AMY ASHMORE PHD

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https://amyashmore.com |linkedin.com/in/amyashmorephd

Human performance content developer, instructor, and project manager. Author of *Timing Resistance Training* (Human Kinetics) and over 70 training programs for physical and occupational therapy, athletic training, and strength coaches. Courses approved by 50 State Boards of Physical Therapy & DC, American Occupational Therapy Association (AOTA), Board of Certification (BOC) for Athletic Trainers, National Strength & Conditioning Association (NSCA), American Council on Exercise (ACE), and more. Serve as human performance faculty at College of Southern Nevada (CSN).

SALES

1044 individual units sold in FY 2025

27560 subscription consumption since FY 2021

SKILLS

Public Speaking

Content Development

Project Management

EDUCATION

INSTITUTION	***DEGREE***	***MAJOR***
University of Texas at Austin	**PhD**	Kinesiology
Florida State University	**MS**	Motor Behavior

CONTENT EXPERTISE

Resistance Training Adaptations

Exercise Programming

PROFESSIONAL EXPERIENCE

January 2019 – Present
Content Development
https://amyashmore.com
Las Vegas, NV

- Develop and deliver continuing education courses, online and in-person. Recorded and live.
- Author blogs, articles, book chapters, and a book for academic and trade audiences.
- Secured regulatory accreditation from 50 state boards of physical therapy & DC, AOTA for occupational therapy, and Board of Certification (BOC) for athletic trainers.
- Partners and clients include American Council on Exercise (ACE), Human Kinetics, Colibri Healthcare, Palmer College, physicaltherapy.com, International Sports Sciences Association (ISSA), Motivations CEU, Wartburg College, California Physical Therapy Association (CPTA), American Military University (AMU), and others.

November 2024 – February 2025
Project Manager
Wartburg College
Waverly, IA

- Identified and secured subject matter experts (SMEs), managed course development (12 courses), and fulfilled accreditation requirements for a new MS program in HHP.

January 2005 – Present
Instructor, Health and Human Performance
Health-Related Professions
College of Southern Nevada, Las Vegas, Nevada

- Teach Health and Human Performance lectures and labs, in-person and online.

May 2022 – July 2023
Professional Development Course Planner
Colibri Healthcare
St. Louis, MO

- Acquired athletic training (AT) CE content. Identified and secured subject matter experts (SMEs), managed course development, and fulfilled accreditation requirements for the Board of Certification (BOC).
- Reviewed physical and occupational therapy courses for BOC approval.

August 2018 – January 2019
Expert Teaching Faculty, Exercise Physiology
Nutrition, Food, and Exercise Science
Florida State University, Tallahassee, Florida

- Taught Exercise Physiology courses.

January 2016 – July 2018
Course Instructor and Designer
Las Vegas, NV

- Developed and delivered CE courses, webinars, video and written courses for physical therapists, occupational therapists, and strength and conditioning coaches.
- Authored *Timing Resistance Training* (Human Kinetics, 2020).

January 2009 – December 2015
Program Director and Associate Professor
Sports and Health Sciences
American Public University System, Charlestown, WV

- Managed Sports and Health Sciences and Sports Management Programs. Oversaw 5000 individual course enrollments, 100 faculty, and 140 ongoing courses.
- Taught Kinesiology, Strength and Conditioning, Exercise Physiology, and Motor Learning courses at the undergraduate and graduate levels.
- Developed and launched 8 college-level courses (Kinesiology, MLC, S & C, and Wellness).

PROFESSIONAL PROGRAMS DEVELOPED & DELIVERED

2026. *Biomechanics of Assisted Stretching*. Palmer College. Davenport, Iowa. *Live event.

2026. *Hip Hinge Exercises*. Palmer College. Davenport, Iowa. *Live event.

2026. *Gluteal Activation and Rehabilitation Strategies*. Colibri Healthcare. St. Louis, MO.

2026. *Qualitative Analysis for The Field.* Human Kinetics, Champaign, IL.

