

JOSH BULLOCK

CURRICULUM VITAE

CONTACT

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CURRENT WORK

Head Strength and Conditioning Coach
Westminster College
1840 S 1300 E
Salt Lake City, UT 84105
801.832.2200
jbullock@westminstercollege.edu

EDUCATION

GRADUATE

Concordia University, St. Paul
Doctor of Philosophy, Kinesiology
2023-2027

Fresno Pacific University
Master of Arts, Kinesiology
2010-2012
GPA: 3.90

University of Redlands
Master of Arts, Management
2010-2011
GPA: 3.97
Whitehead Leadership Society Inductee (2011)

UNDERGRADUATE

University of Redlands
Bachelor of Arts, Liberal Studies (Education)
Minor: Physical Education
1999-2003
GPA: 3.60
Letterman, Football (1999, 2000, 2001, 2002)
Southern California Intercollegiate Athletic Conference Champion (1999, 2000, 2002)
All-Southern California Intercollegiate Athletic Conference, First Team (2002)
Verizon All-American (2002)

PROFESSIONAL CERTIFICATION

National Strength and Conditioning Association

Certified Strength and Conditioning Specialist
Registered Strength and Conditioning Coach, *D
Certification 200527760

USA Weightlifting

Level I Weightlifting Coach
Certification 144290

U.S. Center for SafeSport

Certified Coach
Certification USOC-SS-2013-1-466268

American Red Cross

Basic Life Support
Certification 0122CGN

Reflexive Performance Reset

Level I Coach
Certification 11364

PROFESSIONAL EXPERIENCE

NATIONAL GOVERNING BODY EXPERIENCE

2017 - 2022 U.S. Ski & Snowboard
Athletic Development Coordinator – Freestyle Moguls
Medical and Performance Partner Liaison and Educator

Summary:

Direct all facets of athletic development for the U.S. Freestyle Moguls Team leading to 41 World Cup podium performances, 3 World Ski Championship podium performances, 3 Federation International De Ski (FIS) Rookie of the Year awards, 2 FIS Nations Cup performances, and 1 Olympic silver medal in 5 years.

- Work collaboratively with the high-performance and coaching staff to prepare athletes for the winter Olympic games in 2018 and 2022. Responsibilities include improving athlete readiness and preparedness, rehabilitation and reconditioning of injured athletes, athlete onboarding, screening and assessment, and wellness management.
- Conceptualize, design, conduct, analyze, and interpret original research as it applies to the sport of mogul skiing, athlete evaluation relative to motor skill acquisition, and sports performance. Create data visualization tools to interpret longitudinal 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.
- 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.
- Create a detailed, engaging curriculum and resources, liaise with subject matter experts, outline objectives, and provide feasible time frames for instruction and mentorship of post-graduate interns and fellows.

EDUCATION EXPERIENCE

2022 - Present Westminster College
Head Strength and Conditioning Coach

2014 - 2017 Emory & Henry College
Director of Strength and Conditioning
Director of Robert W. Gibson. III Weight Room

2013 - 2014 Green Mountain College
Head Strength and Conditioning Coach

2012 - 2013 Killington Mountain School
Head Strength and Conditioning Coach

2006 - 2011 University of Redlands
Head Strength and Conditioning Coach
Fitness Center Director

Summary:

Design and deliver comprehensive, high-performance strategies that translate the institutional and departmental mission, vision, and values into operational practice.

- Direct performance departments encompassing over 10,000 athletes, 300 coaches, and 25 sports integrating stakeholders across the performance and educational spectrum, leading to 29 team conference championships, 10 NCAA team and individual national championships, 75 Coaches Association All-Americans, and 16 National Strength and Conditioning Association (NSCA) All-Americans in 11 years.
- Direct all facets of operations for 6 multi-site campus fitness/performance centers fostering a world-class training environment and educational service.
- Drafting and implementation of facility policies and procedures in accordance with the American College of Sports Medicine (ACSM) and the NSCA, ensuring safety, financial, and reporting needs are met.
- Budget preparation and oversight of \$10,000 to \$150,000 annually, including key roles in three capital campaigns over \$300,000.
- Oversight of 20-25 employees annually, including personnel decisions, onboarding, review, development, and mentorship.
- Assist in the recruitment and retention of over 450 student-athletes annually.
- Planning, scheduling, and organizing events that reach organizational, state, and regional stakeholders and customers.

