



- 2000-2005 Chair and Professor, Department of PEHR and Director of Graduate Program: Eastern Washington University.
- 1998-2000 Associate Professor with tenure, Department of PEHR Eastern Washington University.
- 1994-1998 Assistant Professor, Department of PEHR, Eastern Washington University.
- 1993-1994 Visiting Prof./Director of The Body Shop, Department of PEHR, Eastern Washington University.
- 1992-1993 Visiting Professor, 1-year appointment, Department of PEHR, Eastern Washington University.
- 1990-1992 Graduate Assistant, Department of Kinesiology, University of Northern Colorado.
- 1988-1990 Graduate Teaching Assistant: Department of Physical Education and Human Performance, California State University, Fresno.

**PROFESSIONAL DEVELOPMENT:**

- Winter 2006 Dean and Chair Leadership workshops, National Association of Kinesiology and Physical Education in Higher Education
- Fall 2006 Site Evaluator Training workshop, The Washington State Office of the Superintendent of Public Instruction
- Winter 2007 Dean and Chair Leadership Conference, American Council for Education

**TEACHING:**

Awarded the inaugural Associated Students of EWU Teacher of the Year award in 1999.

- 1992-Present Eastern Washington University - Undergraduate and graduate courses in Anatomical, Mechanical and Maturational Kinesiology (intro and advanced), training methods and periodization, Adapted Physical Education, Measurement and Evaluation, and Evaluation, Research and Statistics in Recreation.
- 1990-1992 Part time as a Graduate Assistant as University of Northern Colorado Mechanical Kinesiology Laboratories and Lectures
- 1988-1992 Physical Education Activity Courses Part time:  
                   Kayaking                   Cycling  
                   Softball                   Volleyball  
                   Racquetball               Weightlifting
- 1988-1990 Part time as a Graduate Assistant as California State University, Fresno – Faculty Fitness, Weight Lifting and Jogging

## **PROFESSIONAL AFFILIATIONS:**

Association for Supervision and Curriculum Development

Teacher Education Council of State and Colleges and Universities

American Association of Colleges for Teacher Education

Washington Association of Colleges for Teacher Education

American Alliance of Health, Physical Education, Recreation and Dance

Washington Association of Health, Physical Education, Recreation and Dance

American College of Sports Medicine

Northwest American College of Sports Medicine

National Association for Kinesiology and Physical Education in Higher Education

## **GRANTS:**

### **(post award implementation and administrative oversight)**

Partners in Learning: EWU and Cheney School District, Microsoft and State of Washington, \$2.5 Million for 5 years. (2005-2010)

GearUp, Department of Education, \$2.4 Million for 6 years. (2005-2010)

Bilingual Counseling Support Project, Department of Education, \$1.5 million for 5 years

### **(PI or Co-PI)**

**Coelho, AJ**, Pincivero, DM (Fall 2000). Perceived exertion as a predictor of dynamic muscular force production. Faculty research grant \$6272.20 (Awarded)

Pincivero DM, **Coelho AJ** (April 1999). Perceived exertion and neuromuscular activation through the intensity spectrum during dynamic exercise. Faculty research grant \$7246.92 (Awarded)

**Coelho, AJ**, Pincivero, DM (December 1998). Perceived exertion as a predictor of muscular force production and neuromuscular activation. Faculty research grant \$7,008.12 (Awarded)

Pincivero DM, **Coelho AJ** (Sept. 1998). Rest interval and training effects on EMG and strength, NIH Area Grant \$75,000.00 (Denied)

Pincivero DM, **Coelho AJ** (June, 1998). Rest Intervals on Neuromuscular and Strength Recovery in Sprint and Endurance Trained Athletes, US Olympic Committee \$18,000.00 (Denied)

- Pincivero DM, **Coelho AJ** (May, 1998). Gender Differences in Fatigue and Neuromuscular Control, NIH Grant \$134,000.00 (Denied)
- Coelho, AJ.** (May, 1997). EWU Foundation Mini-Grant to purchase biomechanical hardware and software, \$1500.00 (Denied)
- Coelho, AJ.** (May, 1996). EWU Foundation Mini-Grant to purchase biomechanical software, \$1500.00 (Granted \$750.00)
- Coelho, AJ** (Aug. 1996 as representative of NWACSM). Gatorade Sport Science Institute granted \$985.00 to bring in guest speaker to NWACSM conference.
- Repovich, W, **Coelho, AJ**, Wirtz, R. (Nov. 1994). Comparison of physiological responses to deep vs. shallow water training, Faculty Research Grant, \$7500.00 (Denied)
- Wirtz, R, Repovich, W, **Coelho, AJ.**, (Nov. 1994). Heart rate, O<sub>2</sub> consumption and RPE during bench stepping on land and in water, Faculty Research Grant, \$7500.00 (Denied)
- Coelho, AJ,** (Oct. 1992). Statistical grant from Spokane Valley School District to analyze fitness data of K-12 students, \$1,000

