

Josh Bullock

Contact

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Education

2023-2026 **Concordia University, St. Paul**
Ph.D. Kinesiology
Dissertation (In Progress): The Effects of ACL Reconstruction on Whole Limb and Knee Joint Countermovement Utilization Ratio in ACL Reconstructed Patients

2010-2012 **Fresno Pacific University**
M.A. Kinesiology

2009-2011 **University of Redlands**
M.A. Management
Whitehead Leadership Society Inductee

1999-2003 **University of Redlands**
B.A. Liberal Studies
Minor: Physical Education

Work Experience

2006-Present **Summary**
For 19 years, designed and delivered comprehensive human-performance strategies that translate institutional and departmental mission, vision, and values into operational practice. To date:

- Revitalized and orchestrated all athlete performance strategies for the U.S. Ski & Snowboard Freestyle moguls' team, leading to 41 World Cup podiums, 16 Olympians, 3 World Championship podiums, 3 Federation International De Ski (FIS) Rookie of the Year awards, 2 FIS Nations Cups, and an Olympic silver medal.
- Using an innovative and resourceful approach, directed 4 National Collegiate Athletic Association (NCAA) high-performance departments encompassing 14-25 sports each, leading to 30 team conference championships, 10 NCAA team and individual national championships, 86 Coaches Association All-Americans, and 20 National Strength and Conditioning Association (NSCA) All-Americans.
- Across 6 higher education institutions, deliver didactic and applied educational methods, in in-person and online settings, with responsibilities for academic advising, course conceptualization, curriculum development, establishing learning objectives, and instruction and evaluation of course material within institutional standards and guidelines.

2022-Present

Westminster University, Salt Lake City, UT
Director of Wellness and Performance Science
Head Strength and Conditioning Coach

Duties

Serve as the director, principal coach, and scientist for Westminster University, pioneering the first-of-its-kind Wellness and Performance Science (WPS) program.

- Develop, deliver, and manage all fundamental and applied WPS services, projects, research, and support for 15 Westminster athletic programs, which include the following kinesiological sub-discipline areas: physiology, biomechanics, technology, dietetics, mental performance, behavior change, and motor skill acquisition.
- Build and work as part of a multi-disciplinary team providing insight, assistance, and WPS services to athletes and coaches by engaging student-athletes across learning and wellness domains.
- Develop operational and strategic plans encompassing all aspects of the WPS department, including innovative and resourceful systems and strategies for Westminster student-athletes.
- Development of a system and framework for quality control that meets standards set by the National Strength and Conditioning Association (NSCA) and the American College of Sports Medicine (ACSM).
- Promote an Inclusive Westminster by demonstrating the commitments included in the Westminster University Diversity Statement.

2017-2022

U.S. Ski & Snowboard, Park City, UT
Athletic Development Coordinator – Freestyle Moguls
Medical and Performance Partner Liaison and Educator

Duties

Direct comprehensive athlete development for the U.S. Freestyle Moguls Team for two Olympic quadrennials.

- Direct the preparation of 43 athletes for the Winter Olympic Games in 2018 and 2022. Responsibilities include advancing athlete readiness and preparedness, rehabilitation and reconditioning of injured athletes, onboarding, and sport science.
- Conceptualize, conduct, analyze, and interpret applied and fundamental research as it applies to skiing performance, including athletic development, motor skill acquisition, and sport demands analytics. Create data visualization tools to interpret data and enhance performance outcomes.

Promote community learning across the organization, B2B partnerships, and key stakeholders.

- Formulate and evaluate effective business development strategy for high-performance partner acquisition and education, leading to contracts with Intermountain Healthcare and the Barton Center for Orthopedics.
- Liaise with subject matter experts, develop curriculum, deliver course offerings synchronously and asynchronously, virtually and in-person, and evaluate content and delivery to U.S. Ski & Snowboard medical

and performance partners, post-graduate interns, and fellows.

2014-2017

Emory & Henry College, Emory, VA
Head Strength and Conditioning Coach
Director of Robert W. Gibson III Weight Room

Duties

Pioneered the establishment of the institution's inaugural strength and conditioning program.

