

WHITNEY L. WOLFF, PH.D.

Personal: whitneywolff93@gmail.com ◊ 419.351.4301

Professional: Freer Hall, 906 S. Goodwin Avenue, Urbana, IL 61801 ◊ wolffw@illinois.edu

EDUCATION

University of Michigan *2018-2022*

Ph.D. - Movement Science

Dissertation: The Influence of Idiopathic Chronic Neck Pain on Sternocleidomastoid and Upper Trapezius Muscle Activity and Elasticity

Dissertation Committee: David Lipps, Ph.D. (chair), James Ashton-Miller, Ph.D., Deanna Gates, Ph.D., Brian Umberger, Ph.D., Riann Palmieri-Smith, Ph.D.

Bowling Green State University *2016-2018*

M.Ed. - Kinesiology

Thesis: The Effect of Hippotherapy on Seated Trunk Stability

Thesis Committee: Adam Fullenkamp, Ph.D. (chair), Matt Laurent, Ph.D., Brian M. Campbell, Ph.D.

Bowling Green State University *2012-2016*

B.S. - Exercise Science

PROFESSIONAL EXPERIENCE

Teaching Assistant Professor *January 2023 - Present*

Department of Kinesiology and Community Health

College of Applied Health Sciences

University of Illinois at Urbana-Champaign, IL

Assistant Professor *August 2022 - December 2022*

Exercise Science Program

Lakeland University, Plymouth, WI

Director of Exercise Science Research *August 2022 - December 2022*

Exercise Science Program

Lakeland University, Plymouth, WI

Graduate Research Assistant *August 2018 - August 2022*

Musculoskeletal Biomechanics and Imaging Laboratory

University of Michigan, Ann Arbor, MI

Graduate Student Instructor *August 2018 - May 2022*

School of Kinesiology

University of Michigan, Ann Arbor, MI

Graduate Research Assistant *August 2016 - May 2018*

Biomechanics and Motor Behavior Laboratory

Bowling Green State University, Bowling Green, OH

Graduate Teaching Assistant *August 2016 - May 2018*

College of Education and Human Development

Department of Exercise Science

Bowling Green State University, Bowling Green, OH

ACE Personal Trainer and Group Exercise Instructor

August 2012 - May 2018

Bowling Green State University Recreation and Wellness
Bowling Green State University, Bowling Green, OH

Clinical Exercise Prescription Intern

May 2016 - August 2016

MedX of Estes Park
Estes Park, CO

HONORS & AWARDS

University of Michigan

Shirley Cooper Graduate Student Travel Award	<i>School of Kinesiology (2022)</i>
International Graduate Student Travel Award	<i>School of Kinesiology (2022)</i>
International Conference Travel Grant	<i>Rackham Graduate School (2022)</i>
Conference Travel Award	<i>North American Congress on Biomechanics (2022)</i>
Diversity, Equity, and Inclusion Certificate Program	<i>Rackham Graduate School (2022)</i>
Graduate Teaching Certificate Program	<i>Rackham Graduate School (2021)</i>
Graduate Student Research Grant	<i>Rackham Graduate School (2021)</i>
Conference Travel Award	<i>American Society of Biomechanics (2021)</i>
Preparing Future Faculty Certificate	<i>Center for Research on Learning and Teaching (2021)</i>
COVID-19 Fellowship	<i>Rackham Graduate School (2021)</i>
Paul A. Hunsicker Memorial Award	<i>School of Kinesiology (2021)</i>
Conference Travel Award	<i>American Society of Biomechanics (2020)</i>
Delsys Donation Initiative	<i>De Luca Foundation and Delsys (2020)</i>
Zatkoff Family Fellowship	<i>School of Kinesiology (2020)</i>
Lucile M. Swift Honors Award	<i>School of Kinesiology (2020)</i>
Graduate Student Research Grant	<i>Rackham Graduate School (2019)</i>
International Conference Travel Grant	<i>Rackham Graduate School (2019)</i>
Poster Choice Award	<i>American Hippotherapy Association (2019)</i>
Domestic Conference Travel Grant	<i>Rackham Graduate School (2019)</i>

