

JASON J. WILLIAMS, Ed.D., CSCS

(251) 213-4570

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Jason.WilliamsSportsandFitness@gmail.com

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1012 Orlando Dr., Foley, AL, 36535

EDUCATION

United States Sports Academy

Doctor of Education in Sports Management

Emphasis in Sports Health and Fitness (Exercise Science)

Dissertation: The Post-Activation Potentiation Effect of Heavy Sled Towing on Subsequent Sprints

Daphne, AL

April 2019

University of Central Florida

Master of Sports Business Management

Master of Business Administration

Orlando, FL

May 2005

University of Idaho

Bachelor of Science in Marketing

- Scholarship football player

Moscow, ID

May 2003

Certifications

- **Certified Strength and Conditioning Specialist (CSCS)** - National Strength and Conditioning Association
- **Master Trainer** – International Sport Science Association
 - Sports Nutrition Coach
 - Certified Nutrition Coach
 - Youth Sports Specialist
 - Certified Fitness Trainer
 - Behavior Transformation Specialist
 - Corrective Exercise Specialist
- **XPS Performance Specialist** - EXOS (Formerly Athletes Performance) - Completed all three performance mentorships
- **PN 1 Certification** – Precision Nutrition
- **FMS Level 1** –Functional Movement Systems
- **Level I Certification** - USA Track & Field

TEACHING EXPERIENCE

Florida State University

Teaching Faculty

Tallahassee, FL

August 2019 - Present

- **Undergraduate Teaching Experience**
 - Exercise Physiology
 - Strength and Conditioning

International Sports Science Association

Adjunct Faculty

Carpinteria, CA

April 2019 - Present

- **Online Certification Teaching Experience**
 - PTR 251 – Fitness Trainer Certification
 - PTR 252 – Sports Nutrition Certification
 - PTR 259 – Nutrition Certification
 - PTR 261 – Transformation Specialist Certification

United States Sports Academy

Doctoral Teaching Assistant

National/Non-Resident Faculty

Daphne, AL

August 2016 – July 2019

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- **Online Undergraduate Sport Management Teaching Experience**
 - SAB 305 - Sociology of Sports
 - SAB 334 - Ethics in Sports
 - SAM 340 - Organization and Management in Sports
 - SAM 342 - Personnel Management in Sports
 - SAM 344 - Sports Marketing
 - SAM 400 - Leadership Principles in Sports
 - SAM 451 - Public Relations in Sports
 - SPT 498 - Mentorships
- **Online Undergraduate Exercise Science Teaching Experience**
 - BIO 201 – Anatomy and Physiology I
 - SAR 326 – Personal Training
 - SAR 332 – Sports Strength and Conditioning
 - SPT 497 – NSCA (CSCS) Test Preparation Course
- **Residential Teaching Experience**
 - Shanghai Authority of Sports – 2018
 - Energy Systems Development
 - Nutrition
 - Olympic Weightlifting
 - Sled Towing
 - **8 hours**
 - Sport Authority of Thailand – 2018
 - Coaching Science
 - Olympic Weightlifting
 - **16 hours**
 - Shanghai Authority of Sports – 2016
 - Assessing Body Composition
 - Enhancing Linear and Lateral Speed
 - **8 hours**

COURSE WRITING

United States Sports Academy
Doctoral Teaching Assistant

Daphne, AL
August 2016 – July 2019

- **CER 332 Strength and Conditioning:** Transnational Course (Singapore). Included PowerPoint, outline, learning objectives, assignments, and final exam. Spring 2017.
- **CER 511 Sport Biomechanics:** Transnational Course (China). Included a PowerPoint, outline, learning objectives, assignments, and final project. Spring 2018.
- **CER 525 Physical Fitness and Conditioning:** Transnational Course (Thailand). Included a PowerPoint, outline, learning objectives, assignments, and final exam. Spring 2018.
- **CER 625 Advanced Strength and Conditioning. Assessment to Integrative Training:** Transnational Course (Thailand). Included a PowerPoint, outline, learning objectives, assignments, and final project. Spring 2018.
- **CER 688 Advanced Sports Psychology:** Transnational Course (Thailand). Included a PowerPoint, outline, and revised learning objectives. Summer 2018.
- **SAB 305 Sociology in Sports:** (USSA Online Course - Bachelor). Included quizzes, discussion questions, course objectives, outline, and final exam. Fall 2018.
- **SAB 635 Corruption in Sports:** (USSA Online Course - Doctoral). Included a course outline, syllabus, discussion questions, final paper, and learning objectives. Co-collaborated with other professors to create the course. Fall 2018.
- **CEC 356 – Sports Nutrition:** Transnational Course (Thailand). Included a PowerPoint, course outline, course objectives, and final exam. Winter 2019.