- Orchestrated the development and management of a comprehensive sports performance initiative catering to 18 NCAA Division III varsity sports, encompassing approximately 450 student-athletes.
- Established systematic methods to aggregate, analyze, and act on performance data in the student-athlete population, strategically tailoring training approaches to meet specific needs and optimize athletic performance.
- Founded and managed the internship program, overseeing the supervision and mentorship of undergraduate student-interns. Notably, program participants secured positions with prestigious entities such as the Chinese Olympic Committee, the Seattle Mariners, Lenoir-Rhyne University, the University of Kentucky, Wake Forest University, the U.S. Army, and FC Barcelona.
- Managed all facets of the 5,000 square foot Robert W. Gibson III Weight Room, overseeing planning, budgeting (approximately \$150,000), membership management (approximately 1800 individuals), maintenance, policy formulation, and supervision of 20-25 employees. Additionally, played a pivotal role in a \$110,000 capital improvement project for renovations.

2004-2017

Prior Employment, Full- and Part-Time
<https://www.joshbullock.org/educationandexperience>

Teaching Experience

2023-Present

Westminster University, Salt Lake City, UT
Adjunct Faculty
BUSI 440 – Business Internship

- FA2023, SP2024

2022-Present

Kentucky Wesleyan College, Owensboro, KY
Adjunct Faculty
EXSC 410 - Ethics in Sports and Exercise

- SP2025 (projected)

EXSC 306 – Biomechanics of Exercise and Sports

- FA2024 (projected)

EXSC 310 – Sociological and Psychological Aspects of Sports

- FA2024 (projected)

EXSC 390 – Physical Activity for Special Populations

- FA2024 (projected)

PEH 405 - Consumer Health (Creator)

- SP2023

PEH 308 - Sports and Fitness Management

- FA2021, FA2022, SP2022, SP2024

- EXSC 370 - Nutrition for Health and Human Performance
- FA2022
- 2014-2017 **Emory & Henry College**, Emory, VA
Adjunct Faculty
 HHP 470 - Strength and Conditioning Internship I (Creator)
 - FA2014, SP2015, FA2016, SP2016, FA2017, SP2017
 HHP 471 - Strength and Conditioning Internship II (Creator)
 - SP2015, FA2016, SP2016, FA2017, SP2017
- 2013 **Castleton State College**, Castleton, VT
Adjunct Faculty
 PED 2072 - Advanced Strength and Conditioning
 - FA2013
- 2013-2014 **Green Mountain College**, Poultney, VT
Adjunct Faculty
 HPX 491 - Strength and Conditioning Internship (Creator)
 - FA2013, SP2014
- 2006-2011 **University of Redlands**, Redlands, CA
Adjunct Faculty, Academic Advisor
 PE 382 - Strength and Conditioning Internship (Creator)
 - FA2008, SP2009, FA2009, SP2010, FA2010, SP2011
 PE 330 - Fundamentals of Strength and Conditioning (Creator)
 - FA2009, FA2010
 FYS 013 – A Performance Lifestyle: First-Year Seminar (Creator)
 - FA2009
 PEAC 0FP - Personalized Fitness (Director)
 - SP2007, FA2007, SP2008, FA2008, SP2009, FA2009, SP2010, FA2010, SP2011
 PEAC 0FW - Weight Training (Director)
 - SP2007, FA2007, SP2008, FA2008, SP2009, FA2009, SP2010, FA2010, SP2011

Publications

Reports

Bullock, J. Sport Demands Analysis: Freestyle Mogul Skiing. U.S. Ski & Snowboard, 2022

Bullock, J. Athletic Development Statement: Freestyle Mogul Skiing. U.S. Ski & Snowboard, 2022

Peer Reviewed

Sands, W. McNeal, J. Bullock, J. Schiller, T. Deck, H. Penitente, G. Donti, O. Bogdanis, G. Body Size and Composition of U.S. National Team Skiers and Snowboarders. *Journal of Sports Research*, 8, 1, 16-25. 2021

Bullock, J. Aipa, D. Coaching Considerations for the Tire Flip. *Strength and Conditioning Journal*. 32, 5, 75-78. 2010

Web-Based

Bullock, J. Quality Training: What it Actually Entails. Teambuildr. October 2022

Bullock, J. The Language of Coaching Applied Virtually. Teambuildr. August 2022

Bullock, J. What is Neurocog and How Do I Use It? Teambuildr. July 2022

Bullock, J. Keeping the Family Bond During Extended Travel. Teambuildr. June 2022

Bullock, J. The Athletic Performance Fiscal-Physical Ladder: Athlete Development Teambuildr. May 2022

Bullock, J. Has the Pendulum Swing Too Far with Machine-Based Training. Teambuildr. April 2022

Bullock, J. My Beef with Evidence-Based Practice. Teambuildr. March 2022

Bullock, J. A Coaches Guide to Training and Competing at High Altitude. Teambuildr. February 2022

