

William Guyton Hornsby, III

College of Physical Activity and Sport Sciences
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West Virginia University
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EDUCATION

Doctor of Philosophy: Sport Physiology and Performance, Coaching **2010-2013**

East Tennessee State University, Johnson City, TN, 37614
Dissertation: Maximum Strength, Rate of Force Development, Velocity, and Power Alterations in Weightlifters Over 5 Months of Training
Committee Members: Drs. Michael H. Stone (Chair), William M. Sands, Michael W. Ramsey, Satoshi Mizuguchi

Master of Arts: Exercise Physiology and Performance, Research **2008-2010**

East Tennessee State University, Johnson City, TN, 37614
Thesis: Physiological and Performance Effects of 11 Weeks of Training in Division 1 Collegiate Throwers: An Exploratory Study
Committee Members: Drs. Michael H. Stone (Chair), G. Gregory Haff, Michael W. Ramsey, Andrew R. Dotterweich

Bachelor of Science: Exercise Science **2005-2008**

East Tennessee State University, Johnson City, TN, 37614

PROFESSIONAL EXPERIENCE

Teaching Assistant Professor of Athletic Coaching Education **2016-present** (with an emphasis in Kinesiology)

West Virginia University
Department of Coaching and Teaching Studies, College of Physical Activity and Sport Sciences

Assistant Professor of Exercise Science **2015-2016**

Glennville State College
Department of Health and Physical Education

Instructor of Exercise Science **2014-2015**

Virginia Commonwealth University
Department of Kinesiology and Health Sciences

THOR3 U.S. Government Contractor (EXOS), Performance Specialist **2013-2014** (Strength and Conditioning Coach) –160th SOAR(A)

Fort Campbell, KY

Visiting Assistant Professor of Exercise Physiology **Fall 2013**
College of Charleston
Department of Health and Human Performance, Charleston, SC

Doctoral Fellow, Sport Physiology **2011-2013**
East Tennessee State University, Johnson City, TN
Assisted on *Effects of endurance training on metabolic syndrome* (ETSU NIH Grant study)
Assisted on *Molecular mechanisms by which long term strength training ameliorates the metabolic syndrome* (ETSU RDC Grant Study, 2012)

Graduate Assistant, Sport Science Lab Manager **2010- 2011**
East Tennessee State University , Johnson City, TN

Graduate Assistant, Basler Center for Physical Activity **2008-2010**
East Tennessee State University, Johnson City, TN

CERTIFICATIONS

NSCA Certified Strength and Conditioning Specialist (CSCS) **2013-present**
USA Weightlifting Advanced Weightlifting Sport Performance Certified **2016-present**
Coach (USAW-AWSPCC)
U.S. Government Security Clearance, Level Secret **2013**

TEACHING

West Virginia University

- PET 124 Human Body: Structure and Function
- PET 125 Principles of Human Movement
- ACE 368 Sport Movement Analysis
- ACE 450 Career Planning in Sport
- ACE 491 Career Planning in Sport

Glenville State College

- HLTH 341 Community and Environmental Health
- EXSC 375 Strength and Conditioning Leadership
- HLTH 435 Research Methods in Health and Human Performance
- HLTH 425 Wellness Programming and Administration
- PED 332 Kinesiology
- PED 421 Exercise Physiology
- HLTH 400 Applied Nutrition
- EXSC 493 Practicum

Virginia Commonwealth University

- HPEX 310 Fitness and Health
- HPEX 380 Resistance Training for Health and Performance
- HPEX 470 Exercise Programming and Leadership
- HEMS 600 Introduction to Research Design in Health and Movement Sciences

College of Charleston:

- EXSC 433 Research Design and Analysis for Health and Exercise Science
- EXSC 340 Exercise Physiology
- EXSC 340L Exercise Physiology Lab

East Tennessee State University (student):

- PHED 1130 Wellness for Life
- PEXS 3610 Exercise Physiology 1

AWARDS AND HONORS

Outstanding Student Poster Award	2012
7 th Annual Coaches and Sport Science College, Johnson City, TN.	
1st place Coaches Education Poster Award	2012
7 th Annual Coaches and Sport Science College Johnson City, TN.	
1st place Sport Science Poster Award	2011
6 th Annual Coaches and Sport Science College, Johnson City, TN.	

