

CONTACT INFORMATION

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CURRENT POSITIONS

Assistant Professor
 Associate Director for Research | Human Performance and Sport
 Science Center
 Director | Michigan Performance Research Laboratory
 University of Michigan

EDUCATION

University of Toledo, Toledo OH, USA | *Doctor of Philosophy* | Exercise Science
University of Minnesota, Minneapolis MN, USA | *Master of Arts* | Kinesiology
Grand Valley State University, Allendale MI, USA | *Bachelor of Science* | Athletic Training

PROFESSIONAL EXPERIENCE

- **University of Michigan** | Assistant Professor | Ann Arbor MI, USA | 2019 - Present
 - *Associate Director for Research*, [Human Performance and Sports Science Center](#)
 - *Director*, [Michigan Performance Research Laboratory](#)
- **University of Connecticut** | Assistant Professor in Residence | Storrs CT, USA | 2015 - 2019
 - *Joint Appointment: Assistant Professor*, Department of Orthopaedic Surgery
- **University of Kentucky** | Lecturer | Lexington KY, USA | 2014 - 2015
- **University of Toledo** | Graduate Student Research Assistant | Toledo OH, USA | 2010 - 2014

SELECT/RELEVANT PUBLICATIONS

Complete List of Published Work: <https://www.ncbi.nlm.nih.gov/myncbi/1hq5t5niHXjQy/bibliography/public/>

1. Carrier B, Melvin AC, Outwin JR, Wasserman MG, Audet AP, Soldes KC, Kozloff KM, **Lepley AS**. Validation of exertional sweat loss estimations using wearable technology. Prepared for consideration to *Journal of Sports Science*. 2024. In Review.
2. Carrier B, Melvin AC, Outwin JR, Wasserman MG, Audet AP, Soldes KC, Kozloff KM, **Lepley AS**. Smart watch estimation of body composition metrics. Prepared for consideration to *Journal of Sports Science*. 2024. In Review.
3. Ross E, Milian A, Ferlic M, Reed S, **Lepley AS**. A data-driven approach to running gait assessment using inertial measurement units. *Video Journal of Sports Medicine*. 2022. 2(5). doi <https://doi.org/10.1177/26350254221102464>.
4. **Lepley AS**, Lepley LK. Mechanisms of arthrogenic muscle inhibition. *Journal of Sport Rehabilitation*. 2022. 31(6). 707-716. doi: <https://doi.org/10.1123/jsr.2020-0479>. PMID: 34470911.
5. Mamon MA, Olthof SBH, Burns GT, **Lepley AS**, Kozloff KM, Zernicke RF. Position-specific physical workload intensities in American collegiate football training. *Journal of Strength and Conditioning Research*. 2022. 36(2). 420-426. doi: <https://doi.org/10.1519/JSC.0000000000004174>. PMID: 35080203.
6. Rush JL, Lepley LK, Davi SM, **Lepley AS**. The immediate effects of transcranial direct current stimulation on quadriceps muscle function in individuals with a history of anterior cruciate ligament reconstruction: A preliminary investigation. *Journal of Sport Rehabilitation*. 2020. 29(8). 1121-1130. doi: <https://doi.org/10.1123/jsr.2019-0179>. PMID: 32221043.
7. Whiteside D, Martini DN, **Lepley AS**, Zernicke RF, Goulet GC. Predictors of ulnar collateral ligament reconstruction in Major League Baseball pitchers. *American Journal of Sports Medicine*. 2016; 44(9). 2202-2209. doi: <https://doi.org/10.1177/0363546516643812>. PMID: 27159303.

SELECT/RELEVANT PRESENTATIONS IN THE PAST YEAR

1. **Lepley AS**. Future Proofing Your Research in the Age of Technology. Invited Panel Discussion. Mobile Technologies Research Innovation Collaborative (MeTRIC) Symposium. Ann Arbor, Michigan. November 1st, 2024.
2. Meingast T, Melvin AC, Davis S, Kozloff KM, DeJong-Lempke AF, **Lepley AS**. Agreement Between Smart-Watch and Shoe-Mounted Wearable Sensors on Spatiotemporal Outcomes Across Varied Running Conditions. Presented at the Mobile Technologies Research Innovation Collaborative (MeTRIC) Symposium. Ann Arbor, Michigan. November 1st, 2024.

