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# Josh Bullock

Human Performance Leader and Practitioner

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## Contact

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Website: [www.joshbullock.org](http://www.joshbullock.org)

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## Education

2023-2026	<b>Concordia University, St. Paul</b> <b>Ph.D. Kinesiology</b> GPA: 4.0
2010-2012	<b>Fresno Pacific University</b> <b>M.A. Kinesiology</b> GPA: 3.90
2009-2011	<b>University of Redlands</b> <b>M.A. Management</b> GPA: 3.97 Whitehead Leadership Society Inductee
1999-2003	<b>University of Redlands</b> <b>B.A. Liberal Studies</b> GPA: 3.60 Minor: Physical Education

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## Work Experience

2006-Present	<b>Executive Summary</b> For 18 years, designed and delivered comprehensive human-performance strategies that translate institutional and departmental mission, vision, and values into operational practice. To date: <ul style="list-style-type: none"><li>Directed all athlete performance strategies for the U.S. Ski &amp; 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.</li><li>Directed 4 National Collegiate Athletic Association (NCAA) high-performance departments encompassing 14-25 sports each, leading to 29 team conference championships, 10 NCAA team and individual national championships, 84 Coaches Association All-Americans, and 18 National Strength and Conditioning Association (NSCA) All-Americans.</li></ul>
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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, guiding the creation of the first-of-its-kind Wellness and Performance Science (WPS) program.

- Develop, deliver, and manage all fundamental and applied WPS services, projects, and support for 15 Westminster athletic programs, which include the following kinesiological sub-discipline areas: a) physiology, b) biomechanics, c) technology, d) dietetics, e) mental performance, f) behavior change, and g) 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.

- 2021-2022 **Future Research Co.**, San Francisco, CA  
Performance Coach
  - 2020-2022 **JBullock Publications**, Salt Lake City, UT  
Owner, Writer
  - 2014-2017 **Emory & Henry College**, Emory, VA  
Head Strength and Conditioning Coach  
Director of Robert W. Gibson. III Weight Room
  - 2013-2014 **Green Mountain College**, Poultney, VT  
Head Strength and Conditioning Coach
  - 2012-2013 **Killington Mountain School**, Killington, VT  
Head Strength and Conditioning Coach
  - 2006-2011 **University of Redlands**, Redlands, CA  
Head Strength and Conditioning Coach  
Fitness Center Director
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## Teaching Experience

- 2022-Current **Kentucky Wesleyan College**, Owensboro, KY  
**Adjunct Faculty**
  - Consumer Health
  - Sports and Fitness Management
  - Nutrition for Health and Human Performance
- 2014-2017 **Emory & Henry College**, Emory, VA  
**Adjunct Faculty**
  - Strength and Conditioning Internship
- 2013 **Castleton State College**, Castleton, VT  
**Adjunct Faculty**
  - Advanced Strength and Conditioning
- 2013-2014 **Green Mountain College**, Poultney, VT  
**Adjunct Faculty**
  - Strength and Conditioning Internship
- 20XX-20XX **University of Redlands**, Redlands, CA  
**Adjunct Faculty, Academic Advisor**
  - Strength and Conditioning Internship
  - Fundamentals of Strength and Conditioning
  - The Performance Lifestyle: First-Year Seminar
  - Personalized Fitness
  - Weight Training

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## 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

### Journal Publications

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

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## **Presentation and Invited Lectures**

### **National and State Presentations**

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

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## Leadership

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|--------------|--|
| 2023-Current | <b>National Strength and Conditioning Association</b><br>Utah State Advisory Board     |
| 2015-2017    | <b>National Strength and Conditioning Association</b><br>Virginia State Advisory Board |
| 2012-2014    | <b>National Strength and Conditioning Association</b><br>Vermont State Advisory Board  |
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## Professional Certification

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

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

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## Professional Service

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

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## References

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