

JASON KARP, Ph.D.

<http://www.runcoachjason.com>

EDUCATION

- 9/07 INDIANA UNIVERSITY
Bloomington, IN
Doctor of Philosophy in exercise physiology (minor in physiology)
Dissertation: *Lungs and Legs: Entrainment of Breathing to Locomotion in Highly-Trained Distance Runners*
- 8/97 UNIVERSITY OF CALGARY
Calgary, Alberta, Canada
Master of Kinesiology
Thesis: *Motor Unit Recruitment Strategy in Muscle During Eccentric Contractions*
- 5/95 PENNSYLVANIA STATE UNIVERSITY
University Park, PA
Bachelor of Science in exercise and sport science (minor in English)

INDUSTRY CONTRIBUTIONS

- PRESENTER, national fitness industry conferences, track and field coaching clinics, and academic conferences
- DIRECTOR & HOST, San Diego Personal Training Summit for personal trainers
- DIRECTOR & HOST, VO₂max Distance Running Clinic for runners and coaches
- CONTINUING EDUCATION CREDIT PROVIDER, American Council on Exercise (ACE) and National Strength and Conditioning Association (NSCA)
- WRITER, international fitness, running, and coaching trade and consumer magazines
- CONTRIBUTING/TECHNICAL EDITOR, *Fitness Management* magazine (2/05 – 4/09)
- INSTRUCTOR, USA Track & Field/U.S. Olympic Committee Emerging Elite Coaching Camp
- INSTRUCTOR, USA Track & Field Level 3 Coaching Certification (endurance events and sprints)

EXPERIENCE

COACHING/PERSONAL TRAINING

- 2003 – present FOUNDER & COACH
RunCoachJason.com
- Provides state-of-the-art hands-on running coaching and fitness training
- 8/07 – present DIRECTOR & COACH
REVO₂LT Running Team[™]
- Official running team of RunCoachJason.com, the team is composed of runners around the country.
 - Responsible for all aspects of team coaching and management, including training, advertising/marketing, uniform design, budgeting, & acquiring funding.

- 8/09 – 12/09 ASSISTANT CROSS COUNTRY COACH
San Diego State University, San Diego, CA
- Responsible for coaching collegiate NCAA Division I distance runners, including organization of practice schedule and design and implementation of training programs
- 10/09 – present ASSISTANT COACH – ADVANCED PROGRAM
VAVi Running Club, San Diego, CA
- 3/00 – 8/00 ASSISTANT COACH
Impala Racing Team, San Francisco, CA
- 10/99 – 7/00 MARATHON COACH
San Francisco Fit®, San Francisco, CA
- Coached marathon training group for San Francisco Marathon, conducted weekly seminars, designed running courses, recruited/oversaw volunteer assistants.
- 12/99 – 6/00 HEAD TRACK & FIELD COACH
George Washington High School, San Francisco, CA
- 9/99 – 12/99 HEAD CROSS COUNTRY COACH
San Francisco Waldorf High School, San Francisco, CA
- 8/97 – 5/98 HEAD CROSS COUNTRY COACH
Georgian Court University, Lakewood, NJ
- Northeast Regional Champions & NAIA National Championships qualifier
 - Designed and implemented training programs
 - Recruited student-athletes
 - Planned and analyzed budget
- 8/00 – 5/01 ASSISTANT CROSS COUNTRY/TRACK & FIELD COACH (VOLUNTEER)
University of New Mexico, Albuquerque, NM
- 1/98 – 5/98 Monmouth University, West Long Branch, NJ
- 7/98 – 10/98 FITNESS SPECIALIST
Community Medical Center, Toms River, NJ
- Conducted fitness evaluations; wrote exercise prescriptions for cardiac, stroke, and post physical therapy patients
 - Conducted exercise and fitness seminars
- 12/98 – 8/00 PERSONAL FITNESS TRAINER
Club One, San Francisco, CA
- 7/98 – 10/98 NY Sports Club, Marlboro, NJ
- Conducted fitness evaluations; trained clients for cardiovascular fitness, strength, and weight loss

TEACHING

- 3/09 – present ADJUNCT PROFESSOR
Fitness Specialist Certificate Program
Miramar College, San Diego, CA
- Courses taught: *Applied Exercise Physiology* and *Lifelong Fitness Lab*
- 8/08 – 12/08 ADJUNCT PROFESSOR
Department of Exercise Science and Wellness
Grossmont College, El Cajon, CA
- 9/07 – 10/07 INSTRUCTOR
University of New Mexico Continuing Education Program, Albuquerque, NM

