

CURRICULUM VITAE
BENJMAIN C. SKUTNIK

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EDUCATION:

Indiana University Department of Kinesiology Ph.D. (candidate)
Bloomington, IN Human Performance

2013-2019 (Projected) Minor: Physiology
Advisor: Joel M. Stager, Ph.D.
Concentration: Mechanical Work of Breathing, Pulmonary Mechanics, Athletic Performance
Dissertation: Ventilatory Mechanics of Trained Competitive Swimmers During Rest and Exercise

Kansas State University Department of Kinesiology M.S.
Manhattan, KS Kinesiology (Emphasis: Exercise Physiology)

2011-2013 Advisor: Craig A. Harms, Ph.D.
Thesis: Effects of High-intensity Interval Training on Resting Mean Arterial Pressure and C-reactive Protein in Prehypertensive Subjects

Luther College Department of HPER B.A.
Decorah, IA Physical Education

2004-2008

TEACHING AND PROFESSIONAL EXPERIENCE:

Instructor **University of Louisville** (2019-Present)
Department of Health & Sports Sciences
Louisville, KY

Courses Taught:
HSS 390 – Anatomy and Physiology II
HSS 397 – Medical Terminology
HSS 486 – Advanced Exercise Physiology

Strength and Conditioning Coach **Indiana University Professional Swimmers**
Independently Contracted
Bloomington, IN

Primary S&C Coach for:
Amanda Kendall (2018 US Nat'l Champ)
Ali Kalafhala (2020 Olympics Qualifier)

Adjunct Faculty **Indiana University** (2017-2019)
Department of Kinesiology
Bloomington, IN

Courses Taught:
SPH-K 335 – Theories of Conditioning for Coaches

SPH-K 391L – Biomechanics (lab)

Associate Instructor

Indiana University (2013-2017)
Department of Kinesiology
Bloomington, IN

Courses Taught:

SPH-A 367 – Coaching of Swimming
SPH-I 119 – Personal Fitness
SPH-I 168 – Swimming for the Non-Swimmer
SPH-I 187 – Weight Training
SPH-I 268 – Intermediate Swimming
SPH-K 409L – Basic Physiology of Exercise (lab)
SPH-K 636 – Cardiopulmonary Assessment (grad lab)

Guest Lecturer

SPH-K 409 – Basic Physiology of Exercise
Title: “High-Intensity Interval Training: Practical Applications Across the Health Spectrum”

SPH-K 633 – Respiratory Physiology
Title: “Flow-Volume Loops, Pressure-Volume Loops, and other Pulmonary Mechanics”

PSYP-303 – Health Psychology
Title: “Using Elite Athletes and Human Performance to Understand Current Issues in Public Health”

Graduate Teaching Assistant

Kansas State University (2011-2013)
Department of Kinesiology
Manhattan, KS

Courses Taught:

KIN 100 – Adaptive Physical Activities
KIN 161 – Fitness and Conditioning
KIN 162 – Jogging
KIN 163 – Weight Training
KIN 220 – Biobehavioral Basis of Phys Activity (lab)

L.I.F.E. Program Coordinator

Kansas State University (2010-2011)
Manhattan, KS
Oversaw operations for employee fitness programs

PUBLISHED ARTICLES

Manz, W.J, J.T. Greenshields, B.V. Wright, C.S. Goss, **B.C. Skutnik**, J.M. Stager (2019). Head Depth and Head Speed During Competitive Backstroke Ledge Starts." *International Journal of Aquatic Research and Education* 12.1

Skutnik, B.C., J.R. Smith, A.M. Johnson, S.P. Kurti, C.A. Harms (2016). The Effect of Low Volume Interval Training on Resting Blood Pressure in Pre-hypertensive Subjects: A Preliminary Study. *The Physician and sportsmedicine*, 1-7.

Smith, J. R., C.J. Ade, R.M. Broxterman, **B.C. Skutnik**, T.J. Barstow, B.J. Wong, C.A. Harms (2014). Influence of exercise intensity on respiratory muscle fatigue and brachial artery blood flow during cycling exercise. *European journal of applied physiology*, 1-11.

In Review:

Skutnik, B.C., A.C. Cornett, K. Kojima, J.M. Stager. Optimal Training Methods for Peri-adolescent Swimmers.

Greenshields J.T., **B.C. Skutnik**, J.M. Stager. A novel assessment of swimming power.

Skutnik, B.C., T. Li, J.T. Greenshields, Y. Lu, J.M. Stager. Ventilatory strategies of competitive swimmers during swimming and cycling.

In Progress:

Skutnik, BC, J. Greenshields. Dysanapsis ratio predicts expiratory flow limitation in highly trained endurance athletes.

Skutnik, BC, J. Greenshields, RF Chapman, JM Stager. Distribution of hypercapnic and hypoxic ventilatory responses are non-normally distributed.

PUBLISHED ABSTRACTS AND RESEARCH PRESENTATIONS

Skutnik, B. C., Greenshields, J. T., Gagnon, S. R., Chapman, R. F., & Stager, J. M. (2018). Hypercapnic and Hypoxic Ventilatory Responses are Non-normally Distributed: A Retrospective Analysis. *Medicine & Science in Sports & Exercise*, 50(5S), 283.

Skutnik, B.C., T. Li, C.L. Brammer, Y. Lu, J.M. Stager. Ventilatory Strategies of Swimmers During Submaximal Efforts. Presented at ACSM Annual Meeting, Denver, CO Jun, 2017.

