

# Morgan Kocher, PhD, ATC, CSCS

## Contact Information

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morgan.kocher@gmail.com

## Education

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| Doctor of Philosophy | University of Hawai'i at Mānoa<br>Field: Education<br>Specialization: Kinesiology and Exercise Physiology<br>Dissertation: Erythrocyte Oxidative Stress, Salivary Cortisol, and Oxygen Consumption with Low-Intensity Blood Flow Restricted Resistance Exercise Before and After Training<br>Advisor: Ronald Hetzler, PhD, FACSM | Aug. 2012-Dec. 2017 |
| Masters of Science   | University of Hawai'i at Mānoa<br>Field: Kinesiology and Rehabilitative Science<br>Specialization: Athletic Training<br>Post-Professional Athletic Training Education Program<br>Thesis: "The Relationship Between Autonomic Function and Fitness Level in an HIV-Positive Population"<br>Advisor: Ronald Hetzler, PhD, FACSM    | December 2012       |
| Bachelors of Science | Linfield College<br>Major: Athletic Training   | December 2009       |

## Work Experience

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| August 2020-Present   | Chair, Exercise and Sport Studies Department, Heidelberg University                               |
| August 2018-Present   | Assistant Professor, Exercise and Sports Studies Department,<br>Heidelberg University             |
| August 2017-July 2018 | Instructor, Arts and Sciences Department, Kapiolani Community College                             |
| August 2017-July 2018 | Instructor, Kinesiology and Rehabilitation Sciences Department,<br>University of Hawai'i at Mānoa |
| August -July 2017     | Graduate Teaching Assistant, University of Hawai'i at Mānoa                                       |

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| <b>August 2010-July 2012</b>                               | Graduate Research Assistant, University of Hawai`i at Mānoa<br>Hawaii Concussion Awareness Management Program           |
| <b>August 2010-July 2011 and<br/>August 2012-July 2013</b> | Graduate Research Assistant, University of Hawai`i at Mānoa<br>John A. Burns School of Medicine, Hawaii Center for AIDS |

## Teaching Experience

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### Undergraduate

#### Heidelberg University

Foundations of Exercise Science (Fall 2018 to present)  
Exercise Testing and Prescription (Fall 2018 to present)  
Biomechanics and Kinesiology (Fall 2018 to present)  
Measurement and Evaluation: Health and Physical Education (Fall 2018 to present)  
Capstone in Exercise Science (Spring 2019 to present)  
Professional Practice in Exercise Science (Fall 2018 to present)  
Exercise Physiology (Spring 2019 to present)  
Principles of Strength and Conditioning (Spring 2023 to present)  
Special Topics In Exercise Science: Blood Flow Restriction (Spring 2020)  
Anatomy for Orthopedic Assessment (Spring 2019)  
Think Like an Artist/Think Like a Scientist: The Art and Science of Sport (Spring 2024)  
Internship/Practicum (Fall 2020 to present)

#### Kapiolani Community College

Human Anatomy/Physiology I (Fall 2017)  
Human Anatomy/Physiology Lab I (Fall 2017)  
Human Anatomy/Physiology II (Spring 2018)  
Human Anatomy/Physiology Lab II (Spring 2018)

#### University of Hawai`i at Mānoa (Instructor of Record for all courses in this section)

Principles of Sports Medicine (Fall 2014, Spring 2016, 2018)  
Emergency Care and First Aid Training (Fall 2014-2016, Summer 2014 & 2015, Spring 2014-2016)  
Exercise & Sport Physiology (Spring 2017, Summer 2017)  
Exercise & Sport Physiology Lab (Fall 2013 & 2014, Summer 2013 & 2015, Spring 2014 & 2015)  
Prevention and Care of Athletic Injuries (Fall 2014, Spring 2015, 2018)  
Administration in Athletic Training, Exercise Science, and Allied Health (Fall 2016, Fall 2017)  
Lower Extremity Assessment (Fall 2015, Summer 2016)  
Upper Extremity Assessment (Spring 2016, Summer 2016)  
Program Design for Strength and Conditioning (Spring 2014)

