

Jacob Mayoral, MS, NSCA-CPT, CES

(209) 985-2858

jacobmayoral7@gmail.com

Claremont, CA

www.linkedin.com/in/jacobmayoral

Education

August 2022 - August 2023

Master of Science in Kinesiology: Sport Performance, Point Loma Nazarene University

August 2018 – May 2022

Bachelor of Science in Kinesiology: Health Professions, Azusa Pacific University

Experience

Faculty - Instructor, Azusa Pacific University - Department of Kinesiology

August 2024 – Current

- Coordinate program events in order to improve efficiency and community within the undergraduate program
- Managed labs by maintaining stocked, clean, and up-to-date facilities
- Created original lecture material and adapted to teaching different courses each semester to meet the demands of the department
- Mentored and advised students academically, professionally, and personally
- Assisted colleagues in adopting curriculum to maximize consistent student learning opportunities
- Courses prepped and taught
 - KIN 275: Biomechanics of Human Movement
 - BIOL 231: Human Anatomy & Physiology II
 - BIOL 231L: Human Anatomy & Physiology II Lab
 - KIN 363L: Exercise Physiology Lab
 - GE 100: First-Year Seminar
 - KIN 242: Fundamental Principles of Fitness

Program Coordinator, Azusa Pacific University - Department of Kinesiology

January 2024 – August 2024

- Improved efficacy of program operations by managing daily operations, including budgeting, records, reports, proposals, and event planning
- Proficiently organized documentation, developed initiatives to improve school-wide physical health
- Demonstrated adaptability by mastering multiple systems, provided academic advising services, offered dedicated support to faculty and students, to resolve issues in a prompt and effective manner

Adjunct Professor, Azusa Pacific University – Department of Kinesiology

January 2024 – August 2024

- Instruction of class including lecture and lab components for the undergraduate Department of Kinesiology
 - KIN 275: Biomechanics of Human Movement
- Established an academic research group to enhance students understanding of Kinesiology topics, as well as provide them with professional experience in a Biomechanics lab

Fitness Trainer, The Exercise Coach

January 2023 – January 2024

- Performed initial consultations to ensure individuals are in adequate condition to exercise, as well as to ensure the training was the correct form of training for them
- Implemented and delivered exercise instruction in individual and group setting, ensuring safety and correct form
- Contributed to and oversaw the maintenance of a clean and well-organized studio
- Scheduled appointments and manage accounts for existing and incoming clients

Exercise Science and Laboratory Coordinator, Point Loma Nazarene University

July 2022 – August 2023

- Ensured laboratory equipment was clean and safe for use
- Followed proper procedures to operate exercise and laboratory equipment
- Demonstrated knowledge of complex systems to collect physiological and biomechanical data
- Communicated clearly and concisely the proper equipment procedures to undergraduate students

Biomechanics Laboratory Intern, Azusa Pacific University – Department of Kinesiology

March 2021 – May 2022

- Assisted with lab operations, research processes including study design, data collection, analysis, and interpretation
- Professional presentation of research results.

Higher Education Service

Azusa Pacific University

August 2018 – Current

Program Coordinator/Instructor, Undergraduate Department of Kinesiology

- Department of Risk Management - Floor Coordinator
- Co-leader of Kinesiology Research Group
- Exercise is Medicine On Campus – Faculty Support

Student, Bachelor of Science in Kinesiology Program

- Biomechanics Laboratory Intern
- Member of the Kinesiology Biomechanics research group
- Worked on and presented multiple professional posters at 2021 SWACSM and 2022 ACSM National conferences

Point Loma Nazarene University

August 2022 – August 2023

Student, Master of Science in Kinesiology Program

- Vice President of the MS Kinesiology Society
- Volunteer at the Point Loma Pitching Lab
- Organized and instructed study sessions for the NSCA-CSCS Certification Exam
- Exercise science lab coordinator and teaching assistant

Awards

MS Kinesiology Academic Scholarship Recipient (\$450), Point Loma Nazarene University

2021 American College of Sports Medicine Travel Grant (\$300), Azusa Pacific University

President's Award Scholarship (\$24,000/yr), Azusa Pacific University

Presentations/ Papers

Mayoral, J., Aguinaldo, A., A Comparison of Lower Body Muscle Activation Between the Sumo and Conventional Deadlifts. Final Capstone Project.

Mayoral, J., Owen, C., Metri, D., Arant, A., Johnson, D., Dudley, R., Du Bois, A. The effect of the short foot exercise on the knee during landing. Presented at SWACSM 2021 Conference; October 2021; Costa Mesa, CA

Metri, D., **Mayoral, J.**, Owen, C., Arant, A., Johnson, D., Dudley, R., Du Bois, A. Effects of acute short foot exercise on ankle eversion velocity. Presented at SWACSM 2021 Conference; October 2021; Costa Mesa, CA

Owen, C., Metri, D., **Mayoral, J.**, Arant, A., Johnson, D., Dudley, R., Du Bois, A. The effects of short foot exercise on ground reaction forces during landing. Presented at SWACSM 2021 Conference; October 2021; Costa Mesa, CA

Professional Certifications

NASM Corrective Exercise Specialist (CES)

NSCA Certified Personal Trainer (NSCA-CPT)

Basic Life Support/First Aid

Professional Memberships

National Strength and Conditioning Association (NSCA)

American College of Sports Medicine (ACSM)