**Sam Ray Moore**

University of North Carolina – Chapel Hill

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**EDUCATION**

August 2021 - 2025 (expected) **Degree of Philosophy in Human Movement Sciences, Exercise Physiology**

University of North Carolina, Chapel Hill, NC

 Advisor: Abbie E. Smith-Ryan, PhD

December 2017 - December 2018 **Master’s of Science, Exercise Science**

 California University of Pennsylvania, California, PA

 *Program*: Performance Enhancement & Injury Prevention

January 2013 – July 2015 **Bachelor of Arts, Exercise Science**

Western Oregon University, Monmouth, OR

 *Minor*: Human Biology

**CERTIFICATIONS**

September 2019 – Present **Certified Strength & Conditioning Specialist (CSCS)**

National Strength & Conditioning Association

April 2018 – Present **Level 1 Certification (L1)**

Western Oregon University, Monmouth, OR

**TEACHING EXPERIENCE**

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| **Course Prefix** | **Course Title** | **Role Description** | **Credits** | **Term** | **Enrolled** |
| **The University of North Carolina – Chapel Hill** |
| EXSS 376 | Physiological Basis of Human Performance Lab (4 sections) | Sole instructor exercise physiology; grade discussions and lab reports; created lectures. | 3 | Spring 2022 | 40 |
| EXSS 376 | Physiological Basis of Human Performance Lab (4 sections) | Sole instructor exercise physiology; grade discussions and lab reports; created lectures. | 3 | Fall 2021 | 48 |
| **Taft 7-12 School**  |
| 7/8 PE/HE | Physical and Health Education (6 sections) | Instructor of record; developed syllabus; created lectures, projects, tests, activities, and units that reflected learning objectives and grade appropriate state PE/Health standards. | 1 | Fall 2018/ Spring 2019 | Fall: 252Spring: 237 |
| SPA I | Spanish I (4 sections) | Instructor of record; created syllabus, activities, units, and assessments developing listening, speaking, reading, and limited writing in line with state standards. | 1 | Spring 2018 | 122 |
| SPA II | Spanish II(2 sections) | Instructor of record; created syllabus, activities, units, and assessments developing pronunciation, grammar, fluency, and Spanish culture in line with state standards. | 1 | Spring 2018 | 37 |

**PEER-REVIEWED PUBLICATIONS**

***In Review* (0)**

***Published* (0)**

**PEER REVIEWED RESEARCH ABSTRACTS AND POSTER PRESENTATIONS**

***In Review* (0)**

***Published* (4)**

1. **Moore, SR,** Cabre, HE, Gordon, AN, Smith-Ryan, AE (2022) Characterization of the Relationship Between Menarche and Body Composition in Elite Collegiate Gymnasts. SEACSM Regional Conference. Greenville, SC. Submitted. Poster Presentation.
2. Cabre, HE, Gould, LM, Gordon, AN, **Moore, SR,** Dewig, HK, Smith-Ryan, AE, Ryan, ED (2022) Characterizing Strength, Protein Intake, and Physical Activity in Pre- and Post-Menopausal Women. SEACSM Regional Conference. Greenville, SC. Submitted. Poster Presentation.
3. Gordon AN, Cabre HE, Morrison TEA, **Moore SR**, Hostetter ME, Patterson ND, Smith-Ryan AE. Tracking body composition changes in collegiate basketball players: comparison of methods. SEACSM Regional Conference. Submitted. Poster Presentation. 2021.
4. Patterson ND, Gordon AN, Cabre HE, **Moore SR**, Hostetter ME, Smith-Ryan AE. Body composition of division I basketball players pre and post 8-week strength and conditioning program. SEACSM Regional Conference. Submitted. Poster Presentation. 2021.

**RESEARCH EXPERIENCE**

**University of North Carolina at Chapel Hill**

Applied Physiology Laboratory, Department of Exercise and Sport Science

***Study Coordinator***

Comparison of measurement of body composition and ultrasound measures in female athletes. (2021). PI: Abbie E. Smith-Ryan.

***Research Assistant***

Effects of Creatine Monohydrate Loading on Recovery and Hydration Outcomes in Healthy Women Throughout the Menstrual Cycle (2021-present). PI: Abbie E. Smith-Ryan.

**PROFESSIONAL EXPERIENCE**

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| August 2021 - Present | **Research Assistant**, University of North Carolina – Chapel Hill, NC *Applied Physiology Laboratory, Department of Exercise and Sport Science*Supervisor: Dr. Abbie Smith-Ryan |
| August 2021 - Present | **Graduate Teaching Assistant,** University of North Carolina, Chapel Hill*,* NC*Department of Exercise and Sport Science* EXSS 376 L: Physiological Basis of Human Performance Lab |
| June 2021 - Present | **Founder & Chief Science Officer**, Moore Sport Science LLC, Durham, NC |
| December 2019 – June 2021 | **Director of Sport Science/Assistant Strength & Conditioning Coach**, North Carolina State University, Raleigh, NC*Women’s soccer, women’s volleyball, and other athletic teams as requested*Supervisor: Nate Brookreson/Cristi Bartlett |
| June 2019 – December 2019 | **Assistant Sport Scientist**, University of Utah, Salt Lake City, UT*Women’s indoor volleyball, women’s beach volleyball, other athletic teams as requested.*Supervisor: Dr. Ernie Rimer |
| January 2018 – May 2019 | **Teacher/Head HS Track & Field Coach**, Taft 7-12 School, Lincoln City, ORTaught PE/Health, Spanish I, and Spanish II, oversaw development of over 80 track & field athletes Supervisor: Nick Lupo |
| January 2016 – June 2016 | **Graduate Assistant Sport Performance Coach**, University of Portland, Portland, OR*Sport Performance Department, various teams as needed*Supervisor: Bradford Scott/Cat Wade |
| August 2015 – January 2018 | **Manager/HQ Culture Coach**, Dutch Bros. Coffee, Grants Pass, OR*Dutch Bros Everett*Supervisor: Teal Dennis |

