

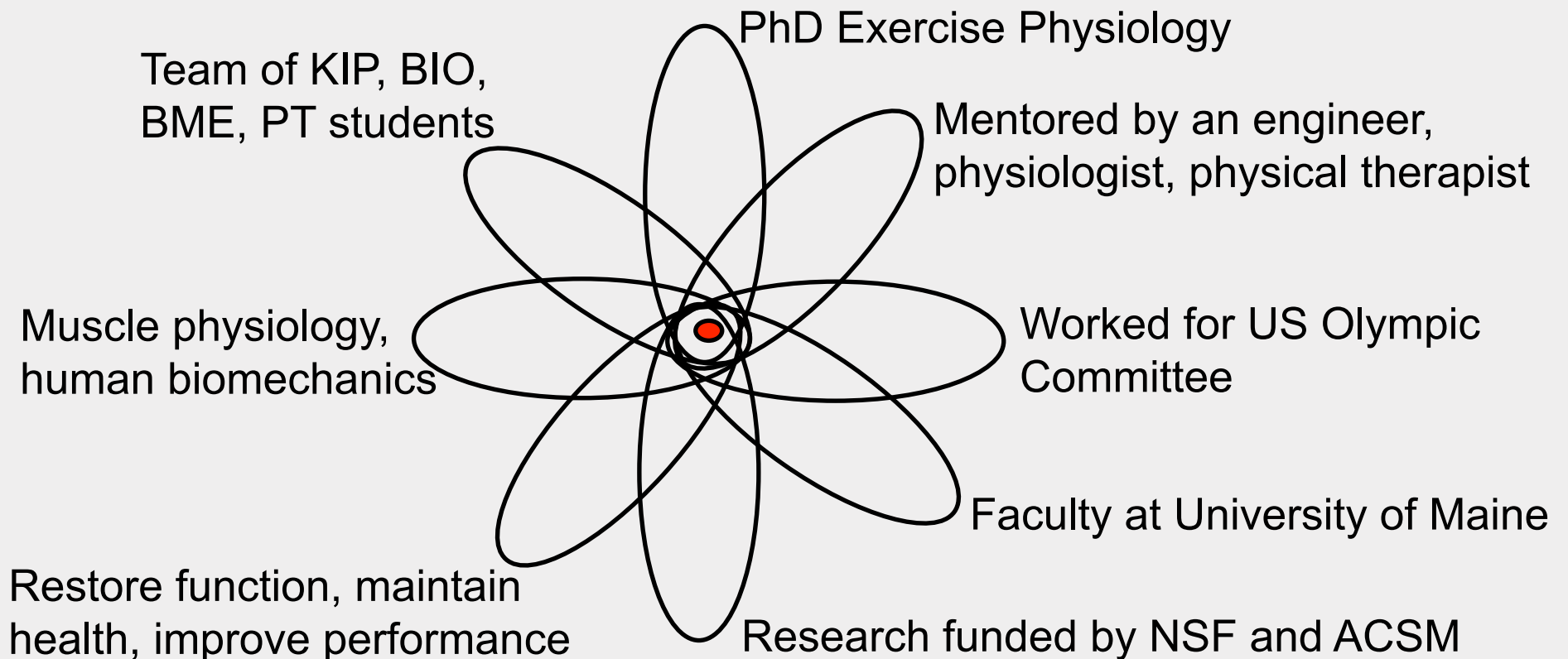
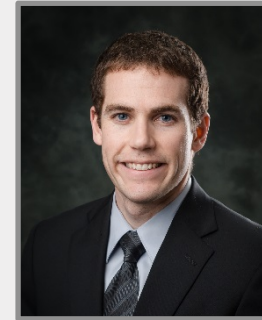
# Exercise as a Form of Medicine

**MICHIGAN TECH**  
**RESEARCH FORUM**  
TECHTALKS



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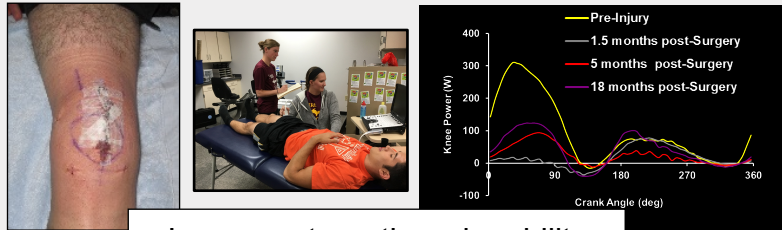


# How Can I Contribute?

My research interests in human health are broad in nature. I excel at having lots of ideas! I look forward to forming new collaborations!

## Human Health Research

### Recovery After Injury



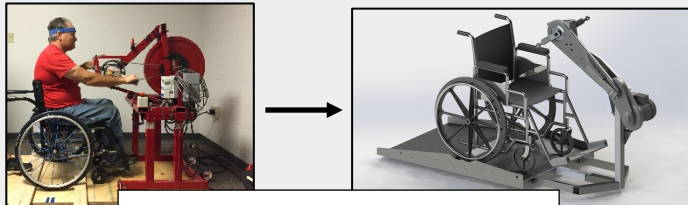
Improve strength and mobility

### Work Performance



Minimize fatigue

### Exercise Equipment Design



Validation and effectiveness

### Educational Research



Increase student engagement

Enterprise / Senior Design  
Flipped classroom  
Discovery-based learning

Applications range from basic muscular function to applied human performance in settings including injury, rehabilitation, ergonomics, and sports.