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Education

Master of Science (M.S.), 2017, Liberty University, Lynchburg, VA

- **Major: Exercise Science,**
- Concentration: Human Performance
- Graduate with High Distinction
- Thesis: Assessing the Physiological Changes that Occur with Lacrosse Players from Post-to-Pre-Season

Bachelor of Science (B.S.), 2009, Liberty University, Lynchburg, VA

- Major: Kinesiology
- Concentration: Health and Fitness
- Dean's List

Certifications

Certified Strength and Conditioning Specialist (CSCS)

June 2017-Current

- National Strength and Conditioning Association
- Member ID Number: 884781

Sports Performance Coach (USAW)

June 2015-Current

- USA Weightlifting-L1SP
- Member ID Number: 214056

Exercise Physiologist (EP-C)

May 2009-Current

- American College of Sports Medicine
- Current ID Number: 661076

Functional Movement Systems (FMS)

April 2014-2019

CPR/First Aid/AED

May 2009-Current

- American Heart Association

Membership in Professional Organizations

National Strength and Conditioning Association

Sept. 2015-Current

- Member ID Number: 884781

USA Weightlifting

June 2015-Current

- Member ID Number: 214056
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Teaching Experience

August 2017—Current

Liberty University, Lynchburg, VA,

- Courses Taught
 - EXSC 101 Introduction to Exercise Science
 - EXSC 311 Analysis of Human Movement
 - EXSC 320 Measurement and Evaluation
 - EXSC 321 Practicum
 - EXSC 340 Essentials of Strength and Conditioning
 - EXSC 351 Biomechanics Lab
 - EXSC 411 Applied Exercise Physiology Lab
 - EXSC 460 Exercise Testing, Evaluation & Prescription
 - EXSC 499 Internship in Exercise Science
 - PHED 225 Weight Training/Conditioning

Scholarly Presentations

- Cruz, T., Kilian, J., Glauser, J., Wedge, D. (2023). Positional Comparison of Time to Takeoff for Collegiate Male Lacrosse Athletes During Hex-Bar Jump Squats. Las Vegas, NV. NSCA National Conference, 2023.
- Bernd, S., Kilian, J., Glauser, J., (2022) Comparison of External Load Metrics for In-Conference versus Non-Conference Games. New Orleans, LA. NSCA National Conference, 2022.
- Fortney, C., Kilian, J., Glauser, J., Schaefer, A., (2021). Association of Fitness Testing, External Load Metrics, and Hard Endpoints in NCAA Division I Women's Lacrosse. Orlando, FL. NSCA National Conference, 2021.
- McDermott, M., Hutton, E., Yamasaki, S., Glauser, J., Schoffstall, J., Bosak, A., Lowell, R. (2019). Assessing the Impact of Vibration on Rectus Femoris During a Bodyweight Squat: A Pilot Study. 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.
- Nascimento, C., Lopp, K., Kilian, J., Glauser, J., (2017). Assessment of the Rotational Medicine Ball Toss as a Predictor for Shot Speed in Collegiate Men's Lacrosse. Greenville, SC. SEACSM Regional Conference, 2017.

Scholarly Publications

- Glauser, J., Kilian, J., Melton, B., (2021). Men's Lacrosse Performance Enhancement and Injury Prevention. *NSCA Coach*, 2(8), 6-10.

Professional Presentations

- Guest Speaker University of Lynchburg Doctoral of Physical Therapy Strength and Conditioning Clinic. (2023). Lynchburg, VA.
 - National Strength and Conditioning Association CSCS Exam Prep Clinic Presenter. (2019). Lynchburg, VA.
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Professional Experience

Strength and Conditioning Coach

Liberty University Men's Lacrosse, Lynchburg, VA

Sept. 2010—Current

Responsibilities:

- Design, prescribe and evaluate periodized strength and conditioning protocols to improve athletic performance with regard to speed, strength, mobility, endurance and power, based on the requirements of the sport for the student athletes.
- Develop systematic training programs for teams and individual athletes to improve durability and reduce injuries.
- Coordinate, schedule and lead team strength and conditioning sessions both in the weight room and on field.
- Responsible for teaching proper lifting techniques, supervising and motivating athletes as they execute lifts, and assessing performance.
- Implement corrective exercise strategies utilizing Functional Movement Systems and assessing other essential risk factors prior to individualizing the exercise program for the student athletes' specific sport associated needs.
- Assist with coordinating, maintenance, and staffing of weight room/strength facilities; assists in identifying and purchasing needed strength and conditioning equipment.
- Monitors athletes' general health, including providing nutritional advice as needed.

Strength and Conditioning/Performance Coach

Athletic Republic, Forest, VA

August 2013—August 2018

Responsibilities:

- Extending same responsibilities as above to athletes age 14 through collegiate/professional in varying sports including: men's and women's soccer, swimming, men's and women's lacrosse, football, baseball, track and field, and golf.

Exercise Physiologist and Gym Supervisor

Lifestyle Fitness Center, Forest, VA

October 2009 – August 2018

Responsibilities:

- Develop, prescribe and evaluate personalized exercise programs to improve quality of life in varying populations including children, healthy individuals, clients rehabbing injury or surgery, geriatrics with joint replacements
- Perform pre-exercise health risk assessments including health history screenings (PAR-Q), resting heart rate, resting blood pressure (sphygmomanometer), Functional Movement Screens and taking other essential risk factors into consideration prior to individualizing the exercise program
- Conduct physical fitness assessments and interpret the results with resting measurements, body composition, cardiorespiratory fitness, muscular fitness, flexibility/ ROM
- Employ behavioral and motivational strategies daily with both groups and individuals
- Support clients in adopting and maintaining healthy lifestyle behaviors in overall wellness, nutrition, and exercise
- Responsible for program development and implementation while working in conjunction with other Physiologists to aide those who require the tools and motivation to lose weight, improve overall level of fitness and nutrition, and regain the ability to successfully resume ADLs through:
 - 12-week weight loss programs (groups of 7 – 15)
 - 6-week and 10-week fitness boot camps (groups of 3 – 10)
 - Silver Sneaker classes (groups of 2 – 20)
 - One on one personal training (30 – 40 clients/ weekly)
- Perform tasks of supervising and managing the daily operations of the fitness center through client scheduling, new member tours and application processes, routine daily equipment checks and maintenance, pool maintenance, ordering supplies

Health Fitness Specialist and Manager

Lifestyle Fitness Center, Huddleston, VA

May 2009 – October 2009

- Same responsibilities as above at the Forest location

Community/University Involvement

Liberty University

- Men’s Lacrosse Assistant/Faceoff Coach August 2010 – Current
- Practicum/Internship Site Supervisor Sept. 2009—Current