Bowling Green State University

Mary Ann Robertson Outstanding Thesis Award	<i>(2018)</i>
Human Movement, Sport, and Leisure Studies Full Tuition Scholarship	<i>(2016-2018)</i>

PEER-REVIEWED PUBLICATIONS

1. C. Heinemann, E. Walker, **W. Wolff**, D. Lipps, “The Effect of Acute Cervical Traction Exercises on the Stiffness of the Upper Trapezius and Middle Scalene Muscles”, In Preparation.
2. **W. Wolff**, C. Heinemann, J. Kartes, J. Ashton-Miller, D. Lipps, “The Influence of Chair Recline on Upper Trapezius Activity and Stiffness during Seated Computer Work”, In Preparation.
3. **W. Wolff**, C. Heinemann, D. Lipps, “The Influence of Idiopathic Chronic Neck Pain on Upper Trapezius and Sternocleidomastoid Muscle Activity and Elasticity during Functional Reaching: A Cross-Sectional Study”, *Journal of Biomechanics*, 2022, doi.org/10.1016/j.jbiomech.2022.111223.
4. J. Leonardis, **W. Wolff**, A. Momoh, D. Lipps, “Neuromuscular Compensation Strategies Adopted at the Shoulder Following Bilateral Subpectoral Implant Breast Reconstruction”, *Journal of Biomechanics*, 2021, doi:10.1016/j.jbiomech.2021.110348.

5. **W. Wolff**, J. Leonardis, D. Lipps, “Spatial Tuning of Neural and Mechanical Properties of the Sternocleidomastoid Muscle During 3-D Torque Production”, *Journal of Electromyography and Kinesiology*, 2020, doi:10.1016/j.jelekin.2020.102480.

INVITED PRESENTATIONS, SEMINARS, SYMPOSIA

1. J. Leonardis, **W. Wolff** “Visualizing Experimental Data - Illustration for Scientists”, *Seminar: Research in Engineering, Healthcare, and Biomechanics Speaker Series, College of Rehabilitation Sciences and Technology, University of Wisconsin-Milwaukee, Milwaukee, Wisconsin*, 2021.
2. J. Leonardis, **W. Wolff**, A. Momoh, D. Lipps, “Neuromuscular Compensation Strategies Adopted at the Shoulder Following Bilateral Subpectoral Implant Breast Reconstruction”, *Proceedings of the 44th Annual Meeting of the American Society of Biomechanics, Georgia Institute of Technology, Atlanta, Georgia*, 2020.

CONFERENCE PROCEEDINGS

1. C. Heinemann, E. Walker, **W. Wolff**, D. Lipps, “The Effect of Acute Cervical Traction Exercises on the Stiffness of the Upper Trapezius and Middle Scalene Muscles”, *Annual Meeting of the American Society of Biomechanics, Knoxville, Tennessee*, Submitted 2023.
2. **W. Wolff**, C. Heinemann, J. Ashton-Miller, & D. Lipps, “The Effect of Chair Recline on Neck Muscle Function during Seated Computer Work”, *North American Congress on Biomechanics, Ottawa, Canada*, 2022.
3. **W. Wolff**, D. Lipps, “Chronic Neck Pain Reduces Upper Trapezius Muscle Activity during Functional Reaching”, *Proceedings of the 45th Annual Meeting of the American Society of Biomechanics, Georgia Institute of Technology, Atlanta, Georgia*, 2021.
4. J. Leonardis, **W. Wolff**, A. Momoh, & D. Lipps, “Neuromuscular Compensation Strategies Underlying Shoulder Torque Generation Following Bilateral Subpectoral Implant Breast Reconstruction”, *National Institutes of Health, Rehabilitation Research 2020: Envisioning a Functional Future, Virtual*, 2020.
5. **W. Wolff**, D. Lipps, “Quantifying Sternocleidomastoid Material Properties after Definitive Chemoradiation for Head and Neck Cancer”, *Proceedings of the 44th Annual Meeting of the American Society of Biomechanics, Georgia Institute of Technology, Atlanta, Georgia*, 2020.
6. **W. Wolff**, J. Leonardis, D. Lipps, “Spatial tuning of neural and mechanical properties of the sternocleidomastoid muscle during 3-D torque production”, *Proceedings of the 28th Congress of the International Society of Biomechanics, Calgary, Canada*, 2019.
7. **W. Wolff**, B. Otermat, A. Fullenkamp, B. Campbell, C. Laurent, “The acute effects of hippotherapy on seated trunk stability”, *Biennial Conference of the American Hippotherapy Association, Lexington, KY*, 2019.
8. **W. Wolff**, B. Otermat, A. Fullenkamp, B. Campbell, C. Laurent, “The acute effects of hippotherapy on seated trunk stability”, *Annual Meeting of the Gait and Clinical Movement Analysis Society, Indianapolis, IN*, 2018.

