

Justin Kilian

Ph.D., M.Ed., CSCS, CEP, EP-C
Associate Professor, Exercise Science
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Liberty University
Department of Allied Health Professions
1971 University Blvd
Lynchburg, VA 24515

Education:

Ph.D., Health and Human Performance (2017-2020)
Concordia University, Chicago
GPA: 4.0

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

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

Other Coursework

Doctor of Health Education Program, A.T. Still University (2014-2017)
Cumulative GPA (41 credits): 4.0

Certifications

Functional Movement Systems (2014-present)

- Functional Movement Screen-Level 1

National Strength and Conditioning Association (2014-present)

- Certified Strength and Conditioning Specialist
- Certification number: 7247906837

USA Weightlifting

- Sport Performance Certification-Level 1 (2014-2015)

American College of Sports Medicine (2013-present)

- Certified Clinical Exercise Physiologist
- Certification Number: 1029325

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

American College of Sports Medicine (2009-present)

- Certified Exercise Physiologist
- Certification Number: 1013963

Membership in Professional Organization

National Strength and Conditioning Association (2014-present)

- Customer Number: 000576470

American College of Sports Medicine (2009, 2013-2019)

- Member ID: 668334

Center for Science in the Public Interest (2012-2014)

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

Associate Professor, Exercise Science (2020-present)

Liberty University

Courses:

- EXSC 340: Essentials of Strength Training and Conditioning
- *EXSC 345: Applied Strength and Conditioning
- *EXSC 401: Seminar in Strength and Conditioning
- *EXSC 440: Programming and Periodization for Strength and Conditioning
- *EXSC 486: Strength and Conditioning Specialist Workshop
- EXSC 499: Internship
- †KINE 225: Weight Training and Conditioning
- HLTH 252: Drugs in Society
- EXSC 505: Foundations of Human Performance
- EXSC 510: Advanced Exercise Physiology

*Created course

†Wrote textbook currently being used in course

Assistant Professor, Exercise Science (2015-2020)

Liberty University

Noteworthy accomplishments:

- Created and implemented the new Cognate and Minor in Strength and Conditioning

Courses:

- EXSC 320: Measurement and Evaluation

- EXSC 340: Essentials of Strength Training and Conditioning
- *EXSC 345: Applied Strength and Conditioning
- *EXSC 401: Seminar in Strength and Conditioning
- *EXSC 440: Programming and Periodization for Strength and Conditioning
- *EXSC 486: Strength and Conditioning Specialist Workshop
- †KINE 225: Weight Training and Conditioning
- HLTH 252: Drugs in Society

*Created course

†Wrote textbook currently being used in course

Instructor, Exercise Science (2013-2015)

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:

Assistant Strength and Conditioning/Goalie Coach (2014-present)

Liberty University, Men's Lacrosse

Responsibilities:

- Periodized sport-specific programming
- Team lift supervision and instruction
- Performance testing and evaluation

Exercise Specialist (2012-2013)

Adirondack Medical Center

Responsibilities:

- Individualized fitness training
- Lifestyle Counseling
- Running Clinics
- Community outreach and education

Cardiopulmonary Rehabilitation Intern (2010-2012)

Martha Jefferson Hospital

Responsibilities:

- Therapeutic strength and conditioning programming and instruction
- Developed and implemented Exercise for Life community-based lecture series
- Lifestyle modification counseling
- Telemetry monitoring and interpretation

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
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Professional Presentations

- Catapult Sports: Performance Webinar Series (May 2020)
 - Integration of Load Monitoring for the Sport of Lacrosse
 - Norfolk State University Strength Clinic (May 4th, 2019)
 - Squat Progressions and Variations
 - CSCS: Exam Prep Live Clinics (2016-present)
 - Liberty, Mt. Olive, Hampton, Winthrop, NSCA National Conference (Washington, DC), NSCA Coaches conference (San Antonio, TX)
 - All topics
 - ACSM: Certified Exercise Physiologist Workshop (2013-present)
 - Twice annually, Lynchburg, VA
 - Weight Management and Body Composition Assessment
 - Metabolic equations
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Scholarly Publications

- Doan, C., & Kilian, J. Working with the menstrual cycle in female athletes. (2021). *NSCA Coach*, 8(3), 22-27.
 - Glauser, J., Kilian, J., & Melton, B. (2021). Men's lacrosse performance enhancement and injury prevention. *NSCA Coach*, 8(2), 6-10.
 - Kilian, J., DeWeese, B., Miyashita, T., & Snyman, K. (2020). Activity profiling in NCAA Division I women's lacrosse. *ProQuest Dissertations and Theses*. Order No. 28027067.
 - Kilian, J., & Kilian, J. (2020). Kids must strength train—A call to action. *Personal Training Quarterly*, 7(3), 20-23.
 - Kilian, J., & Schaefer, A. (2020). The tribe mindset—Developing a meaningful team culture. *NSCA Coach*, 7(3), 46-49.
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Books

Kilian, J. (2017). *Fundamental principles for strength training* [ebook]. Toronto, ON, Canada: Top Hat Monocle, Corp. ISBN 978-1-77330-280-5

Conferences Attended

- National Strength and Conditioning Association's National Conference (2021). Orlando, FL.
- National Strength and Conditioning Association's Coaches Conference (2020). San Antonio, TX.
- National Strength and Conditioning Association's National Conference (2019). Washington, D.C.
- National Strength and Conditioning Coaches Conference (2019). Indianapolis, IN
- National Strength and Conditioning Association's National Conference (2018). Indianapolis, IN
- National Strength and Conditioning Association's Coaches Conference (2018). Charlotte, NC.
- National Strength and Conditioning Association's National Conference (2017). Las Vegas, NV
- Southeast Chapter of the American College of Sports Medicine (2017). Greenville, SC.
- National Strength and Conditioning Association's Coaches Conference (2017). Nashville, TN.
- Juniata College's Strength and Conditioning Clinic (2016). Huntingdon, PA.
- American College of Sports Medicine National Conference (2016). Boston, MA.
- Southeast Chapter of the American College of Sports Medicine (2016). Greenville, SC.
- National Strength and Conditioning Association's Coaches Conference (2016). San Antonio, TX.
- American College of Sports Medicine National Conference (2015), San Diego, CA.
- Southeast Chapter of the American College of Sports Medicine (2015). Jacksonville, FL.
- National Strength and Conditioning Association's Coaches Conference (2015), Louisville, KY.
- American College of Sports Medicine National Conference (2014). Orlando, FL.

