

J A R E D S . S C H O C K

Director of Strength & Conditioning

EMPLOYMENT

2007 to present Temecula Valley Fitness/ 951 Elite Volleyball Temecula, CA
Director of Personal Training/ Director of Strength & Conditioning

2005 to 2007 Lansing Community College Lansing, MI
Wellness Instructor/ Fitness Center Supervisor

2003 to 2005 Albion College Albion, MI
Athletics Coach/Visiting Instructor (HPER Department)

2002 to 2004 Western Michigan University Kalamazoo, MI
Graduate Assistant/ Wellness Instructor

EDUCATION

2004 Western Michigan University Kalamazoo, MI
M.A., Physical Education/ Exercise Physiology

1995 University of Arkansas Little Rock, AR
B.A., Health Sciences/ Minor in Business Administration

1993 San Jose City College San Jose, CA
A.A., Sociology

CERTIFICATIONS

Michigan Provisional Teaching Certification

American Fitness Professionals & Associate (AFPA) Certification

American Heart Association, CPR, AED, First Aid Training

PROFESSIONAL MEMBERSHIPS

National Strength & Conditioning Association (NSCA)

AREAS OF SPECIALIZATION/ INTEREST

Special populations that include obese clients, neurological patients, deconditioned individuals, those interested in weight control, youth, and clients who desire sports conditioning

Instruction and performance specialization in health & wellness education, baseball, volleyball, football, tennis, golf and sprint/long distance running

PERSONAL HISTORY

Baltimore Orioles Associate Scout

Collegiate Baseball Participant (UALR, SJCC)