Bullock, J. Why Many Performance Strategies Fail. Teambuildr. December 2021

Bullock, J. Budget Management for High-Performance Programs. Teambuildr. August 2021

Bullock, J. Assessing Athletes: What Are You Missing? Teambuildr. May 2021

Bullock, J. Key Tips for Delegating Effectively and Entrusting Your Staff. Teambuildr. April 2022

Bullock, J. The Professional Guide to Building a Home Gym: Part II Buying Equipment. Medium. August 2020

Bullock, J. 7 Strategies to Keeping the Best Coaches. Teambuildr. November 2020

Bullock, J. 5 Steps to Create a System for Staff Development. Teambuildr. October 2020

Bullock, J. Strength and Conditioning Lessons from the Unlikeliest of Sources. Teambuildr. September 2020

Bullock, J. The Professional Guide to Building a Home Gym: Part I: The Build-Out. Medium. August 2020

Bullock, J. How to Minimize Your Risk When Going to the Gym. Teambuildr. May 2020

Bullock, J. A Coaches Guide to Working from Home Teambuildr. April 2020

Bullock, J. A Performance Guide to Managing Transmeridian Travel: Part III. Teambuildr. April 2020

Bullock, J. A Performance Guide to Managing Transmeridian Travel: Part II. Teambuildr. March 2020

Bullock, J. Bend the Boot: Fitness Tips for the Avid Skier. Contena. March 2020

Bullock, J. Every Manager Should Have to Coach. Contena. March 2020

Bullock, J. A Floor to Ceiling Guide to Training at Home During COVID 19. Contena. March 2020

Bullock, J. A Coaches Guide to Remote Workouts. Teambuildr. March 2020

Bullock, J. A Performance Guide to Managing Transmeridian Travel: Part I. Teambuildr. March 2020

Bullock, J. A Guide for Gym Goes Amid COVID-19. Teambuildr. March 2020

Bullock, J. & Caro, M. The Strength Coach's Hiring Guide eBook. Teambuildr. August 2019

Bullock, J. The Strength Coach's Ultimate Guide to Hiring. Teambuildr. April 2018

Presentation and Invited Lectures

National and State Presentations

Bullock, J. (2024). Quality Coaching: Leveraging Task Constraints, Cueing, and Feedback to Optimize Motor Learning. NSCA Utah State Clinic. South Salt Lake, UT. March 2024

Bullock, J. (2023). Biomechanics of ACL Return to Sport. NSCA Nevada State Clinic. Las Vegas, NV. November 2023

Bullock, J. (2016). Managing Common Health Conditions Encountered by the Exercise Professional. NSCA Virginia State Clinic. Lynchburg, VA. July 2016

Bullock, J. (2016). Challenges and Solutions for the Small College Strength and Conditioning Coach. NSCA Coaches Conference. San Antonio, TX. 8 January 2016

Bullock, J. (2015). Creating a Highly Effective Training Environment. NSCA Vermont State Clinic. Burlington, VT. July 2015

Regional and Local Presentations

Bullock, J. (2023). Student-Athlete Health and Wellness: Neutral Thinking. Penn State University Department of Applied Health and Performance Science. Penn State University. February 2023

Bullock, J. (2022). Current Practices in Strength and Conditioning at the Olympic Level. Bryan University Department of Physical Education. Bryan University. May 2022

Bullock, J. (2022). Using Data to Drive the Return to Sport Process. University of LaVerne Department of Health and Community Well-Being. The University of LaVerne. April 2022

Bullock, J. (2021). The Application of Assessment to Athletic Development. Penn State University Department of Applied Health and Performance Science. Penn State University. August 2021

Bullock, J. (2021). Athlete Development in Freestyle Moguls. U.S. Ski & Snowboard Project Gold. Park City, UT. October 2021

Bullock, J., Butterfield, C., McDermott B. & Poehling, B. (2021). Current Practice in Sports Science. Intermountain Healthcare: The Orthopedic Specialty Hospital. Murray UT. July 2021

Bullock, J., Butterfield, C. & Bingaman, M. (2021). Creating a Sports Performance Internship Program. U.S. Ski & Snowboard Certified High-Performance Centers Park City, UT. June 2021

Bullock, J. (2021). Creating a Diversity, Equity, and Inclusion Fellowship. U.S. Ski & Snowboard Board of Trustees. Park City, UT. February 2021