#### **BOOKS, CHAPTERS AND INVITED PUBLICATIONS**

- Pincivero DM, **Coelho AJ**, Campy RM. (2000). Quadriceps femoris activation: The influence of contraction intensity on neurobehavior. In, Herzog W. (Editor). *Skeletal Muscle Mechanics: From Mechanisms to Function*. Chapter 4.19. John Wiley & Sons.
- Chamberlain, C.J. & **Coelho, AJ.** (1993). The Perceptual Side of Action: Decision-making in Sport. In Starkes and Allard (Eds.), *Advances in Psychology: Cognitive Issues in Motor Expertise* (pp. 135-157) North-Holland: Elsevier Science Publishers.

#### **PUBLISHED & SUBMITTED MATERIALS:**

- Pincivero, D.M., **Coelho, A.J.**, Campy, R.M. (2008). Contraction mode shift in quadriceps femoris muscle activation during dynamic knee extensor exercise with increasing loads. Journal of Biomechanics 41, 3127-3132.
- Pincivero, D.M., Gandhi, V., Timmons, M.K., **Coelho, A.J.** (2006). Quadriceps femoris electromyogram during concentric, isometric and eccentric phases of fatiguing dynamic knee extensions. Journal of Biomechanics 39(2), 246-254.
- Pincivero DM, **Coelho, AJ.** (2005). Quadriceps femoris EMG during concentric, isometric and eccentric phases of fatiguing dynamic knee extensions. Journal of Biomechanics.
- Pincivero DM, Salfetnikov Y, Campy RM, **Coelho AJ.** (2004). Angle and gender specific quadriceps femoris muscle recruitment and knee extensor torque. Journal of Biomechanics (37) 1689-1697.

- Pincivero DM, Campy RM, **Coelho AJ**. (2004) Gender differences in perceived exertion during fatiguing knee extensions. Medicine and Science in Sports and Exercise (1-36) 109-117.
- Pincivero DM, Campy RM, **Coelho AJ**. (2003). Knee flexor torque and perceived exertion: a gender and reliability analysis. Medicine and Science in Sports and Exercise (35) 1720-1726.
- Pincivero DM, Dixon PT, **Coelho AJ**. (2003) Knee extensor torque, work, and EMG during subjectively graded dynamic contractions. Muscle & Nerve. (28) 54-61.
- Pincivero DM, **Coelho AJ**, Campy RM, Salfetnikov Y, Suter E (2003). Knee extensor torque and quadriceps femoris EMG during perceptually-guided isometric contractions. Journal of Electromyography and Kinesiology. 13(2003) 159-67.
- Pincivero DM, **Coelho AJ**, Campy RM, (2003). Perceived exertion and maximal quadriceps femoris muscle strength during dynamic knee extension exercise in young adult males and females. European Journal of Applied Physiology. 89:150-156.
- Pincivero DM, Bachmeier B, **Coelho AJ**. (2001). Reliability and the effects of joint angle on knee proprioception. Medicine and Science in Sports and Exercise. 33-10.
- Pincivero DM, **Coelho AJ**, Campy RM, Salfetnikov Y, Bright A. (2001). The effects of voluntary contraction intensity and gender on perceived exertion during isokinetic quadriceps exercise. European Journal of Applied Physiology. 84:221-226.
- Pincivero DM, Campy RM, Salfetnikov Y, **Coelho AJ**, Bright A. (2001). The influence of contraction intensity, muscle and gender on median frequency of the quadriceps femoris. Journal of Applied Physiology. 90-3: 804-810
- Pincivero DM, Keller D, **Coelho AJ**, Karunakara RG, (2000). Rest interval effects on torque, work and power development in healthy males. South African Journal of Sports Medicine.
- Pincivero, D.M., **Coelho, AJ**., & Erickson, W. (2000). Perceived exertion accuracy and linearity using the CR-10 scale during static muscle contractions. Journal of Sports Medicine and Physical Fitness. 40:319-326.
- Pincivero DM, **Coelho AJ**. (2000) Activation linearity and parallelism of the superficial quadriceps muscles across the isometric intensity spectrum. Muscle and Nerve. 23(3):393-398.
- Coelho, AJ**. (1998). Down syndrome. In Magill's Medical Guide: Pediatrics. Salem Press, Pasadena CA.
- Coelho, AJ**. (1998). Bow legs. In Magill's Medical Guide: Pediatrics. Salem Press, Pasadena CA.
- Coelho, AJ**. (1998). Knock Knees. In Magill's Medical Guide: Pediatrics. Salem Press, Pasadena CA.

