

Joshua Hockett
MS, RSCC*D, TSAC-F ACSM-EP, CISSN
San Angelo, TX
jhockett@angelo.edu
608-416-9338

Core Competencies:

Program Design, Peer Review, Academic Research, Study Design, Fitness/Performance Field Testing, Data Collection and Analysis, White Paper Development, Internship Supervision, Public Speaking, Presentations, Exercise Science, University Course Instruction, Syllabus Development, Motivational Interviewing, Nutritional Counseling, Coaching, Equipment Inventory, Budgets

Work Experience

Shannon Health Club- San Angelo, TX. Nov 2023 - Present

Lead Exercise Instructor (Part-Time)

- Lead educator and fitness specialist for adults with conditions centered around diabetes and arthritis.
- Providing lifestyle education, nutrition education, disease management education.
- Performing pre and post health metrics of resting BP, HR, weight, BMI, W/H ratio, and 6-minute walk test.
- Guiding groups of participants through structured 60-minute physical fitness sessions to include cardiovascular, flexibility, mobility, and strength training exercises.
- Documenting, and charting all exercise/educational sessions for proper progression and safety of the participants.

Maryville University- St. Louis, MO, March 2023 – Present

Online Adjunct Instructor (Remote, Part-Time, Term)

- Leading the online course: Virtual Health and Fitness for a fall and spring semester to 20-25 undergraduate students from the Exercise Sciences major.
- Revised the course syllabus, selected new course materials, created module quizzes, developed final projects.
- Supervised student discussions, utilized Canvas LMS, and completed the course rubric and grading of all course assignments.

Booz Allen Hamilton- National Guard Bureau, Warrior Resilience & Fitness Division, Remote, Feb 2024 – June 2024

Compliance and Training Specialist (Full-Time) (Secret Clearance)

- Support for the Integrated Primary Performance (IPP) section of the Warrior Resilience & Fitness Division of the Air/Army National Guard services.
- Aiding in policy compliance, training, credentialing, and education of the Air and Army National Guard workforce to sustain a ready and healthy state facing force.
- Supporting logistical coordination of all meetings, conferences, forums, symposia, and events required by state NG managers and NGB HQ.
- Aiding in the development of NGB health and fitness policy creation, approval, and integration across the USA.

Booz Allen Hamilton- Goodfellow AFB San Angelo, TX. Oct 2020 – Nov 2023

Senior Health Scientist (Full-Time) (Secret Clearance)

- Lead human performance specialist for ~300 students of the cross-branch DoD Fire Academy (312 TRS).
- Designed individual/group physical training plans for students needing to improve physical performance and wellness outcomes.
- Built a comprehensive 4-day educational and applied readiness curriculum for all incoming Airmen.
- Provided educational courses and content to all incoming students on topics of nutrition, sleep, recovery, and physical training.
- Managed the wearable technology system to monitor, collect, and analyze biometrics of all students in the academy from day 1 until graduation.

- Offered nutrition consultations, fitness assessments, and customized exercise programming guides for students identified as high-risk.
- Lead the supervision, instruction, and development of all squadron Air Force physical training sessions each week to include ~120 students per session, 4 times per week for 1 hour.
- Supervision of 4, part-time undergraduate human performance interns from the local university.
- Collected and analyzed annual MSK injury reports to identify and mitigate injury trends.
- Ran descriptive and inferential statistics on collected performance data to track trends that informed training.
- Managed, selected, assembled, and inventoried all training equipment and materials valued at ~\$155k.

Self-Employed- Madison, WI, Jan 2020 - Sept 2020

Health & Fitness Specialist (Part-Time)

- Provided remote, physical fitness training programs, nutritional guidance, and lifestyle modification coaching to male and female clients ages 21 to 65 years of age during the COVID-19 pandemic.
- Worked with a diverse, global range of clientele in the USA, UK, and EU.
- Used TrainHeroic software/mobile app to design weekly training calendars with each roster member.
- Tracking of critical metrics of physical performance improvements, body measurements, and lifestyle surveys to manage training stress responses and load tolerance.
- Used weekly email, text, Zoom, and phone call communications to keep abreast of all roster members.
- Adapted workouts, training plans, dietary needs, and competition peaking based on travel, work schedules, family events, and other variables as appropriate.