Gagnon, S., **Skutnik, B.**, Greenshields, J., Holland, M., & Stager, J. (2017). Cardioprotective Benefits Associated With Routine Physical Activity In Middle Aged Population. Presented at ACSM Annual Meeting, Denver, CO Jun, 2017.

Skutnik, B.C., T. Li, C.L. Brammer, Y. Lu, J.M. Stager. Ventilatory Strategies of Competitive Swimmers during Incremental Swimming and Cycling Tests to Exhaustion. Presented at ACSM Annual Meeting, Boston, MA Jun, 2016.

Skutnik, B.C., J.R. Smith, C.A. Harms. The effect of high intensity interval training on blood pressure and inflammation in pre-hypertensive subjects. Presented at ACSM Annual Meeting, Indianapolis, IN Jun, 2013.

Smith, J.R., C.J. Ade, R.M. Broxterman, **B.C. Skutnik**, C.A. Harms. The implications of respiratory muscle fatigue on inactive limb blood flow during cycling exercise. Presented at ACSM Annual Meeting, Indianapolis, IN Jun, 2013.

NON-PEER REVIEWED PUBLICATIONS

“Gen Pop Onboarding”, Power Athlete HQ (<http://www.powerathletehq.com>), August 27, 2018

“What the Science Says: Hydration”, Power Athlete HQ (<http://www.powerathletehq.com>), July 26, 2018

“GPP: The Foundation of Athlete Development”, Power Athlete HQ (<http://www.powerathletehq.com>), June 25, 2018

“What the Science Says: Sleep”, Power Athlete HQ (<http://www.powerathletehq.com>), May 26, 2018

“What the Science Says: Beta-Alanine Supplementation”, Power Athlete HQ (<http://www.powerathletehq.com>), April 16, 2018

“What the Science Says: Guidelines for Youth Resistance Training”, Power Athlete HQ (<http://www.powerathletehq.com>), March 26, 2018

“What the Science Says: Effects of Youth Resistance Training”, Power Athlete HQ (<http://www.powerathletehq.com>), March 19, 2018

“What the Science Says: Youth Resistance Training”, Power Athlete HQ (<http://www.powerathletehq.com>), March 12, 2018

“What the Science Says: Creatine”, Power Athlete HQ (<http://www.powerathletehq.com>), February 26, 2018

“Lab to Leg Day: How to be a Scientific Strength and Conditioning Coach”, Power Athlete HQ (<http://www.powerathletehq.com>), February 14, 2018

“A Coach’s Field Guide to Hormones”, Power Athlete HQ (<http://www.powerathletehq.com>), January 29, 2018

OTHER PRESENTATIONS

“Periodized Swimming Specific Resistance Training Increases Power Output and Performance in Young, Post-Adolescent Swimmers”, The XIIIth International Symposium on Biomechanics and Medicine in Swimming, 2018

“The Science of Swim Training”, Indiana University Summer Swim Camp, 2015

SERVICE

Kinesiology Director - Jim Holland Summer Enrichment Program (SEP) 2018
A summer program for gifted minority high school students. I was responsible for organizing the activities and staffing volunteers in the Kinesiology Department.

Volunteer - Jim Holland Summer Enrichment Program (SEP) 2013-2017
A summer program for gifted minority high school students. I was directly responsible for the facilitation of activities related to physiology and exercise physiology which included guiding these students through various field tests of performance and the accompanying data analysis.

AWARDED FUNDING

Amount	(Year) Description/Title/Agency/Principle & Co-Investigators
\$300	(2018) Graduate Travel Grant: Dept. of Kinesiology – Indiana University. Awarded to: BC Skutnik
\$550	(2017) Graduate Travel Grant: School of Public Health – Indiana University. Awarded to: BC Skutnik
\$20,000	(2016) Risk Assessment of the Backstroke Ledge: National Federation of State High School Associations. PI: J.M. Stager; Co-Investigators: BC Skutnik and B. Wright
\$550	(2016) Graduate Student Travel Grant: School of Public Health – Indiana University. Awarded to: BC Skutnik
\$25,000	(2014) Optimal Training for Peri-Adolescent Swimmers: American Swim Coaches Association. PI: J.M. Stager; Co-Investigators: BC Skutnik , K. Kojima, A.C. Cornett
\$500	(2013) Graduate Student Travel Grant: Dept. of Kinesiology – Kansas State University. Awarded to: BC Skutnik

LICENSURE AND CERTIFICATIONS

Organization	Type	Year
Precision Nutrition	Level 1	2018
BirthFit, Inc.	Regional Director	2018
CrossFit, Inc.	Level 2 Trainer	2017
Power Athlete, LLC	Block One Coach	2017
USA Weightlifting	Level 1 Sports Performance Coach	2015
American Swim Coaches Association	Fellow	2015
American Swim Coaches Association	Level 4 Coach	2015
American Red Cross	Safety Training for Swim Coaches	2011
National Strength & Conditioning Assoc.	Cert. Strength & Cond. Specialist	2008
American Red Cross	Adult First Aid/CPR/AED	2006
American Red Cross	Pediatric First Aid/CPR/AED	2006

PROFESSIONAL ORGANIZATIONS

National Strength & Conditioning Assoc.	Member	2006-2012, 2018-Present
USA Weightlifting	Coach	2015-Present
American Physiological Society	Member	2013-Present
American College of Sports Medicine	Member	2011-Present
American Swim Coaches Association	Fellow	2010-Present
Indiana Swimming, Inc.	Coach	2013-2015
Missouri Valley Swimming	Coach	2010-2012