Priebe, P.A., & **Coelho, AJ.** (1998). The effect of turnovers on winning. National Association of Basketball Coaches.

**Coelho, AJ.** (1997). Sudden infant death syndrome. In Ready Reference: Family Life. Salem Press, Pasadena CA.

**Coelho, AJ.** & Wasem, J. (1996). Physical education/coaching hiring practices in the Inland Empire. Washington Alliance for Health, Physical Education, Recreation and Dance Journal.

**Coelho, AJ.** (1995). Birth Defects. In The Encyclopedia of Contemporary Social Issues. Salem Press, Pasadena, CA.

**Coelho, AJ.** (1995). Education for All Handicapped Children Act. In The Encyclopedia of Contemporary Social Issues. Salem Press, Pasadena, CA.

**Coelho, AJ.** (1995). Presidents Council on Physical Fitness and Sports. In The Encyclopedia of Contemporary Social Issues. Salem Press, Pasadena, CA.

#### **PROFESSIONAL PRESENTATIONS:**

Campitelli, A., **Coelho, A.**, McNeal, J. The Effect of Loads on the Kinematics of the Sumo Deadlift in Competitive Powerlifters. 2018 Northwest American College of Sports Medicine Conference. Bend OR.

Travis, E, Repovich, WES, **Coelho, AJ.** Different Warm-Up Protocols on Immediate Golf Drive Performance in Recreational Golfers. 2016 National American College of Sports Medicine Conference, Boston, MA

Brown LA, McNeal J, **Coelho AJ.** Investigation of the Relationship Between Symmetry Index in Isometric Strength and Vertical Ground Reaction Forces in Drop Landings. 2013 National American College of Sports Medicine Conference, Indianapolis, IN.

Campy, RM., **Coelho AJ,** Pincivero, DM. The EMG/Froce Realtionship in the Hamstring Muscle Group During Isometric Knee Flexion. 2003 National American College of Sports Medicine Conference, San Francisco, CA.

**Coelho AJ,** Dixon P, Pincivero DM: Magnitude Production of Knee Extensor Torque and Quadriceps Femoris EMG During Dynamic Contractions. 2003 Nation American College of Sports Medicine Conference, San Francisco, CA.

Pincivero DM, McCarthy K, Campy RM., Salfetnikov Y, **Coelho AJ** Quadriceps Femoris Muscle Activation During Knee Extension Exercise: Influence Of Load And Fatigue. 2003 Nation American College of Sports Medicine Conference, San Francisco, CA.

Pincivero DM, McCarthy K, Campy RM., Salfetnikov Y, **Coelho AJ.** Concentric-Isometric-Eccentric Shift In Quadriceps Femoris Muscle Activation During Knee Extension Exercise "The Banff Symposium on Skeletal Muscle", Banff, AB, CANADA, Aug

2-3, 2003.

