

Vanessa Batchelor, MS

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812 Belmont Drive

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EDUCATION

MS The University of North Carolina at Greensboro, Exercise Physiology | 2017 – 2019

BS The University of North Carolina Wesleyan University, Exercise Science | 2012 – 2016

CERTIFICATIONS

- 2024** Certified Performance and Sport Scientist (CPSS), *National Strength and Conditioning Association*
- 2023** CPR/AED and First Aid Recertification, *American Heart Association*
- 2020** Certified High-Performance Coach (CPHS) Level 2, *Athletic Lab Academy*
- 2019** USA Weightlifting Coach Level 1, *USA Weightlifting*
- 2018** Certified Strength and Conditioning Coach (CSCS), *National Strength and Conditioning Association*

TEACHING EXPERIENCE

2022 – 2023, North Carolina Wesleyan University, *Visiting Instructor of Exercise Science*

Courses Taught:

- EXS 214 – Foundations in Wellness and Personal Training
- EXS 315 – Nutrition and Human Performance
- EXS 318 – Kinesiology and Biomechanics
- EXS 190 – Introduction to Exercise Science
- EXS 301 – Personal and Community Health
- EXS 305 – Health Promotion and Behavior Change
- EXS 430 – Strength and Conditioning

2023 – Present, North Carolina Wesleyan University, *Instructor of Exercise Science*

Courses Taught (2023-2024):

- EXS 214 – Foundations in Wellness and Personal Training (2 sections)
- EXS 301 – Personal and Community Health
- EXS 318 – Kinesiology and Biomechanics
- EXS 190 – Introduction to Exercise Science (2 sections)

Courses Taught (2024 – 2025):

- EXS 100 – Fitness and Wellness
- EXS 214 – Foundations in Wellness and Personal Training (2 sections)
- EXS 301 – Personal and Community Health
- EXS 318 – Kinesiology and Biomechanics
- EXS 190 – Introduction to Exercise Science (2 sections)

PROFESSIONAL EXPERIENCE

2025 – Present

North Carolina Courage, *Sports Science Advisor*

- Serving as a member of the club's sports performance staff to assist in managing sports science initiatives such as GPS monitoring, return-to-play protocol, injury prevention, and player health.

2024 – Present

North Carolina Wesleyan University, *Head Strength and Conditioning Coach*

- Design and implement annual strength and conditioning programs for varsity teams at an NCAA Division III institution.
 - Men's Sports: basketball, baseball, football, golf, soccer, track and field, cross country
 - Women's Sports: basketball, lacrosse, soccer, softball, volleyball, track and field, cross country
- Develop appropriate sport science applications to monitor progress, fatigue, and identify factors that may contribute to risk of injury.
 - Technology utilized includes Hawkin Dynamic force plates, Catapult GPS (women's basketball, women's soccer), GymAware Velocity-

Based Technology, Output Sports, Teambuildr, Kinetisense, Bower Timing Systems, and Power Bi for custom reporting.

- Initiate a High-Performance Team Model between key contributors to athletic success including all strength and conditioning staff, sports medicine staff, athletic directors, coaches, and members of the Exercise Science Department.
- Responsible for day-to-day operations of the ISEF weight room and turf facilities.
 - Manage all scheduling aspects
 - Maintenance and upkeep
- Oversee undergraduate students' internships and practicum hours.
- Graduate Internship Coordinator (2025)

2021 – 2023

North Carolina Wesleyan University, *Assistant Women's Soccer Coach*

- Assist with game tactics and skill development while managing player GPS and HR data. Collaborated with athletic training staff for return-to-play initiatives and injury mitigation.

2019 – Present

Athletic Lab Sports Performance Center, *Sports Performance Coach*

- Assist with sports performance and sports science initiatives for the North Carolina Courage professional women's soccer club such as speed and agility development, return to play fitness, daily GPS and heart rate monitoring, and strength and conditioning. Lead team training sessions with youth sports teams at Athletic Lab, coach group fitness sessions, train clientele one-on-one, and assist with the Athletic Lab Academy Mentorship program.

2019 – 2021

North Carolina Courage Girls Developmental Academy, *Director of Sports Science*

- Oversee STATSports GPS data collection from academy teams' training and games to report to the US Soccer Federation. Guide coaches through the collection process and metric selections. Construct weekly summary reports.

2017 – 2019

The University of North Carolina at Greensboro, *Strength and Conditioning Intern*

- Assist with coaching athletes of all sports through year-round training programs, develop strength and conditioning programs, study various training methodologies, execute team testing, practice proper weight room and team management, and participate in strength and conditioning training sessions for an NCAA Division I Athletic Institution.

RESEARCH EXPERIENCE

1. Accepted for Publication: “Seasonal Changes in Physical Performance-related Variables in Women NCAA Division III Soccer Players”, *Gazzetta Medica Italiana- Archivio per le Scienze Mediche*, March 2023.
2. Poster Presentation: “A Pilot Study Comparing the Traditional Bar Grip and the Pelvic Belt Methods to Measure Mid-Thigh Isometric Pull Performance in Collegiate Male Athletes”, 2022. ACSMSE Regional Conference. ACSM National Conference.
3. Poster Presentation: “Pre-Season Countermovement Jump Derived Neuromuscular Performance in Female NCAA Division III Soccer Players”, 2022. ACSMSE Regional Conference. ACSM National Conference.
4. Poster Presentation: “High and Low Performer Differences in Countermovement Jump Derived Neuromuscular Performance in Female NCAA Division III Soccer Players”, 2022. ACSMSE Regional Conference. ACSM National Conference.
5. Poster Presentation: “Pre-Season Performance Related Variables in Female NCAA Division III Soccer Players”, 2020. ACSMSE Regional Conference
6. Poster Presentation: “Starters Versus Non-Starters: Countermovement Jump Derived Neuromuscular Performance in Female Collegiate Volleyball Players”, 2025. ACSMSE Regional Conference. ACSM National Conference.
7. Poster Presentation: “Playing Season Jump Performance in Female Collegiate Volleyball Players”, 2025. ACSMSE Regional Conference. ACSM National Conference.

COMMITTEE WORK

- DEI Advisory Committee (2025 – Present)
- Human Performance and Sports Science Graduate Program Faculty Search Committee (2024 – 2025)
- Exercise Science Undergraduate Faculty Search Committee (2024 - 2025)
- Health Promotions Undergraduate Faculty Search Committee (2023 – 2024)