Nobilis SRS LLC- US Air Force 57th Rescue Squadron, Aviano, Italy, Jan 2019 – Dec 2019

Tactical Strength and Conditioning Specialist (Full-Time)

- Designed and developed annual training plans for 30 special operations pararescuemen and 20 AF support members
- Utilized TrainHeroic software to design, modify and maintain training plans for all unit members
- Utilized Smartabase data system to track operator status and health changes
- Utilized InsideTracker software to analyze and direct personalized dietary optimization of all unit members
- Worked within a six-member HPO team to sustain optimal year-round performance and health of the squadron members
- Maintained the unit training facilities and equipment needs as demands required.
- Worked with individual operators on customized needs per sports medicine team recommendations
- Educated and guided unit on performance nutrition concepts and eating habits at home and in the field of operations
- Executed AFSOC fitness testing battery on all cleared unit operators
- Gathered, reported, and analyzed performance data of unit performances for military leadership review

Bayer Crop Sciences- St. Louis, MO September 2017- Jan 2019

Food and Fitness Outreach Lead (Full-Time)

- Responsible for all domestic outreach communication efforts regarding modern agriculture topics to fitness and health professionals.
- Stakeholder involvement with various US food groups, councils, academies, institutions, and programs.
- Public speaker at expos, workshops, tradeshow, and conferences in both fitness and agriculture industries.
- Recruited and invited local and national fitness influencers and experts for onsite HQ tours and panels.
- Budget management for annual expenditures for travel, sponsorships, marketing, and stakeholder engagement activity.
- Set up and executed company-wide wellness and health workshops and initiatives as well as event promotions.
- Gathered, reviewed, and reported on monthly fitness/wellness industry trends to company executives.
- Created and sustained a monthly internal and external company newsletter on health, fitness, and nutrition for ~3000 subscribers.

Commander Naval Installations Command- San Diego, CA July 2012 –August 2017

Fitness and Performance Specialist- USS Ronald Reagan / USS Essex (Full-Time)

- Managed the fitness spaces aboard an aircraft carrier and amphibious assault ship of 4000-5,000 Sailors and Marines
- Supervised and trained a 10-member enlisted staff division.
- Development of a bi-weekly command health and wellness, fitness newsletter.
- Lead 30-40 large group exercise (50+ people) classes per month of various formats and designs.
- Assisted with the required bi-annual Navy PRT/BCA testing on all command members.
- Record keeping of all budgets, financials, and purchases related to fitness programming and equipment needs.
- Developed new/creative fitness programs to keep command welfare positive.
- Upkeep and preventative maintenance of up to \$350,000 in fitness equipment.
- Member of the interdisciplinary health promotions committee across the global Navy fleet of fitness specialists.
- Assisted select crew members in athletic development and performance training plans for the All-Navy Team.
- Interacted with unit leadership as well as foreign country armed forces leadership to plan, program, and promote activities.

University of Missouri, Columbia, MO April 2010 –June 2012

Coordinator- Strength & Conditioning (Full-Time)

- Supervised a 330,000sq.ft student recreation complex.
- Supervised, trained, and managed a 50-member student-staff unit.
- Managed a \$1,000,000 budget for all equipment purchases and replacements within the strength and conditioning facility.
- Created a new student-staff employment manual and fitness equipment orientation process.
- Taught two semesters of the ACE Personal Trainer exam preparation curriculum to 50+ students.
- Training plan implementation outlines for athletics, general fitness, weight loss, elderly, and injured persons.
- Participated in the hiring, selection, and removal of all student-staff employed within the rec department.
- Gathered and reported university recreation/sports user data analysis to campus leadership members each quarter.

Education

University of Wisconsin La Crosse, La Crosse, WI

Master of Science - Human Performance, May 2009

Magna Cum Laude 3.8 GPA

University of Wisconsin Milwaukee, Milwaukee, WI

Bachelor of Science - Kinesiology, August 2007

Magna Cum Laude 3.8 GPA

Professional Certifications

- National Strength and Conditioning Association, Certified Personal Trainer
- National Strength and Conditioning Association, Registered Strength and Conditioning Specialist
- National Strength and Conditioning Association, Tactical Strength and Conditioning Facilitator
- International Society of Sports Nutrition, Certified Sports Nutritionist
- American Red Cross Health Professionals First Aid/CPR/AED
- American College of Sports Medicine, Certified Exercise Physiologist
- National Academy of Sports Medicine, Corrective Exercise Specialist