- 9/04 – 2/06 ACADEMIC TUTOR
Indiana University, Bloomington, IN
- Tutored student-athletes in physiology, exercise physiology, anatomy, & writing
- ASSOCIATE INSTRUCTOR/GRADUATE STUDENT TEACHER
- 9/01 – 5/03 Indiana University, Bloomington, IN
9/95 – 4/97 University of Calgary, Calgary, Alberta, Canada
- Taught undergraduate exercise physiology and biomechanics labs and physical activity courses
- 8/99 – 5/00 ADJUNCT PROFESSOR
Fitness Certificate Program
University of California-Berkeley, Berkeley, CA
- Courses taught: *Individualized Fitness Assessment & Exercise Program Design; Personal Fitness Training Theory*
- 1/98 – 10/98 Monmouth University, West Long Branch, NJ
- Taught *Pathways to Fitness*, undergraduate course on physiological and psychological benefits of exercise and creating an individualized fitness program

OTHER RELATED EXPERIENCE

- EXPERT SOURCE, Print and television media
- DIRECTOR & HOST, Running Clinics in the Park™, San Diego, CA
- CONTRIBUTOR, Runner's World magazine's "Ask the Experts" section
- CONSULTANT, Kinesense, Inc., Berkeley, CA
- INTERN, Canadian National Sport Center, Calgary, Alberta, Canada

ACHIEVEMENTS & AWARDS

- 2008 – present PowerBar Team Elite™ Sponsorship
- 2005 Travel Grant-in-Aid Award, Indiana University School of HPER/Dept. of Kinesiology
- 2005 Research Grant-in-Aid Award, Indiana University Graduate School
- 2003 Research Grant, Counsilman Center for the Science of Swimming
- 2003 Research Grant, Dairy and Nutrition Council, Inc.
- 2003 Associate Instructor Research Award, Indiana University
- 2001 – 2003 Graduate Teaching Assistantship, Indiana University
- 1999 – 2000 Coaching Achievement Award, California Interscholastic Federation
- 1999 – 2000 Coaching Excellence Award, San Francisco Waldorf High School
- 1997 Cross Country Coach of the Year, NAIA Northeast Region
- 1995 – 1997 Graduate Teaching Assistantship, University of Calgary
- 1992 – 1995 Dean's List/Honor Society, Penn State University
- 1991 – 1995 Academic Scholarship, Penn State University
- 1992 – 1993 Scholar-Athlete Award, NCAA Big Ten Conference

CERTIFICATIONS

USA Track & Field (Level 1)

PRESENTATIONS

- 8/10 SCW Fitness MANIA, Dallas, TX
Chasing Mercury, Battling Hercules: Getting Fitter & Stronger with Periodization Training
Lactate Threshold: Best O₂ Bang for Your Buck
Marathon Training 101: Chasing Pheidippides
The Resting Metabolic Rate Debate
- 7/10 SCW Fitness MANIA, Atlanta, GA
Myths, Misconceptions, and Misinformation
Lactate Threshold: Best O₂ Bang for Your Buck
Marathon Training 101: Chasing Pheidippides
The Resting Metabolic Rate Debate
- 6/10 USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp, Chula Vista, CA
How Athletes Get Energy: Physiology of Sprints, Jumps, and Throws
Improving Speed, Strength, and Power with Periodization
- 4/10 FitnessFest, Scottsdale, AZ
Top 7 Lessons for Runners
The Resting Metabolic Rate Debate
Flexibility Training for Athletic Performance
- 4/10 SCW Fitness MANIA, Burlingame, CA
Myths, Misconceptions, and Misinformation
The Resting Metabolic Rate Debate
Marathon Training 101: Chasing Pheidippides
- 3/10 San Diego Science Festival, San Diego, CA
The Science of Exercise and Weight Loss
The Science of Running a Marathon
- 2/10 Alliant International University, San Diego, CA
How to Survive Your PhD
- 2/10 SCW Fitness MANIA, Philadelphia, PA
Myths, Misconceptions, and Misinformation
Lactate Threshold: Best O₂ Bang for Your Buck
The Resting Metabolic Rate Debate
Chasing Mercury, Battling Hercules: Getting Fitter & Stronger with Periodization Training
Best Workouts for Runners
Marathon Training 101: Chasing Pheidippides
- 2/10 University of Southern California Graduate and Professional Student Senate Panel, Los Angeles, CA
Writer's Block and War Stories of the PhD
- 1/10 Southern California All-Sports Clinic, Irvine, CA
Periodization Training
5 Lessons I Have Learned From Physiology and How They Can Make You a Faster Runner
- 12/09 U.S. All-Star Track & Field/Cross Country Coaching Clinic, Atlantic City, NJ
Using Periodization to Plan Programs
Combating Distance Running Fatigue
Top 7 Lessons for Coaching Distance Runners
- 10/09 American College of Sports Medicine (Southwest Chapter) Annual Conference, San Diego, CA
Resting Metabolic Rate Debate

