

Stephen Mengoni M.A.

Poat Falls, Idaho
509-313-3562
mengoni@gonzaga.edu

EDUCATION

Doctor of Philosophy (PhD), Kinesiology (June 2025)

Biophysical Kinesiology, with an emphasis in Biomechanics

College of Health

Oregon State University

Graduate Certificate in College and University Teaching (GCCUT), March 2024

Oregon State University

Master of Arts (M.A.), Kinesiology May 2021

Exercise Science

Department of Kinesiology

California State University, Fresno

Masters Project: Core Stability and Falls in Elderly Populations

Bachelor of Science (B.S.), Kinesiology May 2019

Exercise Science

Department of Kinesiology

California State University, Fresno

Associate of Science (A.S.), Biology May 2017

Clovis Community College

TEACHING AND CURRICULUM EXPERIENCE

Gonzaga University
Assistant Professor

2025-Present

| Course | Catalog Number | Academic Year | Academic Term |
|------------------|-----------------------|----------------------|----------------------|
| Biomechanics | HPHY 375 | 2025-2026 | Fall |
| Biomechanics Lab | HPHY 375L | 2025-2026 | Fall |

Oregon State University
Graduate Teaching Assistant

2021-2025

| Course | Catalog Number | Academic Year | Academic Term |
|--|-----------------------|----------------------|----------------------|
| Biomechanics of Human Movement (Instructor of Record) | KIN 321 | 2021-2022 | Winter |
| | | 2022-2023 | Fall |
| | | 2022-2023 | Winter |
| | | 2023-2024 | Fall |
| | | 2023-2024 | Winter |
| | | 2023-2024 | Spring |
| | | 2024-2025 | Fall |
| Fitness Assessment Techniques Lab (Lab Instructor) | KIN 325 | 2021-2022 | Winter |
| | | 2021-2022 | Fall |
| | | 2022-2023 | Spring |
| | | 2022-2023 | Fall |
| | | 2022-2023 | Winter |
| | | 2022-2023 | Spring |
| Motor Behavior (TA) Professional Activities: Resistance Training Program Design Lab (Lab Instructor) | KIN 311 | 2023-2024 | Fall |
| | | 2022-2023 | Spring |
| | | 2022-2023 | Spring |
| | | 2022-2023 | Fall |
| | | 2023-2024 | Spring |
| Anatomical Kinesiology Lab (Lab Instructor) | KIN 425 | 2021-2022 | Winter |
| Lifetime Fitness for Health (Instructor of Record in summer and TA in other terms) | HHS 231 | 2022-2023 | Winter |
| | | 2022-2023 | Fall |
| | | 2022-2023 | Spring |
| | | 2023-2024 | Fall |
| | | 2023-2024 | Winter |
| | | 2023-2024 | Spring |
| | | 2023-2024 | Summer |
| | | 2024-2025 | Fall |
| | | 2024-2025 | Winter |

| Course | Catalog Number | Academic Year | Academic Term |
|---|----------------|---------------|---------------|
| Fundamentals of Biomechanics Lab (Lab Instructor) | Kin 116 | 2019-2020 | Fall |
| | | 2019-2020 | Spring |
| | | 2020-2021 | Fall |
| Fitness and Wellness Lab (Lab Instructor) | Kin 163 | 2020-2021 | Spring |
| Motor Learning Lab (Lab Instructor) | Kin 109 | 2020-2021 | Spring |

Other Work Experience

Supplemental Instruction Leader 2019-2020

CSU Fresno Learning Center, Fresno, CA

- Planned and facilitated learning opportunities for students of the class I was assigned to
- Coordinated with the Professor of the class to ensure quality of material, this was done with weekly meetings where I showed the instructor the activities I created
- Held office hours for any questions the students had

Manager – Exercise Physiologist Fresno, CA 2017- 2021

- Managed and trained employees
- Day to day operation and supervision of employees, ordering, stocking, customer service and related activities
- Supervised cash, credit, and debit transactions
- Created schedules for all employees, up to 9, during one pay period

RESEARCH EXPERIENCE

Gonzaga University

Research Associate, Applied Biomechanics Laboratory (2025-Present)

Oregon State University

Research Associate, Neuromechanics Laboratory (2021-2025)

Refereed Abstracts and Presentations

1. Mengoni S.A., Mulligan C.M.S., & Norcross M.F. (2024). Relationship Between COM-to-COP Position and Sagittal Plane Energy Absorption During the Penultimate Step of Side-Step Cutting. *Northwest Biomechanics Symposium*, Eugene, OR.

Undergraduate Student Mentorship

Advising/Mentorship Experience

1. Jordan Schierbeek, June 2024-present
2. Abigail Roth, October 2024-present
3. Karina Hammer, October 2024-present
4. Samantha Symmes, October 2024-present
5. Jada Hurley, October 2024-present

Professional Service

Space Task Force

Spring 2024

Oregon State University

College-level Service:

- This task force met bimonthly for 3 months to evaluate how space is being used and what space is available to be used for the graduate students and faculty/staff within the college of health
- I was the only student on this task force and was awarded the role of ensuring the point of view of graduate students was accurately represented

Promotion and Tenure Committee

2022-2024

Oregon State University

College-level Service:

- I met with 2 other committee members and together we summarized student and professional evaluations of College of Health faculty members who were applying for a promotion.

- This council meets twice each term to discuss ways to improve the COH graduate student experience by providing feedback to COH leadership, exchanging ideas to build collaborations among graduate students, and active engagement in the College's future goals and plans.

Awards and Certifications

- Department of Kinesiology, College of Health and Human services, CSU Fresno.
Outstanding Graduate Project Dean's Medalist nominee 2020-2021
- Department of Kinesiology, College of Health and Human Services, CSU Fresno.
Outstanding Graduate Project Award Recipient 2020-2021

Volunteer Experience

Alter Server- Shaver Lake Catholic church

- Assisted the priest before, during, and after mass
- September 2007 - Spring 2021

Deputy Grand Knight- Knights of Columbus St. Mary's Catholic Church

- Assistant to the Grand Knight
- Attend biweekly meetings to discuss charity events facilitated for various causes
- Participate in fundraising events such as breakfasts and the Polar Plunge
- September 2022-May 2024

Guest Lectures

KIN 325: Fitness Assessment Techniques

- Fall 2023: Overtraining

Kin 311: Motor Behavior

- Spring 2023: Falls in the Elderly Lecture

HHS 231: Lifetime Fitness for Health

- Spring 2023: Socioecological model of health and wellness
- Winter 2024: Nutrition
- Fall 2024: Mental Health and Wellbeing

References:

Colin Mulligan, PhD, ATC
Clinical Assistant Professor
Department of Kinesiology
Oregon State University
Milam Hall 118M
2520 SW Campus Way
Corvallis, OR 97331
541-737-4417
Colin.Mulligan@oregonstate.edu

David A. Kinnunen, PhD
Associate Professor
Department of Wellness and Movement Sciences
Eastern Washington University
PE Classroom Building 228
Cheney, WA 99004
(509) 359-4833
dkinnunen@ewu.edu

Marc Norcross, PhD, ATC
Professor, Associate Dean for Strategy and Administration
Department of Kinesiology
Oregon State University
Langton Hall 214A
2450 Jefferson Way
Corvallis, OR 97331
United States
541-737-6788
Marc.Norcross@oregonstate.edu

Cathleen Brown Crowell, PhD, ATC
Clinical Professor
Department of Kinesiology
Oregon State University
Langton Hall 220
2450 Jefferson Way
Corvallis, OR 97331
United States
541-737-5491
Cathleen.Crowell@oregonstate.edu