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College of Education
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EDUCATION

Doctor of Philosophy:	University of Nebraska-Lincoln: Lincoln, Nebraska	2003
Masters of Science:	University of Louisville: Louisville, Kentucky	1998
Bachelors of Science:	Iowa State University: Ames, Iowa	1988

PROFESSIONAL EXPERIENCE

Professor: New Mexico State University	9/03-Present
Department of Kinesiology and Dance	
Director: Exercise Physiology Laboratory	
Program Director: Kinesiology	
Academic Program Director: NMSU-NSCA Educational Recognition Program	

Current Courses

- Career Planning (Sports Medicine 200)
- Anatomy and Physiology I (Sports Medicine 271 and Biology 271)
- Anatomy and Physiology I Laboratory (Sports Medicine 271L and Biology 271L)
- Advanced Exercise Physiology (Sports Medicine 451)

PUBLICATIONS (Qty: 37)

- **Berning, J.M.**, Adams, K.J., DeBeliso, M., Sevene-Adams, P.G., Harris, C., and Stamford, B.A. Effect of functional isometric squats on vertical jump in trained and untrained men: *Journal of Strength and Conditioning Research*, 24(9), 2285-2289, 2010

PUBLISHED ABSTRACTS and PRESENTATIONS (In excess of 70)

- Farrell, N., Adams, K.J., **Berning, J.M.** and M. DeBeliso. Correlation between varying back squat depths on speed and vertical jump performance in North American high school football players. American College of Sports Medicine Annual Meeting, Denver, CO. *Medicine Science Sports and Exercise*, 49(5S), 1077-1078, 2017

SERVICE (In excess of 63)

- Regional, Community, University, College and Departmental

PROFESSIONAL AFFILIATIONS

- ⇒ American College of Sports Medicine: Since 1996
- ⇒ National Strength and Conditioning Association: Since 1996

Questions: Call or email