

## **LEON M. KUGLER, Ph.D., ATC-R**

### **PROFESSIONAL EXPERIENCE**

1978 - Present	Point Loma Nazarene University Professor of Kinesiology Clinical Coordinator, Applied Health Science Courses taught: Special Studies-Kinesiology: Gross Anatomy for Allied Health Pathology of Injury and Illness Structural Kinesiology Applied Biomechanics Internship in Kinesiology Orientation to Kinesiology
2012 to Present	Founder, PLNU Kinesiology Human Anatomy Project
2007-2012	Director, Exercise Science
1999-2008	Staff Athletic Trainer
1997-Present	Advisor, Pre-Physical Therapy and Pre-Physician Assistant
1997-Present	Anatomical dissection for Pedagogy and Honors Program
1999-2007	Director, Athletic Training Education
1996-1999	Chair, Department of Kinesiology
1978-1999	Head Athletic Trainer
1972-78	Pacific Christian High School Teacher Coach

### **PROFESSIONAL ASSOCIATIONS**

American Association of Anatomists

### **EDUCATION**

1988	Ph.D., Exercise Science, The University of Toledo Minor: Anatomy, Medical College of Ohio
1981	ATC National Athletic Trainers Association
1975	M.A., Administration of Physical Education, California State University, Los Angeles
1972	B.A., Physical Education, Pasadena College

## **Grants Awarded**

1997, 2000, 2002, 2006 PLNU Research and Special Projects Grant  
1998, 2001, 2003, 2006 PLNU Alumni Teaching Development Award

## **PUBLICATIONS**

“A Comparative Analysis of the Kinematics and Kinetics of Forward and Backward Human Locomotion”  
International Journal of Sport Biomechanics. Summer, 1990, pp. 256-260.

“The Kinematics of Forward and Backward Locomotion”  
Athletic Training Journal 24(2), Summer, 1989, pp. 116.

“Impact Characteristics of Two Types of Soccer Balls”  
International Sporting Goods Journal, 1986.

“Influence of Inflation Pressure and Ball Wetness on Impact Characteristics of Two Types of Soccer Balls”  
International Sporting Goods Journal, 1987.

## **RELATED EXPERIENCE/PROFESSIONAL ACTIVITY**

2000-2005 Vice President of the NAIA-ATA

Chair, Undergraduate Student Research Projects leading to Graduation With Honors:

2015 “More Than Overuse: Carpal Tunnel Syndrome as a Symptom of Organic Disease and Congenital Anomalies”  
Investigator: Kari Walen

“Glenohumeral Ligamentous Involvement of Anterior Instability”  
Investigator: Dayna Rinkor

2014 “Female ACL Injury: Mechanics with Cadaver Dissection, Pathogenesis and Prophylaxis”  
Investigator: Katie Mitchell Mueller

“Pathologies Referring Pain into the Low Back; Development and Testing of a computer Application for Clinical Professionals”  
Investigator: Laura Kredit

2011 “Self Perception and Objective Measures of Movement Health in College-aged Students”  
Investigator: Brianna

- 2010 “Diabetic Peripheral Neuropathy: A Literature Review to Determine Efficacious Exercise for Modulating Morbidity in Patients”  
Investigator: William Westergard
- “Anomalies of the Brachial Plexus: Implications for the Clinical Professional”  
Investigator: Alexandra Brown
- 2009 “The Influence of Fatigue on Frontal Plane Knee Angle and Force Generation of Hip Abduction in Females”  
Investigator: Maure McCammon
- 2008 “The Influence of Fatigue on the Kinematics of the Subtalar Joint in Runners”  
Investigator: Megan Schutter
- 2007 “A Comparative Kinematic Analysis of Subtalar Joint Motion in Runners”  
Investigator: Julianne Toler
- 2005 “The Influence of Anaerobic Exercise and Aerobic Capacity on the Perception of Acute Pain in College-Aged Females”  
Investigator: Chelsey Hutchison
- 2003 “Neuroticism, Extroversion and Pain Perception in College-Aged Athletes”  
Investigator: Brandon Sawyer
- 2002 “Influence and Interaction of Music and Sleep Deprivation on Reading Comprehension and Reaction Time of College-Aged Adults”  
Investigator: Emily Altick
- 2001 “The Influence of Fatigue on Dynamic Balance and Vertical Power in Surfing and Basketball Athletes”  
Investigator: Rebecca Jones
- 2000 “Assessment and Treatment of Pathologies and Gait Extremes in a College Pole Vaulter: a Case Study”  
Investigator: Dustyn Severns
- 1999 “Electromyographic Activity of the Vastus Medialis Obliques and the Vastus Lateralis With and Without McConnell Taping During Exercise in Females Symptomatic for Patellofemoral Syndrome”  
Investigator: Crystal Sandoval

