCH

Peer-Reviewed Articles - Published

Addie, C.D., Arnett, J.E., Neltner, T.J., Straughn, M.K., **Greska, E.K.**, Cosio-Lima, L., & Brown, L.E. Effects of drop jump height on drop jump performance. *International Journal of Kinesiology & Sports Science*, 2019, 7(4): 28-32

Samaan, M. A., Ringleb, S. I., Bawab, S. Y., **Greska, E. K.**, & Weinhandl, J. T. Altered lower extremity joint mechanics occur during the star excursion balance test and single leg hop after ACL-reconstruction in a collegiate athlete. *Computer Methods in Biomechanics and Biomedical Engineering*, 2018, 21(4): 344-358

Greska, E., Cortes, N., Ringleb, S., Onate, J., & Van Lunen, B. Biomechanical differences related to leg dominance were not found during a cutting task. *Scandinavian Journal of Medicine and Science in Sports*, 2017, 27(11): 1328-1336

Samaan, M. A., Ringleb, S. I., Bawab, S. Y., **Greska, E. K.**, & Weinhandl, J. T. Anterior cruciate ligament (ACL) loading in a collegiate athlete during sidestep cutting after ACL reconstruction: A case study. *The Knee*, 2016, 23(4): 744-752

Cosio-Lima, L., Knapik, J., Shumway, R., Reynolds, K., Lee, Y., **Greska, E.**, & Hampton, M. Associations between Functional Movement Screening, the Y-Balance test, and injuries in Coast Guard training. *Military Medicine*, 2016, 181(7): 643-648

Kollock, R., Cortes, N., **Greska, E.**, & Onate, J. Peak Torque as an Indicator of Rapid Torque Production during Screening. *Journal of Sports Science (USA)*, 2016, 4: 257-264

Samaan, M., **Greska, E.**, Hoch, M., Weinhandl, J., Bawab, S., & Ringleb, S. Dynamic postural control two years following anterior cruciate ligament reconstruction in a female collegiate soccer player. *International Journal of Athletic Training & Therapy*, 2015, 20: 24-29

Drost, D., Brown, K., Wirth, C., & **Greska, E.** Teaching Children Catching Skills Using Theoretically-Based Motor Development Strategies. *Journal of Physical Education, Recreation & Dance*. 2015, 86(1): 30-35

Cortes, N., **Greska, E.**, Ambegaonkar, J., Kollock, R., Caswell, S., & Oñate, J. Knee kinematics is altered post-fatigue while performing a crossover task. *Knee surgery, sports traumatology, arthroscopy: official journal of the ESSKA*, 2014, 22: 2202-2208

Cortes N, **Greska E**, Kollock R, Ambegaonkar J, Onate J. Changes in Lower Extremity Biomechanics Due to a Short-Term Fatigue Protocol. *The Journal of Athletic Training*,

2013; 48(3): 306-313

Cortes N, Quammen D, Lucci S, **Greska E**, Onate J. A Functional Agility Short-Term Fatigue Protocol Changes Lower Extremity Mechanics. *Journal of Sports Sciences*. 2012; 30(8): 797-805

Grieco C, Cortes N, **Greska E**, Lucci S, Onate J. Effects of a Combined Resistance-Plyometric Training Program on Muscular Strength, Running Economy, and VO₂peak in Division I Female Soccer Players. *Journal of Strength and Conditioning Research*. 2012; 26(9): 2570-2576

Greska EK, Cortes N, Van Lunen BL, Onate JA. A feedback inclusive neuromuscular training program alters frontal plane mechanics. *Journal of Strength and Conditioning Research*. 2012; 26(6): 1609-1619

McCann R, Cortes N, Van Lunen B, **Greska E**, Ringleb S, Onate J. Long-term neuromuscular changes following an injury prevention program for ACL injuries. *International Journal of Athletic Therapy Today*. 2011; 16(4): 16-20

Articles - In Preparation

Greska E, Cortes N, Kollock R, Van Lunen B, Ringleb S, Onate J. Neuromuscular training and fatigue influence multiplanar alterations in knee and hip mechanics.

Greska E, Ringleb S, Cortes N, Onate J, Van Lunen B. The effect of fatigue and limb dominance on neuromechanics of the lower extremity.

