

Dustin Jay Oranchuk

3b Zara Court, Windsor Place, Auckland New Zealand
Phone: +64 027 800 8555 Email: dustinoranchuk@gmail.com

Post-Secondary Education:

- PhD Scholar (Sports Science): Sports Performance Research Institute New Zealand (SPRINZ), Auckland University of Technology (June 2017-Present)
 - Thesis: “The effect of eccentric quasi-isometric training on muscle morphology and performance”
- MSc (Exercise Science): Adams State University (2016)
 - Thesis: “Comparison the hang high-pull and loaded jump-squat for the development of vertical jump and isometric force-time characteristics”
- BKin (Kinesiology): University of Calgary (2013)

Certifications:

- CSCS*D: Certified Strength and Conditioning Specialist (with Distinction).
- ISAK level 2: Certified Anthropometrist.
- NCCP: National Coaching Certification Program, Weightlifting level 1.
- Current First Aid, CPR and AED Certifications.

Publications:

1. **Oranchuk DJ**, Mannerberg JM, Robinson TL & Nelson MC. Eight weeks of strength and power training improves club head speed in collegiate golfers. *Journal of Strength and Conditioning Research* (Ahead of print)
2. **Oranchuk DJ**, Storey AG, Nelson AR & Cronin JB. Isometric training and long-term adaptations; effects of muscle length, intensity and intent: A systematic review. *Scandinavian Journal of Medicine and Science in Sports*, 29(4), 484-503
3. **Oranchuk DJ**, Drinkwater EJ, Lindsay RS, Helms ER, Harbour ET & Storey AG. Improvement of kinetic, kinematic, and qualitative performance variables of the power clean with the hook grip. *International Journal of Sports Physiology and Performance*, 14(3), 378-384
4. **Oranchuk DJ**, Robinson TL, Switaj ZJ & Drinkwater EJ (2019). Comparison of the hang high-pull and loaded jump squat for the development of vertical jump and isometric force-time characteristics. *Journal of Strength and Conditioning Research*, 33(1): 17-24
5. Nichols DT, Robinson TL & **Oranchuk DJ** (2019). Kinesiology taping of the ankle does not improve dynamic balance in NCAA athletes. *Athletic Training and Sports Health Care*, 11(1): 10-18
6. Silva BVC, Simim MAM, Viegas LCR, Brígido TS, Silva RÂD, **Oranchuk DJ**, & Mota GR. (2018). The acute hypotensive effect of resistance training performed with machines vs free weights in normotensive men. *Motriz. Journal of Physical Education*, 24(2): e1018173
7. Koral J, **Oranchuk DJ**, Herrera R & Millet GY (2018). Six sessions of sprint interval training improves running performance in trained athletes. *Journal of Strength and Conditioning Research*, 32(3): 617-623 (Open access)
8. **Oranchuk DJ**, Switaj ZJ & Zuleger BM. (2017). The addition of a “Rapid Response” neuromuscular activation to a standard dynamic warm-up improves isometric force and rate of force development. *Journal of Australian Strength and Conditioning*, 25(4): 19-24
9. Birch EW, Robinson TL, Nelson MC & **Oranchuk DJ**. (2017). Neither supra-maximal rack squats nor moderately loaded jump squats elicit post-activation potentiation in NCAA Division II

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volleyball and American football players. *Journal of Australian Strength and Conditioning*, 25(3): 20-26

