

2026 OCA Clinic
Sunday, July 26, 2026
12:00 pm

Dr. Quincy R. Johnson

Presentation Title: Athlete Health, Safety, and Performance Considerations

Presentation Summary: Dr. Johnson's presentation titled, "*Athlete Health, Safety, and Performance Considerations*" will provide attendees with an opportunity to learn about current health, safety, and performance considerations for athletes. Additionally, attendees will have an opportunity to develop their own framework for each component covered.

Bio: Quincy R. Johnson, Ph.D. is a sport scientist, strength and conditioning coach, and sport science researcher. A native of Oklahoma City, OK, Johnson graduated from Carl Albert High School in 2011 where he played football under the tutelage of Hall of Fame coaches Gary Rose and Mike Corley. Johnson is currently an Assistant Professor in the School of Kinesiology, Applied Health and Recreation at Oklahoma State University and serves as the Director of the Cowboy Athletic Performance Laboratory. He received his degrees from Midland University and Oklahoma State University. Throughout his graduate education he studied neuromuscular physiology, strength and conditioning, and sport science. This was followed by one year at the University of Nebraska-Kearney where he was an Assistant Professor within the Department of Kinesiology and Sport Sciences and Director of Loper Performance. Following that, Johnson spent three years at the University of Kansas as an Assistant Professor within the Department of Health, Sport & Exercise Sciences and as Assistant Director of the Jayhawk Athletic Performance Laboratory.

Dr. Johnson's teaching and research interests focus on optimizing athletic performance, coach education, long-term athletic development, strength and conditioning, and training load monitoring. These interests have led to the development of the STRIDE Oklahoma program, Cowboy Performance, and professional roles within high school, collegiate (Oklahoma State University, Washington State University, University of Nebraska-Kearney, University of Kansas), professional (Arizona Diamondbacks and Oklahoma City Thunder), and private athletic settings (Spellman Performance).

