

CURRICULUM VITAE – Ashley M. Bloodgood, M.S.

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EDUCATION

California State University, Fullerton, Fullerton CA

Master of Science- Kinesiology (Concentration: Strength and Conditioning)

- *Degree Conferred – August 2020*
- Overall GPA: 3.66

Bachelor of Science – Kinesiology (Concentration: Strength and Conditioning)

- *Degree Conferred – January 2018*
- Cum Laude
- Major GPA: 3.62, Overall GPA: 3.64

RESEARCH EXPERIENCE

California State University, Fullerton (2017-2020)

Department of Kinesiology
Student Research Assistant
Strength Laboratory
Center for Sport Performance
Los Angeles Sheriff's Department
Los Angeles County Fire Department

Equipment and Software Experience

Zephyr Performance Systems
Gymaware PowerTool Linear Position Transducer
Monark 874E Weight Ergometer
Monark 881E Arm Ergometer
Hand-held Dynamometry
Isometric Leg/Back Dynamometry
Brower Timing Systems

Revised 5/10/2022

Probotics Inc. Jump Mat
Statistics Package for Social Science
Athos Training System

PUBLICATIONS

Peer-Reviewed Publications

1. **Bloodgood, A.M.**, Dawes, J.J., Orr, R.M., Cesario, K.A., Moreno, M.R., Stierli, M., Dulla, J.M. & Lockie, R.G. A cross-sectional analysis on the effects of sex and age on physical testing performance for law enforcement agency candidates prior to academy training. *Journal of Strength and Conditioning Research*. doi: 10.1519/JSC.0000000000003207.
2. Lockie, R.G., Cesario, K.A., **Bloodgood, A.M.** & Moreno, M.R. (2017). Physiological responses to defensive tactics training in correctional populations: Implications for health screening and physical training. *TSAC Report*, 48, 4-8.
3. Lockie, R.G., Cesario, K.A., **Bloodgood, A.M.** & Moreno, M.R. (2018). Heart rate response to physiological stress – importance of stress education for law enforcement recruits. *TSAC Report*, 51, 4-7.
4. Moreno, M.R., Cesario, K.A., **Bloodgood, A.M.**, Lockie, R.G. (2018). Circuit training with ability-based modifications for law enforcement recruits. *TSAC Report*.
5. Lockie, R.G., Orr, R.M., Stierli, M., Cesario, K.A., Moreno, M.R., **Bloodgood, A.M.**, Dulla, J.M. & Dawes, J.J. (2018). The physical characteristics by sex and age for custody assistants from a law enforcement agency. *Journal of Strength and Conditioning Research*, 33(8), 2223-2232.
6. Lockie, R.G., Stierli, M., Dawes, J.J., Cesario, K.A., Moreno, M.R., **Bloodgood, A.M.**, Orr, R.M. & Dulla, J.M. (2018). Are there similarities in physical fitness characteristics of successful candidates attending law enforcement training regardless of training cohort? *Journal of Trainology*, 7(1), 5-9.
7. Cesario, K.A., Dulla, J.M., Moreno, M.R., **Bloodgood, A.M.**, Dawes, J.J., Lockie, R.G. (2018). Relationships between assessments in a physical ability test for law enforcement: is there redundancy in certain assessments? *International Journal of Exercise Science*, 11(4), 1063-1073.
8. Lockie, R. G., Moreno, M. R., **Bloodgood, A. M.**, & Cesario, K. A. (2018). Practical assessments of power for law enforcement populations. *TSAC Rep*, 49, 6-12.
9. Lockie, R., Balfany, K., **Bloodgood, A.**, Moreno, M., Cesario, K., Dulla, J., . . . Orr, R. (2019). The influence of physical fitness on reasons for academy separation in law enforcement recruits. *International Journal of Environmental Research and Public Health*, 16(3), 372.
10. Cesario, K., Moreno, M., **Bloodgood, A.**, Lockie, R. (2019) A sample ability-based conditioning session for law enforcement and correctional recruits. *TSAC Report*, 6-11.
11. Lockie, R. G., Dulla, J., Stierli, M., Cesario, K. A., Moreno, M. R., **Bloodgood, A. M.**, ... & Dawes, J. (2018). Associations between body mass and physical assessments in male custody assistants from a law enforcement agency. *Journal of Australian Strength and*

Revised 5/10/2022

Conditioning, 26(3), 42-48.