Bullock, J. (2020). Using Language to Shape Movement Outcomes. Intermountain Healthcare: McKay Dee. Ogden, UT. June 2020

Bullock, J. & Butterfield, C. (2020). Environmental Constraints for Effective Rehabilitation Outcomes. Intermountain Healthcare: Park City. Park City, UT. May 2020

Bullock, J. (2020). Ecological Dynamics in Coaching. Intermountain Healthcare: The Orthopedic Specialty Hospital. Murray, UT. April 2020

Bullock, J. (2020). Using the Decision Tree Process for Exercise Prescription. Intermountain Healthcare: The Orthopedic Specialty Hospital. Murray, UT. March 2020

Bullock, J. (2020). Using Sleep Monitoring to Drive Sport Performance and Optimize Recovery. United States Olympic and Paralympic Committee. Colorado. Springs, CO. January 2020

Bullock, J. & Butterfield, C. (2019). High-Performance Systems: Part III. U.S. Ski & Snowboard Hospital Partner Clinic. Park City, UT. December 2019

Bullock, J. & Butterfield, C. (2019). High-Performance Systems: Part II. U.S. Ski & Snowboard Hospital Partner Clinic. Park City, UT. September 2019

Bullock, J. & Butterfield, C. (2019). High-Performance Systems: Part I. U.S. Ski & Snowboard Hospital Partner Clinic. Park City, UT. June 2019

Bullock, J. (2019). Sport Demands: Freestyle Moguls. U.S. Ski & Snowboard. Park City, UT. April 2019

Bullock, J. (2019). Common Health Conditions Encountered by the Sports Performance Professional. Stonybrook University Department of High Performance and Competitive Success. Stonybrook University. April 2019

Bullock, J. (2018). Current Practices in Athlete Wellness and Skill Acquisition Monitoring. U.S. Ski & Snowboard Congress. Park City, UT. May 2018

Podcasts

Wilson, Antone (Host). (November 17, 2023). Guest Josh Bullock (No. 3). [Audio Podcast Episode]. Performance Pulse Podcast. <https://www.youtube.com/watch?v=ZStHeAs8leQ>

Leadership

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|--------------|--|
| 2023-Present | National Strength and Conditioning Association
Utah State Advisory Board |
| 2015-2017 | National Strength and Conditioning Association
Virginia State Advisory Board |
| 2012-2014 | National Strength and Conditioning Association
Vermont State Advisory Board |
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Professional Certification

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| 2005-Present | National Strength and Conditioning Association
Certification 200527760 <ul style="list-style-type: none">• Certified Strength and Conditioning Specialist• Registered Strength and Conditioning Coach, *D |
| 2005- Present | USA Weightlifting
Certification 144290 <ul style="list-style-type: none">• Level I Weightlifting Coach |
| 2018 - Present | U.S. Center for SafeSport
Certification USOC-SS-2013-1-466268 <ul style="list-style-type: none">• Certified Coach |
| 2022-2024 | American Red Cross
Certification 0122CGN <ul style="list-style-type: none">• Basic Life Support |
| 2019 | Reflexive Performance Reset
Certification 11364 <ul style="list-style-type: none">• Level I Coach |
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Committee Involvement

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| 2019-2022 | U.S. Ski & Snowboard , Park City, UT <ul style="list-style-type: none">• Diversity, Equity, and Inclusion Fellowship Committee• Coaching Salary Committee• Sleep and Performance Committee• Hiring and On-Boarding Committee |
| 2015-2017 | Emory & Henry College , Emory, VA <ul style="list-style-type: none">• Facilities Management Committee• Employee Health and Wellness Committee |

Professional Service

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| 2023 | Symposium Co-Organizer
NSCA, Utah State Clinic
Salt Lake City, UT |
| 2017 | Symposium Organizer
USAW, Level I Certification Course
Emory, VA |
| 2015 | Symposium Co-Organizer
NSCA, Vermont State Clinic
Burlington, VT |

References

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|--------------------|---|
| Dr. William Sands | Retired Sport Scientist, High-Performance
U.S. Ski & Snowboard |
| Dr. Bill McDermott | Clinical Biomechanist, Physical Therapy and Performance
The Orthopedic Specialty Hospital (TOSH) |
| Calin Butterfield | Sr. Strength and Conditioning Coach, High-Performance
Milwaukee Bucks |
| Lindsey Crowe | Director of Online Learning
Kentucky Wesleyan College |
| Ryan Mullins | Brigade Performance Lead, Physical Readiness Domain
U.S. Army – EXOS |