

Curriculum Vitae

Mitchell D. Hauschildt, M.A., A.T.C., C.S.C.S

Missouri State University
Athletic Training Services
901 South National Avenue
Springfield, Missouri 65897
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(417) 234-7645 (cell)
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EXPERIENCE

Prevention, Rehabilitation, and Physical Performance Coordinator Strength & Conditioning Coach, (in the past) Women's Basketball, Men's Basketball & Volleyball

Missouri State University
Athletic Training Services
Springfield, Missouri
2007-Present

Founder, Sports Medicine Consulting Firm

Maximum Training Solutions, LLC
Springfield, Missouri
2005-Present

Adjunct Professor

Missouri State University
Sports Medicine and Athletic Training Department
Springfield, Missouri
2002-Present

Director of Sports Performance

Choice Baseball and Performance
Springfield, Missouri
2013-2014

Speed & Agility Coordinator, Reconditioning Coordinator, Metabolic Specialist

St. John's Sports Medicine-HealthTracks
Springfield, Missouri
2002-2007

EDUCATION

University of South Dakota; 2000-2001

Master of Arts Degree
Exercise Science
Vermillion, South Dakota

University of South Dakota; 1996-2000

Bachelor of Arts Degree
Therapeutic Recreation
Emphasis: Athletic Training
Student Athletic Trainer: Football, Baseball, Track
Vermillion, South Dakota

COMMITTEES AND CONSULTING

Medical Minds in Motion, LLC

Course Development and Educator
2013-Present

Fitness Anywhere, Inc.
Program Design and Educator
2011-Present

Innovative Fitness Solution, LLC
Program Design and Educator
2012-Present

Woodway USA
Treadmill Design Consulting
2004-Present

RESEARCH PROJECTS

“The Reliability and Validity of testing Anaerobic Threshold using the Zephyr PSM System as Compared to Traditional Means”

Missouri State University Exercise and Movement Science Department
Co-Investigator

“Evaluating Movement in the NCAA Division I Collegiate Volleyball Player”

Missouri State University Exercise and Movement Science Department
Co-Investigator
Currently Analyzing Data

“Evaluating Movement in the NCAA Division I Women’s Collegiate Basketball Player”

Missouri State University Exercise and Movement Science Department
Co-Investigator
Currently Analyzing Data

“The Efficacy of the Step Club Walking Program for Reducing Childhood Obesity”

St. John’s-Missouri State University-SPARC Program Joint Effort
St. John’s Representative to the Research Committee and Fitness Investigator
2005-2006

PUBLICATIONS

“The Core Mobility Series: A Dynamic Warm Up Tool”

Strength and Conditioning Journal
October 2014

“Lower Extremity Injury Prevention Program for Collegiate Women’s Basketball: Case Report”

Journal of Australian Strength and Conditioning
September 2013

“Low Back Solutions”

E-Book published by MaximumTrainingSolutions.com
July 2012

“Foot Pain Solutions”

E-Book published by Sports-Injury-Info.com
February 2011

“Integrating High Speed Treadmill Training into a Traditional Strength and Conditioning Program for Speed and Power Sports”

Strength and Conditioning Journal
April 2010

“Hamstring Solutions”

E-Book published by Sports-Injury-Info.com
February 2010

“Hip Flexor Solutions”

E-Book published by Sports-Injury-Info.com
December 2009

“Landing Mechanics: What, Why, and When”

NSCA's Performance Training Journal
January 2008

“Preventing Hamstring Injuries”

SoccerSpecific.com
June 2007

SCIENTIFIC AND PROFESSIONAL PRESENTATIONS:

3 Mobility Restrictions that Plague Your Clients

AFPA Fitness Training, Sport and Mind Body Conference
Ocean City, Maryland
October 2014

Unlocking Movement: Corrective Strategies

AFPA Fitness Training, Sport and Mind Body Conference
Ocean City, Maryland
October 2014

