

# JASON KARP, Ph.D.

## EXERCISE PHYSIOLOGIST, RUNNING & FITNESS EXPERT, WRITER, AUTHOR, & SPEAKER

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### EDUCATION

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#### **INDIANA UNIVERSITY** (9/2007)

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*

#### **UNIVERSITY OF CALGARY** (8/1997)

Calgary, Alberta, Canada

Master of Kinesiology

Thesis: *Motor Unit Recruitment Strategy in Muscle During Eccentric Contractions*

#### **PENNSYLVANIA STATE UNIVERSITY** (5/1995)

University Park, PA

Bachelor of Science in exercise and sport science (minor in English)

### CAREER EXPERIENCE

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#### **COACHING/PERSONAL TRAINING**

##### **RunCoachJason.com** (2003 – present)

###### **FOUNDER & COACH**

- State-of-the-science running coaching and personal training company that offers in-person and email coaching, consultations, custom-made training programs, educational clinics, and boot camps

##### **REVO<sub>2</sub>LT Running Team™** (8/2007 – present)

###### **DIRECTOR & COACH**

- 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

##### **San Diego State University, San Diego, CA** (8/2009 – 12/2009)

###### **CROSS COUNTRY COACH**

- Responsible for coaching collegiate NCAA Division I distance runners, including organization of practice schedule and design and implementation of training programs

##### **VAVi Running Club, San Diego, CA** (10/2009 – 10/2010)

###### **ASSISTANT COACH**

##### **Impala Racing Team, San Francisco, CA** (3/2000 – 8/2000)

###### **ASSISTANT COACH**

##### **San Francisco Fit®**, San Francisco, CA (10/1999 – 7/2000)

###### **MARATHON COACH**

- Coached marathon training group for San Francisco Marathon, conducted weekly seminars, designed running courses, recruited/oversaw volunteer assistants

**George Washington High School, San Francisco, CA** (12/1999 – 6/2000)

**HEAD TRACK & FIELD COACH**

**San Francisco Waldorf High School, San Francisco, CA** (9/1999 – 12/1999)

**HEAD CROSS COUNTRY COACH**

**Georgian Court University, Lakewood, NJ** (8/1997 – 5/1998)

**HEAD CROSS COUNTRY COACH**

- Northeast Regional Champions & NAIA National Championships qualifier
- Designed and implemented training programs, recruited student-athletes, planned and analyzed budget

**University of New Mexico, Albuquerque, NM** (8/2000 – 5/2001)

**ASSISTANT CROSS COUNTRY/TRACK & FIELD COACH (VOLUNTEER)**

**Monmouth University, West Long Branch, NJ** (1/1998 – 5/1998)

**ASSISTANT TRACK & FIELD COACH (VOLUNTEER)**

**Community Medical Center, Toms River, NJ** (7/1998 – 10/1998)

**FITNESS SPECIALIST**

- Conducted fitness evaluations, hosted exercise and fitness seminars, and trained cardiac, stroke, and post-physical therapy patients

**Club One, San Francisco, CA** (12/1998 – 8/2000)

**NY Sports Club, Marlboro, NJ** (7/1998 – 10/1998)

**PERSONAL FITNESS TRAINER**

- Conducted fitness evaluations; trained clients for cardiovascular fitness, strength, and weight loss

## **TEACHING**

**University of California-San Diego, La Jolla, CA** (1/2011 – present)

**ADJUNCT PROFESSOR**

- Developed and taught *Writing the Dissertation*, a course for doctoral students

**Miramar College, San Diego, CA** (3/2009 – present)

**ADJUNCT PROFESSOR**, Fitness Specialist Certificate Program

- Taught *Applied Exercise Physiology* and *Lifelong Fitness Lab*

**Grossmont College, El Cajon, CA** (8/2008 – 12/2008)

**ADJUNCT PROFESSOR**, Department of Exercise Science and Wellness

**University of New Mexico, Albuquerque, NM** (9/2007 – 10/2007)

**INSTRUCTOR**, Continuing Education Program

**Indiana University, Bloomington, IN** (9/2004 – 2/2006)

**ACADEMIC TUTOR**

- Tutored student-athletes in physiology, exercise physiology, anatomy, & writing

**Indiana University, Bloomington, IN** (9/2001 – 5/2003)

**University of Calgary, Calgary, Alberta, Canada** (9/1995 – 4/1997)

**ASSOCIATE INSTRUCTOR/GRADUATE STUDENT TEACHER**

- Taught undergraduate exercise physiology, biomechanics, and physical activity courses

**University of California-Berkeley, Berkeley, CA** (8/1999 – 5/2000)

**ADJUNCT PROFESSOR**, Fitness Certificate Program

- Taught *Individualized Fitness Assessment & Exercise Program Design*; *Personal Fitness Training Theory*