Refereed Research Abstracts

- Kilian, J. & Snyman, K. (2021). Activity profiling in NCAA Division I women's lacrosse. Orlando, FL.: NSCA National Conference, 2021.
- Fortney, C., Kilian, J., Schaefer, A., & Glauser, J. (2021). Association of fitness testing, external load metrics, and hard endpoints in NCAA Division I women's lacrosse. Orlando, FL.: NSCA National Conference, 2021.
- McCarty, A., Kilian, J., Conley, A., Adams, A., Miller, M., and Moore, H. (2019). Validity of wearable technology for velocity-based training. Washington, D.C.: NSCA National Conference, 2019.
- Glauser, J., Kilian, J., & Bosak, A. (2018). Assessing the physiological changes that occur with collegiate lacrosse players from post-to-pre-season. Indianapolis, IN: NSCA National Conference, 2018.
- Kilian, J., Marchesani, L., Cavanaugh, W., Ruth, J., Kilian, J., Schoffstall, J. (2017) Effects of music on anaerobic performance. Center for Research and Scholarship. Lynchburg, VA

- Received third place award for undergraduate oral presentation.
 - Oliveira Nascimento, C., Lopp, K., Kilian, J.R., & Glauser, J.J. (2017). Assessment of the rotational medicine ball toss as a predictor for shot speed in collegiate men's lacrosse. Southeast Chapter of the American College of Sports Medicine Regional Conference. Greenville, SC.
 - Hornsby, J.H., Holmberg, H., Hook, M., Willis, S., Stoggle, T., Kilian, J., Schoffstall, J., & Bishop, P. (2015). Impact of rifle carriage in elite biathletes. Southeast Chapter of the American College of Sports Medicine Regional Conference. Jacksonville, FL.
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Lay-press Publications

- WatchFit.com Expert Contributor
 - Kilian, J. (January 3, 2016). The snatch vs. the clean: What's the difference?. *Watchfit.com*.
 - Kilian, J. (October 13, 2015). Fitness first: Should you workout alone? *Watchfit.com*.
 - Kilian, J. (September 29, 2015). Gymtimidation: What to do when you're clueless at the gym. *Watchfit.com*.
 - Kilian, J. (September 14, 2015). How to train and develop fast twitch muscles. *Watchfit.com*.
 - Kilian, J. (August 11, 2015). Strengthening posture muscles and why this is essential for longevity and health. *Watchfit.com*.
 - Kilian, J. (June 19, 2015). Quit your weight loss goals and start these fat loss exercises. *Watchfit.com*.
 - Kilian, J. (May 12, 2015). Running and lifting weights: 5 rules to follow. *WatchFit.com*.
 - Kilian, J. (Mar 21, 2015). What EXACTLY should be your daily calories to lose weight? *WatchFit.com*.
 - Kilian, J. (Feb 08, 2015). 5 everyday exercises that will finally help you get into a routine. *WatchFit.com*.
 - Kilian, J. (Jan 27, 2015). Should women take creatine? *WatchFit.com*.
 - Kilian, J. (Jan 12, 2015). Smart quad exercise techniques for stronger, shapier legs. *Watchfit.com*.
 - Kilian, J. (Jan 7, 2015). The 8 most effective kettlebell exercises for men. *WatchFit.com*.
 - Kilian, J. (Jan 3, 2015). 10 good reasons to go on a low salt diet. *WatchFit.com*.
 - Kilian, J. (Dec 28, 2014). 10 effective strength training workouts for women with strong foundation. *WatchFit.com*.
 - Kilian, J. (Nov 22, 2014). A low impact cardio workout for a great active rest day. *WatchFit.com*.
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Thesis Committees: Liberty University Honors Program

- Honors Thesis Committee, Tim Kounter, *The prevalence and consequences of poor posture in children and adolescents*, 2019

- Honors Thesis Committee, Samantha Yamasaki, *A review of the treatment and prevention options for medial tibial stress syndrome*, 2019
 - Honors Thesis Committee, Megan Gonzalez, *The effect of exercise on cognitive function*, 2019
 - Published in the International Journal of Sports Science
 - Honors Thesis Committee, R. Joshua Alexander, *A comprehensive analysis of FMS*, 2017.
 - Honors Thesis Committee, AshLynn Morgan, *Jump training analysis: Application in strength and conditioning*, 2017.
 - Honors Thesis Committee, Peter Horning, *A Leg to Stand on: The Development of Prosthetics in Third-World Countries*, 2014.
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University Involvement

- Sports Scientist, Women's Lacrosse (NCAA) (2019-present)
 - Volunteer Goalie Coach, Women's Lacrosse (NCAA) (2018-2019)
 - Faculty advisor: Powerlifting Club (2017-present)
 - Department of Allied Health Professions: (2015-present)
 - Assessment Coordinator
 - Faculty advisor: Exercise Science Club (2014-2020)
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Community Involvement

- 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

- 2x Recipient: Challenge Scholarship (2018, 2019)
 Awarded by: National Strength and Conditioning Foundation
- 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)