SCHOLARSHIP

Refereed Research Publications

M. South, A. Layne, C. Stuart, T. Triplett, M. Ramsey, W. Sands, S. Mizuguchi, **G. Hornsby**, A. Kavanaugh, M. Stone. (2016) Effects of Short-Term Free Weight and Semi-Block Periodization Resistance Training on Metabolic Syndrome. *Journal of Strength and Conditioning Research*. (in press).

B.H. Deweese, **W.G. Hornsby**, M.E. Stone, M.H. Stone. (2015) The Training Process: Planning for Strength-Power Training in Track and Field Part 1: Theoretical Aspects. *Journal of Sport and Health Science*. 4(4):308-317.

B.H. Deweese, **W.G. Hornsby**, M.E. Stone, M.H. Stone. (2015) The Training Process: Planning for Strength-Power Training in Track and Field Part 2: Practical & Applied Aspects. *Journal of Sport and Health Science*. 4(4):318-24.

J.A. Gentles, **W.G. Hornsby**, H.S. Gray, J.A. Miller, A.R. Dotterweich, C.A. Stuart, M.H. Stone. (2015) Changes in Cell Free DNA During a College Soccer Season. *Journal of Trainology*. 4:25-31.

G. Beckham, S. Mizuguchi, C. Carter, K. Sato, M. Ramsey, H. Lamont, **G. Hornsby**, G. Haff, M. Stone. (2013) Relationships of Isometric Mid-Thigh Pull Variables to Weightlifting Performance. *The Journal of Sports Medicine and Physical Fitness*. 53(5): 573-81.

W. G. Hornsby, G.G. Haff, W. A. Sands, M. W. Ramsey, M.E. Stone, M.H. Stone. (2013) Strength Characteristics for Isometric and Dynamic Mid-Thigh Pulls in Collegiate Thrower's across 11 Weeks of Training. *Gazzetta Medica Italiana*. 172(12):929-40.

C. A. Bailey, K. Sato, **W.G. Hornsby**. (2013) Predictive Offensive Performance in Collegiate Baseball Players Using Isometric Force Production Characteristics. *Chinese Journal of Sports Biomechanics*, 5(S1): 448-451.

Chapters in Books

W. G. Hornsby, M.E. Stone, M.H. Stone. Strength and Conditioning Coaching. In (Brown S.P., ed.) *Fundamentals of Kinesiology*, Kendall Hunt Publishing, Dubuque, IA., 2013.

Interviews in Professional Periodicals:

C. Greico. (2016) Assessment and Measures – Interviews from Experts in Personal Training, Panel: **G. Hornsby**, R. Rabana, L. Meyer, & L. Koziar. *National Strength and Conditioning Association's Personal Training Quarterly*. 2(3) 20-23.

Manuscripts in Preparation

W. G. Hornsby, G. G. Haff, W. A. Sands, M. W. Ramsey, A. R. Dotterweich, N. T. Triplett, M.H. Stone, M. E. Stone. Testosterone, Cortisol and Adipokine alterations resulting from 11 weeks of Training among D-1 Throwers.

W. G. Hornsby, H. Lamont, M. South, M.W. Ramsey, G.G. Haff, W.A., Sands, M., Cardinale, M.H. Stone. The acute effects of whole body vibration on isometric mid-thigh pull performance.

W. G. Hornsby, J. A. Gentles, J. A. Miller, C.J. MacDonald, W.A. Sands, S.Mizuguchi, M. W. Ramsey, and M. H. Stone.. Resistance Training Volume Load with and without Exercise Displacement.

M. H. Stone, B. Gleason, **W.G. Hornsby**, D. Wathen, J. Taylor, B. Dewese, M. Ramsey, M. E. Stone, C. Taber, A. Kavanaugh, K. Pierce, T. Myslinksi, C. Workman, and R. Feek. Servant or Service? The Problem and a Conceptual Solution.