Peer-Reviewed Abstracts – Published

Addie, C., Grammer, E., Straughn, M., Ramos, G., Neltner, T., Simpson, J., Cosio-Lima, L., **Greska, E.**, & Brown, L. 2019. No Changes in Depth Jump Height but Longer Ground Contact Times as Box Height Increases. American College of Sports Medicine - Free Communications, Vol. 51, no. 6., S640, Orlando, FL [Refereed]

Straughn, M., Addie, C., Ramos, G., Neltner, T., Grammer, E., Simpson, J., Cosio-Lima, L., **Greska, E.**, & Brown, L. 2019. Investigation of Optimal Depth Jump Box Height for Reactive Strength Index. American College of Sports Medicine - Free Communications, Vol. 51, no. 6., S937, Orlando, FL [Refereed]

Gul, T., Pecore, J., **Greska, E.** 2018. Stress Matters: Stress Management and Professional Identity Development of Pre-Service Teachers through Teaching to Avatars. *Accepted for Oral Presentation at American Educational Research Association (AERA) Annual Meeting, April 13-17, New York City, NY.*

Fraser, M., Crawley, A., **Greska, E.** 2017. Comparison of back squat versus safety squat on activation of seven superficial thigh muscles. Submitted to National Strength and Conditioning Association Annual Conference. Las Vegas, NV. *Journal of Strength and Conditioning Research*. 2017; 31: S11 [Refereed]

Kenny, DM., Crawley, A., **Greska, E.** 2017. The effects of a golf specific exercise intervention on swing performance in collegiate golfers. Submitted to National Strength and Conditioning Association Annual Conference. Las Vegas, NV. *Journal of Strength and Conditioning Research*. 2017; 31: S174. [Refereed]

- Van Der Like, J., Hobby-Burns, L., **Greska, E.** 2017. Assessing Nurse Learners' Stress Using Technology to Measure Physiologic Adaptation within Interprofessional Patient Care Simulation. Accepted for poster presentation at Sigma Theta Tau International's 28th International Nursing Research Congress, Dublin, Ireland. July 27-31 2017 [Refereed]
- Kenny DM, Cosio-Lima L, Presnall J, & **Greska E.** 2017. The effects of a 5-week golf specific strength and conditioning intervention on swing performance factors. Accepted for poster presentation at IOC World Conference: Prevention of Injury and Illness in Sport, Monte Carlo, Monaco. *British Journal of Sports Medicine* 2017;51(4): 339 [Refereed]
- Couch, R., Cuaresma, G., Cosio-Lima, L., Cortes, N., & **Greska, E.** 2016. The Effects of Blood Flow Restriction Training on Frontal Plane Isometric Ankle Strength. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 48, no. 5., S370, Boston, MA [Refereed]
- Ambegaonkar JP, Oladipo E, Caswell SV, **Greska E**, Shimokochi Y, & Cortes N. 2016. Effects of changing ball-handling positions on lower extremity moments during landing. *National Athletic Training Association Annual Meeting, Baltimore, MD June 22-25, 2016*
- Van Der Like, J., Hobby-Burns, L., **Greska, E.**, Dake, C., Chudzynski, J., & Behan, K. 2016. Simulation-Interprofessional Education (SIM-IPE) for College of Science, Engineering, and Health. Human Patient Simulation Network World 2016 Conference, Tampa, FL February 16-18, 2016
- Caillouet, K., Hampton, M., Caillouet, C, & **Greska, E.** 2015. Effects of a Six-Week Progressive Resistance Training Program on Gait Speed in Community-Dwelling Senior Adults. *Gerontological Society of America, Gerontologist*, Vol. 55, 101, Orlando, FL [Refereed]
- Crawford M, Moya, T, Cortes N, Ambegaonkar J, Cosio-Lima L, & **Greska E.** 2015. The Effects of Ankle Bracing and Direction on Knee Angles During Single-Leg Hop Tasks. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 47, no. 5., S793, San Diego, CA [Refereed]
- Cortes N, Caswell S, Martin J, **Greska E**, Ambegaonkar J. 2015. Lower Extremity Joint Kinetics Do Not Differ Between Different Athletic Upper Body Positions. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 47, no. 5., S344, San Diego, CA [Refereed]
- Lewis J, **Greska E**, Cosio-Lima L, & Lee Y. Effect of Acute Bouts of High Intensity Exercise in Hot and Cold Environments on Autophagy, Oxidative, and Inflammatory Proteins in Neutrophils. *The FASEB Journal*, Vol. 29, LB679
- Crawford M, McCrory C, Cortes N, & **Greska E.** 2014. Dynamic Postural Stability Positively Altered Following Participation in an Injury Prevention Program. 2014 National Strength and Conditioning Association Annual Conference. Las Vegas, NV. [Refereed]
- McCrory C, Crawford M, Cortes N, & **Greska E.** 2014. Participation in an injury prevention program improves biomechanical factors related to vertical jump performance. 2014 National Strength and Conditioning Association Annual Conference. Las Vegas, NV. [Refereed]
- Cortes N, **Greska E**, Ambegaonkar J, Caswell S, & Onate J. 2014. A 10-week neuromuscular training changes trunk flexion during unanticipated sidestep cutting tasks. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 46, no. 5., S825 Orlando, FL. [Refereed]

