Dale Cannavan, PhD

EXERCISE SCIENTIST
Biomechanics ~ Anatomy & Exercise Physiology ~ Strength and Conditioning

Charismatic university lecturer and strength and conditioning specialist, with experience working with diverse, multicultural bodies of graduate and undergraduate students in large lecture, small group and laboratory settings. Committed to providing successful learning experiences for all students while maintaining the highest of educational standards. Areas of effectiveness include:

ACADEMIC EXPERIENCE

Seattle Pacific University 2010-Present
Department of Health and Human Performance: Assistant Professor
Major taught classes include:

- Applied Exercise Science (PES 4585)
- Biomechanics (PES 3570)
- Exercise Physiology (PES 3580)
- Exercise Science Practicum (PES 4930)
- Functional Anatomy (PES 2128)
- Wellness and Physical Activity (PES 1301)

Western Washington University 2009-2011
Department of Physical Education, Health, and Recreation: Adjunct Faculty
Department of Biology: Adjunct faculty

Seattle University 2009 - 2010
Center for Sport and Exercise Science: Adjunct Faculty

Lake Washington Technical College 2009 - 2010
Fitness Specialist/Personal Trainer program: Adjunct faculty

Brunel University, Middlesex, U.K. 2004 - 2007
University of Westminster, London, U.K. 2005 - 2007
University of Middlesex, London, U.K. 2004 - 2007
Farnborough College, Hampshire, U.K. 2002 - 2004

ADDITIONAL PROFESSIONAL EXPERIENCE

National Strength and Conditioning Association 2009 - Present
Washington State Director

Exercise Scientist Consultant 2000 - Present
U.S.A. clients: BMC professional cycling, Professional Boxing, POTENTRx, Washington State Patrol, Washington SWAT, Washington Athletic club and Harriot Sports Performance

U.K. clients: British Olympic Medical Center, Real tennis U.K. Elite squad, England netball, Brunel University netball, Brunel University Athletics, St Thomas' and Guy's hospital, Hogarth Health Clinic, Morgan Stanley, Blackstone, HSBC

British Army 1986 - 1999
Physical Training Instructor: Responsible for all aspects of soldiers' physical fitness to meet specific combat requirements; range included recruits to Special Forces

EDUCATION

PhD. Biomechanics, Brunel University, Middlesex, U.K. August, 2008

- Research areas: neuromuscular mechanics, structure, function and plasticity of muscle and tendon

MSc. Sport Sciences (Distinction), Brunel University, Middlesex, U.K. March, 2004

BSc. Science & Management of Exercise & Health (Honors) University of Surrey, Hampshire, U.K. July, 2001

SELECT PUBLICATIONS

- Blazevich, A. J., **Cannavan, D**., Waugh, C. M., Faith, F., Miller, S. C., & Kay, A. D. (2012). Neuromuscular factors influencing the maximum stretch limit of the human plantar flexors. Journal Applied Physiology**,** 113(9), 1446-55
- Coleman, D., **Cannavan, D**., Horne, S., Blazevich, A. J. (2012). Leg stiffness in the ground contact phase of human running: Comparison of estimates derived from combined kinematic-kinetic and kinetic-only models. Journal of Biomechanics, 45(11), 1987-1991.
- **Cannavan**, **D**., Coleman, D., & Blazevich, A. J. (2012). Lack of effect of moderate-duration static stretching on plantar flexor force production and series compliance. Clinical Biomechanics, 27, 306-312.
- Blazevich, A. J., Kay, A. D., Waugh, C. M., Faith, F., Miller, S., & **Cannavan**, D. (2012). Plantar flexor stretch training increases reciprocal inhibition measured during voluntary dorsiflexion. Journal of Neurophysiology, 107, 250-256.
- Blazevich, A.J., **Cannavan, D**., Coleman, D., & Horne, S. (2009) Anatomical predictors of maximum isometric and concentric knee extensor moment. European Journal of Applied Physiology, 105, 869-878.
- Blazevich, A.J., **Cannavan, D**., Horne, S., Coleman, D.R**.**, & Aagaard, P. (2009). Changes in muscle force-length properties affects the early rise of force in vivo. *Muscle Nerve*, *39*, 4, 512-520.
- Blazevich, A.J., Horne, S., **Cannavan, D**., Coleman, D.R**.**, & Aagaard, P. (2008). Effect of contraction mode of slow-speed resistance training on the maximum rate of force development in the human quadriceps. *Muscle Nerve*, *38*, 1133-1146.
- Blazevich, A. J., & **Cannavan, D**. (2007). Strength Testing. Sport & Exercise Physiology Testing Guidelines: Volume 1, pg 130, Routledge, UK.
- Blazevich, A.J., **Cannavan, D**., Coleman, D. R., & Horne, S. (2007). Influence of concentric and eccentric resistance training on architectural adaptation in human quadriceps muscles. *Journal of Applied Physiology*, 103, 1565-1575.
- **Cannavan, D**., & Blazevich, A. J. (2007). The acute effects of static stretching on athletic performance indicators. *Journal of Sports Sciences, 25*(3), 235-369.
- **Cannavan, D**., & Blazevich, A. J. (2006). The acute effects of static stretching on maximal force generation. *Medicine & Science in Sports & Exercise. 38*(5) Supplement: S261, May 2006.