## Graduate

### University of Hawai'i at Mānoa

Lower Extremity, Thorax and Abdomen (Lab TA, Spring 2016)

Upper Extremity, Head, Neck, and Spine (Lab TA, Fall 2015)

Athletic Training, Clinical Experience I (Guest Lecturer)

Physiology of Exercise (TA)

Advanced Fitness Assessment & Exercise Prescription (Graduate Teaching Experience, I designed and sole taught the course with guidance from the instructor of record)

Body Composition (TA)

### John A. Burns School of Medicine

Anatomy Lab (Upper and Lower Extremity, Abdomen and Pelvis Lab TA, Spring 2017)

## Research Experience

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Hawai'i Center for AIDS, John A. Burns School of Medicine, University of Hawai'i at Mānoa

Hawai'i Concussion Awareness Management Plan (HCAMP)

Kinesiology and Rehabilitation Science Department, University of Hawai'i at Mānoa

## Publications

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### Published Journal Articles

9. Oba, Y., Kandra, N., Resnick, P., **Kocher, M.** Characteristics of Overtraining Indices in National Collegiate Athletic Association Division I Female Cross Country Runners During a Single Competitive Season. *The Bulletin of Department of Health and Sport Sciences School of Health Sciences*. 2020
8. **Kocher, M.**, Oba, Y., Kimura, I., Stickley, C., Morgan, C., Hetzler, R. Allometric Grip Strength Norms for American Children. *J Strength Cond. Res*. 2019. 33(8): 2251-2261
7. Tamura, K., **Kocher, M.**, Finer, L., Ling, A., Stickley, C.. Reliability of Clinically Feasible Dual-Task Tests: Expanded Timed Get Up and Go test as a Motor Task on Young Healthy Individuals. *Gait & Posture*. 2017.
6. **Kocher, M.**, McDermott, M., Lindsey, R., Shikuma, CM, Gerschenson, M., Chow, D., Kohorn, L., Hetzler, RK., Kimura, I. HIV Patient Systemic Mitochondrial Respiration Improves with Exercise. *AIDS Research and Human Retroviruses*. 2017, 33(10), 1035-1037

5. **Kocher, M.**, Romine, R., Resnick, P., Stickley, C., Morgan, C., Hetzler, R. Allometric Grip Strength Norms for Children of Hawaiian Lineage. *J Strength Cond. Res.* 2017 31(10): 2794-2807
4. Smith, J., DePhillipo, N., Kimura, I., **Kocher, M.**, Hetzler, R... Prospective Functional Performance Testing and Lower Extremity Injury Incidence: a Comprehensive Approach to Injury Prevention. *Int. J. Sports Physical Therapy.* 2017, 12(2), 206-218
3. **Kocher, M.**, Hetzler, R., Shikuma, C., Kimura, I., Stickley, C., Lindsey, R., Nakamoto, B., Chow, D.. Autonomic Function is Associated with Fitness Level in HIV-Infected Individuals. *J J Aids Hiv.* 2015, 1(1): 005
2. Chow, D., Nakamoto, B., Sullivan, K., Sletten, D., Fujii, S., Umekawa, S., **Kocher, M.**, Kallianpur, K., Shikuma, C., Low, P.. Symptoms of Autonomic Dysfunction in HIV. *Open Forum Infectious Diseases Advance Access.* 2015.
1. Chow, D., **Kocher, M.**, Shikuma, C., Parikh, N., Grandinetti, A., Nakamoto, B., Seto, T., Low, P.. Effects of Antiretroviral Therapy on Autonomic Function in Early HIV infection: A Preliminary Report. *International Journal of Medical Sciences.* 2012, 9(12), 397-405

### **Manuscripts in Preparation**

Tamura, K., **Kocher, M.**, Fox, S., Stickley, C.. Reliability of a Clinically Viable Dual-Task Test Combination in Adolescent Athletes.