**PROFICIENT SKILLS**

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| **Exercise Physiology** | **Body Composition**  | **Sport Science** |
| Submaximal Aerobic testing* YMCA bike test

Indirect Calorimetry* Resting Metabolic Rate

Blood PressureHigh Intensity Interval TrainingResistance Training * One- repetition Maximal

Testing* Program design

Exercise Prescription * Healthy and at- risk

populations  | Air Displacement Plethysmography (BodPod)B-mode Ultrasound (GE logiq-e) * Muscle size and quality assessment
* Abdominal visceral fat assessment

Bioelectrical Impedance Analysis (InBody 770)Bioelectrical Impedance Spectroscopy (SFB7)Dual-energy X-ray Absorptiometry (Lunar iDXA)Skin Fold Clamps Anthropometric Measurements* Waist and hip circumferences
* Scale
* Wall mounted stadiometer
 | Basic RAthlete Monitoring Technologies* Polar
* Vert
* Catapult
* Elite HRV

Strength & Conditioning Management* FYTT
* Excel/Google Sheets
* TrueCoach

Wellness Questionnaire Development* Google Forms
* Teamworks

Female Athlete Physiology Interventions |
| **Research Preparation** | **Biochemistry** |  |
| IRB SubmissionStandard Operating ProtocolMaster Protocol  | Basic PhlebotomyBasic Blood ProcessingYSI 2900 * Blood lactate and glucose
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**PROFESSIONAL SERVICE AND ORGANIZATIONS**

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| ***Organization***  | ***Membership*** |  |
| National Strength & Conditioning Association | Professional since 2019 |  |
| USA Weightlifting | Professional since 2018 |  |
| American Red Cross | Professional since 2016 |  |

***Professional Presentations***

1. **Moore, S.** Periodization for female athletes, University of Washington Center for Leadership in Athletics, M. Ed of Intercollegiate Athletics Leadership (Sport Performance Course), December 2021. (Guest Lecturer)
2. **Moore, S.** Empowerment Through Education for Female Athletes, Women Leaders in College Sport: Performance Circle, December 2021. (Keynote Speaker)
3. **Moore, S.,** Binetti, M., Haigh, J., Turner, D., Robson, K. Fusion Sport: Female athlete physiology roundtable, September 2021. (Panelist)
4. **Moore, S.**, Female Specific Training: Creating Equity in Athlete Care, FYTT Exclusive Webinar Series, July 2021. (Solo Presenter)
5. **Moore, S.**, The need for women in sport science, Women in Olympic Performance Conference, University of Cincinnati, June 2021. (Keynote Speaker)
6. **Moore, S.,** Daniel, M., Why isn’t women’s-specific training more widespread within sport? Bridging the gap between research and applied practice, Female Athlete Conference, Harvard University and Boston Children’s Hospital, June 2021. (Presenter)
7. **Moore, S.**, Gender equity in sport: female athlete hormonal landscape considerations, Louisville Sport Performance Roundtable, February 2021. (Keynote Speaker)
8. **Moore, S.**, Gender equity in sport: creating a womxn-centric model of sport, USC Upstate Athletic Department, January 2021. (Keynote Speaker)
9. **Moore, S.,** Ready, J., Smith, T. Raising the bar and pushing barriers: female coaches in strength and conditioning webinar, November 2020. (Panelist)
10. **Moore, S.** Female athlete training and performance considerations, University of Washington Center for Leadership in Athletics, M. Ed of Intercollegiate Athletics Leadership (Sport Performance Course), August 2020. (Guest Lecturer)
11. **Moore, S.** Menstrual cycle determined periodization in division 2 team sport environment, University of Mary Strength & Conditioning Professional Development, June 2020. (Presenter)
12. **Moore, S.** Menstrual cycle determined periodization in team sport, High Performance Basketball Symposium, May 2020. (Presenter)
13. **Moore, S.** Menstrual cycle differentiated pathway development, North Carolina State Athletics Professional Development, Raleigh, NC, March 2020. (Presenter)
14. **Moore, S.,** Mentele, P. Sport science project development, US Ski & Snowboard Olympic Training Center / University of Utah Intern Exchange, Park City, UT, July 2019. (Presenter)

**AWARDS AND HONORS**

2019 Lincoln County School District – North County Teacher of the Year Nominee

2015 Western Oregon University Dean’s List

2015 All Conference Finish – Outdoor Heptathlon

2015 All Conference Finish – Indoor Pentathlon (WOU Top 10 All Time Finish)

2014 GNAC All-Academic Team (Volleyball)

2014 GNAC Defensive Player of the Week

2014 GNAC All-Tournament Team

2014 Western Oregon University Dean’s List

2012 West Coast Conference Sportsmanship Award Nominee