

DOUGLAS BERNINGER, M.Ed., CSCS,*D, RSCC

EDUCATION

MASTER OF EDUCATION - DEVELOPMENTAL KINESIOLOGY

May 2011 – GPA 4.0

Bowling Green State University – Bowling Green, OH

Teaching Assistant, *Biomechanics*

BACHELOR OF EDUCATION - EXERCISE SPECIALIST (SCIENCE)

August 2008 – GPA 3.58

Bowling Green State University – Bowling Green, OH

PROFESSIONAL EXPERIENCE

INSTRUCTOR

Department of Kinesiology, College of Arts and Sciences

Seattle University - Seattle, WA

9/2017 - CURRENT

- Instruct various Kinesiology courses
- Coordinate student internships; maintain contact with intern sites and supervisors
- Advise students on coursework and career paths

DIRECTOR OF WEIGHTLIFTING

NC Fit/NorCal Barbell - San Jose, CA

6/2016 - 5/2017

- Implement all training aspects for weightlifters including program design and coaching (training and meet)
- Fully responsible for growth and development of weightlifting program
- Organize and operate weightlifting meets

ASSISTANT STRENGTH COACH & COACHING PERFORMANCE COORDINATOR

National Strength and Conditioning Association (NSCA) – Colorado Springs, CO

9/2012 - 5/2016

- Assistant Strength Coach of Division I Colorado College hockey team from 2012 to 2015
- Served as the Fountain Valley School hockey strength coach for 4 seasons and also worked with U18 and U16 Pikes Peak Miners hockey
- Successfully improved 2 Olympic hopeful USA Judo athletes, including two World rankings that improved from #88 and #157 to as high as #24 and #46, respectively
- Responsible for the education and performance development of 9 interns per year
- Developed and managed intern education curriculum, including hands-on and lecture sessions
- Served as Technical Writer and Subject Matter Expert and created initial 30+ page manual for Foundation of Coaching Lifts course, a new course for 2016 expected to increase revenue for the NSCA
- Developed and presented lecture and hands-on content to visiting classes and coaching groups such as the US Ski and Snowboard Association (USSA), NSCA Japan, and International Coaching Enrichment Certificate Program (ICECP)
- Developed and managed the Registered Strength and Conditioning Coach (RSCC) renewal course
- Drafted Performance Center proposal for new equipment and facility design
- Supported the development and revision of Power Points for local, national, and international presentations
- Technical Advisor and Athlete Model for publications and video projects such as the *Essentials of Strength Training & Conditioning, 4th ed.* and *Exercise Technique Manual, 3rd ed.*
- Evaluated and edited NSCA Exam Preparation Symposium literature, as well as present materials

STRENGTH & CONDITIONING COACH – VOLUNTEER

Colorado College – Colorado Springs, CO

9/2013 – 11/2013

- Assisted Head Strength Coach in coaching men's and women's basketball, cross country, and lacrosse teams 4 hours per week

STRENGTH & CONDITIONING COACH – PROFESSIONAL INTERN (FELLOW)

University of Michigan – Ann Arbor, MI

6/11/2012 – 8/24/2012

- Supported Head Coach with men's and women's basketball and men's lacrosse training
- Developed all training aspects for men's and women's cheer teams, including an annual plan
- Assisted Head Coach with the wrestling team training and aided with coaching multiple Olympic sports teams including softball, track and field, swimming, diving, water polo, gymnastics, and soccer

STRENGTH & CONDITIONING COACH – INTERN

United States Olympic Committee – Colorado Springs, CO

1/9/2012 – 5/23/2012

- Assisted in the training of resident athletes (groups of up to 30) including members of USA Wrestling, USA Judo, USA Boxing, USA Fencing, USA Triathlon, USA Track & Field, USA Paralympic Swimming, and USA Modern Pentathlon
- Developed all training aspects and coached a high school lacrosse team
- Trained with USA Weightlifting national team members to learn valuable hands-on programming of the weightlifting movements

STRENGTH & CONDITIONING COACH – INTERN

National Strength and Conditioning Association – Colorado Springs, CO

8/29/2011- 12/16/2011

- Assisted in the training of Colorado College hockey and lacrosse teams
- Facilitated training programs for 4 FBI Special Agents
- Supported all training aspects for small groups of Army Special Forces and Colorado Springs SWAT
- Created and supervised training program for the Fountain Valley School hockey team