Facilitate instruction virtually and in-person with responsibilities for course conceptualization, curriculum development, the establishment of learning objectives, instruction, and evaluation of course material within institutional standards and guidelines.

- Develop curriculum, deliver course offerings, and direct coaching development for four professional internship programs placing coaches with the following teams and organizations:
 - The New York Jets
 - The San Francisco 49ers
 - The Seattle Mariners
 - FC Barcelona
 - The Orlando Magic
 - The Chinese Olympic Committee
 - The United States Olympic and Paralympic Committee
 - The United States Army
 - The University of Kentucky
 - Wake Forest University

- Lenoir Rhyne University
- Mars Hill University
- A complete list of courses created, taught, and contributed can be found in the *Teaching Responsibilities* section below.

PRIVATE ENTERPRISE EXPERIENCE

2020 - Present JBullock Publications
Owner, Writer

Summary:

- Business management and oversight.
- Write, edit, and proofread text and presentations.
- Market and distribute work
- Research and develop contacts, negotiating terms and conditions of contracts.
- A complete list of works can be found in the *Literary Works* section below.

2021 - 2022 Future Research Co.
Performance Coach

Summary:

- Deliver remote coaching to over 50 clients via video conferencing and the Future performance application.
- Engage and activate clients to set goals, manage their care, and stay motivated on their health, wellness, or performance journey.
- Conduct daily monitoring and management of clients to ensure client goals are achieved.
- Provide feedback to clients on daily metrics, including weight, readiness, preparedness, sleep, nutrition, movement, and satisfaction with the program.
- Work with a multidisciplinary team within Future to advance clients toward their stated goals.
- Organize and maintain clients' records in a secure, compliant fashion.

TEACHING RESPONSIBILITIES

NATIONAL GOVERNING BODY

U.S. Ski & Snowboard

Courses Creator:

Strength and Conditioning Internship (Spring 2020)

Course Contributor:

Strength and Conditioning Internship (Spring 2017 – Spring 2020)

HIGHER EDUCATION

University of Redlands

Courses Created:

Strength and Conditioning Internship (Fall 2008 – Spring 2011)

Fundamentals of Strength and Conditioning (Fall 2009, 2010)

It's Your Choice: The Performance Lifestyle (Fall 2009)

Courses Taught:

Personalized Fitness (Spring 2007 – Spring 2011)

Weight Training (Spring 2007 – Spring 2011)

Academic Advisor:

Fall 2009 – Fall 2011

Green Mountain College

Courses Created:

Strength and Conditioning Internship (Fall 2013 – Spring 2014)

Castleton State College

Courses Taught:

Advanced Strength and Conditioning (Fall 2013)

Emory & Henry College

Courses Created:

Strength and Conditioning Internship (Fall 2014 – Spring 2017)

Kentucky Wesleyan College

Courses Taught:

Sports and Fitness Management (Fall 2021- Fall 2022)

Nutrition for Health and Human Performance (Fall 2022)

Consumer Health (Spring 2023)

NATIONAL AND STATE PRESENTATIONS

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

LEADERSHIP

NSCA

National Strength and Conditioning Association State Advisory Board

- State of Vermont (2012 - 2014)
- State of Virginia (2015 - 2017)

COMMITTEE INVOLVEMENT

U.S. Ski & Snowboard

Diversity, Equity, and Inclusion Fellowship Committee, U.S. Ski & Snowboard 2021-2022

Coaching Salary Committee, U.S. Ski & Snowboard 2020-2022

Sleep and Performance Committee, U.S. Ski & Snowboard 2019-2021

Hiring and On-Boarding Committee, U.S. Ski & Snowboard 2019-2021

Higher Education

Facilities Management Committee, Emory & Henry College 2015-2017

Employee Health and Wellness Committee, Emory & Henry College 2016-2017

PROFESSIONAL SOCIETIES

National Strength and Conditioning Association

National Academy of Sports Medicine

International Sport Sciences Association

International Society of Anthropometrics and Kinesiology

USA Weightlifting

U.S. Ski & Snowboard

American Red Cross

U.S. Center for SafeSport

QPR Institute

Reflexive Performance Reset

Universal Life Church

LITERARY WORKS

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

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

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