

CURRICULUM VITAE

Justin Kilian, M.Ed., CSCS, CES, HFS
Instructor, Exercise Science
Liberty University
Department of Health Professions
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Education:

M.Ed., Kinesiology, University of Virginia (2010-2012)
Concentrations: Clinical Exercise Physiology, Cardiopulmonary Rehabilitation
Honors: Summa cum laude

B.S., Kinesiology, Liberty University (2005-2009)
Concentrations: Exercise Science
Honors: Summa cum laude

Certifications

National Strength and Conditioning Association (2014-present)

- Certified Strength and Conditioning Specialist
- Certification number: 7247906837

American College of Sports Medicine (2013-present)

- Clinical Exercise Specialist
- Certification Number: 1029325

American Heart Association-Basic Life Support (2009-present)

American College of Sports Medicine (2009-present)

- Health Fitness Specialist
- Certification Number: 1013963

Membership in Professional Organization

National Strength and Conditioning Association (2014-present)

- Customer Number: 000576470

American College of Sports Medicine (2009, 2013-present)

- Member ID: 668334

Center for Science in the Public Interest

(2012-present)

- Member ID: 9003-687-2
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Teaching Experience:

Instructor, Exercise Science

(2013-present)

Liberty University

Courses:

- EXSC 320: Measurement and Evaluation
- EXSC 340: Essentials of Strength and Conditioning

Graduate Teaching Assistant

(2011-2012)

University of Virginia

Courses:

- KINE 3410: Undergraduate Exercise Physiology
- KINE 2400: Undergraduate Contemporary Health Issues
- EDHS 7430: Graduate Exercise Physiology Lab

Professional Experience:

Exercise Specialist

(2012-2013)

Adirondack Medical Center

Responsibilities:

- Phase 3 and 4 Cardiac Rehabilitation
- Lifestyle Counseling
- Running Clinics
- Community outreach and education

Cardiopulmonary Rehabilitation Intern

(2010-2012)

Martha Jefferson Hospital

Responsibilities:

- Telemetry monitoring and interpretation
- Exercise for Life community based lecture series
- Lifestyle modification counseling

Personal Trainer

(2009-2012)

Lifestyle Fitness Center

Responsibilities:

- Conducting individual and group exercise sessions
- Silver Sneakers Geriatric Exercise program
- Biggest Loser Weight Loss Program
- Developing and implementing Boot Camp style exercise programs

Professional Presentations

- ACSM: Health Fitness Specialist Workshop (11/2013)
 - Weight Management and Body Composition Assessment
 - Lynchburg, VA
 - ACSM: Health Fitness Specialist Workshop (4/2014)
 - Weight Management and Body Composition Assessment
 - Lynchburg, VA
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Thesis Committees: Liberty University Honors Program

Honors Thesis Committee, Peter Horning, *A Leg to Stand on: The Development of Prosthetics in Third-World Countries, 2014.*

Community/University Involvement

Liberty University Men's Lacrosse (2014-present)

- Goalie Coach
- Strength and Conditioning Consultant

Member at Berean Baptist Church (2009-present)

- Worship team member
- AWANA worker

Assistant Race Director (2013)

- Turkey Trot: to benefit the upstate NY Tri-lakes' regional food bank
 - Jingle Bell Run: to benefit the North Elba Christmas Fund
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Personal Information

Liberty University club jui-jitsu (2007-2008)

Liberty University club lacrosse (2005-2007)

US Lacrosse High School Academic All-American (2005)

Wendy's High School Heisman State Finalist (2005)