

DALE CANNAVAN, Ph.D., CSCS  
Chair & Professor  
Department of Health and Human Performance  
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### EDUCATION

**Ph.D. Biomechanics & Exercise Physiology**, Brunel University, Middlesex, U.K. 2008  
**MSc. Sport Sciences (Distinction)**, Brunel University, Middlesex, U.K. 2004  
**BSc. Science & Management of Exercise & Health (Honors)**, University of Surrey, Hampshire, U.K. 2001

### ACADEMIC APPOINTMENTS

#### Seattle Pacific University, Seattle WA

Department of Health and Human Performance: Department Chair	2019-Present
Department of Health and Human Performance: Professor	2022-Present
Department of Health and Human Performance: Associate Professor	2016-2022
Department of Health and Human Performance: Assistant Professor	2010-2016

#### *Current taught classes*

- Senior Research Colloquium (HHP 4899)
- Applied Exercise Science (HHP 4585)
- Exercise Science Practicum (HHP 4930)
- Sport Injury Management (HHP 3590)
- Exercise Physiology & lab (HHP 3580)
- Biomechanics (HHP 3570)
- Functional Anatomy (HHP 2128)
- Weight Training (HHP 1109)
- Conditioning (HHP 1160)

#### *Administrative Responsibilities*

- Department Chair
- Director of Undergraduate Research
- Director Health and Human Performance Laboratory

### OTHER TEACHING POSITIONS

Setanta College, Thurles, Ireland (Visiting Prof)	2015-Present
Western Washington University, Bellingham, WA	2009- 2011
Seattle University, Seattle, WA	2009 - 2010
Lake Washington Technical College, Kirkland, WA	2009 - 2010
Brunel University, Middlesex, UK	2004 - 2007
University of Westminster & Middlesex, London, UK	2004 - 2007
Farnborough College of Technology, Hampshire, UK	2002 - 2004

Taught select undergraduate and graduate classes in Biomechanics, Kinesiology, Exercise Anatomy & Physiology, Strength & Conditioning, Statistics modules and co-supervised dissertations

## SELECT PEER REVIEWED PUBLICATIONS

- Butte, K., **Cannavan D.**, Hossler J., Travis, C., & Geiger, J. (2022). The relationship between objectively measured sitting time, posture, and low back pain in sedentary employees during COVID-19. *Sports Sciences for Health*.
- **Cannavan, D.** & Butte, K. (2022). Strength Testing. Sport & Exercise Physiology Testing Guidelines: Volume 2, Routledge, UK.
- **Cannavan, D.** & Butte, K. (2022). Clinical Strength Testing. Sport & Exercise Physiology Testing Guidelines: Volume 2, Routledge, UK.
- Blazevich, A. J., **Cannavan, D.**, Waugh, C. M., Miller, S. C., Thorlund, J. B., Aagaard, P., & Kay, A. D. (2014). Range of motion, neuromechanical, and architectural adaptations to plantar flexor stretch training in humans. *Journal Applied Physiology*, 117: 452–462.
- 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 human running: Comparison of estimates derived from previously published models to direct kinematic-kinetic 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.

## PEER-REVIEWED CONFERENCE PRESENTATIONS/PROCEEDINGS (since 2010)

- Duffield, C., Jin, J., Butte, K., **Cannavan, D.** (2022). The Relationship Between Athletic Identity, Perfectionism, and Anxiety in Collegiate Athletes during COVID-19. *43<sup>rd</sup> Annual Meeting Society of Behavioral Medicine Annual conference*, 12-16<sup>th</sup> April, Baltimore, MD.
- **Cannavan, D.**, Reiersen, N., Ferry, J., Butte, K., & Shim, A. (2021). The effects of hip flexor and quadriceps stretching on pelvic tilt and hamstring range of motion in NCAA Div II soccer players. *26<sup>th</sup> Annual Congress of the European College of Sport Science*, 8-10<sup>th</sup> September, Virtual.

