

Mark DeBeliso

Professor of Kinesiology at Southern Utah University

Cedar City, UT, US

Focuses on sports medicine and athletic performance and the physiological effects of exercise

Biography

Dr. Mark DeBeliso is the director of the Master of Sports Conditioning program and a professor of physical education at Southern Utah University. His research focuses on sports medicine and athletic performance, as well as the physiological effects of exercise. With a firm belief that fruitful scholarly endeavors include faculty and students across multiple disciplines, 90 percent of his scholarly efforts over the last 15 months have included student participation and co-authorship. Dr. DeBeliso's scholarly writings (journal articles, book chapters, patents, and abstracts) have appeared in numerous engineering, exercise science, health, medical, psychology, sports medicine, and sport technology journals, and his peer-reviewed publications total more than 190. He has also traveled extensively presenting his research at more than 103 national and international conferences. Dr. DeBeliso earned a bachelor of science in mechanical engineering from Utah State University and a Ph.D. in biomechanics from Oregon State University.

Industry Expertise

Sport - Amateur, Education/Learning, Fitness, Writing and Editing

Areas of Expertise

Sport Science Research, Common Injuries in Athletics, Stress Reduction for University Students, College Sports Medicine, Human Performance, Nutrition, Curriculum Development, Ergonomics, Biomechanics, Exercise Science, Sports Medicine, Sports Performance, Strength & Conditioning, Athletic Performance, Athletic Performance in Higher Education, Collegiate Strength and Conditioning Coaches, Profiling Cardiovascular Risk, Sports Performance in Crossfit Athletes

Affiliations

American College of Sports Medicine, International Journal of Exercise Science, Northwest Association of Biomedical Research, Research Quarterly for Exercise and Sport, Journal of Science and Medicine in Sport, Collegiate Strength and Conditioning Coaches Association Certification Committee, National Strength and Conditioning Association

Education

Oregon State University

Ph.D. Biomechanics

Accomplishments

Distinguished Scholar/Creative Award

Southern Utah University, 2022.

Best Paper Award

International Journal of Science and Engineering Investigations, July 2022.

Best Paper Award

International Journal of Science and Engineering Investigations, May 2020.

Best Paper Award

Emerald Publishing, Emerald Literati, August 2019.

Distinguished Scholar Award

Southern Utah University, 2017

Finalist: Thunderbird Outstanding Professor of the Year

Southern Utah University, 2017

Best Paper Award

Singapore Conference on Applied Psychology, 2016

Outstanding Scholar of the Year

Southern Utah University, 2015

Best Paper Award

International Journal of Science and Engineering Investigations, 2013

Outstanding Professor of the Year

Boise State University, 2003

Outstanding Research Award

Northwest American College of Sports Medicine, 1994

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