



2024 Dr. Peter A. DiNardo '68 and Judith Waring
Outstanding Achievement in Research Award

Award Recipient:

Kevin D. Dames, Ph.D., Associate Professor, Kinesiology

April 25, 2024, 4:30pm-5:30pm

Sperry Center, Room 104

You can go your own way: why individual variation matters in movement

Biomechanics is a field of study at the intersection of physics and biology. In this talk, Kevin Dames, Ph.D., will discuss his research on the mechanics of gait and balance through the lens of dynamical systems theory. He will discuss how characterization of movement variability can inform running performance optimization and contributes to our understanding of (un)healthy postural control across the lifespan. His talk will emphasize the importance of translating laboratory-based biomechanical assessments, tools, and knowledge to benefit clinicians, coaches, and athletes.

Biographical Sketch:

Kevin D. Dames, Ph.D. is an associate professor of Kinesiology at the State University of New York at Cortland. As a biomechanist, he studies the forces and effects of forces on a body for understanding adaptation, injury, or disease. His specific areas of interest include endurance running performance and postural control. His research has informed methodological considerations of clinical postural stability assessments, established best practices for computational analysis of static balance data, validated new measurement devices, and developed an effective intervention protocol to decrease stress fracture risk in endurance runners. The American Society of Biomechanics recognized his scholarship in 2021 with the President's Award at their 45th Annual Meeting. He has published in *Journal of Biomechanics*, *Gait & Posture*, *Human Movement Science*, and *Journal of Sports Sciences*, among others, and continues to mentor student researchers at the high school, undergraduate, masters, and doctoral levels.