- Pincivero DM, Campy RM, Salfetnikov Y, **Coelho AJ**. Quadriceps Femoris Activation-Force Relationship And Perceived Exertion During Dynamic, Inertial Knee Extension Exercise. 2002 World Congress on Biomechanics, Calgary, CA, August 2002
- Dixon PT, **Coelho AJ**, Pincivero DM. Knee Extensor Torque, Work And Power During Dynamic Contractions Guided By Perceptual Sensations \_2002 World Congress on Biomechanics, Calgary, CA, August 2002
- Campy RM, Pincivero DM, **Coelho AJ**. The EMG/Force Relationship in the Hamstring Muscle Group During Isometric Knee Flexion. 2002 Northwest American College of Sports Medicine Conference, Spokane, WA. February 22-23, 2002.
- Pincivero DM, Campy RM, Salfetnikov Y, Bright A, **Coelho AJ**. Effects Of Perceived Voluntary Contraction Effort, Muscle And Gender On Quadriceps Femoris Median Frequency. 2001 American Society of Biomechanics, San Diego CA, August 8-11, 2001.
- Pincivero DM, Campy RM, **Coelho AJ**, Salfetnikov Y. The Effects Of Knee Angle On Quadriceps Femoris Activation And Knee Extensor Torque. 2001 American Society of Biomechanics, San Diego CA, August 8-11, 2001.
- Coelho AJ**, Pincivero DM, Campy, RM, Salfetnikova, Y. Effects of Perceived Exertion on Quadriceps Femoris Torque Output. 2001 American College of Sports Medicine 48<sup>th</sup> Annual Meeting. Baltimore, MD. May 30-June 2, 2001.
- Campy RM, Salfetnikov Y, **Coelho AJ**, Pincivero DM. Effects of perceived exertion on quadriceps femoris torque output. Annual Scientific Conference of the Canadian Society for Exercise Physiology. Canmore, CANADA. October 25-28, 2000.
- Pincivero DM, Suter E, **Coelho AJ**, Campy RM. Quadriceps femoris activation and accuracy across the perceptual range. XI<sup>th</sup> Congress of the Canadian Society of Biomechanics. Montreal, CANADA. August 23-26, 2000
- Coelho AJ**, Pincivero DM, Campy, RM, Bright, A., Salfetnikova, Y. Perceived exertion response during isokinetic quadriceps exercise in males and females. . 2000 American College of Sports Medicine 47<sup>th</sup> Annual Meeting. Indianapolis, IN. May 31-June 3, 2000.
- Campy RM, Pincivero DM, Salfetnikova Y, Bright A, **Coelho AJ**. The influence of gender, muscle and contraction intensity on quadriceps femoris median frequency. 2000 American College of Sports Medicine 47<sup>th</sup> Annual Meeting. Indianapolis, IN. May 31-June 3, 2000.
- Pincivero DM, Bachmeier B, **Coelho AJ**. The effect of muscle length on lower extremity proprioception. 2000 American College of Sports Medicine 47<sup>th</sup> Annual Meeting. Indianapolis, IN. May 31-June 3, 2000.
- Pincivero DM, Campy RM, **Coelho AJ**. Perceived exertion during sub-maximal isokinetic quadriceps exercise in males and females. *Northwest Regional Chapter of the American College of Sports Medicine Annual Meeting*. Boise, ID. March 17-18, 2000.

- Pincivero DM, Campy RM, **Coelho AJ**. The influence of gender, muscle and contraction intensity on quadriceps femoris median frequency. *Northwest Regional Chapter of the American College of Sports Medicine Annual Meeting*. Boise, ID. March 17-18, 2000
- Pincivero DM, **Coelho AJ**. Parallel activation of the superficial quadriceps during linearly increasing isometric intensities. Satellite Symposium on Skeletal Muscle Mechanics, Canmore, CANADA. August 6-7, 1999.
- Coelho AJ**, Pincivero DM, & Erikson WH. (June, 1999). Perceived exertion validity and linearity during static quadriceps contractions. Poster Presentation, National ACSM, Seattle, WA.
- Harder M, Pincivero DM, **Coelho AJ**, Lephart SM, Robertson RJ. (June, 1999). The effects of rest interval on strength and EMG in healthy males. National ACSM Student Presentation, Seattle, WA.
- Keller D, Pincivero DM, **Coelho AJ**, Lephart SM, Robertson RJ. . (June, 1999). Rest interval effects on torque, work and power development in healthy males. National ACSM Student Presentation, Seattle, WA.
- Harder M, Pincivero DM, **Coelho AJ**, Lephart SM, Robertson RJ. (February, 1999). The effects of rest interval on strength and EMG in healthy males. NACSM Student Presentation, Kirkland, WA.
- Elfering ME, **Coelho AJ**, Wirtz, R. (February, 1999). Effects of social environment on feeling states and self-efficacy in a group exercise class. NWACSM Student Presentation, Kirkland, WA.
- Pocklington, A, **Coelho AJ**, Pincivero DM, & Erikson WH. (February, 1999). Perceived exertion validity and linearity during static quadriceps contractions. NWACSM Student Presentation, Kirkland, WA
- Keller D, Pincivero DM, **Coelho AJ**, Lephart SM, Robertson RJ. . (February, 1999) Rest interval effects on torque, work and power development in healthy males. NWACSM Student Presentation, Kirkland, WA
- Repovich, W., Roehl, M., & **Coelho, AJ**. (June, 1998). Effectiveness of the Breathe Right on VE and RPE in Collegiate Distance Runners. National ACSM, poster presentation, Orlando, FL.
- Roehl, M., Repovich, W., & **Coelho, AJ**. (April, 1998). Effectiveness of the Breathe Right on VE and RPE in Collegiate Distance Runners. AAHPERD National Conference poster presentation, Reno, NV.
- Roehl, M., Repovich, W., & **Coelho, AJ**. (February, 1998). Effectiveness of the Breathe Right on VE and RPE in Collegiate Distance Runners. NWACSM Student Presentation, Whitefish, MT.



