

SHAD K. ROBINSON, MPE-AA, CSCS

Clinical Instructor & Human Performance Lab Coordinator
Department of Human Performance and Sport Studies | Idaho State University
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EDUCATION

MPE	Athletic Administration	2013	Idaho State University, Pocatello, ID
BS	Exercise Science	2012	Idaho State University, Pocatello, ID

PROFESSIONAL EXPERIENCE

2022 – Present **Clinical Instructor**, Department of Human Performance and Sport Studies, Idaho State University, Pocatello, ID.

2020 – Present **Head Strength and Conditioning Coach, Education Consultant**, Hansen Athletics, Pocatello, ID.

2020 – Present **Owner**, Robinson Performance Consulting, LLC.

2017 – Present **Clinical Coordinator, Human Performance Lab**, Department of Human Performance and Sport Studies, Idaho State University, Pocatello, ID.

PROFESSIONAL CERTIFICATIONS/

Certified Strength and Conditioning Specialist
National Safety Council Certified CPR/AED and First Aid Instructor

PROFESSIONAL AFFILIATIONS

American College of Sports Medicine, ACSM
National Strength and Conditioning Association, NSCA
State of Idaho Advisory Committee 2013 - 2014
National Safety Council, NSA

TEACHING EXPERIENCE

Academic Courses

First Aid, CPR, and Sports Safety (HPSS 2222)
Movement Theory and Motor Development (HPSS 3300)
Physiology of Exercise Lab (HPSS 3301L)
Tests and Measurements in Physical Education (HPSS 3362)
Principles of Strength and Conditioning (HPSS 4428)

Guest Lecturer

Athletic Performance Nutrition (4414/5414)
Exercise Assessment and Prescription (4484)
Physiology of Exercise (3301)
Athletic Training Graduate Program
Physical Therapy Assistant Program

RESEARCH INTERESTS & SUMMARY

Muscular Strength Versus Injury Incidence

Optimization of Strength & Conditioning Programming for Youth Athletes
Physiological Training and testing Methods
Psychological Coping Skills and Indices of Performance for Athletic and Tactical Populations
2 Published Scientific Paper
8 Abstracts
1 Presentations (National)

RECENT RESEARCH EXPERIENCE

In Review

Robinson, S.K., Meyers, M.C., Robinson, D., Tactical coping skills of wildland firefighters. *Journal of Sport Behavior*.

In Progress

Meyers, M.C., **Robinson, S.K.**, Moffit, D., McCaw, J., Healthcare costs of NCAA football injuries.

Robinson, S.K., Meyers, M.C., Hip strength ratio for adduction versus abduction among undergraduate college students.

2023 Meyers, M.C., Sterling, J.C., **Robinson, S.K.** Effect of mouthguard type on severity of concussion during game-related college football competition. A 16-season prospective study. *Orthopaedic Journal of Sports Medicine*, 11(7), 2023.

2022 Polenske, A.D., Meyers, M.C., Wright, H.M., **Robinson, S.K.**, Shuman, K.M. Coping skills of NCAA division I field athletes. *Journal of Sport Behavior*, 45(3), 2022.

Meyers, M.C., Sterling, J.C., **Robinson, S.K.** Advanced medical procedures following college football upper extremity surface trauma on artificial turf and grass. *Medicine & Science in Sports and Exercise*, 54(9s), 2022.

2020

Wright, H.M., Meyers, M.C., Sterling, J.C., **Robinson, S.K.**, Incidence, mechanisms, and severity of game-related high school and college football hand injuries. *Medicine & Science in Sports and Exercise*, 52(5), 2020.

Robinson, D., Meyers, M.C., **Robinson, S.K.**, Coping skills of wildland firefighters. *Medicine & Science in Sports and Exercise*, 52(5), 2020.

2019

Wright, H.M., Meyers, M.C., Niebylski, M.L., Sterling, J.C., **Robinson, S.K.**, Blood pressure abnormalities among NCAA athletes. *Medicine & Science in Sports and Exercise*, 51(6): 882, 2019

OTHER PUBLICATIONS

Meyers, M.C., Robinson, S.K., (2022, January) *Exercise Physiology Laboratory Manual*.

ADDITIONAL APPOINTMENTS

2017 – Present **Student Advisor**, Human Performance and Sports Studies Department, Idaho State University