- Butte, K. Craft, B., & **Cannavan, D.** (2021). Self-reported health behaviors & changes during COVID-19 in university students. *Medicine & Science in Sports & Exercise*. 53(5) Supplement.
- Dang S, Heinonen E, Payne T., **Cannavan, D.**, & Thralls Butte KJ. (2021). Identifying the motivators and barriers to resistance training among university students. *42<sup>nd</sup> Annual Meeting Society of Behavioral Medicine Annual conference*, 12-16<sup>th</sup> April, Virtual.
- Kim N, McGraw R, Thralls KJ., & **Cannavan, D.** (2020). The relationship between physical activity level and manual dexterity in adults over 60 years. *The Gerontological Society of America Annual Conference*, 4-7<sup>th</sup> November, Virtual.
- Krumpl, L., & **Cannavan, D.** (2018). Seasonal changes in plantar fascia thickness in division II basketball players. *23<sup>rd</sup> Annual Congress of the European College of Sport Science*, 4-7<sup>th</sup> July, Dublin, Ireland.
- Bubke, C., Shim, A., **Cannavan, D.**, Waller, M., Ruppert, T. (2018). The effects of proprioceptive balance training using the shuttle TNT system on vertical jump performance in female NAIA volleyball players. *23<sup>rd</sup> Annual Congress of the European College of Sport Science*, 4-7<sup>th</sup> July, Dublin, Ireland.
- van Rooyen, C., Atwell-Scriver, J., & **Cannavan, D.** (2018). Comparison of mental imagery and unilateral training on muscular strength. *NorthWest Biomechanics Symposium*. Bellingham, WA.
- Burges, E., Atwell-Scriver, J., & **Cannavan, D.** (2018). Flip flops and barefoot walking comparison in women ages 18-25. *NorthWest Biomechanics Symposium*. Bellingham, WA.
- Yngsdal, M., Burges, E., Cannavan, D., & Atwell-Scriver, J. (2018). The effects of myofascial release and ankle mobility exercises on plantar fascia thickness in division II basketball players. *NorthWest Biomechanics Symposium*. Bellingham, WA.
- Reid, C., Yngsdal, M., Atwell-Scriver, J., & **Cannavan, D.** (2018). The effects of tight hip flexors on gait. *NorthWest Biomechanics Symposium*. Bellingham, WA.
- Betts, A., **Cannavan, D.**, Clancy, K., & Kovaly, J. (2015). The effectiveness of ligament induced fascial technique (LIFT) on hamstring flexibility. *Fourth International Fascia Research Congress*, 18-20<sup>th</sup> September, Washington D.C. USA
- Cooper-Roth, T., & **Cannavan, D.** (2015). The differences in medial longitudinal arch and intrinsic foot strength between sedentary and non-sedentary populations. *UW 18<sup>th</sup> Annual Undergraduate Research Symposium*, February, Seattle WA
- Blazeovich, AJ., **Cannavan, D.**, Waugh, C. Miller, S., Thorland, JB., Aagaard, P., & Kay, AD. (2014). Novel mechanisms of range of motion improvement in response to plantar flexor stretch training in men. *6<sup>th</sup> Exercise and Sports Science Australia (ESSA) Conference*, 10-12 April 2014, Adelaide, South Australia.
- Blazeovich, A.J., Waugh, C.M., **Cannavan, D.**, Faith, F., Miller, S.C. and Kay, A.D. (2013) Factors influencing maximum rom at the ankle joint: different results from cross-sectional vs. Longitudinal studies. *18<sup>th</sup> Annual Congress of the European College of Sport Science*, 26-29<sup>th</sup> June, Barcelona Spain.

#### **INVITED PRESENTATIONS (since 2010)**

- Kabuki Education Week. *The foot: Training for good foot mechanics*. Online WA, February 2021.
- National Strength and Conditioning Association Northwest Regional Clinic. *Training from the ground up*, Seattle WA, August 2020.
- Special Olympics Washington Annual Coaches Conference. *Athletic preparation considerations for the special Olympian*. Tulalip WA, August 2019.

- Issaquah School District Annual Conference. *Safe resistance training practices for youth athletes*, Renton WA, August 2017.
- National Strength and Conditioning Association Ireland Conference. *Mobility & flexibility considerations for youth training*, Thurles Ireland, September 2015.
- National Strength and Conditioning Association Northwest Regional Clinic. *Strength & Hypertrophy: molecules to hormones*, Vancouver BC, August 2015.
- Special Olympics Washington Annual Coaches Conference. *Warm-up and Stretching considerations for athletic success*. WA, August 2015.
- Washington Wellness Higher Education Alliance Spring Conference. *Deep and superficial muscle activation patterns and back health*, Washington, April 2015.
- Kindlings Muse Podcast. *Sport as religion: march madness: superbowl, and the faith of fan culture*, March 2015.
- National Strength and Conditioning Association Washington Annual Meeting. *Biomechanics of resistance training: tricks and tips*, September 2014.
- National Strength and Conditioning Association Arizona Annual Meeting. *The science behind stretching*, October 2013.
- National Strength and Conditioning Association Northwest Regional Clinic. *Stretching – What is new*, Oregon, March 2013.
- National Strength and Conditioning Association Washington Annual meeting. *Strength training program design*, Spokane, June 2012.
- National Strength and Conditioning Association Oregon Annual meeting. *Stretching – an evidence based approach*, Oregon, March 2012.
- National Strength and Conditioning Association Washington Annual meeting. *Movement dysfunction and injury prevention*, Seattle, October 2011.
- National Strength and Conditioning Association NorthWest Annual meeting. *Posture and its effect on muscle performance*, Seattle, March 2011.

### **RELATED WORK EXPERIENCE**

<b>State Director National Strength and Conditioning Association</b>	2009 – 2018
<b>National Strength and Conditioning Association Advisory Board</b>	2018 - Present
<b>Cancer Rehabilitation, Swedish Cancer Institute</b>	2012 - Present
<b>Exercise Scientist Consultant</b>	2000 - Present
<b>British Army Physical Training Instructor</b>	1986 - 1999

### **OTHER**

Adventure seeker that has hiked to Base Camp Everest, climbed Kilimanjaro, and completed three 100K ultramarathons along with many Spartan races.