- Coelho, A.J.**, Lund, R. (February 1998). The effects of a specific training program vs. strength training on angular hip, angular shoulder and linear bat head velocity in male college baseball players. NWACSM Poster Presentation, Whitefish, MT
- Repovich, W., & **Coelho, A.J.** (October, 1997). CPR, Curriculum Program Revival. WAHPERD Conference, Walla Walla, Washington.
- Coelho, A.J.** (December, 1996). Conditioning for Alpine Skiing. Brown Bag presentation, Washington Water Power Company.
- Coelho, A.J.** (October, 1996). Circuit Training for your Schools. WAHPERD Conference, Kirkland, Washington.
- Melville, S., Krause, J., Wasem, J., & **Coelho, A.J.** (October, 1996). Write Now WAHPERD Conference, Kirkland, Washington.
- Coelho, A.J.** & Barr, B. (March, 1996). Computer Equipment for Classroom Presentations, Northwest AAHPERD Conference, Spokane, Washington.
- Coelho, A.J.** & Barr, B. (March, 1996). Software and WWW Resources for the Classroom, Northwest AAHPERD Conference, Spokane, Washington.
- Coelho, A.J.** (October, 1995). Using Computers in the Classroom, WAHPERD Conference, Spokane, Washington.
- Melville, S., Krause, J., & **Coelho, A.J.** (October, 1994). Write Now, WAHPERD Conference, Tacoma, Washington.
- Abendroth-Smith, J. & **Coelho, A.J.** (March, 1994). Selecting Fitness Equipment, National AAHPERD Conference, Denver, Colorado.
- Coelho, A.J.** (1992). A Study Comparing Two Proprioceptive Training Boards Effect on Balance, University of Northern Colorado Research Day, Greeley, Colorado.
- Coelho, A.J.** (1991). Mechanical and Physical Constraints in Disabled Skiing, Symposium, 5th Annual National Sports Center for the Disabled Symposium, Winter Park, Colorado.
- Coelho, A.J.** & Chamberlain, C. (June, 1991). Decision Making in Sport: As a Function of Expertise, poster presentation, North American Society for the Psychology of Sport and Physical Activity, Asilamar, California.
- Atkins, V., **Coelho, A.J.**, & Anderson, T. (1990). Kinematic Study of Propulsion Techniques used by Junior Wheelchair Athletes, Symposium, 19th National Conference on Physical Activity for Exceptional Individuals, Sacramento, California.

## **SELECTED UNIVERSITY AND PROFESSIONAL COMMITTEES**

2017-2018	Athletic Director Search Committee
2016- 2017	Appointed Athletic Budget Task Force
2010 – 2014	NWCCU accreditation steering committee
2010 – 2014	Program review steering committee
2010 – 2019	Dean Team and Chair’s council, CALE
2006 - 2007	Provost Search Committee
2005 - 2010	Presidents Cabinet
2005 - 2014	Academic Affairs council
2004 – 2006	University Accreditation Steering Committee
2003 – 2010	Strategic Planning Task Force
2001 – present	University Academic Appeals Mediator
2001 – 2002	Rules Council
2001 – 2002	Co-Chair Northwest ASCM Conference Planning Board
2000 – 2019	Chairs Council
1999 – 2002	Faculty Research Grant Reviewer
1998 – 2000	Teaching and Learning Center Board of Governors
1998 – 2000	Member at Large, Northwest ACSM
1996 – 2004	Graduate Affairs Council (Chair 2001)
1994 – 1996	Faculty Planning and Advisory Council

**VOLUNTEER SERVICE:**

Reviewer for Journal of Sport Sciences  
Susan G. Komen Breast Cancer Spokane Affiliate  
Board of Trustees, Spokane Youth Sports Association  
Consultant AVISTA Corp. facilities development team  
Volunteer Consultant, AVISTA Corp. wellness committee  
Volunteer Consultant, Fitness Testing/Screening for Kaiser Aluminum hiring, (approximately 500 tests completed)  
Volunteer track official, EWU and Spokane Special Olympics  
Volunteer ski instructor for the disabled, Mt. Spokane, WA  
Volunteer ski instructor for the disabled, Winter Park, CO  
Volunteer, Winter Special Olympics, Winter Park and Copper Mountain, CO  
Volunteer Track Official, Far West Junior Wheelchair Games, Fresno, CA