12. Lockie, R.G., **Bloodgood, A.M.**, Moreno, M.R., McGuire, M.B., Balfany, K. & Dawes, J.J. (2020). Training load demands measured by surface electromyography wearable technology when performing law enforcement-specific body drags. *Facta Universitatis, Series: Physical Education and Sport*. 18(1): 1-12.
13. Lockie, R.G., Moreno, M.R., McGuire, M.B., Ruvalcaba, T.J., **Bloodgood, A.M.**, Dulla, J.M., Orr, R.M. & Dawes, J.J. (2020). Relationships between isometric strength and the 74.84-kg (165-lb) body drag test in law enforcement recruits. *Journal of Human Kinetics*. 74: 5-13.
14. **Bloodgood, A.**, McGuire, M. & Lockie, R. (2020). Seasonal considerations for outdoor fitness testing of law enforcement recruits. *TSAC Report*. 59: 4-7.
15. **Bloodgood, A.M.**, Moreno, M.R., Cesario, K.A., Lockie, R.G. (2021). A preliminary investigation of seasonal variations in the physical fitness performance of law enforcement recruits in Southern California. *TSAC Report*.
16. **Bloodgood, A.M.**, Moreno, M.R., Cesario, K.A., McGuire, M.B & Lockie, R.G. (2020) An investigation of seasonal variations in the fitness test performance of law enforcement recruits in southern California. *Facta Universitatis, Series: Physical Education and Sport*. 271-282.
17. Rodas, K.A., Moreno, M.R., **Bloodgood, A.M.**, Dawes, J.J., Dulla, J.M., Orr, R.M. & Lockie, R.G. (2021). The effects aerobic fitness has on heart rate responses for a custody assistant recruit class performing a formation run. *International Journal of Exercise Science*. 14(4): 1219-1233.

Publications Under Review

Conference Presentations

1. **Bloodgood, A.M.**, Dawes, J.J., Cesario, K.A., Moreno, M.R., Dulla, J.M. & Lockie R.G. (2017). A cross-sectional analysis on the effect of sex and age on physical testing performance for law enforcement agency candidates prior to academy training. *Southwest American College of Sports Medicine's 37th Annual Meeting 2017*, Long Beach, USA, October 20-21.
2. Cesario, K.A., Moreno, M.R., **Bloodgood, A.M.**, Dulla, J.M. & Lockie R.G. (2017). Heart rate responses of a custody assistant class to a formation run during academy training. *Southwest American College of Sports Medicine's 37th Annual Meeting 2017*, Long Beach, USA, October 20-21.
3. Risso, F.G., Moreno, M.R., Cesario, K.A., **Bloodgood, A.M.**, Dulla, J.M. & Lockie R.G. (2017). Heart rate response of a custody assistant recruits to psychological stress training during the first day of academy. *Southwest American College of Sports Medicine's 37th Annual Meeting 2017*, Long Beach, USA, October 20-21.
4. **Bloodgood, A.**, Moreno, M., Dulla, J., Heredia, C., Hernandez, J., Dawes, J., Orr, R. & Lockie, R. (2018). Long, Hot Summer: A Preliminary Investigation of Seasonal Variations in the Physical Fitness Performance of Law Enforcement Recruits in Southern California. *Southwest American College of Sports Medicine's 38th Annual Meeting 2018*, Costa Mesa,

Revised 5/10/2022

USA, October 26-27.