W. G. Hornsby, J. A. Gentles, C.J. MacDonald, W.A. Sands, S.Mizuguchi, M. W. Ramsey, and M. H. Stone. Maximum Strength, Rate of Force Development, Jump Height, and Peak Power Alterations in Weightlifters across Five Months of Training.

Invited Oral Presentations (National / International)

W.G. Hornsby. The Michael H. Stone Sport Science Lecture – General Concepts of Modern Periodization for Strength Power Athletes. National Strength and Conditioning Association National Conference and Exhibition. Orlando, FL. July 10th, 2015.

W.G. Hornsby. Periodization. 2nd Annual Baseball Coaching Science Conference. T'aichung, Taiwan. January 9th, 2015.

W.G. Hornsby. Unique Challenges and Considerations for Training Baseball Players. 2nd Annual Baseball Coaching Science Conference. T'aichung, Taiwan. January 10th, 2015.

W.G. Hornsby. Constructing the Annual Training Plan: A Collegiate Baseball Example. 2nd Annual Baseball Coaching Science Conference. T'aichung, Taiwan. January 11th, 2015.

W.G. Hornsby, J.A. Gentles. A Comprehensive Framework for Monitoring the Training Process. National Strength and Conditioning Association Coaches Conference. Indianapolis, IN, Jan 10-11, 2014.

W. G. Hornsby. An Integrated Approach to Peak Athletic Performance. Presented to the staff of the Spartan Nutrition and Athletic Performance Program in the Sports and Cardiovascular Nutrition Division within the department of Radiology at Michigan State University College of Osteopathic Medicine. East Lansing, MI, Nov, 26th, 2012.

Published Abstracts:

C. MacDonald, K. Sato, H. Lamont, W. Sands, M. Stone, M. Israetel, J. Gentles, J. Cholewa, J. Garner, M. Ramsey, and **G. Hornsby.** *Differences in sEMG between Normal Squats and Accentuated Eccentric Loaded Squats in Competitive Collegiate Weightlifters.* 32nd Annual International Society of Biomechanics in Sport. Johnson City, TN. July 12-16th, 2014.

Sato, K., Bazyler, C., Beckham, G., Gray, H., **Hornsby, G.**, Kavanaugh, A., MacDonald, C., Mizuguchi, S., Stone, M., & Stone, M. *Force output comparison between six U.S. collegiate athletic teams.* In: Bradshaw, E.J., Burnett, A., Hume, P.A. (eds.), eProceedings of the 30th Conference of the International Society of Biomechanics in Sports, July, 2011.

C. MacDonald, H. Lamont, H. Chandler, J. Gentles, H. Gray, A. Kavanaugh, S. Mizuguchi, M. Israetel, C. Carter, **G. Hornsby,** & M. Stone. *Comparisons between Body Composition and Power Production during Jumps in Collegiate Female Athletes.* National Strength and Conditioning Annual Conference, July, 2011.

Research Presentations (oral):

W.G. Hornsby, J.A. Gentles, J.A. Miller & M.H. Stone. *Volume Load and Training Intensity with and without Exercise Displacement.* The Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. February, 15th, 2013.

Research Presentations (poster):

A. J. Cunanan, **W. G. Hornsby**, M. A. South, A. Perkins, K. C. Pierce, K. Sato, and M. H. Stone. *Preliminary Analysis of Performance Differences between Elite Men and Women Weightlifters*. 11th Annual Coaches and Sport Science College, Johnson City, TN, December 8-9th, 2016.

J.A. Gentles, **W.G. Hornsby**, H.S. Gray, C.J. MacDonald, J.A. Miller, C.L. Coniglio, A.R. Dotterweich, C.A. Stuart, W.A. Sands, and M.H. Stone. *Changes in Cell Free DNA Concentrations during the Course of a Collegiate Season*. The Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. February, 2014.

Jeremy A. Gentles, Brian D. Johnston, **William G. Hornsby**, Christopher J. MacDonald, and Michael H. Stone. *Reducing Injuries is NOT Enough - It Also Helps to Win*. Poster presentation American College of Sports Medicine Annual Meeting, San Francisco, CA, May 29-June 2nd, 2012.