“A Normative Assessment of the Electromyographic Activity in the Quadriceps During Closed Chain Kinetic Activities”  
Investigator: Katy Jeffcoat

“The Effects of Magnet Therapy on Delayed Muscle Soreness in the Nondominant Elbow Flexors”  
Investigator: Rozlynn Rockwell

“Influence of Foot Orthotics on Balance in Dynamic, Single-leg Stance”  
Investigator: Kim Riggs

1998 “A Comparative Study of Subacromial Space in the Diagnosis of Supraspinatus Tendon Impingement by Open Magnetic Resonance Imaging”  
Investigator: Sara Lyon

“Impact of Dark Cola Beverages on Calciurea and Trends in Beverage Choice in College-Aged Women”  
Investigator: Rachelle Swank

1996 “The Efficacy of the On-Track Brace Compared to McConnell’s Taping in the Treatment of Patellofemoral Syndrome”  
Investigator: Todd Sumwalt

“A Quantitative and Qualitative Evaluation of the Effects of the Breathe Right on Sleep and Reaction Time”  
Investigators: Chad Swank and Sean Martin

1995 “The Efficacy of Weight Belt Mediated Myoelectric Activity in the Erector Spinae of Females During a Lifting and Lowering Task”  
Investigator: Amanda Lee

1992 “The Influence of Exercise on Knowledge Acquisition and Reading Rate.”  
Investigator: Jennifer Spurlock

1990 “The Effects of Three Types of Pre-exercise Carbohydrate Beverages on Blood Glucose Levels.”  
Investigator: Nicole DeForrest

1999 AAHPERD-Abstract Reviewer for National Meeting Poster Presentations

- 1998 NAIA Medical Aspects of Sports Committee
- 1997, 1996, 1993, 1992 Head Athletic Trainer, NAIA Women's National Volleyball Championships
- 1985-1993 Lectures for various High School faculty and staff:  
 "First Aid for the Athlete and P.E. Student"  
 "Injuries to School-aged Students"  
 "Teacher, I Think I Broke My Arm"  
 "Strategies for the Fitness Enhancement of Students and Faculty"  
 "Evaluation and Care of Head and Neck Injuries"  
 "Taping, Binding and Wrapping"
- 1990-93 National Athletic Trainers Association Clinical Symposium Abstract Review Committee  
 1992 National Athletic Trainers Association Clinical Symposium  
 Read the paper, "Kinetics and Kinematics of Forward and Backward Running."
- 1989 International Symposium of the Biomechanics in Sport, Bozeman, MT  
 Read the paper, "A Comparative Analysis of the Kinetics of Forward and Backward Human Locomotion."
- 1990 Olympic development soccer try-out camp  
 Head Athletic Trainer
- 1989 California Amateur Hockey Association  
 Sports Medicine Consultant
- 1983-86 University of California, San Diego Extension  
 Lecturer in Sports Medicine
- 1983-85 San Diego Sports Medicine, Training and Rehabilitation Center Athletic-Consultant

### **Service**

- 2012 LoveWorks missions trip leader Burnt Savannah, Jamaica
- 2011 Chair, Faculty Development Committee
- 2011 LoveWorks missions trip leader Burnt Savannah, Jamaica
- 2010 LoveWorks missions trip leader Washim, India

2009 LoveWorks missions trip leader Whangarei, New Zealand

2008 LoveWorks missions trip leader Liberia, Africa

2008 to 2010 Chair, Institutional Review Board

2007 to present Faculty advisor for PLNU Kinesiology Society

2007 to Present Kinesiology

2007 LoveWorks missions trip leader Mwansa, Tanzania

2006 LoveWorks missions trip leader Mwansa, Tanzania

2005 Hurricane Katrina relieve work Kenner, LA

2004 Athletic Trainer Global Sports Basketball Team for China exhibition tour

2001 Head Athletic Trainer British National Baseball Team at European Championships,  
Bonn, Germany

1998 Chaired PLNU Human Subjects Committee for Point Loma Nazarene University

1996-99 Member of the PLNU Human Subjects Committee

1998 Chair PLNU United Way Campaign and “Hands On San Diego” service project for Point  
Loma Nazarene University

1992-93 Chair, PLNU Faculty Workshop and Retreat Committee

1989-90 Co-chair of the PLNU A.I.D.S Task Force

**Church Service**

2004-present Skyline Wesleyan Church  
Pastor Garlow’s prayer team

1984-2004 San Diego First Church of the Nazarene  
Church Board, Pastor’s prayer team leader, Care group leader, Sunday school  
teacher