

JENSEN L. BRENT

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EDUCATION

Miami University, Oxford, OH

B.S. in Sport Studies

2003

Area of Concentration: Biomechanics

Minors: Economics, Coaching

PROFESSIONAL EXPERIENCE

The Academy of Sports Performance

Owner, CEO, Director of Training

August 2012 – Present

Cincinnati Children's Hospital, Sports Medicine Biodynamics Center

Sports Biomechanist

April 2004 – Present

•Currently in Adjunct/Consultant Position

Director of Performance & Injury Prevention Training

April 2004 – August 2012

Sports Medicine Internship Coordinator

April 2004 – August 2012

PUBLICATIONS AND PAPERS

Myer GD, Lloyd RS, **Brent JL**, Faigenbaum AD. How Young Is Too Young to Start Training?. ACSM's Health and Fitness Journal. 2013 Sept/Oct 17(5):14-23.

Myer GD, Stroube BW, DiCesare CA, **Brent JL**, Ford KR, Heidt RS Jr, Hewett TE. Augmented feedback supports skill transfer and reduces high-risk injury landing mechanics: a double-blind, randomized controlled laboratory study. Am J Sports Med. 2013 Mar;41(3):669-77.

Stroube BW, Myer GD, **Brent JL**, Ford KR, Heidt Jr RS, Hewett TE. Effects of Task-Specific Augmented Feedback on Deficit Modification During Performance of the Tuck Jump Exercise. J Sport Rehabil. 2012 Dec 11.

Brent JL, Myer GD, Ford KR, Paterno MV, Hewett TE. The effect of sex and age on isokinetic hip-abduction torques. J Sport Rehabil. 2013 Feb;22(1):41-6. Epub 2012 Jun 18.

Myer GD, Ford KR, **Brent JL**, Hewett TE. An Integrated Approach to Change the Outcome Part II: Targeted Neuromuscular Training Techniques to Reduce Identified ACL Injury Risk Factors. J Strength Cond Res. 2012 Aug;26(8):2272-2292.

Myer GD, Ford KR, **Brent JL**, Hewett TE. An Integrated Approach to Change the Outcome Part I: Neuromuscular Screening Methods to Identify High ACL Injury Risk Athletes. J Strength Cond Res. 2012 Aug;26(8):2265-2271.

Klugman MF, **Brent JL**, Myer GD, Ford KR, Hewett TE. Does an in-season only neuromuscular training protocol reduce deficits quantified by the tuck jump assessment? Clin Sports Med. 2011 Oct;30(4):825-40.

Myer GD, **Brent JL**, Ford KR, Hewett TE. Real-time assessment and neuromuscular training feedback techniques to prevent ACL injury in female athletes. Strength Cond J. 2011 Jun 1;33(3):21-35.

Myer GD, Schmitt LC, **Brent JL**, Ford KR, Barber Foss KD, Scherer BJ, Heidt RS Jr, Divine JG, Hewett TE. Utilization of modified NFL combine testing to identify functional deficits in athletes following ACL reconstruction. J Orthop Sports Phys Ther. 2011 Jun;41(6):377-87.

Ford KR, Myer GD, **Brent JL**, Hewett TE. Hip and knee extensor moments predict vertical jump height in adolescent girls. J Strength Cond Res. 2009 Jul;23(4):1327-31.

Myer GD, **Brent JL**, Ford KR, Hewett TE. A pilot study to determine the effect of trunk and hip focused neuromuscular training on hip and knee isokinetic strength. Br J Sports Med. 2008 Jul;42(7):614-9.

Myer GD, Chu DA, **Brent JL**, Hewett TE. Trunk and hip control neuromuscular training for the prevention of knee joint injury. Clin Sports Med. 2008 Jul;27(3):425-48, ix. Review.

Myer GD, Ford KR, **Brent JL**, Divine JG, Hewett TE. Predictors of sprint start speed: the effects of resistive ground-based vs. inclined treadmill training. J Strength Cond Res. 2007 Aug;21(3):831-6.

Myer GD, Ford KR, **Brent JL**, Hewett TE. Differential neuromuscular training effects on ACL injury risk factors in "high-risk" versus "low-risk" athletes. BMC Musculoskelet Disord. 2007 May 8;8:39.

Myer GD, Ford KR, **Brent JL**, Hewett TE. The effects of plyometric vs. dynamic stabilization and balance training on power, balance, and landing force in female athletes. J Strength Cond Res. 2006 May;20(2):345-53.

PRESENTATIONS

- National Strength and Conditioning Association, National Conference
2008-2012
- USA Rugby Youth Development Conference
2012
- Cincinnati Children’s Hospital Annual ACL Workshop
2005-2011
- Cincinnati Children’s Hospital Annual Management of the Female Athlete Conference
2005-2011
- American College of Sports Medicine
2005-2008
- 1st World Congress of Sports Injury Prevention
2005

APPOINTMENTS

- American Journal of Sports Medicine
-Principle Reviewer August 2011 - Present
- Scandinavian Journal of Medicine and Science in Sports
-Reviewer October 2012 - Present
- International Rugby Board Scientific Committee
-Biomechanics Section Editor January 2012 - Present
- Gait & Posture
-Reviewer September 2014 - Present

MEMBERSHIPS AND CERTIFICATIONS

- National Strength and Conditioning Association
-Professional Member November 2003 - Present
- Certified Strength and Conditioning Specialist June 2005 - Present
- Certified Personal Trainer April 2004 - Present
- American College of Sports Medicine
-Professional Member May 2005 – Present
- Cincinnati Kelts Rugby Football Club
-Player, Team Captain, Strength & Conditioning Coach February 2006 – Present
- Cincinnati Barbell Club
-Competitor Nov. 2010 – Dec. 2012