HEAD SPORTS PERFORMANCE COACH

Fitness 4 All – Toledo, OH

1/2011- 8/2011

- Developed all training aspects for the group sports performance classes
- Directed performance classes of up to 15 athletes, ranging from elementary to high school seniors
- Organized performance program, including program modifications, testing procedures, and marketing strategies

PRACTICUM STUDENT

Bowling Green State University, Women's Track and Field – Bowling Green, OH

8/2010 – 5/2011

- Implemented training circuits in the weight room for sprinters and throwers
- Created and ran movement preparation sessions
- Facilitated proper technique of Weightlifting movements (Snatch, Clean, etc.)

GRADUATE TEACHING ASSISTANT - BIOMECHANICS

Bowling Green State University – Bowling Green, OH

8/2009 – 5/2011

- Led and assisted in teaching Biomechanics labs of up to twenty undergraduate students
- Assisted in developing lab project curriculum

ASSISTANT STRENGTH AND CONDITIONING COACH

Synergy Sports and Performance – Toledo, OH

5/2007 – 12/2010

- Collaborated in the development of training programs for multiple HS sports including baseball, football, basketball, tennis, soccer, softball, wrestling, and track and field
- Assisted in all training aspects of Anthony Wayne HS softball team (approx. 15-20 girls)
- Taught basic kettlebell classes for general fitness (groups of up to 8)
- Assistant coach of Toledo Weightlifting Club under Todd Baden
- Facilitated Weightlifting meets as assistant coach of Toledo LWC
- Refereed approximately ten Weightlifting meets

PERFORMANCE INTERN

Athletes' Performance (Exos) – Gulf Breeze, FL

5/2008 – 8/2008

- Implemented training programs for professional (NFL), collegiate (hockey, baseball), and high school (baseball, football), and US Military Special Forces
- Ran all aspects of training for newly developed high school preparation program of approximately 20 young athletes

PROFESSIONAL CERTIFICATIONS, MEMBERSHIPS, & RECOGNITIONS

- NSCA Certified Strength and Conditioning Specialist (CSCS,*D) #200836776
- NSCA Registered Strength and Conditioning Coach (RSCC)
- USA Weightlifting – Advanced Sports Performance Coach
- NSCA Professional Member

PRESENTATIONS

- “Snatch: Another Tool for Your Toolbox” –2016 NSCA Dakotas State Clinic
- “Advanced Weightlifting Exercises for Improved Performance” – 2016 NSCA Coaches Conference
- “Common Weightlifting Errors and Corrections for the Strength Coach” – 2015 NSCA New Mexico State Clinic
- “Variable Resistance Methods” – 2014 NSCA Colorado State Clinic
- “Activation of Select Lower-Extremity Musculature during Squat Variations; Comparing Front and Back Squats” – 2011 Master’s project poster presentation

ACTIVITIES

NSCA COACH

- Member of the Editorial Review Panel

ELITEFTS LEARN TO TRAIN 7

- November 2013

CALGARY CANADIAN SPORT CENTRE MENTORSHIP

- July 2011
- Assisted and learned from Head Strength Coach, Ryan Van Asten, in training team members from Canada Luge and Women’s Hockey

PUBLICATIONS

- [*The Reality of Strength and Conditioning: Expectations for New Coaches*](#) (eBook)
- *NSCA’s Essentials of Strength Training and Conditioning*, 4th ed.
 - Co-authored 2 chapters
- *NSCA’s Exercise Technique Manual*, 3rd ed.
 - Editor
- Programs that Work: 2011 EliteFTS MAW eBook: Meet Preparation for the Clean and Jerk
- Programs that Work 2: 2012 EliteFTS MAW eBook: Comeback Training
- Programs that Work 3.2: 2013 EliteFTS MAW eBook: Weightlifter Gone Strong, Man!
- Programs that Work 4.2: 2014 EliteFTS MAW eBook: Advancing in Weightlifting: The Lifter’s Journey

PERSONAL WEBSITES

- <http://www.monumentalstrength.com/>
- <http://www.dougberninger.com/>