Submitted Manuscripts

- **Oranchuk DJ**, Nelson AR, Storey AG & Cronin JB. The scientific basis for eccentric quasi-isometric resistance training: A narrative review (*Journal of Strength and Conditioning Research*)
- **Oranchuk DJ**, Storey AG, Nelson AR, Neville JG & Cronin JB. Variability of multi-angle isometric force-time characteristics (*International Journal of Sports Physiology and Performance*)
- **Oranchuk DJ**, Nelson AR, Storey AG & Cronin JB. Variability of B-mode and extended field of view ultrasonographically-derived regional quadriceps architecture in trained men (*International Journal of Sports Physiology and Performance*)
- **Oranchuk DJ**, Neville JG, Storey AG, Nelson AR & Cronin JB. Variability of joint angle-specific isokinetic torque and impulse assessments (*Journal of Sport Rehabilitation*)
- **Oranchuk DJ**, Flattery MR, Robinson TR & Aboodarda SJ. Heat administration and foam rolling increase hamstring flexibility acutely; with amplifying effects (*Journal of Sport Rehabilitation*)
- **Oranchuk DJ**, Ecsedy EN & Robinson TL. The effects of a sport-specific upper body resistance-band training program on overhead throwing velocity and glenohumeral joint range of motion (*Journal of Strength and Conditioning Research*)
- **Oranchuk DJ**, Koral J, da Mota GR, Wrightson J, Soares R, Twomey R & Millet GY. Sustained maximal isometric contraction of the knee extensors induce full ischemia: Neuromuscular effects (*Applied Physiology, Nutrition, and Metabolism*)
- Mira J, Floreani M, Savoldelli A, Amery K, Koral J, **Oranchuk DJ**, Messonnier L, Rupp T & Millet GY. Neuromuscular fatigue of cycling exercise in hypoxia: Methodological developments and fatigue etiology (*The Journal of Physiology*)
- da Silva BVC, Bertulicci D, Branco T, Ide BN, Marocolo M, de Souza HLR, de Oliveira RAA, **Oranchuk DJ** & da Mota GR. Comparison of high-volume and high-intensity upper body resistance exercise on acute neuromuscular outputs and perceived exertion (*Journal of Strength and Conditioning Research*)

Peer-Reviewed Conference Proceedings

1. Sheppard D, **Oranchuk DJ**, Klawitter LA & Robinson TL. (2019). Variations in Wingate load to optimize peak power output in NCAA DII collegiate athletes. *American Council of Sports Medicine: Rocky Mountain Region*, Denver, Colorado. (Regional Conference, Poster Presentation)
2. **Oranchuk DJ**, Lindsay RS, Helms ER, Harbour ET, Storey AG & Drinkwater EJ. (2018). Hook-grip improves power clean kinetics and kinematics. *36th International Conference on Biomechanics in Sports*, Auckland New Zealand. (International Conference, Oral Podium Presentation)
3. Rupp T, Mira J, Floreani M, Savoldelli A, Amery K, Koral J, **Oranchuk DJ** & Millet GY. (2018). Neuromuscular fatigue in hypoxia revisited. *European College of Sport Science*, Dublin Ireland, (International Conference Abstract, Oral Podium Presentation)

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4. Greenfield M, Robinson TL, Klawitter LA & **Oranchuk DJ**. (2018). Performance differences with stance variance in weightlifting. *American Council of Sports Medicine: Rocky Mountain Region*, Denver, Colorado. (Regional Conference, Poster Presentation)
5. **Oranchuk DJ**, Koral J, Herrera R & Millet GY. (2017). Six sessions of sprint interval training improves running performance in trained athletes. *Sport & Innovation Summit*, Calgary, Alberta. (National Conference Abstract, Poster Presentation)
6. Klawitter LA, Robinson TL & **Oranchuk DJ**. (2017). The effect of the Advanced Biostructural Correction chiropractic technique on aerobic measures in trained endurance cyclists. *Sport & Innovation Summit*, Calgary, Alberta. (National Conference Abstract, Poster Presentation)
7. **Oranchuk DJ**, Switaj ZJ, Robinson TL & Jordan MJ (2016). Comparison of the hang high-pull and trap-bar jump squat in the development of vertical jump and isometric force-time characteristics. *National Strength and Conditioning Association National Conference*, New Orleans, Louisiana. (International Conference, Poster Presentation)
8. **Oranchuk DJ**, Birch EW, Robinson TL & Nelson MC. (2016). The effect of varying post-activation potentiation intensities on vertical jump performance in Division II football and volleyball players. *American Council of Sports Medicine: Rocky Mountain Region*, Denver, Colorado. (Regional Conference, Poster Presentation)
9. Switaj ZJ, **Oranchuk, DJ** & Robinson TL. (2016). The validity of the Bar Sensei™ in determining barbell velocity and a novel measurement of starting strength. *American Council of Sports Medicine: Rocky Mountain Region*, Denver, Colorado. (Regional Conference, Poster Presentation)
10. Mannerberg JM, **Oranchuk DJ**, Robinson TL & Nelson MC (2016). The effect of an 8-Week strength and power training program on club head speed in collegiate golfers. *American Council of Sports Medicine: North West Region*, Tacoma Washington. (Regional Conference, Poster Presentation)
11. **Oranchuk DJ**, Switaj ZJ & Zuleger BM. (2015). The effect of a "Rapid Response" neuromuscular warm-up on isometric force production in NCAA Division II Swimmers. *10th Annual Coaching & Sports Science College*, Johnson City, Tennessee. (Regional Conference, Poster Presentation)
12. **Oranchuk DJ** & Jordan MJ. (2013). The Relationship between weighted and un-weighted countermovement and squat jump mechanical power and kinetic impulse variables and power clean performance in national level Canadian weightlifters. *Sport & Innovation Summit*, Calgary, Alberta. (National Conference, Poster Presentation)

