

Marshall J. Milbrath
Curriculum Vitae

“No committed athlete should leave the sport of Track & Field saying, ‘I never did my best.’”

CONTACT INFORMATION

Office:

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School of Sport and Exercise Science

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EDUCATION

- Ph.D. Expected July 2017 University of Northern Colorado, Greeley, CO
Major: Sport Pedagogy
Concentration: Sport Coaching
Minor: Applied Statistics and Research Methods
Major Advisor: Scott Douglas
Dissertation: *“Investigating the Decision-Making Process of a Competitively Successful Endurance Running Coach.”*
- M.Ed. 2014 University of Virginia, Charlottesville, VA
Major: Exercise Physiology
Major Advisor: Arthur Weltman
Thesis: *“Validation of the Omron HJ-324U Pedometer for the Assessment of Physical Activity”*
- M.Ed. 2012 Concordia University, Portland, OR
Concentration: Curriculum and Instruction
Capstone Project: *“Using Authentic Learning Experiences in Preparation for Standardized Tests”*
- B.S.Ed. 2008 Martin Luther College, New Ulm, MN
Major: Science Education

USA Track & Field Certifications

- Cross-Country Specialist (2016)
- Level 2 Certification, Throwing Events (2015)
- Level 1 Instructor Certification (2014)
- Level 2 Certification, Sprints, Hurdles, Relays (2014)
- Level 2 Certification, Endurance Events (2011)

U.S. Track and Field and Cross-Country Coaches Association Certifications

- Strength and Conditioning Specialist Certification (2014) (NCAA Accredited)
- Program Management Certification (2014)

ACADEMIC EMPLOYMENT

2014 – Present	Graduate Student Teaching Assistant, School of Sport and Exercise Science, University of Northern Colorado, Greeley, CO
2012 – 2014	Lifetime Physical Activity Instructor, University of Virginia, Charlottesville, VA
Spring, 2013	Graduate Student Teaching Assistant, University of Virginia, Charlottesville, VA
2011 – 2012	Chemistry Teacher, South Lakes High School, Reston, VA
2008 – 2011	Physical Science Teacher, Grace E. Metz Middle School, Manassas, VA

TEACHING

TEACHING INTERESTS

Human Performance	Sport Training Design
Physical Activity Courses	Principles of Coaching
Exercise Physiology/Kinesiology	Physiological Responses to Exercise
Online Learning	Research Methods/Statistical Analysis

COURSES TAUGHT AT UNIVERSITY OF NORTHERN COLORADO

# of semesters	Course	Title
1	SES 110	Badminton
4	SES 111	Bowling
2	SES 125	Hiking
1	SES 146	Group Fitness
2	SES 148	Exercise & Weight Control
2	SES 153	Weight Training
3	SES 200	Weight Training & Conditioning
3	SES 201	Track & Field
1	SES 243	Outdoor Adventures
1	SES 440	Principles of Elementary Physical Education*
2	SES 442	Principles of Secondary Physical Education*
1	SES 584	Sports Management for Coaches (online)

*Included a supervisory role in practicum experience

COURSES TAUGHT AT UNIVERSITY OF VIRGINIA

# of semesters	Course	Title
1	PHYE 1430	Conditioning and Cross Training
2	PHYE 1440	Running for Fitness
2	PHYE 1445	Women's Weight Training

Courses heavily utilized online learning systems for the nearly exclusive distribution of class materials, assignments, assignment feedback, and grade reporting.

TEACHING (continued)

TEACHING PRESENTATIONS

- Butler, K., Fisher, J., **Milbrath, M. J.** & McMahon, C. (2016, November). USA Track & Field Level 1 Certification School, Denver, CO.
- Pavlansky D., Butler, K., & **Milbrath, M. J.** (2015, November). USA Track & Field Level 1 Certification School, Denver, CO.
- Lydum, M. & **Milbrath, M. J.** (2015, November). USA Track & Field Level 1 Certification School, Salt Lake City, UT.
- Lydum, M., Rasmussen B., & **Milbrath, M. J.** (2015, August). USA Track & Field Level 1 Certification School, Spokane, WA.
- Lydum, M., Pavlansky D., Butler, K. & **Milbrath, M. J.** (2014, November). USA Track & Field Level 1 Certification School, Denver, UT.
- Lydum, M., Pavlansky D., & **Milbrath, M. J.** (2014, November). USA Track & Field Level 1 Certification School, Salt Lake City, UT.
- Lydum, M., Scheckel R., & **Milbrath, M. J.** (2014, August). USA Track & Field Level 1 Certification School, Omaha, NE.
- Milbrath, M. J.** (2014, November). *Motivation in Coaching*. University of Northern Colorado Pre-service Physical Educator Conference. Greeley, CO
- Milbrath, M. J.** (2009, July). *Basics of Endurance Training*. Blue Ridge Cross-Country Camp. Harrisonburg, VA