**Monmouth University, West Long Branch, NJ** (1/1998 – 10/1998)

**ADJUNCT PROFESSOR**

- Taught *Pathways to Fitness*

## **OTHER RELATED EXPERIENCE**

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- **INSTRUCTOR**, USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp
- **INSTRUCTOR**, USA Track & Field Level 3 Coaching Certification (endurance events and sprints)
- **EXPERT SOURCE**, Print and television media
- **CONTRIBUTING/TECHNICAL EDITOR**, *Fitness Management* magazine (2/2005 – 4/2009)
- **DIRECTOR & HOST**, San Diego Personal Training Summit
- **DIRECTOR & HOST**, VO<sub>2</sub>max Distance Running Clinic
- **DIRECTOR & HOST**, Running Clinics in the Park™, San Diego, CA
- **CONTINUING EDUCATION CREDIT PROVIDER**, American Council on Exercise (ACE) and National Strength and Conditioning Association (NSCA)
- **ADVISORY BOARD**, Lifeline Personal Training, Toronto, Ontario, Canada
- **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**

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IDEA Personal Trainer of the Year Award (2011)  
PowerBar Team Elite™ Sponsorship (2008 – present)  
Travel Grant-in-Aid Award, Indiana University School of HPER/Dept. of Kinesiology (2005)  
Research Grant-in-Aid Award, Indiana University Graduate School (2005)  
Research Grant, Counsilman Center for the Science of Swimming (2003)  
Research Grant, Dairy and Nutrition Council, Inc. (2003)  
Associate Instructor Research Award, Indiana University (2003)  
Graduate Teaching Assistantship, Indiana University (2001 – 2003)  
Coaching Achievement Award, California Interscholastic Federation (1999 – 2000)  
Coaching Excellence Award, San Francisco Waldorf High School (1999 – 2000)  
Cross Country Coach of the Year, NAIA Northeast Region (1997)  
Graduate Teaching Assistantship, University of Calgary (1995 – 1997)  
Dean's List/Honor Society, Penn State University (1992 – 1995)  
Academic Scholarship, Penn State University (1991 – 1995)  
Scholar-Athlete Award, NCAA Big Ten Conference (1992 – 1993)

## **CERTIFICATIONS**

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USA Track & Field Certified Coach

## **PUBLICATIONS**

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### **Books**

*Running for Women* (Human Kinetics, 2012)  
*101 Winning Racing Strategies for Runners* (Coaches Choice, 2012)  
*101 Developmental Concepts & Workouts for Cross Country Runners* (Coaches Choice, 2010)  
*How to Survive Your PhD: The Insider's Guide to Avoiding Mistakes, Choosing the Right Program, Working with Professors, and Just How a Person Actually Writes a 200-Page Paper* (Sourcebooks, 2009)

## Articles

More than 200 articles published in international consumer and trade magazines, including (full list of publications can be provided upon request):

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|-----------------------------|---------------------------------|---|
| <i>IDEA Fitness Journal</i> | <i>PTontheNet.com</i>           | <i>NSCA Strength and Conditioning Journal</i>             |
| <i>Runner's World</i>       | <i>Track Coach</i>              | <i>Modern Athlete &amp; Coach</i>                         |
| <i>Running Times</i>        | <i>Athletics Weekly</i>         | <i>Techniques for Track &amp; Field and Cross Country</i> |
| <i>Shape</i>                | <i>New Studies in Athletics</i> | <i>Fitness Management</i>                                 |
| <i>SELF</i>                 | <i>Ultra-Fit</i>                | <i>Maximum Fitness</i>                                    |
| <i>Oxygen</i>               | <i>Trail Runner</i>             |   |

## PRESENTATIONS

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More than 125 presentations given at national and regional fitness conferences, coaching clinics, and academic conferences, including (full list of presentations can be provided upon request):

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| IDEA World Fitness Convention                                  | SCW Fitness MANIA                           |
| ECA World Fitness Convention                                   | NSCA Personal Trainers Conference           |
| ECA/THRIVE Fitness and Wellness Conference                     | Northern California All-Sports Clinic       |
| DCAC International Fitness Education Conference                | Southern California All-Sports Clinic       |
| U.S. Track Coaches Association Convention                      | FitnessFest                                 |
| American College of Sports Medicine Conference                 | Club Industry Conference                    |
| American Society of Exercise Physiologists Conference          | VO <sub>2</sub> max Distance Running Clinic |
| USA Track & Field/U.S. Olympic Committee Elite Coaches Camp    | San Diego Science Festival                  |
| Arizona Track Coaches Association Cross Country Coaches Clinic |   |