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- **SAB 636 – Governance in Sports:** (USSA Online Course - Doctoral). Included a course outline, syllabus, discussion questions, final paper, and learning objectives. Spring 2019.
- **Student Services Orientation Course:** Included course overviews, video introductions, learning objectives, assignments and quizzes. Winter 2017.
 - Drug and Alcohol Awareness
 - Title IX and Sexual Harassment
 - Career Management
- **SPT 497 – NSCA Test Prep Course:** (USSA Online Course - Bachelor). Included overview, learning objectives, and quizzes. Fall 2016.

Student Service Duties:

- Create articulation agreements with partnering institutions
- Create accreditation documents (Matrixes A-D for Academy coaching program in preparation for 10-year reaffirmation for Southern Association of Colleges and Schools, Spring 2017)
- Represent the Academy as an ambassador for large events and special occasions
- Prepare and present text-analysis reviews of USSA course modules

SUBJECT MATTER EXPERT

International Sports Science Association

Subject Matter Expert

- Personal training exam collaboration
- Examined the ISSA personal training final exam questions

Carpinteria, CA
February 2019

International Sports Science Association

Subject Matter Expert

- Personal training exam collaboration
- Examined standard settings

Carpinteria, CA
May 2018

International Sports Science Association

Subject Matter Expert

- Personal training exam collaboration
- Examined the ISSA personal training exam domains

Carpinteria, CA
December 2018

ACADEMIC ADVISING EXPERIENCE

United States Sports Academy

Doctoral Teaching Assistant

- Advise and guide mentorship students

Daphne, AL
August 2016 – July 2019

Columbia Southern University

Academic Advisor

- Advised an average of 1,500 online students
- Rewrote internal policy to improve database (Omega) efficiencies (e.g. course load policy)
- Created a stress management seminar for the department of academic affairs (July 2016)

Orange Beach, AL
Apr 2011 – July 2016

PUBLICATIONS

Williams, J (2019). Corruption all too familiar in world of sport. *The Sport Digest*.

Williams, J. (2017). Concurrent strength and endurance training. *Journal of Physical Fitness, Medicine, and Treatment in Sports*, 1(3), 1 – 5.

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Williams, J. (2016) Rio 2016 Olympic Games spectators reveal concerns. *The Sport Digest*.

Williams, J. (2017). The right way to burn fat, not muscle. *International Sport Sciences Association*. URL: <https://www.issaonline.edu/blog/index.cfm/2017/the-right-way-to-burn-fat-not-muscle>.

Williams, J. & Ramsey, V.K. (2017). The Need for Law Enforcement Wellness Interventions: A Critical Review. *USSA Sport Journal*, 19.

CONFERENCES

Williams, J., Heron, R., Spradley, B., Cosio-Lima, L. & Wallace, B. (2019). The post activation potentiation effect of heavy sled towing on subsequent sprints. *National Strength and Conditioning Association 2019 National Conference Podium Presentation*.

Herron, R., & Williams, J. (2019). Designing high school strength and conditioning programs: Concepts and considerations. *Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference*.

Williams, J., & Herron, R. (2019). Developing speed and agility in high school athletics. *Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference*.

Williams, J., Ramsey, V., & Cosio-Lima, L. (2019). Sled Towing Practices of High School and Collegiate Strength and Conditioning Coaches. *The Journal of Strength and Conditioning Research*, 33(2), 210-211.

REVIEWED JOURNALS/EDITING

Caillouet, K., & Cosio Lima, L. (2018). Influence of health empowerment and level of frailty on intention to participate in physical activity among community-dwelling older adults. *Experimental Gerontology*.

RELATED EXPERIENCE

City of Orange Beach

Head Strength and Conditioning Coach/Athletic Coordinator

Orange Beach, AL

March 2018 – July 2019

- Oversee strength and conditioning programs for City of Orange Beach Expect Excellence program
- Oversee and train sports program coaches (5)
- Design strength and conditioning programs
- Execute FMS screens
- Analyze program results and outcomes

United States Sports Academy

Doctoral Teaching Assistant

Daphne, AL

Aug 2016 – July 2019

- Teach online undergraduate courses
- Teach nutrition, energy systems development
- Teach Olympic weightlifting
- Write, rewrite and revise undergraduate courses
- Advise mentorship program students

Williams Sports and Fitness

Owner

Foley, AL / Tallahassee, FL

Feb 2013 - Present

- Demonstrate and train proper athletic/fitness techniques
- Create strength and conditioning plans for athletes
- Create nutrition plans with daily requirements