### **Manuscripts in Revision**

**Kocher, M.**, Cataldi, D., Hetzler, R. Adult Allometric Grip Strength Norms in the United States.

**Kocher, M.**, Roberts, S., Kimura, I. Validation of field estimates of body composition against the 4-compartment Gold Standard in a sample of Japanese males

### **Conference Presentations**

**Kocher M.** Use of Blood Flow Restriction in Rehabilitation. Hawai'i Pacific Health Sports Medicine Summit 2024

**Kocher, M.** Implementation of Different Types of Blood Flow Restriction. Hawai'i Pacific Health Sports Medicine Summit 2024

**Kocher MH**, Tamura K, Finer LM, Ling A, Murata N, Oba Y, Stickley CD, Oshiro RS, Furatani T. "Preliminary Investigation of Clinically Practical Dual-Task Tests as a Concussion Assessment Tool: A Comparison of Single- and Dual-Task Tests on Healthy Young Adults." **Free Communications Oral Presentation** National Athletic Trainers' Association Annual Meeting and Symposia 2015

### **Poster Presentations**

11. **Kocher M**, Boyan H, Niesen M, Hetzler R. "Comparison of Agility and Approach Jump in Elite Sand and Indoor Collegiate Volleyball Athletes." American College of Sports Medicine Annual Meeting 2017

10. **Kocher M**, Fox S, Stickley C, Oba Y, Tamura K. "Reliability of a Clinically Viable Dual-Task Test Combination in Adolescent Athletes." Far West Athletic Trainers' Association Annual Meeting and Clinical Symposium 2017
9. Fox S, **Kocher M**, Stickley C, Oba Y, Tamura K. "Lingering Concussion Effects Detected by A Clinically Viable Dual-Task Test in High School Athletes" Far West Athletic Trainers' Association Annual Meeting and Clinical Symposium 2017
8. Shimizu A, Furutani T, **Kocher M**, Wahl T, Oshiro R, Tamura K, Murata N. "The Relationship between the Time in Each Step with a Return to Play Guideline for Sports-Related Concussion among High School Student-Athletes." National Athletic Trainers' Association Annual Meeting and Symposia 2013
7. Kanaoka T, Goeckeritz LM, Uyeno RK, Oshiro RS, Furutani TM, Wahl TP, **Kocher MH**, Murata NM. "Comparison of Concussion Management Programs on Return to Participation Outcomes of Concussed High School Student-Athletes during 2011-2012" National Athletic Trainers' Association Annual Meeting and Symposia 2013
6. Oshiro JY, Oshiro RS, Uyeno RK, Tamura K, Furutani TM, Wahl TP, **Kocher MH**, Murata NM. "Establishing 3-Day and 7-Day Symptom Clusters for Hawaii High School Student Athletes during the First Week of a Sport-Related Concussion" National Athletic Trainers' Association Annual Meeting and Symposia 2013
5. Furutani TM, Oshiro RS, Cleary MA, Murata NM, Goeckeritz LM, Kanaoka T, Wahl TP, **Kocher MH**. "Knowledge and Attitudes of Public High School Athletic Trainers regarding Concussion Management Recommendations following Concussion Awareness Education" Far West Athletic Trainers' Association 2012 Annual Conference
4. Oshiro RS, Furutani TM, Goeckeritz LM, Kanaoka T, Wahl TP, **Kocher MH**, Cleary MA, Murata NM. "Sports-Related Concussion in Hawaii State Public High Schools during 2007-2011" Far West Athletic Trainers' Association 2012 Annual Conference
3. Goeckeritz LM, Wahl TP, Cleary MC, Oshiro TS, **Kocher MH**, Furutani TM, Kanaoka T, Stickley CD, Kimura IF, Murata NM. "Standard Assessment of Concussion Baseline Scores Differ between Gender but not Age in High School Athletes" National Athletic Trainers' Association Annual Meeting and Symposia 2012
2. Kanaoka T, Oshiro RS, Furutani TM, Goeckeritz LM, Wahl TP, **Kocher MH**, Cleary MA, Murata NM, Uyeno RK. "Comparison of Concussion Management Programs on Return to Participation Outcomes of Concussed High School Student-Athletes during 2010-2011" National Athletic Trainers' Association Annual Meeting and Symposia 2012
1. Wahl TP, Cleary MC, Oshiro RS, **Kocher MH**, Furutani TM, Goeckeritz LM, Kanaoka T, Freemyer B, Murata NM, Stickley CD, Kimura IF. "Balance Error Scoring System Baseline Values Differ with Age but not Gender in High School Athletes" National Athletic Trainers' Association Annual Meeting and Symposia 2012