- Caswell S, Ausborn A, Ambegoankar J, **Greska E**, & Cortes N. 2014. Epidemiology of anthropometric, physical performance, and injury characteristics among youth football players. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 46, no. 5., S759-760 Orlando, FL. [Refereed]
- Greska E**, Cortes N, Ambegoankar J, Caswell S, & Onate J. 2014 Single-leg Hop Biomechanical Adaptions Following an Injury Prevention Program. IOC World Conference: Prevention of Injury and Illness in Sport, Monte Carlo, Monaco. *British Journal of Sports Medicine* 2014;48:7 602 [Refereed]
- Cortes N, **Greska E**, Caswell S, Ambegoankar J, & Onate J. 2014 The Effects of an Injury Prevention Program on Limb Dominance Neuromechanics. IOC World Conference: Prevention of Injury and Illness in Sport, Monte Carlo, Monaco. *British Journal of Sports Medicine* 2014;48:7 581-582 [Refereed]
- Turn K, **Greska E**, McCarty C, Waters B, Van Lunen B. 2013. Pubertal maturation effects on lower extremity kinetics and kinematics of adolescent male athletes during a stop-jump task. *Journal of Athletic Training*. National Athletic Trainer's Association Annual Meeting, Vol. 48. Las Vegas, NV. [Refereed]
- Russell D, **Greska E**, Kellerman K. 2013. Visual flow influences walking. North American Society for the Psychology of Sport and Physical Activity Annual Meeting. *Journal of Sport & Exercise Psychology*, Vol. 35, S48 New Orleans, LA. [Refereed]
- Greska E**, Cortes N, Ringleb S, Spear A, Jordan A, Van Lunen B. 2013. Physical performance adaptations following a lower extremity injury prevention program in female collegiate soccer players. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 45, no. 5., Indianapolis, IN. [Refereed]
- Kollock R, Cortes N, **Greska E**, Onate J. 2013. Off-season training program increases hip abductor rate of torque development in female collegiate soccer athletes. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 45, no. 5., Indianapolis, IN. [Refereed]
- Greska E**, Cortes N, Ringleb S, Samaan M, Van Lunen B. 2012. The effects of leg dominance, neuromuscular training, and fatigue on bilateral lower extremity kinematics. American Society of Biomechanics – Annual Meeting. Gainesville, FL. [Refereed]
- Cortes N, Bamberg J, **Greska E**, Ringleb S, Van Lunen B. 2012. The influence of fatigue on landing mechanics in youth male lacrosse athletes. American Society of Biomechanics – Annual Meeting. Gainesville, FL. [Refereed]
- Greska E**, Cortes N, Ringleb S, Spear A, Jordan A, Van Lunen B. 2012. Hip and knee mechanics during a sidestep cutting task unaffected by limb dominance. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 44, no. 5., S445 San Francisco, CA. [Refereed]
- Rickman A, Cortes N, **Greska E**, Ambegaonkar J, Onate J. 2012. Knee biomechanics of a crossover task following a neuromuscular training program. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 44, no. 5., S717 San Francisco, CA. [Refereed]
- Cortes N, Morrison S, Van Lunen B, **Greska E**, Onate J. 2012. Knee position And loading is influenced by foot-landing technique. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 44, no. 5, S441 San Francisco, CA. [Refereed]