- 10/09 FitnessFest, Tucson, AZ
Myths, Misconceptions, and Misinformation
Battling Hercules: Getting Fitter & Stronger with Periodization Training
Top 7 Lessons for Coaching Distance Runners
- 8/09 IDEA World Fitness Convention, Anaheim, CA
Chasing Pheidippides: Marathon Training 101
- 5/09 American College of Sports Medicine Annual Conference, Seattle, WA
The Science and Coaching of Distance Runners (symposium chair)
Lungs and Legs: Entrainment of Breathing to Locomotion in Highly Trained Distance Runners
 (research presentation)
- 5/09 San Diego Track Club, San Diego, CA
Top 10 Strategies for Successfully Completing Your First Marathon
- 4/09 San Diego Personal Training Summit, San Diego, CA
The Resting Metabolic Rate Debate
Exercise and Weight Loss: A Look at the Scientific Research
Chasing Pheidippides: Marathon Training 101
Battling Hercules: Getting Fitter and Stronger with Periodization Training
- 3/09 San Diego Science Festival, San Diego, CA
The Science of Running a Marathon
The Science of Exercise and Weight Loss
- 2/09 ECA World Fitness Convention, New York, NY
Chasing Pheidippides: Marathon Training 101
Chasing Mercury, Battling Hercules: Getting Fitter and Stronger with Periodization Training
- 2/09 San Diego State University Writers' Conference, San Diego, CA
Writing and Publishing What You Know
- 1/09 VO₂max Distance Running Clinic, San Diego, CA
Physiological Secrets of Distance Running
Lactate Threshold: Best O₂ Bang for Your Buck
Chasing Mercury: Training to Combat Fatigue
Periodization Training
- 11/08 Team VAVi Running Club, San Diego, CA
Top 10 Strategies for Completing Your First Half-Marathon
- 7/08 USA Track & Field/U.S. Olympic Committee Emerging Elite Coaching Camp, Chula Vista, CA
Physiology of Distance Running
The Myth of Lactic Acid and the Causes of Fatigue
Chasing Mercury: Training to Combat Fatigue
Periodization Training
- 7/08 VO₂max Distance Running Clinic, San Diego, CA
Physiological Secrets of Distance Running
Lactate Threshold: Best O₂ Bang for Your Buck
Chasing Mercury: Training to Combat Fatigue
Periodization Training
- 3/08 American College of Sports Medicine Health & Fitness Summit, Long Beach, CA
Getting Fitter and Stronger with Periodization Training
- 7/07 USA Track & Field Coaches Education Program Advanced Endurance Summit (Level 3 Certification), Chicago, IL
Lactic Acid: Fatigue's Faulty Scapegoat
Chasing Mercury: Training to Combat Fatigue

- 7/07 USA Track & Field Coaches Education Program Advanced Sprints/Hurdles Summit (Level 3 Certification), Chicago, IL
Lactic Acid: Fatigue's Faulty Scapegoat
Chasing Mercury: Training to Combat Fatigue
- 5/07 Albuquerque Road Runners, Albuquerque, NM
Lactate Threshold: Best O₂ Bang for Your Buck
- 4/07 IDEA Fitness Fusion, Chicago, IL
Lactate Threshold: Best O₂ Bang for Your Buck
Planning Clients' Training With Periodization
- 3/07 Sports Physiology course, University of New Mexico, Albuquerque, NM
The Secrets of Endurance Training and Performance
- 12/06 VO₂max Distance Running Clinic, Albuquerque, NM
Physiological Secrets of Distance Running
Lactate Threshold: Best O₂ Bang for Your Buck
Periodization Training
Endurance Training Research
- 10/06 Team In Training[®], Albuquerque, NM
Marathon Training
- 3/06 American Society of Exercise Physiologists Annual Conference, Albuquerque, NM
Training Characteristics of U. S. Olympic Marathon Trials Qualifiers (research presentation)
- 6/05 American College of Sports Medicine Annual Conference, Nashville, TN
Training Characteristics of U. S. Olympic Marathon Trials Qualifiers (research poster presentation)
- 6/04 American College of Sports Medicine Annual Conference, Indianapolis, IN
The Efficacy of Chocolate Milk as a Recovery Aid (research poster presentation)
- 12/02 U.S. Track Coaches Association Annual Convention, Kansas City, MO
Endurance Training Research
- 5/01 Road Runners Club of America Annual Convention, Albuquerque, NM
Running to Your Health
- 1/01 Club One, Oakland, CA
Periodization
- 11/00 U.S. Track Coaches Association Annual Convention, Albuquerque, NM
Endurance Training