

Ryan D. Nokes, Ph.D., ATC, CSCS

EDUCATION

Doctor of Philosophy	Rocky Mountain University of Health Professions, Provo, UT Health Science, Athletic Training Concentration Conferred: August 2020 Dissertation: Professional Master's Athletic Training Students' Career Influences: A Convergent Mixed Methods Study
Master of Arts	San Jose State University, San Jose, CA Kinesiology, Athletic Training Concentration Conferred: May 2014 Capstone Project: Muscle EMG Activity in Vibram's FiveFinger Shoes
Bachelor of Arts	Point Loma Nazarene University, San Diego, CA Athletic Training Conferred: May 2012

Teaching Experience

Associate Professor, Kinesiology	Point Loma Nazarene University, San Diego, CA College of Health Sciences August 2022 - Present
Clinical Education Director, Athletic Training Program	Point Loma Nazarene University, San Diego, CA College of Health Sciences August 2017 - Present
Part-Time Faculty, Kinesiology	Point Loma Nazarene University, San Diego, CA College of Health Sciences August 2019 - July 2022
Adjunct Professor, Kinesiology	Point Loma Nazarene University, San Diego, CA College of Health Sciences August 2015 - July 2019
Clinical Preceptor, Athletic Training Program	Point Loma Nazarene University, San Diego, CA College of Health Sciences August 2014 - May 2018

San Jose State University, San Jose, CA
Department of Kinesiology
August 2013 - May 2014

**Teaching Associate,
Kinesiology**

San Jose State University, San Jose, CA
Department of Kinesiology
August 2012 - May 2014

COURSES INSTRUCTED

Point Loma Nazarene University

Graduate Courses

ANA6002 Gross Anatomy of the Musculoskeletal System
ANA6004 Anatomy Clinical Practice
ATR6008 Research Project Seminar
ATR6010+L Therapeutic Exercise Lecture & Lab
ATR6015+L Therapeutic Modalities Lecture & Lab
ATR6090 Clinical Internship I
ATR6091 Clinical Internship II
ATR6092 Clinical Preceptorship
ATR6093 Clinical Practicum I
ATR6094 Clinical Practicum II
KIN 6010 Evidence Based Practice & Decision Making in Kinesiology
KIN6035 Advance Practice in Movement Interventions & Corrective Exercise

Point Loma Nazarene University

Undergraduate Courses

ATR2090 Clinical Internship I
ATR2091 Clinical Internship II
ATR3090 Clinical Practicum I
KIN2080 Care & Prevention of Athletic Injuries
KIN3075 Movement Interventions & Corrective Exercise
KIN4010 Therapeutic Interventions
KIN4095 Capstone in Kinesiology

San Jose State University

Undergraduate Courses

KIN189 Prevention and Care of Athletic Injuries Lab
KIN191A Assessment of Lower Extremity Lab
KIN191B Assessment of Upper Extremity Lab
KIN197A Practicum in Athletic Training II
KIN197B Practicum in Athletic Training II

PEER-REVIEWED PUBLICATIONS

Ward A, Marinaro L, **Nokes R**, Erickson H, Kahanov L, Martin M. How traditional undergraduate college students define and perceive wellness: a qualitative phenomenological study. *J of ACH*. 2023.

Nokes RD, Pitney WA, Nottingham S, Bowman TG. Professional master's athletic training students' career influences part II: career intentions. *Athl Train Educ J*. 2022.

Nokes RD, Pitney WA, Bowman TG, Nottingham S. Professional master's athletic training students' career influences part I: perceptions of athletic training. *Athl Train Educ J*. 2022.

Crowell KR, **Nokes RD**, Cosby NL. Weak hip strength increases dynamic knee valgus in single leg tasks. *J Sport Rehabil*. 2021.

CONFERENCE PRESENTATIONS

Oral Presentations

Goodin J, **Nokes R**, Whisler A. Evaluating generative AI in strength and conditioning program design. *National Strength and Conditioning Association National Conference*. July 2024.

Nokes R. The use of large language models like ChatGPT in health education. *American Association for the Advancement of Science, Pacific Division Annual Meeting*. June 2024.

Nokes R. Professional master's athletic training students' career influences: a convergent mixed methods study. *National Athletic Trainer's Association Annual Meeting & Clinical Symposia*. June 2021.

Poster Presentations

Nokes R. Establishing academic policies for generative artificial intelligence in athletic training education. *Virtual Athletic Training Educators' Conference*. October 2024.

Carvalho C, **Nokes R**. Proximal Hypoalgesic Effects of Blood Flow Restriction in the Upper Extremity. *Western Society for Kinesiology & Wellness Conference*. October 2024.

Capua J, Goodin J, **Nokes R**, Aguinaldo A. Effects of carbon fiber plated shoes on lower body muscle activity during graded running in female long distance runners. *American Society of Biomechanics*. August 2024.

GRANTS & FUNDING

Goodin J, **Nokes R**, Sawyer B, Ward A. (2024). AI-enhanced academic advising: amplifying human connection through LLM augmentation. *Point Loma Nazarene University RASP Grant*. **\$500 awarded.**

Nokes R. (2019) Professional master's athletic training students' career influences: a convergent mixed methods study. *Rocky Mountain University of Health Professions Student Research Support Fund*. **\$500 awarded.**

STUDENT RESEARCH

Graduate Student Thesis & Capstone Project Advisor

McCallum N. Development of a strengthening protocol for patients with Ehlers Danlos syndrome: an evidence-based review. August 2024

Aguilar R. The effects of extracorporeal shockwave therapy on shoulder calcific tendinitis: a critically appraised topic. May 2023.

Ellis M. The use of kinesiotape in treating knee pain in patients with osteoarthritis: a critically appraised topic. May 2023.

