

# Justin Kilian

Ph.D., M.Ed., CSCS\*D, CEP, EP-C  
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Liberty University  
Department of Allied Health Professions  
1971 University Blvd  
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## 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 Organizations**

**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/Strength and Conditioning*** (2020-present)  
Liberty University

Noteworthy accomplishments:

- Founding director: B.S. Strength and Conditioning

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
- EXSC 540: Advanced Strength Training
- EXSC 541: Advanced Speed and Agility
- EXSC 542: Advanced Conditioning and Recovery

\*Created course

†Wrote textbook currently being used in course

***Assistant Professor, Exercise Science*** (2015-2020)  
Liberty University

Noteworthy accomplishments:

- Created and implemented the 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

**Professional Presentations**

- New London Farms Podcast, Guest (Jan 2024)
  - Fitness for Health and Wellbeing
- NSCA Lacrosse Special Interest Group Podcast, Guest (Jan 2024)
- Guest Lecturer, Norwich University (Sep 2023)
  - Flexibility for Athletes
- NSCA National Conference (July 2023)
  - Starting with the End in Mind: The Educator’s Role in the Exam Process for Future Professionals
- University of Lynchburg: Lunch and Learn (Apr 2023)
  - The Diabetic Athlete
- NSCA VA/WVA State Clinic (Feb 2023)
  - The Diabetic Athlete
- University of Lynchburg: DPT Lifting Mechanics Clinic (Oct 2022)
  - Power and velocity-based training in sport and rehab
- University of Lynchburg: DPT Professional Symposium (Sept 2021)
  - Stronger is better:  
The influence of strength on quality of life and functional capacity
- Catapult Sports: Performance Webinar Series (May 2020)
  - Integration of Load Monitoring for the Sport of Lacrosse
- Norfolk State University Strength Clinic (May 4<sup>th</sup>, 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

## **Scholarly Publications**

- Peveler, W. W., Schoffstall, J., Coots, J. G., Kilian, J., & Glauser, J. (2023). The effects of mixed martial art glove design on thumb position when striking. *Medicine & Science in Sports & Exercise*, 55(9S), 753.
  - Kilian, J., Snyman, K., & Miyashita, T. (2022). Comparison of in-game external load metrics among positions and between halves for division I collegiate women's lacrosse athletes. *International Journal of Strength and Conditioning*, 2(1), 1-8.
  - Doan, C., & Kilian, J. (2021). Working with the menstrual cycle in female athletes. *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. & Cole, J. (Under Peer Review). Analysis of the sport and sport positions. In M. A. Nein & J. Raether (Eds.). *Strength Training for Lacrosse*. Human Kinetics.
  - Kilian, J. (In press). Programming for maximal athletic performance. In National Academy of Sports Medicine, *Essentials of sports performance training* (3<sup>rd</sup> ed.). Jones & Bartlett Learning.
  - Kilian, J. (In press). Balance training concepts for maximal performance. In National Academy of Sports Medicine, *Essentials of sports performance training* (3<sup>rd</sup> ed.). Jones & Bartlett Learning.
  - Kilian, J. (2017). *Fundamental principles for strength training* [ebook]. Toronto, ON, Canada: Top Hat Monocle, Corp. ISBN 978-1-77330-280-5
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## **Conferences Attended**

- National Strength and Conditioning Association's National Conference (2023). Las Vegas, NV
- National Strength and Conditioning Association's National Conference (2022). New Orleans, LA
- 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.

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### **Refereed Research Abstracts**

- Cruz, T., Kilian, J., Glauser, J., Wedge, D. Positional comparison of time to take off for collegiate male lacrosse athletes during hex-bar jump squats. Las Vegas, NV: NSCA National Conference, 2023.
- Peveler, W.W., Schoffstall, J., Coats, J., Kilian, J., & Glauser, J. The effects of boxing glove size on thumb position when making a fist for striking. Las Vegas, NV: NSCA National Conference, 2023.
- Bernd, S., Kilian, J., & Glauser, J. Comparison of external load metrics for in-conference versus non-conference games. New Orleans, LA: NSCA National Conference, 2022.
- 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

- Kilian, J. (2023) Feel the need for speed: Three great ways to develop your strength, power, and speed. *Figure Skater Fitness by Flexafit*, 9(3), 10-12.
- Kilian, J. (2022). Youth can't resist the training: Why and how young skaters benefit from resistance training. *Figure Skater Fitness by Flexafit*, 8(2), 10-12.
- Kilian, J. (2022). Motor skill your moves: 3 essential drills for neuromuscular control, power, and strength. *Figure Skater Fitness by Flexafit*, 1(8), 1-3.
- Kilian, J. (2021). Everybody say: Jump. How to increase your jump height with off-ice training. *Figure Skater Fitness by Flexafit*, 7(4), 10-12.
- 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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### **Dissertation and Thesis Committees**

- Dissertation Chair, Craig Hermans, Using interprofessional collaboration to bridge athletic training and the strength and conditioning programs in high school settings to reduce injuries, 2023.
  - Dissertation Chair, JC Ditch, Accentuated eccentric loading on vertical jump performance, 2023.
  - Honors Thesis Chair, Mitchell Rohr, *Efficacy of kidney reperfusion treatments relative to function and survival rates after transplantation*, 2023.
  - Master's Thesis Committee, Daniel Ehrich, Effects of different recovery methods on hangboard performance in rock climbers: A Pilot study, 2021.
  - Honors Thesis Committee, Theodore Hu, *The role of hamstring contraction during running: an analysis*, 2021.
  - 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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### **Awards**

- Center for Research and Scholarship grant recipient (2020)
    - Developing external load activity profiles for NCAA Division I women's lacrosse athletes using Playertek wearable monitors.
  - 2x Recipient: Challenge Scholarship (2018, 2019)
    - Awarded by: National Strength and Conditioning Foundation
  - ILLUMINATE Grant recipient for the improvement of teaching (2018)
    - Implementing Beast Sensor technology to assess the practical implications of the force-velocity curve.
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## **University Involvement**

- Faculty Advisor: Women's Weight Training (2021-present)
  - Sports Scientist, Women's Lacrosse (NCAA) (2019-2021)
  - Volunteer Goalie Coach, Women's Lacrosse (NCAA) (2018-2019)
  - Faculty advisor: Powerlifting Club (2017-present)
  - Department of Allied Health Professions: (2015-2021)
    - Assessment Coordinator
  - Faculty advisor: Exercise Science Club (2014-2020)
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## **Professional Involvement**

- Peer Reviewer
    - Journal of Strength and Conditioning Research
    - Current Issues in Sport Science
    - German Journal of Exercise and Sport Research
  - National Strength and Conditioning Association
    - Educators Special Interest Group: Founding Member
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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**

United States Powerlifting Coalition:

- National record holder (Men's 181 lb, sub-masters)
  - Deadlift (601.8 lbs/273.5 kg) (5/21/2022)
  - Squat (524.7 lbs/238 kg) (11/4/2023)
  - Total (1410.9 lbs/640 kg) (11/4/2023)
- Best Lifter
  - Altavista YMCA Push/Pull (5/21/2022)
  - X-Factor Open (tested open division) (11/4/2023)

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)