W. G. Hornsby, J. A. Gentles, J. A. Miller, T. C. McInnis, C. R. Carter, W. A. Sands, and M.H. Stone. *Analyses of Volume Load and Training Intensity in Competitive Weightlifters across 5 Months of Training*. 7th Annual Coaches and Sport Science College, Johnson City, TN, December 16-17th, 2012.

W.G. Hornsby III, C.R. Carter, M.R. Ramsey, G.G Haff, A.R. Dotterweich, N.T. Triplett, H.S. Lamont, M.E. Stone and M.H. Stone. *Effects of Eleven Weeks of Training on Clean Pulls from Mid-thigh in Collegiate Throwers: an Exploratory Study*. United Kingdom Strength and Conditioning Association National Conference, University of Stirling, Stirling, England June 18-19, 2011.

C.J. MacDonald, H.S. Lamont, J.C. Garner, H.C. Chander, J.A. Gentles, A.A. Kavanaugh, S. Mizuguchi, M.A. Israel, C.R. Carter, **W.G. Hornsby**, and M.H. Stone (2011). *Comparisons Between Body Composition and Power Production During Jumps in Collegiate Female Athletes*; NSCA National Conference, July 2011.

W. G. Hornsby III, C. A. Bailey, C. Y. Chiang, B.J. Andersen, J.A. Gentles, B. D. Johnston, and M.H. Stone. *Relationship between Isometric Force Characteristics and Hitting Performance in NCAA Division 1 Baseball Players*. 6th Annual Coaches and Sport Science College, Johnson City, TN, October 21-22, 2011.

W. G. Hornsby III, C.R. Carter, G.G Haff, M. R. Ramsey, A.R. Dotterweich, N. T. Triplett, C.A. Stuart, M. E. Stone, and M.H. Stone. *Hormone and Adipokine Alterations across 11 Weeks of Training in Division 1 Collegiate Throwers: An Exploratory Study*. 5th Annual Coaches and Sport Science College, Johnson City, TN, December 17-18, 2010.

Carter, C.R., Owens, E.M. Serrano, A.J., **Hornsby, W.G.**, Lamont, H.S., and Stone, M.H. Relationship of Strength and Power Characteristics in Weightlifters and the Difference between Advanced / Novice Level Weightlifters. 5th Annual Coaches and Sport Science College, Johnson City, TN, December 17-18, 2010.

J. A. Gentles, B. D. Johnston, **W. G. Hornsby**, C. J. MacDonald, R. J. Elbin and M. H. Stone. *Injury Rates Among Division I Baseball Players with and without SPEC Program Guidance*. 5th Annual Coaches and Sport Science College, Johnson City, TN, December 17-18, 2010.

G. Hornsby, M. South, A. Kavanaugh, A. Layne, G. G. Haff, Sands, M. Cardinale, M.W. Ramsey, and M.H Stone. *The Acute Effects of Whole Body Vibration on Isometric Mid Thigh Pull Performance*. 4th Annual Coaches and Sport Science College, Johnson City, TN, December. 18-19, 2009.

A.S. Layne, **W. G. Hornsby**, D.E. Corriher, H.B. Nowell, M.E. Stone, M.W. Ramsey, and M.H. Stone. *Long Term Athlete Monitoring: Changes in Isometric Strength and Explosiveness in Division I NCAA Athletes*. 4th Annual Coaches and Sport Science College, Johnson City, TN, December 17-18, 2009.

Invited Oral Presentations (National / International):

W.G. Hornsby. *The Michael H. Stone Sport Science Lecture – General Concepts of Modern Periodization for Strength Power Athletes*. National Strength and Conditioning Association National Conference and Exhibition. Orlando, FL. July 10th, 2015.

W.G. Hornsby. *Unique Challenges and Considerations for Training Baseball Players*. 2nd Annual Baseball Coaching Science Conference. T'aichung, Taiwan. January 10th, 2015.

W.G. Hornsby. *Constructing the Annual Training Plan: A Collegiate Baseball Example*. 2nd Annual Baseball Coaching Science Conference. T'aichung, Taiwan. January 11th, 2015.