3. Johannes M, Melvin AC, Audet A, Naaz S, Meingast T, Shah S, Davis S, Kozloff KM, **Lepley AS**. Accuracy of smart watches in detecting heart rate during different exercise conditions. Presented at the Mobile Technologies Research Innovation Collaborative (MeTRIC) Symposium. Ann Arbor, Michigan. November 1st, 2024.
4. **Lepley AS**, Melvin AC, Audet A, Wasserman M, Soldes KC, DeJong Lempke AF, Kozloff KM. Accuracy of run distance measured via consumer smart watches. Presented at the European College of Sports Science. Glasgow, Scotland, United Kingdom. July 2024.
5. Melvin AC, Audet AP, Naaz S, Kozloff KM, **Lepley AS**. Heart rate response during maximal exercise and recovery is affected by chronological age, and not training age. Presented at the European College of Sports Science. Glasgow, Scotland, United Kingdom. July 2024.
6. **Lepley AS**, DeJong Lempke AF. Elevating Performance: Harnessing the Potential of Wearable Technology. Invited Lecture. Presented at the National Athletic Trainers' Association Annual Meeting, New Orleans, Louisiana. June 27th, 2024.
7. **Lepley AS**, Melvin AC, Ranella M. Bridging the Gap: Collaborations Between Academia and Industry to Advance Sports Medicine Research. Tutorial Lecture. Presented at the American College of Sports Medicine Annual Meeting. Boston, Massachusetts. May 2024.
8. Smith B, Audet AP, Wasserman MG, Melvin AC, DeJong Lempke AF, Kozloff KM, **Lepley AS**. Validation of VO₂max and sweat loss metrics from wearable smart watches. Presented at the American College of Sports Medicine Annual Meeting. Boston, Massachusetts. May 2024.
9. **Lepley AS**, DeJong Lempke AF. Wearable Technology in Athletic Training: Applications for the Sports Medicine Practitioner. Invited Symposium. Presented at the 57th Great Lakes Athletic Trainers' Association (GLATA) Annual Meeting & Symposium. Wheeling, Illinois. March 14, 2024.

SELECT/RELEVANT FUNDING ACTIVITIES

1. Title: Clinical validation of Samsung heart rate measurement solution
Source: Samsung Electronics Co., Ltd. | 2024
CO-PIs: **Lepley AS**, Kozloff KM
Amount: \$599,629
2. Title: Quantifying hydration, exercise metabolism and body composition using wearable technology
Source: Samsung Electronics Co., Ltd. | 2022-2023
CO-PIs: **Lepley AS**, Kozloff KM, DeJong Lempke AF
Amount: \$919,690
3. Title: Michigan Performance and Aerobic Capacity during Exercise study (MiPACE). Improving health, wellness, and physical activity using wearable devices
Source: Apple Inc. | 2021-2023
Co-PIs: **Lepley AS**, Kozloff KM
Amount: \$2,311,977
4. Title: Cardiorespiratory Fitness Estimation: Refinement of Proprietary Algorithms for the Oura Ring
Source: Oura Health Ltd. | 2021
Co-PIs: **Lepley AS**, Kozloff KM
Amount: \$100,000

EDITORIAL BOARDS

1. Editorial Board Member. Journal of Athletic Training. 2022-present.
2. Editorial Board Member, Review Editor. Frontiers in Human Neuroscience. Sections: Motor Neuroscience; Brain Imaging and Stimulation. 2021-Present.
3. Editorial Board Member, Video Journal of Sports Medicine (VJSM). 2020-Present.
4. Associate Editor, BMC Musculoskeletal Disorders. Section: Rehabilitation, Physical Therapy and Occupational Health. 2017-Present.

SELECT/RELEVANT PROFESSIONAL AFFILIATIONS/CERTIFICATIONS

1. **European College of Sports Science (ECSS)**, Membership ID 33006. (2022-Present)
2. **International Society of Biomechanics (ISB)**, Membership # 6737. (2019-Present)
3. **American College of Sports Medicine (ACSM)**, Membership # 696849 (2011-Present)
4. **NATA BOC Certified Athletic Trainer**, Certification # 050802078 (2008-Present)
5. **National Athletic Trainers' Association (NATA)**, Membership # 1014536 (2007-Present)