- Greska E**, Cortes N, Samaan M, Onate J, Ringleb S, Van Lunen B. 2012. Fatigue effects neuromechanical control of the lower extremity during a sidestep task. *Journal of Athletic Training*, Vol. 47, no. 5, e10 ACL Research Retreat V. Greensboro, NC. [Refereed]
- Cortes N, **Greska E**, Ambegaonkar J, Benjaminse A, Onate J. 2012 Landing technique affects knee position during a pivot task. *Journal of Athletic Training*, Vol. 47, no. 5, e7 ACL Research Retreat V. Greensboro, NC. [Refereed]
- Greska E**, Cortes N, Kollock R, Van Lunen B, Ringleb S, Onate J. 2011. Neuromuscular training and fatigue alter knee and hip mechanics in multiple planes. 2011 National Strength and Conditioning Association Annual Conference. Las Vegas, NV. [Refereed]
- Snyder L, Van Lunen B, **Greska E**, Arnold B, Kaminski T, Onate J. 2011. Isometric, isokinetic, and isotonic strength evaluation of subjects with stable and unstable ankles. 2011 National Strength and Conditioning Association Annual Conference. Las Vegas, NV. [Refereed]
- Cortes N, **Greska E**, Jones M, Onate J. 2011. Peak vertical power is correlated with performance in collegiate soccer athletes. 2011 National Strength and Conditioning Association Annual Conference. Las Vegas, NV. [Refereed]
- Greska E**, Cortes N, Kollock R, Onate J, Van Lunen B. 2011. On-Field neuromuscular training alters hip and knee mechanics in female collegiate soccer players. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 43, no. 5., S290 Denver, CO. [Refereed]
- Kollock R, Cortes N, **Greska E**, Van Lunen B, Onate J. 2011. Relationship of isometric peak torque and rate of torque development to single leg hop performance. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 43, no. 5., S293. Denver, CO. [Refereed]
- Rickman A, Cortes N, **Greska E**, Kollock R, Ambegaonkar J, Jones M, Onate J. 2011. The effect of sequential fatigue on lower extremity biomechanics during a crossover task. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 43, no. 5, S288. Denver, CO. [Refereed]
- Cortes N, **Greska E**, Kollock R, Onate J. 2011. Sequential fatigue progressively alters lower extremity biomechanics. *British Journal of Sports Medicine*. International Olympic Committee World Conference on Prevention of Injury and Illness in Sport. Vol. 45, no. 4, 340-341. Monte-Carlo, Monaco. [Refereed]
- Sullivan C, **Greska E**, Cortes N, Ringleb S, Van Lunen B. 2011. Maturation does not influence mechanics in adolescent male lacrosse athletes during an unanticipated sidestep cutting task. *Journal of Athletic Training*. National Athletic Trainer's Association Annual Meeting, Vol. 46, S70. New Orleans, LA. [Refereed]
- Greska E**, Cortes N, Onate JA. 2010. A 10-week neuromuscular training program influences hip and knee kinematics in female collegiate soccer players. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 42, no. 5. Baltimore, MD: S479. [Refereed]
- Greska E**, Cortes N, Ringleb S, Onate J. 2010. The influence of a neuromuscular training program on landing mechanics while fatigued. American Society of Biomechanics - Annual Meeting. Providence, RI [Refereed]
- Grieco CR, **Greska E**, Lucci S, Cortes N, Onate JA. 2010. Effect of neuromuscular training on VO₂peak and running economy in Division I female soccer players. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 42, no. 5. Baltimore, MD: S207. [Refereed]

- McCann R, Onate JA, **Greska E**, Cortes N, Van Lunen B. 2010. A strength and agility training program reduces knee valgus angle at initial contact. *Journal of Athletic Training*. NATA Annual Meeting - Free Communications, Vol. 45, no. 3. Philadelphia, PA: S71. [Refereed]
- Onate JA, Cortes N, **Greska E**, Hertel J, Van Lunen B. 2010. Hip strength correlates more with frontal plane than sagittal plane knee and hip kinematics during a stop-jump. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 42, no. 5. Baltimore, MD. (June): S69. [Refereed]
- Samaan M, Ringleb S, Choisne J, Bawab S, Cortes N, **Greska E**, Onate J. 2010. Understanding knee motion during a side step cutting task. American Society of Biomechanics - Annual Meeting. Providence, RI [Non-Refereed]
- Greska, E.**, Bennett, J., Cosio-Lima, L. 2008. The Relationship Between Body Composition and Anaerobic Power in Collegiate Fastpitch Softball Players. *Medicine and Science in Sports and Exercise*. American College of Sports Medicine - Free Communications, Vol. 40, no. 5. Baltimore, MD: S278. [Refereed]