W.G. Hornsby. *Periodization*. 2nd Annual Baseball Coaching Science Conference. T'aichung, Taiwan. January 9th, 2015.

W.G. Hornsby, J.A. Gentles. *A Comprehensive Framework for Monitoring the Training Process*. National Strength and Conditioning Association Coaches Conference. Indianapolis, IN, Jan 10-11, 2014.

Invited Oral Presentations (Local / Regional):

M. H. Stone, N. D. Wathen, **W.G Hornsby** and B. Gleason. *Servant or Service: Problems and Potential Solutions in Strength and Conditioning*. 11th Annual Coaches and Sport Science College in Johnson City, TN. December, 8th, 2016.

W.G. Hornsby. *Athlete Monitoring*. Invited Speaker for the Virginia Commonwealth Sport Performance Team Meeting. Richmond, VA. Dec 10th, 2014.

W.G. Hornsby. *Avoiding Injury is Great but it also Helps to Win: A look at the Integration (or possible lack of) between Strength and Conditioning and Sports Medicine*. Invited Speaker for the Student Sports Medicine Association. Charleston, SC. Oct 21st, 2013.

W. G. Hornsby. *Modern Periodization*. 8th Annual Coaches and Sport Science College in Johnson City, TN. December, 14th, 2013.

M. Stone, **G. Hornsby**, S. Mizuguchi, C. Brewer. *Hands On Learning: Squatting & Pulling Movements*. 8th Annual Coaches and Sport Science College. Johnson City, TN. December, 15th, 2013.

W. G. Hornsby. *Scientific Training for Baseball*. 7th Annual Coaches and Sport Science College in Johnson City, TN. December, 15th, 2012.

W. G. Hornsby. *Athletes Response to Specific Periodized Training*. ArkAHPERD Convention. Little Rock, AR, Nov 2nd, 2012.

W. G. Hornsby. *An Integrated Approach to Peak Athletic Performance*. Sports and Cardiovascular Nutrition Division within the department of Radiology at Michigan State University College of Osteopathic Medicine. East Lansing. MI, Nov, 26th, 2012.

W.G. Hornsby & M. H. Stone, *Weightlifting Movements: Pulling Technique*. Athletes Performance Institute. Phoenix, AZ, June, 1st 2012.

W.G. Hornsby. *An Introduction to Sport Science and Athlete Monitoring*. Athletes Performance Institute, Phoenix, AZ. May, 16th, 2012.

W.G. Hornsby. *Training Theory and Applied Strategies for Strength Power Athletes*. Athletes Performance Institute. Phoenix, AZ, May, 22nd 2012.

W.G. Hornsby III. *Theoretical and Practical Aspects of the Training Process*, ETSU Coaches and Sport Science College in Johnson City, TN. 6th Annual Coaching and Sport Science College. Johnson City, TN, December 2011.

W.G. Hornsby III, Brian Johnston, Tony Skole, *ETSU Baseball Sport Performance Group: How Sport Science, Sport Medicine, and the Sport can be Interfaced*. 5th Annual Coaches and Sport Science College. Johnson City, TN, December 2010.

COACHING EXPERIENCE

Head Coach West Virginia Weightlifting Club, Morgantown, WV	2015-present
Performance Specialist Intern Athletes' Performance Institute, Phoenix, AZ	May – July 2012
Assistant Coach East Tennessee State University's U.S.O.C. Designated Olympic Training Site	2010-2013
Assistant Coach Stoneage Weightlifting Club, Johnson City, TN	2008-2013
Graduate Strength and Conditioning Coach East Tennessee State University, Johnson City, TN	2008-2013
Strength and Conditioning Intern West Virginia University	2003-2004

SPORT SERVICE

President West Virginia USA Weightlifting LWC	2016-present
Advisory Council Representative for the Central and Southeastern United States USA Weightlifting LWC	2016-present
State Advisory Board Member: West Virginia National Strength Conditioning Association	2016-present
State Advisory Board Member: Tennessee National Strength Conditioning Association	2014