2026. *Program Exercise Sessions to Maximize Post-Exercise Caloric Consumption (EPOC).* Human Kinetics, Champaign, IL.

2026. *Foundations of Upper Body Strength Training*. Colibri Healthcare. St. Louis, MO.

2026. *Combined Training for Function and Mobility*. Colibri Healthcare. St. Louis, MO.

2026. *The Squat: Best Practices for Maximum Results.* Physicaltherapy.com. Houston, TX.

2026. *High-Impact Programming for Muscle Strength*. Palmer College. Davenport, Iowa.

2026. *Hip Hinge Training for Performance*. American Council on Exercise (ACE). San Diego, CA.

2026. *Master the Squat: Stronger, Safer, Better*. American Council on Exercise (ACE). San Diego, CA.

2026. *Applied Assisted Stretching for Health, Wellness, and Performance.* American Council on Exercise (ACE). San Diego, CA.

2026. *Foundations of Upper Body Training*. American Council on Exercise (ACE). San Diego, CA.

2026. *Functional Training for Obesity.* Motivations CEU, Simpsonville, SC.

2025. *Strength Training for Clients Who Have Obesity: A trainer's guide to analysis, design, and execution*. American Council on Exercise (ACE). San Diego, CA. 2nd ED.

2025. *Strength Training for the Upper Body*. Palmer College. Davenport, Iowa.

2025. *Strength Training for Overweight People*. Palmer College. Davenport, Iowa.

2025. *Precision Exercise Programming to Activate Exerkines for Mental and Physical Health Benefits*. Palmer College. Davenport, Iowa. *Live event.

2025. *Hip Hinge Exercises for Muscle Development.* Human Kinetics, Champaign, IL.

2025. *The Squat: Best Practices for Maximum Results.* Human Kinetics, Champaign, IL.

2025. *Muscle Performance Metrics for Documentation and Justification*. Colibri HLTHCARE. St. Louis, MO.

2025. *Build Hip Muscles Using the Hip Hinge and Its Variants*. Colibri Healthcare. St. Louis, MO.

2025. *The Squat: Best Practices for Maximum Results*. Colibri Healthcare. St. Louis, MO.

2025. *The Science of Repetition Speed: Tempo Training for Effective Workouts.* American Council on Exercise (ACE). San Diego, CA.

2025. *Build Effective Workouts Using New Repetition Tempo Science*. Palmer College. Davenport, Iowa.

2025. *Build Hip Muscles Using Hip Hinge Exercises*. Palmer College. Davenport, Iowa.

2025. *Muscle Performance Metrics for Documentation and Justification*. Palmer College. Davenport, Iowa.

2025. *Muscle Performance Metrics for Documentation and Justification.* Motivations, Simpsonville, SC.

2025. Over 70, *How Much Resistance Training is Enough?* Motivations CEU, Simpsonville, SC.

2024. *Resistance Training for Different Populations*. Colibri Healthcare. St. Louis, MO.

2024. *The Squat: Best Practices for Maximum Results*. Palmer Chiropractic College. Davenport, Iowa. *Live event.

2024. *Concurrent Training for Recreational Athletes*. Colibri Healthcare. St. Louis, MO.

2024. *Program Exercise Sessions to Maximize Post-Exercise Caloric Consumption (EPOC).* Palmer College. Davenport, Iowa.

2024. *The Post-Exercise Environment: What It Is and How to Maximize the Benefits.* Physicaltherapy.com. Houston, TX.

2024. *Bodyweight Exercises for Home Exercise*. California Physical Therapy Association (CPTA). Sacramento, CA.

2024. *New Resistance Training Guidelines for Women*. Allied Health Education. Raleigh, NC.

2024. *Resistance Training Programming for Athletes over 50*. Allied Health Education. Raleigh, NC.

2023. *Prescriptive Exercise Programming to Activate Exerkines for Mental and Physical Health Benefits* Physicaltherapy.com. Houston, TX.