Unlocking Movement: Evaluation

AFPA Fitness Training, Sport and Mind Body Conference
Ocean City, Maryland
October 2014

PROvention Training: Bridging the Gap Between Training and Medicine”

AFPA Fitness Training, Sport and Mind Body Conference
Ocean City, Maryland
October 2014

PROvention Training: From Training to Rehab”

Presented by Valeo Physical Therapy
Houston, Texas
October 2014

“Functional Treatment and Movement Assessments for Post Op Lower Extremity Patients”

Presented by Maximum Training Solutions, LLC
Saint Louis, Missouri
May 2014

“Functional Assessment and Corrective Exercise for Movement Dysfunction”

Presented by Medical Minds in Motion, LLC
Austin, Texas - September 2013
Atlanta, Georgia - October 2013
Milford, New Jersey - January 2014

“Functional Treatment and Movement Assessments for Post Op Shoulder Rehab”

Presented by Medical Minds in Motion, LLC
Saint Louis, Missouri - May 2013
San Jose, California - May 2013
Sacramento, California - May 2013
San Francisco, California - May 2013
Oklahoma City, Oklahoma - June 2013
Tulsa, Oklahoma - June 2013
Saint Louis, Missouri - December 2013

“Bridging the Gap Between Sports Medicine and Sports Performance?”

Missouri State NSCA Clinic
National Strength and Conditioning Association
Saint Charles, Missouri
May 2013

“PROvention Training Seminar”

Elite Spine and Sport
Seattle, Washington - April, 2013
Lindenwood University
Saint Louis, Missouri - August 2013

“Functional Movement Screen: Does It Work?”

Injuries in Football Conference
Andrews Institute
Destin, Florida
March 2013

“Training Movement Through Progressions”

Injuries in Football Conference
Andrews Institute
Destin, Florida
March 2013

“From the Field: Mobility Training with TRX”

NSCA National Conference
Providence, Rhode Island
July 2012

“3 Mobility Restrictions that Plague Your Athletes”

NSCA Midwest Regional Conference
National Strength and Conditioning Association
Stillwater, Oklahoma
May 2012

“Mobility Training: Application from the Field”

Injuries in Football Conference
Andrews Institute
Destin, Florida
May 2012

“Maximizing the Time and Effectiveness of a Volleyball Training Program”

Advanced Volleyball Coaches Clinic
Missouri State University
Springfield, Missouri
March 2012

“From the Field: Corrective Strategies for a Faulty Squat Pattern

NSCA National Conference
Las Vegas, Nevada
July 2011

“From the Field: Integrating Metabolic Testing and Heart Training Into Your Sports Performance Program”

NSCA National Conference
Las Vegas, Nevada
July 2011

“From the Field: Metabolic Testing and Training”

NSCA Coaches Conference
Dallas, Texas
January 2011

“From the Field: Overspeed Training”

NSCA Coaches Conference
Dallas, Texas
January 2011

“Integrating High Speed Treadmill Training into a Traditional Strength & Conditioning Program”

2009 NSCA National Convention
Las Vegas, Nevada
July 2009

“In-Season Strength and Conditioning”

Tri-Lakes Coaching Clinic
Branson, Missouri
October 2008

“Metabolic Training—More Than Just Conditioning” (2 day instructional seminar)

Boise State University Campus Recreation
Boise, Idaho
August 2008

“A Medical Approach to Performance Enhancement”

2008 Advanced Volleyball Coaches Clinic
Missouri State University
April 2008

“Flexibility, Mobility, & Core Stability for Track & Field”

2008 Winter Track & Field Clinic
Missouri State University
January 2008

“A Medical Approach to Performance Enhancement”

2008 NSCA Sport Specific Conference
Anaheim, California
January 2008

“EXSpeed™ Treadmill Education Seminar” (2 day instructional seminar)