TEACHING WORKSHOPS ATTENDED

Center of Instructional Workshops (University of Northern Colorado):

- Mar 2016 Predatory Journals and Other Scholarly Publishing-Related Perils
Feb 2016 Using Surveys for Program Assessment

Track & Field Workshops

- Dec 2016 USTFCCCA Coaching Academy, Orlando, FL
Course 409 – Sports Science for Endurance Events
- Dec 2016 USATF Podium Education Project, Orlando, FL
- Aug 2016 USATF Cross-Country Specialist Certification Course
- Jan 2016 American Distance Project Distance Summit, Colorado Springs, CO
- Dec 2015 USTFCCCA Coaching Academy, San Antonio, TX
Course 401 – International Protocol
Course 403 – Testing & Measurement
Course 404 – Track & Field Meet Management
Course 407 – Weight Training
- July 2015 USATF Level 2 School (Throws Course), Indianapolis, IN
- Jan 2015 American Distance Project Distance Summit, Colorado Springs, CO
- Dec 2014 USTFCCCA Coaching Academy, Phoenix, AZ
Course 202 – Program Management
Course 301 – Strength & Conditioning Specialist Certification
Course 408 – Sports Science for Speed & Power Events
- July 2014 USATF Level 2 School (Sprints, Hurdles, Relays Course), Indianapolis, IN
USATF Level 1 Instructor Training Course
- Aug 2012 Distance Running Summit, Morristown, NJ

- July 2011 USATF Level 2 School (Endurance Course), Atlanta, GA
- Jan 2011 USATF Virginia Association Rules Clinic, Fairfax, VA
- Feb 2010 USATF Virginia Association Rules Clinic, Richmond, VA
- July 2009 Blue Ridge Running Camp Coaches' Clinic, Harrisonburg, VA
- Feb 2009 USATF Virginia Association Rules Clinic, Alexandria, VA
- Jan 2009 American Distance Project Distance Summit III, Charlotte, NC
- Nov 2008 USATF Level 1 School, Chapel Hill, NC

National Administrative Meetings

- Dec 2016 USATF Annual Meeting, Orlando, FL
Served as an official representative for the Colorado Association
- Dec 2015 USATF Annual Meeting, Houston, TX
- Dec 2014 USATF Annual Meeting, Anaheim, CA

RESEARCH/SCHOLARSHIP

RESEARCH INTERESTS

- Training Load Assessment of Endurance Runners
- Long Term Development of Track and Field Athletes
- Coaching Practice of Track & Field Coaches

GRANT PROPOSALS

- 2016 NCAA Graduate Student Research Grant. *Investigating the Assessment Methods of Successful NCAA Division II Cross-Country Coaches.* (\$7000, unfunded).
- 2015 NCAA Graduate Student Research Grant. *Assessment of Run, Jump, Throw for the Promotion of Physical Activity and Activity Motivation.* (\$7000, unfunded).

PUBLISHED MANUSCRIPTS

- Milbrath, M. J.** (2017). Athlete-centered coaching: What, why, and how. *Track Coach*, 218, 6939-6944
- Milbrath, M. J.** (2016). Group-Centered Coaching: Addressing the Whole Team. *Techniques*, 10(1), 34-42
- Milbrath, M. J.,** Stoepker, P., & Krause, J. (2016). Video Analysis Tools for the Assessment of Running Efficiency. *Track and Cross Country Journal*, 2(4), 279-283
- Milbrath, M. J.,** & Humble, K. (2015). Implementation Plan for Training Journals Used to Increase Motivation and Performance. *Olympic Coach*, 26(2)
- Milbrath, M. J.,** & Humble, K. (2014). Using Training Journals to Increase Motivation and Performance. *Olympic Coach*, 25(4), 11-28

MANUSCRIPTS IN PROGRESS

- Milbrath, M. J.,** & Douglas, S. Multiple strokes: A coach's eclectic approach to assessing swimmers.
- Milbrath, M. J.** Failure to reject: falsificationism and the advancement of scientific knowledge-an ethical stance.
- Milbrath, M. J.,** & Bell, Margaret. Critical components to student-athlete leadership
- Milbrath, M. J.** Revisiting aerobic contributions to exercise: A meta-analysis