5. Cesario, K., **Bloodgood, A.**, Hernandez, J., Orr, R., Dawes, J., Dulla, J., Moreno, M., Lockie, R. (2018). Don't Go Breaking My Heart: The Effects of Ability-Based Training on the Health and Fitness Characteristics of Custody Assistant Recruits. *Southwest American College of Sports Medicine's 38th Annual Meeting 2018*, Costa Mesa, USA, October 26-27.
6. Moreno, M.R., Cesario, K.A., **Bloodgood, A.M.**, Dulla, J.M. & Lockie R.G. (2017). Heart rate response of a custody assistant class to circuit training during the academy period. *Southwest American College of Sports Medicine's 37th Annual Meeting 2017*, Long Beach, USA, October 20-21.
7. Cesario, K. A., Moreno, M. R., Munoz, A. M., Dulla, J., Stierli, M., **Bloodgood, A. M.**, ... & Lockie, R. G. (2018). A Preliminary Analysis of Health and Fitness Characteristics for Custody Assistant Recruits in a Law Enforcement Agency Prior to Academy. In *41st National Strength and Conditioning Association National Conference and Exhibition*.
8. Lockie, R. G., Dulla, J. M., Orr, R. M., Stierli, M., Cesario, K. A., **Bloodgood, A. M.**, ... & Horrigan, J. (2018, July). Fitness characteristics for deputy sheriff recruits who graduate or separate from academy: A pilot study. In *41st National Strength and Conditioning Association National Conference and Exhibition, Indianapolis, USA*
9. Lockie, R. G., Balfany, K., **Bloodgood, A. M.**, Stierli, M., Dulla, J. M., Dawes, J. J., & Orr, R. M. (2018, November). Change-of-direction Speed and Aerobic Fitness Could Influence Academy Graduation in Law Enforcement Recruits. In *2018 Australian Strength and Conditioning Association International Conference on Applied Strength and Conditioning. Sydney, Australia 2018*.
10. Moreno, M. R., Cesario, K. A., Dawes, J. J., Orr, R. M., Stierli, M., **Bloodgood, A. M.**, ... & Lockie, R. G. (2018). The Effect of Aerobic Fitness on Psychological Stress as Measured by Heart Rate Response During Academy Training in a Custody Assistant Recruit Population. In *41st National Strength and Conditioning Association National Conference and Exhibition*.
11. Heredia, C., Balfany, K., **Bloodgood, A.**, Dulla, J. & Lockie, R. (2018). Shoulder Taps: Relationships Between a New Movement Screening Assessment with Physical Fitness in Deputy Sheriff Recruits. *Southwest American College of Sports Medicine's 38th Annual Meeting 2018*, Costa Mesa, USA, October 26-27.
12. **Bloodgood, A.M.**, McGuire, M.B., Balfany, K. & Lockie, R.G. (2019). A pilot analysis investigating effects of load carriage on muscle training load during a simulated ruck march. *Southwest American College of Sports Medicine's 39th Annual Meeting 2019*, Newport Beach, USA, October 25-26.
13. **Bloodgood, A.M.**, Moreno, M.R., Balfany, K., McGuire, M.B., Dawes, J.J., Chan, M.S. & Lockie, R.G. (2019). He Ain't Heavy: A pilot analysis of training load demands when performing a body drag with a 75-kg vs. a 91-kg dummy. *42nd National Strength and Conditioning Association National Conference and Exhibition*, Washington D.C., USA, July 10-13.
14. McGuire, M.B., Balfany, K., Moreno, M.R., **Bloodgood, A.M.**, Chan, M.S., Dawes, J.J., & Lockie, R.G. (2019). Get a grip: The effects of grip and dummy mass on training load

- during the body drag for tactical populations. *42nd National Strength and Conditioning Association National Conference and Exhibition*, Washington D.C., USA, July 10-13.
15. Lockie, R.G., Moreno, M.R., McGuire, M.B., Ruvalcaba, T.J., **Bloodgood, A.M.**, Dulla, J.M., Orr, R.M. & Dawes, J.J. (2020). We need you: Influence of hiring demand and modified applicant testing on the physical fitness of deputy sheriff recruits. *43rd National Strength and Conditioning Association National Conference and Exhibition*, Las Vegas, USA, July 8-11.
 16. Lockie, R.G., Moreno, M.R., McGuire, M.B., Ruvalcaba, T.J., **Bloodgood, A.M.**, Dulla, J.M., Orr, R.M. & Dawes, J.J. (2020). Strong arm (and legs) of the law: relationships between isometric strength and the body drag in incoming deputy sheriff recruits. *43rd National Strength and Conditioning Association National Conference and Exhibition*, Las Vegas, USA, July 8-11.
 17. **Bloodgood, A.B.**, McGuire, M.B., Dawes, J.J., Orr, R.M., Dulla, J.M., Lockie, R.G. (2020). A pilot analysis of the influence of lower-body strength and power during law enforcement tasks under load. *43rd National Strength and Conditioning Association National Conference and Exhibition*, Las Vegas, USA, July 8-11.

MEMBERSHIP IN PROFESSIONAL AND SCIENTIFIC SOCIETIES

1. Human Anatomy and Physiology Society (2021 – Present)
2. American Association for Anatomy (2021- Present)
3. National Center for Faculty Development and Diversity (2021-Present)
4. National Strength and Conditioning Association (2018 – 2020)
5. American College of Sports Medicine (2017-2020)

SERVICE ACTIVITIES

Park University, Gilbert

1. Park University, Gilbert Inaugural Commencement – Student Marshal (2022)
2. Buccaneers in Excellence Sports Performance Yearly Awards (BESPYS) – Award Presenter (2022)

California State University, Fullerton

1. Center for Sport Performance – Anaheim Ducks Research Assistant (2017 – 2020)
2. Center for Sport Performance – Los Angeles County Sheriff Department Research Assistant (2017- 2019)
3. Strength Laboratory – Los Angeles County Fire Department Research Assistant (2017- 2019)
4. Strength Laboratory – Welcome to CSUF Day: Lab Tours (2018-2020)
5. Anaheim Ducks – Captains Challenge SCORE (2016)

REFERENCES

1. Dr. Rebecca Kudrna, PhD
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