GRADUATE STUDENT MENTORSHIP

- Kym Atwood, Committee Member. Doctoral Dissertation, Physical Education, Ed.D. Decontextualized skill-cueing: teaching the components of the overarm throw to music with counts. 2016
- James Lewis, Committee Member. Masters Thesis, Exercise Science, MS. The effect of an acute bout of cycling in the cold on neutrophil and hsp72 expression. 2015
- Aaron Morton, Committee Member. Masters Thesis, Exercise Science, MS. The effect of facial distraction on rating of perceived exertion (RPE), during consecutive bouts of single-leg extension exercise in males. 2013

RELEVANT PRESENTATIONS AT CONFERENCES/ CLINICS

- Greska E**, Cortes N, Samaan M, Onate J, Ringleb S, Van Lunen B. 2012. Fatigue effects neuromechanical control of the lower extremity during a sidestep task. ACL Research Retreat V. Greensboro, NC. [Peer-Reviewed]
- Greska, E., Todorovich, J., Ryan, S. 2006. Enhancing Physical Performance. Florida Association for Health, Physical Education, Recreation, Dance, and Sport (FAHPERDS), Orlando, FL.
- Greska, E. 2006. Dynamic Warm-up. NCAA Youth Education in Sport (YES) Clinic, Division II National Championships Fall Festival, Pensacola, FL.

INVITED PRESENTATIONS

- Greska, E. (2011). Recognizing Risk Factors for Lower Extremity Injuries and Application of Prevention Techniques in High School Athletics. Requested presentation for Norfolk Academy, Athletic Director Mary Peecie, Norfolk, VA.
- Greska, E. (2011). Injury Reduction and Performance Enhancement Through Proper Movement Patterns in Adolescent Soccer Athletes. Requested presentation for Old Dominion University Summer Soccer Camps, Coach Joe Pereira, Norfolk, VA.

- Greska, E. (2006). The Effects of Resistance Training on Performance and Injury Reduction in Adolescent Soccer Athletes. Requested presentation for University of West Florida Summer Soccer Camps, Coach Bill Elliot, Pensacola, FL.
- Greska, E. (2006). Utilizing Dynamic Warm-ups and Dynamic Stretching Within the Physical Education and Sport Environments. Requested presentation for PET 4442 Physical Education in the High School, Dr. Stu Ryan, Pensacola, FL.
- Greska, E. (2005). Using Technology to Encourage Physical Activity. Requested presentation for PET 4720 Physical Education in Elementary School, Dr. Stu Ryan, Pensacola, FL.

AWARDS-SCHOLARSHIPS-HONORS-RECOGNITIONS

- 2014 Research Award, Department of Health, Leisure, and Exercise Science, University of West Florida
- 2007 Major of the Year, National Association of Sport and Physical Education (NASPE)

SERVICE

University

- Faculty Learning Community (FLC) member, "Ensuring Access to UD's Excellence" Accessibility Initiative, University of Delaware. 2018-Present
- Student Course Feedback working group member, University of Delaware. 2020-Present
- Phi Sigma Pi National Honor Fraternity faculty advisor, University of Delaware. 2020-Present
- Open and Affordable Teaching Materials (OATM) working group member, University of Delaware. 2021-Present

Professional

- Committee member 2016 International Congress on Sports Science Research and Technology Support (icSPORTS), Lisbon, Portugal October 30-31, 2016
- Committee member 2015 International Congress on Sports Science Research and Technology Support (icSPORTS), Lisbon, Portugal November 15-17, 2015
- Committee member 2014 International Congress on Sports Science Research and Technology Support (icSPORTS), Rome, Italy October 24-26, 2014
- Committee member 2013 International Congress on Sports Science Research and Technology Support (icSPORTS), Vilamoura, Portugal September 20-22, 2013

Journal Peer-Reviewer

- American Journal of Sports Medicine
- British Journal of Sports Medicine
- Journal of Biomechanics
- Clinical Biomechanics
- Journal of Sports Sciences
- Journal of Athletic Training
- International Journal of Athletic Therapy & Training

- Sports Health

PROFESSIONAL CERTIFICATIONS

- Certified Strength and Conditioning Specialist (CSCS)
National Strength and Conditioning Association
- Certified Personal Trainer (CPT)
National Strength and Conditioning Association
- Certified Level I Coach
USA Track and Field
- Certified Club Coach
USA Weightlifting
- Functional Movement Screen Certified Specialist
Functional Movement Systems
- Certified CPR and First Aid
American Red Cross

PROFESSIONAL MEMBERSHIPS

- National Strength and Conditioning Association (NSCA)
- American College of Sports Medicine (ACSM)
- American Society of Biomechanics (ASB)
- International Society of Biomechanics (ISB)