RESEARCH/SCHOLARSHIP (continued)

REFEREED PRESENTATIONS

- Milbrath, M. J.** (2017, August). *Multiple Strokes: A Coach's Eclectic Approach to Assessing Swimmers*. International Counsel for Coaching Excellence Global Coach Conference. Liverpool, England
- Milbrath, M. J.,** & Bell, Margaret (2017, August). *A Constructivist Approach for Teaching Student-Athlete Leadership: Praxis for Coaches*. International Counsel for Coaching Excellence Global Coach Conference. Liverpool, England
- Milbrath, M. J.,** Stoepker, P. (2016, October). *Athlete-Centered Coaching: What, Why, How?* Presented at SHAPE Colorado Regional Conference. Colorado Springs, CO
- Milbrath, M. J.,** Capasso, L., Schroeder, S. (2016, May). *Relative Improvement in Collegiate Endurance Running*. Presented at University of Northern Colorado Research Evening. Greeley, CO
- Milbrath, M. J.** (2016, April). *Failure to Reject: Falsificationism and the Advancement of Scientific Knowledge-An Ethical Stance*. Presented at University of Northern Colorado Research Day. Greeley, CO
- Krause J., Lynch B. M., Franks, H., & **Milbrath, M. J.** (2015, October). *Mobile Applications for Physical Education and Coaching*. Presented at SHAPE Colorado Regional Conference. Denver, CO

SUBMITTED PRESENTATIONS

- Milbrath, M. J.** (Submitted). *Using Training Journals to Increase Motivation*. Submitted to International Counsel for Coaching Excellence Global Coach Conference. Liverpool, England

SERVICE

NATIONAL

2014 - Present Level 1 Coaching Education Instructor for USA Track & Field.

STATE AND LOCAL

2016 – Present USA Track & Field Colorado Association Men's Long Distance Running Chairman

2013 - 2014 Volunteer Training Officer, Ivy Fire Rescue, Charlottesville, VA

2012 - 2014 Volunteer Firefighter, Albemarle Fire and Rescue, Charlottesville, VA

2010 - 2012 Volunteer Firefighter/EMT, Centreville Volunteer Fire Department, Centreville, VA

SERVICE (continued)

SCHOOL OF SPORT AND EXERCISE SCIENCE – University of Northern Colorado

- 2015 – Present Coordinated and oversaw the NCACE Accreditation Process of M.A in Sport Coaching Degree Program
- October, 2015 Coordinated recruitment booth for UNC Extended Campus at SHAPE America Conference
- March, 2015 Coordinated recruitment booth for UNC Extended Campus at SHAPE Colorado Conference
- Fall 2015 Produced video recapping “Active Kids do Better!” A *Schulze Speaker Series* Event at the University of Northern Colorado
Video: <https://youtu.be/jRtX2BhomEs>
- April, 2013 Assisted with a non-traditional sports workshop for high school teachers
- November, 2012 Managed registration and credentialing for University of Northern Colorado Pre-Service Physical Educator Conference

NORTHWEST AND NORTHERN VIRGINIA ATHLETIC REGIONS

- 2009-2012 Officiated 33 high school track and field meets

OSBOURN HIGH SCHOOL ATHLETICS

- Fall 2009, 2010 Assisted with organization of Cross-Country Camp, hosted at Prince William National Forest.

COACHING EXPERIENCE

- Feb 2017 – May 2017 Assistant Coach: Track & Field, University High School Greeley, CO
- Aug 2014 – Jan 2015 Volunteer Assistant Coach: Track & Field, University of Northern Colorado (NCAA Division I), Greeley, CO
- Aug 2013 – Nov 2013 Volunteer Assistant Coach: Cross-Country, Longwood University (NCAA Division I), Farmville, VA
- Aug 2012 – Nov 2012 Volunteer Assistant Coach: Cross-Country, Albemarle High School, Charlottesville, VA
- Aug 2008 – May 2011 Associate Head Coach: Cross-Country/Track & Field, Osbourn High School, Manassas, VA

PROFESSIONAL AFFILIATIONS

- 2016 – present International Counsel of Coaching Excellence (ICCE)
- 2015 – present SHAPE Colorado
- 2014 – present SHAPE America
- 2012 – present Kappa Delta Pi – International Honor Society in Education
- 2012 – present American College of Sports Medicine (ACSM)
- 2012 – present National Strength and Conditioning Association (NSCA)
- 2008 – present USA Track & Field