Service:

Associate Editor:

- Motriz. Journal of Physical Education (2019- present)

Invited Manuscript Review

- Journal of Strength and Conditioning Research (2017-2018)
- Motriz Journal of Physical Education (2017-2018)
- Sports Medicine International Open (2017)

Conference Chairing

- International Society of Biomechanics in Sport (ISBS) 2018. Podium Poster Session #12

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- SPRINZ Strength and Conditioning Conference. Doctoral Student Showcase

Invited Conference Review

- International Society of Biomechanics in Sport (ISBS) 2018

Invited Presentations

1. **Oranchuk DJ.** The effect of eccentric quasi-isometric training on muscle morphology and performance: Preliminary findings. *SPRINZ S&C Conference (Doctoral Student Showcase)*, Auckland, New Zealand, November 15th-16th, 2018
2. Nelson AR & **Oranchuk DJ.** Eccentric Quasi-Isometric (EQI) Training. *SPRINZ S&C Conference*, Auckland, New Zealand, November 16th-17th, 2017
3. **Oranchuk DJ.** Developing the youth athlete: A strength and conditioning perspective. *Next Level Experience Football Clinic*, Airdrie, Alberta, Canada, March 18th, 2017
4. **Oranchuk DJ.** Athletic development in football: Insights from the weight room. *Elite Coaching Clinic*, Calgary, Alberta, Canada, March 3rd-4th, 2017

Supervisory Committee Member:

Masters

- Christopher Kennedy: The influence of the hook grip and lifting straps on kinetic, kinematic, and qualitative performance variable of the power snatch. Auckland University of Technology, 2019-2020
- David Sheppard: Analysis of wingate load optimization in Division II college athletes. Adams State University, 2016-2018
- Matthew Greenfield: Effect of foot placement on weightlifting kinematics. Adams State University, 2016-2018
- Matthew Flattery: Effects of moist heat and foam rolling on hamstring range of motion in female lacrosse athletes. Adams State University, 2015-2017
- Erika Ecsedy: Effects of a sport-specific upper body resistance-tube training program on overhead throwing velocity and glenohumeral joint range of motion in softball players. Adams State University, 2015-2017

Scholarships/Grants:

- 2018 ASU FTAC Technology Grant: \$5000 (Used to purchase GymAware linear position transducer, I-pad mini-4, cloud license and accessories)
- 2017 AUT Vice Chancellors Doctoral Scholarship: \$96000 (Tuition, fees, living stipend)
- 2016 ASU travel grant: Hotel, flight and conference fees for the 2016 NSCA national conference
- 2015 East Tennessee State University student travel grant: Hotel, flight and conference fees for the 10th Annual Coaching & Sports Science College
- 2015 ASU FTAC Technology Grant: \$5000 (Used to purchase PASCO-Scientific duel force plate system and MATLAB physics analytical software licenses)