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- Track and monitor progress and set performance goals
- Set performance goals

MENTORSHIPS

EXOS: Mentorships 1-3

- Trained on-site for two weeks in Phoenix, Arizona at EXOS headquarters
- Designed training programs for professional athletes
- Presented findings to EXOS leadership

SPORTS MANAGEMENT/BUSINESS EXPERIENCE

City of Gulf Shores

Athletic Assistant

- Created and oversaw intramural basketball league
- Developed inventory system
- Oversaw gameday operations for multiple sports

Gulf Shores, AL

May 2010 – May 2011

Meyer Real Estate

Realtor

- Specialist in commercial real estate
- Top listing agent January and February 2008
- 2008 Top 5 revenue producer (over 50 realtors) - \$2,566,000

Gulf Shores, AL

May 2007 – August 2010

New Orleans Hornets (Oklahoma City Thunder)

Season Ticket Account Executive

- Promoted from inside sales to account executive
- Top 5 revenue producer (over 30 executives)
- Sold season tickets, group packages, suites, and floor seats

New Orleans/Oklahoma City

May 2005 – March 2006

University of Central Florida Athletics

Interim Head of Ticket Operations

- Summer Internship to fulfill program requirements
- Promoted to Head Ticket Manager
- Oversaw the mailing of 15,000 season tickets
- Helped transition ticket responsibilities to third party

Orlando, FL

June 2004 – May 2005

University of Idaho Athletics

Internship in Gameday Operations

- Play by play announcer for women's soccer
- Sponsorship selling to local businesses for women's soccer and volleyball
- Gameday operations manager for women's volleyball
 - Scriptwriting
 - Planning and executing promotions
 - Ordering pizza, handing out shirts
 - Paying referrers
 - Liaison for visiting teams and coaches
 - Coordinating half-time events
- PA Announcer for Football
 - Spotting down and distance

Moscow, ID

January 2002 – May 2003

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- Playing sound effects and music
- Making announcements

COMMUNITY INVOLVEMENT

Foley High School

Volunteer Strength and Conditioning Coach

Foley, AL

July 2018 - Present

- Provide strength and conditioning programming for men's and women's soccer teams
- Design summer program
- Educate athletes on the basics of strength and conditioning

South Baldwin Christian Academy

Volunteer Athletic Director

Gulf Shores, AL

Aug 2017 – Aug 2018

- Launched athletic program
- Supervised after school physical education program
- Provided insight to equipment needs and design of new \$2M gymnasium
- Managed online registration process
- Recruited coaches, athletes, and volunteers
- Scheduled practices and competitions for youth, middle school, and high school teams
- Implemented team-building activities with coaches
- Coordinated equipment purchase and dispersal
- Created athletic code policies and procedures

Liberty Church

Ministry Leader/Co-Children's Pastor

Foley, AL

Jan 2009 – Jul 2016

- Helped lead children's ministry program (weekly services, VBS, etc.)
- Provide pastoral care for church members
- Serve as chaplain for Turquoise Place Condominiums Sunday services
- Serve as guest-chaplain for Foley Fire Department
- Oversaw security, cleaning and grounds-keeping
- Organized, coached and entered church basketball team into local recreational leagues
- Brokered deal to sell 300 seat-back chairs (theater style) for \$30,000
- Led three sports ministry outreaches in the Aarondale projects (low-income Foley area)
- Led a team of 20 people to demolish four theater rooms

Youth-Reach Gulf Coast

Volunteer Counselor

Summerdale, AL

Dec 2008 – June 2010

- Mentored at-risk youth (18-22 yr.)
- Donated 24 hours each week (two overnight stays weekly)
- >1000 hours of service

Various Municipalities

Volunteer Youth Sports Coach

January 2003 – February 2015

- City of New Orleans (LA, 2003) – Basketball in Calliope projects
- City of Oak Ridge (FL, 2003) – Football in city leagues
- City of Lake Brantley (FL, 2004) – Football in city leagues
- City of Orange Beach (AL, 2007) – Football in city leagues

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- City of Gulf Shores (AL, 2008-2015) – Football and basketball in city leagues

SCHOLARSHIPS

University of Idaho

Full Football Scholarship

Moscow, ID

August 1999 – May 2003

Alabama Association of Independent Colleges and Universities

\$1000 Scholarship Recipient

Montgomery, AL

December 2017

COMPUTER SKILLS

- **Applications:** Microsoft Office, SPSS
- **Webcast:** Zoom, Adobe Connect, GoToMeeting, Blackboard Collaborate
- **LMS:** Blackboard, Moodle, Trello, Canvas
- **Ticketing System:** Ticket Master, Paciolan