## Mentoring

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### Undergraduate Honors Degree –

Hudson Black (2025) “GIRD and changes in ROM during the Softball Season” - Heidelberg University

Jackson Powers (2025) “GIRD and changes in ROM during the Baseball Season” - Heidelberg University

Joel Rand (2025) “Perceptions of Blood Flow Restriction in Novice Users” - Heidelberg University

Kailynn Kroll (2024) “Blood Flow Restriction” – Heidelberg University

Benjamin Gutzky (2019) “Hypertrophy Training: A Review” - Heidelberg University

Taylor Makana Surprise (2014) “A Comparison of Multiple Single- and Dual-Task Methodologies in Healthy Non-Native English Speaking Young Adults to Develop a Reliable Clinical Assessment Tool for Sport-Related Concussions” - University of Hawai‘i at Mānoa

Brent Kops (2014) “Assessment of inter- and intra-tester reliability of skinfold measurements taken by University of Hawai‘i graduate students” – University of Hawai‘i at Mānoa

### Masters of Science -

Liana Finer (2014) “Preliminary Investigation of the Efficacy of Clinically Practical Dual-Task Tests as a Concussion Assessment Tool: a Comparison of Single- and Dual-Task tests on Healthy Young Adults”

Jillian Sanford (2014) “Predicting Protracted Recovery in Concussed Male & Female High School Athletes”

Ayaka Shimizu (2014) “Preliminary Investigation of the Efficacy of Clinically Practical Dual-Task Tests as a Concussion Assessment Tool: a Comparison of Single- and Dual-Task tests on Healthy Young Adults”

Nick DePhillipo (2015) “Prospective functional performance testing and lower extremity injury incidence in adolescent athletes”

Matt Niesen (2016) “Symptom Evaluation Checklist in the Child Sports Concussion Assessment Tool 3: a Comparison of Different Methods of Data Collection”

Lauren Roberts (2016) “Current trends in Dual-Task Assessment for a Sports Related Concussion: A Systematic Review”

Heather Boyan (2016) “Sand vs. Indoor Agility and Vertical Jump Performance in Both Sand and Indoor Volleyball Players”

Stephen Gagnon (2016) “Effects of “Dropped Elbow” on Applied Propulsive Force in Freestyle, Breaststroke, and Butterfly Swimming

Sam Fox (2017) “Assessment of Concussion and Sub-concussive Blows Using ImPACT and Dual-Task Tests during a High School Football Season”

Kip Picarella (2018) “Clinically Viable Dual-Task Concussion Testing in Adolescents”

Tyler Held (2018) “Excessive Post-Exercise Oxygen Consumption Following Blood Flow Restricted Back Squats”

### **Professional Affiliations**

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National Athletic Trainers Association (NATA) member since 2006

Hawaii Athletic Trainers Association (HATA) 2010-2018

Far West Athletic Trainers Association (FWATA) 2010-2018

Oregon Athletic Trainers Society (OATS) 2006-2010

Northwest Athletic Trainers Association (NWATA) 2006-2010

Great Lakes Athletic Trainers Association (GLATA) 2018 to present

National Strength and Conditioning Association (NSCA) Member 2009-2015, 2018-current

American College of Sports Medicine (ACSM) Member 2012-2015, 2017 to 2018

### **Certifications**

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BOC certified Athletic Trainer

Basic Olympic Lifting Coach (Totten Training Systems)

Heartsaver and Basic Life Support First Aid and CPR Instructor (American Heart Association)

National Strength and Conditioning Association Certified Strength and Conditioning Specialist