Estrada A. The use of active release technique for improving hamstring flexibility in patients with hamstring tightness: a critically appraised topic. May 2023.

Garmo S. Does platelet rich plasma injections decrease pain in patients with frozen shoulder? A critically appraised topic. May 2023.

Hester A. Does implementing a neck strengthening program improve neck strength in male rugby players? A critically appraised topic. May 2023.

Knight K. The effects of foam rolling on pain in patients with delayed onset muscle soreness: a critically appraised topic. May 2023.

O'Brien M. Dry needling decreases pain in patients with plantar fasciitis: a critically appraised topic. May 2023.

Phan B. The effects of vibratory foam rolling and jump height in patients with delayed onset muscle soreness: a critically appraised topic. May 2023.

Wu M. The clinical efficacy of dry needling in treating chronic neck pain: a critically appraised topic. May 2023.

Cabico C. The effect of eccentric training on quadriceps strength after ACL reconstruction: a critically appraised topic. May 2022.

Carvalho, E. The effectiveness of blood flow restriction therapy for patients with shoulder impingement syndrome. May 2022.

Cerna S. Weighted ball training programs increase elbow torque: a critically appraised topic. May 2022.

Hibbs B. Can thoracic mobilizations be used to treat patients with shoulder impingement syndrome? A critically appraised topic. May 2022.

King E. Rehabilitation programming for atraumatic glenohumeral instability: a critically appraised topic. May 2022.

Marchesano N. Blood flow restriction and isokinetic knee strength after ACL reconstruction: a critically appraised topic. May 2022.

Marmol B. Limb symmetry index overestimates knee function in dynamic hopping tests after ACL reconstruction: a critically appraised topic. May 2022.

Peterson S. Incidence and injury rates in male soccer players after the F-MARC 11+ training program: a critically appraised topic. May 2022.

Rodriguez A. The effectiveness of CFRA as a treatment for knee osteoarthritis: a critically appraised topic. May 2022.

De La Mora T. Scapular based exercise programs for shoulder impingement syndrome: a critically appraised topic. May 2021.

De Luna K. Reliability of tuck jump assessment and landing error scoring system: a critically appraised topic. May 2021.

Hide D. Cold-water immersion attenuates muscle strength: a critically appraised topic. May 2021.

Ludwig-Keys A. Eccentric training vs. concentric training to prevent hamstring injuries: a critically appraised topic. May 2020.

Seime J. The use of a rigid cervical collar for head and neck trauma patients: a critically appraised topic. May 2020.

Williams D. The effectiveness of manual therapy and core stabilization to treat chronic low back pain: a critically appraised topic. May 2020.

Graduate Student Thesis & Capstone Project Committees

Capua J. Influence of carbon plated shoes for female runners during uphill running. May 2024.

Contreras N. Relationship between ground reaction force impulse and throwing arm joint kinetics in collegiate baseball pitchers. December 2021.

Crowell K. Weak hip strength increases dynamic knee valgus in single leg tasks. May 2021.

Undergraduate Honors Project Committees

Erickson H. College students' perceptions of nutrition and wellness. April 2023.

Bently N. Anterior cruciate ligament prevention program for female collegiate soccer players. May 2016.

COMMITTEES & UNIVERSITY SERVICE

Interprofessional Education Committee Chair, Point Loma Nazarene University, August 2024 - Present.

Artificial Intelligence Task Force, Point Loma Nazarene University, May 2024 - Present.

Kinesiology Department Curriculum Committee, Point Loma Nazarene University. August 2022 - Present.

College of Health Sciences Clinical Directors Committee Chair, Point Loma Nazarene University, August 2022 - Present.

Master's of Science in Athletic Training Program Assessment Coordinator, Point Loma Nazarene University. August 2019 - Present.

Kinesiology Department Assessment Committee, Point Loma Nazarene University. August 2019 - July 2022.

Institutional Review Board Task Force Committee, Rocky Mountain University of Health Professions. February 2021 - August 2021.

Graduate Student Council Member, Rocky Mountain University of Health Professions. July 2015 - July 2017.

Point Loma Nazarene University Alumni Student Mentorship Program, Point Loma Nazarene University. August 2015 - May 2016.

CLINICAL EXPERIENCE

Athletic Trainer Point Loma High School, San Diego, CA
August 2014 - May 2018

Point Loma Chiropractic, San Diego, CA
August 2014 - August 2019

Graduate Assistant San Francisco State University, San Francisco, CA
Athletic Trainer August 2012 - May 2014
Men's Soccer, Women's Track & Field

PROFESSIONAL CERTIFICATIONS

Board Certified Athletic Trainer #2000011222. May 2012 - Present.

NSCA Certified Strength & Conditioning Specialist #7348510776. July 2023 - Present.

NASM Certified Nutrition Coach #1241240118. July 2021 - Present.

Certified Applied Functional Science (CAFS). May 2023.

3DMAPS Certified - Gray Institute. April 2023.

NASM Corrective Exercise Specialist (CES). February 2023.

CPR & AED Certified. May 2023 - May 2025.

Learning Design in Health Education Certificate (LDHE), Rocky Mountain University of Health Professions. Completed December 2017.

PROFESSIONAL MEMBERSHIPS

National Athletic Trainers' Association Member #52591. May 2012 - Present.

National Strength and Conditioning Association Member #000534250. June 2023 - Present.

San Diego High School Athletic Trainers' Association Member. August 2014 - May 2018.

HONORS & AWARDS

2022 Athletic Training Education Journal Outstanding Research Manuscript. Awarded June 2023.

Point Loma Nazarene University Excellence in Teaching Award. Awarded March 2023.