

Bailey M. Palmer, M.S., CSCS, EP-C

Curriculum Vita

Home: 3605 CR 7670,
Lubbock, TX 79423
Birthplace: Fort Worth, Texas

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Education:

M.S.	Exercise Science, Oklahoma State University	2013 – 2015
B.A.	Health Education and Promotion, Oklahoma State University	2009 – 2013

Professional Credentials:

- Certified Exercise Physiologist (EP-C). American College of Sports Medicine.
- Certified Strength and Conditioning Specialist (CSCS). National Strength and Conditioning Association.
- Certified Personal Trainer (CPT). American College of Sports Medicine.
- CPR/AED/First Aid for Professional Rescuers and Health Care Providers. American Red Cross.

Professional Experience:

- Assistant Professor of Practice, Kinesiology, Texas Tech University. (Starting Fall 2026)
- Senior Lecturer, Kinesiology, Texas Tech University (Fall 2022 – Summer 2026)
- Lecturer, Kinesiology, Texas Tech University (Fall 2018 – Spring 2022)
- Instructor, Kinesiology, Texas Tech University (Fall 2016 – Spring 2018)
- Adjunct Faculty, Kinesiology, Kent State University (Fall 2015 – Spring 2016)

Courses Taught

Texas Tech University, Department of Kinesiology & Sport Management

In-person Courses

- KIN 1301 – Introduction to Kinesiology (2019-2026)
- KIN 3305 – Exercise Physiology (2016-2023)
- KIN 4305 – Advanced Strength and Conditioning (2016-2026)

Online Courses

- KIN 3305 – Exercise Physiology (2020-2021)
- KIN 3307 – Medical Terminology (2025-2026)
- KIN 4375 – Internship in Kinesiology (2021-2026)
- PFW 1117 – Walking (2025-2026)
- PFW 1112 – Diet & Exercise (2025-2026)

Kent State University, School of Health Sciences

In-person Courses

- EXSC 35023 – Professional Certification Preparation (Spring 2016)
- EXSC 35075 – Exercise Programming (Spring 2016)
- EXSC 15010 – Introduction to Exercise Science (Fall 2015)

Program Manager

Aug 2015 – Jun 2016

Corporate Fitness Works, Cleveland, OH

- Designed, implemented, and evaluated health promotion and wellness incentive programs
- Conducted exercise testing and developed individual exercise prescription based on individual goals
- Oversaw and supervised the corporate wellness center members and health fitness specialist
- Managed wellness center budget and payroll; reported directly to clients

Honors & Awards

- Professing Excellence Award Recipient
- TTU Game Day Professor

Apr. 2024

Nov. 2023

Articles in Refereed Scientific Journals:

Palmer, T. B., **Palmer, B. M.** (2025). Acute effects of static stretching on handgrip strength and wrist joint flexibility in physically active older women. *Journal of Aging and Physical Activity*, 33(6), 521-528.

Palmer, T. B., **Palmer, B. M.** (2024). Influence of body mass normalization on the correlations between muscle cross-sectional area and physical performance outcomes in older women. *Medical Ultrasonography*, 26(2), 153-159.

Palmer, T. B., Maurya, P. S., Sisneros, K. P., **Palmer, B. M.** (2023) (Epub: ahead of print). Can handgrip strength measurements predict postural balance performance in older women? *Journal of Musculoskeletal and Neuronal Interactions*.

Palmer, T.B., Agu-Udemba, C.C., & **Palmer, B.M.** (2018). Acute effects of static stretching on passive stiffness and postural balance in healthy, elderly men. *The Physician and Sportsmedicine*, 46(1): 78-86.

Brown, T.C., Miller, B.M., **Palmer, B.M.** (2017). What's in a name? Group fitness class names and women's reason for exercising. *Health Marketing Quarterly*, 34(2), 142-155.

Palmer, T.B., Hawkey, M.J., Thiele, R.M., Conchola, E.C., **Adams, B.M.**, Akehi, K., Smith, D.B., and Thompson, B.J. (2015). The influence of athletic status on maximal and rapid isometric torque characteristics and postural balance performance in division I female soccer athletes and non-athlete controls. *Clinical Physiology and Functional Imaging*, 35(4): 314-322.

Palmer, T.B., Thiele, R.M., Williams, K.B., **Adams, B.M.**, Akehi, K., Smith, D.B., and Thompson, B.J. (2015). The identification of fall history using maximal and rapid isometric torque characteristics of the hip extensors in healthy, recreationally active elderly females: a preliminary investigation. *Aging Clinical and Experimental Research*, 27(4): 431-438

Palmer, T.B., Thompson, B.J., Hawkey, M.J., Conchola, E.C., **Adams, B.M.**, Akehi, K., Thiele, R.M., and Smith, D.B. (2014). The influence of athletic status on the passive properties of the muscle-tendon unit and traditional performance measures in division I female soccer players and non-athlete controls. *Journal of Strength and Conditioning Research*, 28(7): 2026-2034.

Research Abstracts:

Harry, J. R., Gonzalez, M. I., and **Palmer, B.M.** Performance differences among skilled soccer players of difference playing positions during the standing long jump and standing long jump landing. Presented at the 2018 Annual Meeting for the National Strength and Conditioning Association in Indianapolis, IN.

Palmer, T. B. and **Palmer, B. M.** Effects of constant-angle and constant-torque stretching on passive musculotendinous stiffness of the hamstrings in young and old men. Presented at the 2017 Annual Meeting for the National Strength and Conditioning Association in Las Vegas, NV.

Palmer, T.B., Hawkey, M.J., Smith, D.B., Conchola, E.C., **Adams, B.M.**, Akehi, K., Thiele, R.M., and Thompson, B.J. Can musculotendinous stiffness of the posterior muscles of the hip and thigh predicts muscle power output in female athletes and size-matched controls? *Journal of Strength and Conditioning Research*. 27(10):S38-S40, July 2013.

Palmer, T.B., Hawkey, M.J., Thiele, R.M., Smith, D.B., Conchola, E.C., **Adams, B.M.**, Akehi, K., and Thompson, B.J. Test-retest reliability of a commercially designed device for assessing sway index during the modified clinical test of sensory integration and balance. *Journal of Strength and Conditioning Research*. 27(10):S87-S88, July 2013.

Palmer, T.B., Thiele, R.M., Williams, K.B., **Adams, B.M.**, Akehi, K., Smith, D.B., and Thompson, B.J. The influence of fall-history status on maximal and rapid isometric torque characteristics in recreationally-active elderly females. Presented at the 37th Annual National Strength and Conditioning Association Conference and Exhibition in Las Vegas, NV. July 2014.

Adams, B.M. The influence of age-related changes in intrinsic and extrinsic exercise motivation on exercise participation in young, middle-aged, and elderly females. Presented at the 2014 Annual Oklahoma State University Graduate Research Symposium in Stillwater, Oklahoma. March 2014.