2023. *Combined Fitness for Weight Loss*. Palmer College. Davenport, Iowa.

2023. *No Load Training*. Palmer College. Davenport, Iowa.

2023. *Muscle Clocks: The Value of Synchronized Training*. Allied Health Education. Raleigh, NC.

2023. *A New Approach to Automated Scraping Methods for Lateral Epicondylitis*. Palmer College. Davenport, Iowa.

2023. *New Resistance Training Guidelines for Women over 40*. Palmer College. Davenport, Iowa.

2023. *The effects of high-intensity, short-duration training versus endurance cardiovascular training on strength development in athletes*. Allied Health Education. Raleigh, NC.

2023. *Muscle Clocks: How to Schedule Training to Optimize Performance*. California Physical Therapy Association (CPTA). Sacramento, CA.

2023. *High Volume Resistance Training: Is it a trend or the future?* Palmer College. Davenport, Iowa.

2023. *Rest and Recovery: Maximize resistance training results using strategic rest intervals.* Palmer College. Davenport, Iowa

2022. *The effects of high-intensity, short-duration training versus endurance cardio training on strength development in recreational athletes.* Palmer College. Davenport, Iowa.

2022. *Muscle Clocks: How to Schedule Training to Maximize Performance.* Physicaltherapy.com. Houston, TX.

2022. *Resistance Training Programming for Athletes over 50.* Physicaltherapy.com. Houston, TX.

2022. *The effects of high-intensity, short-duration training versus endurance cardio training on strength development in athletes.* Physicaltherapy.com. Houston, TX.

2022. *Rest and Recovery: Maximize fitness results utilizing strategic rest intervals*. Fitness Professionals Ltd. London.

2022. *Programming for Strength Gains*. American Council on Exercise (ACE). San Diego, CA.

2021. *Best Bodyweight Exercises for Home and Outdoor Exercise.* Physicaltherapy.com. Houston, TX.

2021. *Programming for Muscle Strength and Power Gains,* HOMECEU. St. Louis, MO.

2021. *Combined Training: Evidence-Based Strength Programming.* HOMECEU. St. Louis, MO.

2021. *Military-Inspired Training for Everyone*. Physicaltherapy.com. Houston, TX.

2021. *Enhance your Running Game by Strengthening Your Hips*. Physicaltherapy.com. Houston, TX.

2021. Contributor, *Exercise Recovery Specialist Certification*. International Sports Sciences Association (ISSA). Phoenix, AZ.

2021. *Strength Training for Different Populations*. Physitrack PLC. London

2020. *Combined Training for Weight Loss.* Physicaltherapy.com. Houston, TX.

2020. *New Resistance Training Guidelines for Women over 40.* Physicaltherapy.com. Houston, TX.

2020. *Timing Resistance Training: Programming the Muscle Clock for Optimal Performance*. Human Kinetics, Champaign, IL. Note: published in English, Chinese, Spanish, French, and German.

2019. *High-Intensity Programming: How to Program for HIT while Avoiding Overtraining.* Physicaltherapy.com. Houston, TX.

2019. *Strength Training for Different Populations*. Physicaltherapy.com. Houston, TX.

2019. *Programming for Muscle Strength and Power Gains*. Physicaltherapy.com. Houston, TX.

2018. *Combined Training: Evidence-Based Strength and Conditioning Programming*. Physicaltherapy.com. Houston, TX.

2017. *Combined Training for Weight Loss*. American Council on Exercise (ACE). San Diego, CA.

2017. *Programming for Strength Gains: New Research Exposes Timing as the Key Variable*. American Council on Exercise (ACE). San Diego, CA.

2017. *First Year Trainer Series: A total body conditioning session*. American Council on Exercise (ACE). San Diego, CA.

2017. *Cardiovascular Training for Clients Who Have Obesity: A trainer's guide to analysis, design, and execution*. American Council on Exercise (ACE). San Diego, CA.