4th and Inches

Dallas, Texas
December 2013

Cotton USA Training Center
Katy, Texas
March 2011

St. Francis High School
St. Francis, Minnesota
December 2010

Cusick Sports Performance
Provo, Utah
March 2010

C.A.M.P.
Salt Lake City, Utah
June 2009

United States Sports Training Academy
Baton Rouge, Louisiana
May 2009

Elite Physical & Sports Therapy
Spokane, Washington
August 2008

Irondale High School
New Brighton, Minnesota
June 2008

Jordan Valley Medical Center

West Jordan, Utah
February 2008
Educational Athletic Training
North Salt Lake City, Utah
January 2008
Andover High School
Anoka, Minnesota
June 2007
Spectrum Rehabilitation, P.C
Colorado Springs, Colorado
February 2007
Dogma Athletica
Edwards, Colorado
October 2006

“Metabolic Training: More than Just Conditioning”

6th Annual Strength and Conditioning Clinic
Sioux Falls, South Dakota
April 2007

“Flexibility 101 (hands on)”

6th Annual Strength and Conditioning Clinic
Sioux Falls, South Dakota
April 2007

“Putting it All Together”

6th Annual Strength and Conditioning Clinic
Sioux Falls, South Dakota
April 2007

SHORT COURSES/CONTINUING EDUCATION

Selective Functional Movement Assessment (SMFA)

Presented by Functional Movement Systems, LLC
Denver, Colorado
November 2013

Current Best Practices in Kinesiology Taping & Movement Assessment Strategies

Presented by Medical Minds in Motion, LLC
Ft. Worth, Texas
March 2013

Ultimate Sandbag Master Instructor Certification

Presented by Innovative Fitness Solutions, LLC
Phoenix, Arizona
September 2012

Injuries in Football Conference

Presented by the Andrews Institute
Destin, Florida
May 2012

Dynamic Variable Resistance Training Program

Presented by Ultimate Sandbag Training
Springfield, Missouri
January 2012

TRX Sports Medicine Instructor Course

Presented by Fitness Anywhere, Inc.
San Francisco, California
July 2011

TRX Sports Medicine Course

Presented by Fitness Anywhere, Inc.
Delefield, Wisconsin
May 2011

Sports Performance Kettlebell Training

Presented by Hardstyle Kettlebell Challenge
Springfield, Missouri
May 2010

Kettlebells for Clinicians

Presented by St. John's Regional Health System
Springfield, Missouri
January 2010

NSCA National Conference

Presented by the National Strength and Conditioning Association
July 2012 - Providence, Rhode Island
July 2011 - Las Vegas, Nevada
July 2010 - Orlando, Florida
July 2009 - Las Vegas, Nevada
July 2008 - Las Vegas, Nevada
July 2007 - Atlanta, Georgia

Midwest Sports Performance Conference

Presented by the University of Kansas
Lawrence, Kansas
May 2009

Acceleration Training

Presented by PowerPlate USA
Springfield, Missouri
February 2008

NSCA Sport Specific Conference

Presented by the National Strength and Conditioning Association
Anaheim, California
January 2008

6th Annual Strength and Conditioning Clinic

Presented by Sanford Power
Sioux Falls, South Dakota
April 2007

MEMBERSHIPS, CERTIFICATIONS, AND LICENSES

National Athletic Trainer's Association

Certified Athletic Trainer
Approved Clinical Instructor
2002-Present
Cert. #020202267

Missouri Board of Healing Arts

Licensed Athletic Trainer
2002-Present
Lic. #2002007678

National Strength and Conditioning Association

Certified Strength and Conditioning Specialist

2001-Present

Cert. #200114946

USA Weightlifting

Certified Club Coach

2005-Present

Functional Movement Screen

Certified Screener

2006-Present

Selective Functional Movement Assessment

Certified

2013-Present

HUMANITARIAN WORK

Co-Founder, Executive Committee Member, Secretary

Man Up & Go

Springfield, Missouri

2011-Present