MENTORSHIP

University of Michigan

Constantin Heinemann - B.S. Program in Movement Science
Constantin is now a Ph.D. student at East Carolina University.

2022

Jordan Kartes - B.S. Program in Movement Science	2022
Katie Wei - B.S. Program in Chemical Engineering	2022
Alexa Chapman - B.S. Program in Movement Science	2020
Cheryl Setlock - B.S Program in Movement Science	2020
Madison Kulik - B.S Program in Movement Science	2020
Madison is currently a DPT student at Central Michigan University.	
Bowling Green State University	
Ben Otermat - B.S. Program in Exercise Science	2018
Ben pursued an M.Ed. in kinesiology at Bowling Green State University.	

SERVICE

University Service

Lakeland University	
- Honors Program Committee Member	2022
- Institutional Review Board Member	2022
- School of Business, Science, and Technology Recording Secretary	2022
University of Michigan	
- Hiring Committee Member - Women in Science and Engineering Program	2021
Bowling Green State University	
- Accreditation Renewal Committee Member	2016

Outreach

Lakeland University	
- Volunteer, Michael J. Devaney Middle School Math Meet	2022
University of Michigan	
- Panelist, Science Success Series - Women in Science and Engineering Program	2020
- National Biomechanics Day	2019
Bowling Green State University	
- Invited Speaker, National Girls in STEM Conference	2018

COURSES TAUGHT

University of Illinois

KIN 3XX - Musculoskeletal Anatomy
 In development (Spring 2023)

KIN 122 - Physical Activity and Health

Provide the scientific evidence of physical activity in preventing disease and optimizing quality of life. This course also investigates behavioral change strategies to achieve an active lifestyle. (Spring 2023)

Lakeland University

ESS 342 - Physiology of Exercise

Apply the fundamental physiologic principles to exercise. Special topics include the bioenergetic, neural, muscular, cardi-respiratory, endocrine, and nutritional foundations of exercise. (Fall 2022)

ESS 341 - Kinesiology and Biomechanics

Apply fundamental biomechanical principles to the human musculoskeletal system. Specific topics include linear and angular kinematics, and the functional analysis of human movement. (Fall 2022)

ESS 143 - Introduction to Exercise Science

Introduce the study of human movement, physical activity, and exercise emphasizing various sub-disciplines, professional expectations, and basic vocabulary, concepts, and issues within the field of Exercise Science. (Fall 2022)

University of Michigan

MOVESCI 330 - Biomechanics of Human Movement - Laboratory Instructor

Apply fundamental biomechanical principles to the musculoskeletal system. Specific topics include musculoskeletal mechanics, tissue mechanics, and the analysis of human movement. (Fall 2018-Winter 2022)

Bowling Green State University

EXSC 3700 - Biomechanics of Human Movement - Laboratory Instructor of Record

Apply principles of mechanics to the study of human motion. Emphasis placed on theory and quantitative analysis. (Fall 2016-Winter 2018)

CERTIFICATIONS

American Council on Exercise

Certified Personal Trainer

American Red Cross

Adult CPR/AED and First Aid