Related Work Experience:

Auckland University of Technology: Lectures: (February 2019-Present)

- Lecture for the "Foundations of fitness" course
- Provide grading assistance

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Auckland University of Technology: Casual Academic: (August 2017-Present)

- Assist Principle investigators and research students with data collection and analysis
- Research and write literature reviews
- Run statistical analysis
- Guest lectures
- Grading assistance

Millennium Institute of Sport and Health: Sr Clinic Technician (November 2017-Present)

- Isokinetic dynamometry
- Strength and power assessments
- Return to sport

Adams State University (Colorado): Adjunct Instructor: (May 2016-Present)

- Co-supervise MSc students
- “Concepts of Exercise Science” (Online: Fall 2016, Summer 2017)
- “Performance Nutrition” (In Person: Summer 2016)
- “Exercise Physiology Lab” (In Person: Summer 2016)

University of Calgary: Visiting Scholar/Researcher (August 2016-June 2017)

- Work as a team member in the Neuromuscular Fatigue Lab
- Publish/disseminate results
- Participate in group meetings, seminars, and conferences

University of Calgary: Head Football Strength & Conditioning Coach (August 2016-June 2017)

- Run, program and periodized all S&C sessions for Dino’s Football (~85 Athletes)
- Collect data on strength, speed, body composition and fatigue
- Work with athletic therapy staff to ensure proper injury management
- Organize assistants and supervise practicum students

Adams State University (Colorado): Strength & Conditioning Coach (August 2014-August 2016)

- Head S&C coach for Grizzlies swimming, women's basketball and volleyball
- Assist with S&C sessions for several other NCAA D-II sports (groups of 5-60)
- Collect data (body comp, force plate, surveys, bar velocity) to monitor progress, fatigue, injuries.
- Liaised with sports coaches, athletic trainers, physical therapists and administrators
- Independently developed and delivered presentations (training, nutrition, recovery) to teams

Adams State University (Colorado): Graduate Teaching Assistant (August 2014-May 2016)

- Lecture “Concepts in Wellness”
- Instruct “Exercise Physiology Laboratory”
- Organize special events
- Lead undergraduate study hall

Prentiss Hockey Performance (Connecticut): Strength Coach (Summer 2014)

- Ran up to 50 sessions/week of personalized high-performance training
- NHL, AHL, CHL, BCHL, NCAA, high-school and youth athletes
- Body-composition, structural balance, strength, speed and plyometric assessments

Canadian Sport Institute (Calgary): Strength & Power Coach (Fall 2012-Summer 2014)

- Assistant Strength and Conditioning Coach for Woman’s National Alpine team
- Ran strength development sessions with elite and developmental athletes
- Ran physiological tests, (force-plate, LPTs, timing lights, Bio-Dex etc.)

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Peak Power Sport Development (Calgary): S&C Coach (Spring 2005-Winter 2013)

- Delivered training sessions to a variety of athletes from 10-65 y/o
- Exercise-physiology lab experience (VO₂max, blood lactate, RMR testing etc.)

Related Skills:

Technologies:

- Proficient in data collection and analysis using Capstone, MATLAB, Excel, LabChart etc.
- Experienced in isokinetic dynamometry, force plates, timing lights, accelerometers, linear position transducers, Powerlabs, TMS, PNS, metabolic cart, anthropometry, blood lactate, etc.
- Conducting, deciphering and presenting research

Primary Research Interests:

- Strength and power development
- Muscle physiology
- Sport technologies
- Athlete monitoring
- Periodization

Professional References

- Professor John B Cronin, PhD (Auckland University of Technology: SPRINZ)
Email: john.cronin@aut.ac.nz
- Professor Guillaume Y Millet, PhD (Université Jean Monnet: Human movement biology)
Email: guillaume.millet@univ-st-etienne.fr
- Professor Tracey L Robinson, PhD (ASU: Human Performance & Physical Education)
Email: trobins@adams.edu
- Matthew Jordan, PhD, CSCS (Canadian Sport Institute: Director of S&C)
Email: mjordan@csicalgary.ca