

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Assistant Athletic Director – Applied Health & Performance Science
The Pennsylvania State University
Department of Athletics

EMPLOYMENT & PROFESSIONAL EXPERIENCES

Sept 2019 - Present Assistant Athletic Director – Applied Health & Performance Science
Penn State University (University Park, PA)

- Administrative lead for Department of Applied Health & Performance Science
- Lead Sport Scientist for Penn State University Football

July 2017 – Aug 2019 Director of Applied Performance
Baylor University (Waco, TX)

- Baylor University Health & Wellness Senior Staff
- Member of Baylor Athletics Mental Health Committee
- Member of Baylor Athletics/Academics Research Collaboration Committee
- Serve as Senior Liaison for Sports Nutrition during staff transition
- Manage all day-to-day operations within Applied Performance Department.
- Plan and coordinate
- Synergy Lecture Series for Baylor Athletics Health & Wellness Department.
- Operate continuous auditing of training programs and environment to ensure elite performance.
- Run all outside vendor operations for department: chiropractic therapy, massage, and active release treatment.
- Reconcile budget for athletic performance part-time staff, including Assistant Athletic Coaches and masseuses.
- Organize Health & Wellness Department Staff weekly professional development initiative: “*Learning at Lunch*”
- Lead research and development initiative for Applied Performance Department in collaboration with Departments of Health & Human Performance and Statistical Science.
- Director of Strength and Conditioning for Baylor University Baseball.

Jan 2017 – Aug 2019 Instructor – Health, Human Performance, and Recreation
Baylor University (Waco, TX)

- Liaison between on-campus Health, Human Performance, and Recreation department for internship experiences.
- Teach HHPR Master’s Level coursework

Feb 2016 – June 2017 Associate Director of Applied Performance and Operations
Baylor University (Waco, TX)

- Heavily involved in implementation of Project-1 high performance model with all staffs in athletic department.
- Managed all technology systems within Applied Performance Department. Systems included Catapult GPS, Omegawave, Globus, Tensiomyography, NormaTec, and Motus Global.
- Manage all Applied Performance online communication platforms for direct messaging to entire football program, including staff and players.
- Created out-of-the-box training culture with football red-shirt freshman group throughout developmental year.
- Recruited, hired, and supervised Baylor Athletic Performance interns (Blackshirts). Transformed loosely defined intern program into a well-structured educational curriculum producing dynamic coaches.
- Assisted with fundraising efforts for procurement of \$266M for McLane Stadium and \$9M for training facilities.
- Served as strength and conditioning coach for Football, Softball, Track & Field, and Men’s Tennis.

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Oct 2014 – Feb 2016 Assistant Director of Applied Performance and Operations
Baylor University (Waco, TX)

- Managed all data collection pertaining to student-athlete wellness. Maintained private records relating to student-athlete health and personal information.
- Developed day to day protocols for all technology systems within department.
- Served as strength and conditioning coach for Football, Volleyball, Men's Tennis, Women's Tennis and Equestrian.

Jan – Sept 2014 Assistant Athletic Performance Coach
Baylor University (Waco, TX)

- Assisted in the Development of Applied Performance Department (Program online May 2014).
- Served as strength and conditioning coach for Football, Men's Tennis, and Equestrian.
- Assisted Performance Nutrition Department in all areas of Nutrition Education and Supplementation.

2011-2014 NSCA – Commonwealth of Virginia Advisory Board
(Volunteer Student Liaison)

- Assisted in production of 2012 NSCA Mid-Atlantic Coaches Clinic (Arlington, VA)

Summer 2013 Athletic Performance Intern
Baylor University (Waco, TX)

- Assisted in all areas of Athletic Performance Department including strength and conditioning, nutrition, and athlete wellness.
- Maintained all areas of facility setup and upkeep.

2012-2013 Coordinator of Strength and Conditioning
Emory & Henry College (Emory, VA)

- Coordinated all strength and conditioning efforts for Football, Women's Soccer, Baseball, and Swimming.
- Assisted in the development of Full-Time Strength and Conditioning position (Online in June 2014).

2012-2013 Assistant Football Coach (Wide Receivers)
Emory & Henry College (Emory, VA)

- Coached Wide Receiver position group in a Spread Offense System.
- Recruited prospective student-athletes from Virginia, North Carolina, South Carolina, Georgia, and Florida.
- Assisted in transition to new \$9 million football Brooks Field House at Fred Selfe Stadium.

2012-2013 Adjunct Instructor of Health and Human Performance
Emory & Henry College (Emory, VA)

- Instructor in HHP program.
- Taught undergraduate coursework in Wellness and Strength and Conditioning.

2009-2012 Contracted Strength and Conditioning Coach
Monongalia County Schools (Morgantown/Fairmont, WV)

- Organized and implemented athletic performance programs at local high schools.
- Managed all areas of performance training, nutrition, and recovery at high school level.
- Schools: Fairmont Senior High, University High, Trinity Christian Academy

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

2009-2012

Graduate Teaching Assistant (Athletic Coaching Education) *West Virginia University (Morgantown, WV)*

- Planned and taught undergraduate coursework in Athletic Coaching Education and Physical Education.
- Assisted in wellness testing of physical education students in Monongalia County Public Schools.
- Assisted with Polar Heart Rate Monitor testing with WVU Women's Soccer Program.
- Managed Youth Strength and Conditioning Program with Lifetime Activities Program (2011).
- Served as Athletic Coaching Education Club Co-Sponsor for undergraduate students (2011).

Summer 2009

Turf Management Specialist/Greens-Keeper *The Olde Farm Golf Club (Bristol, VA)*

- Maintained turf and facilities at Olde Farm Golf Club.
- Studied under lead superintendent for all turf growth and development operations.
- Greens-Keeper and Turf Management specialist.

2008-2009

Graduate Assistant Football Coach (Wide Receivers/Strength & Conditioning) *Emory & Henry College (Emory, VA)*

- Assisted with all aspects of wide receiver play including practice planning, film analysis, and player grading.
- Assisted with recruiting visits and contact with prospective student-athletes.
- Organized and managed all practice, self-scout, and opponent-scout video for entire program.

2005-2008

Student Assistant Football Coach *Emory & Henry College (Emory, VA)*

- Program assistant for all areas of Football Operations.
- Filmed practice, game, and teaching opportunities within the program.
- Assisted all coaches with day to day operations within program.
- Assisted with all on-campus recruiting.

2004-2008

Summer Maintenance Employee / Youth Sport Official *Grayson County Recreation Department (Independence, VA)*

- Maintained all turf-grass for athletic fields.
- Maintained all facilities at Grayson County Recreation Department.
- Certified official for Dixie Youth Baseball.
- Youth official for recreation level football, soccer, and basketball.

2001-2005

Turf Management Field Management *Grayson County Baseball Authority (Independence, VA)*

- Researched and implemented best practices of turf care as part of independent study senior year of high school.
- Assisted in the development and opening of Grayson County Baseball Authority Ballpark (Spring 2001).

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

EDUCATION

- 2009-2017 **West Virginia University**, Morgantown, WV
Degree: Doctor of Education (Coaching and Teaching Studies)
Cognate: Athletic Coaching Education
Advisor: Dr. Kristen Dieffenbach
Doctoral Dissertation: "Continuing Education Dispositions of NCAA-DI Football Strength and Conditioning Coaches: A Qualitative Analysis"
- 2011-2012 **Eastern Michigan University**, Ypsilanti, MI
Graduate Coursework: Applied Sport Physiology
Advisor: Dr. Steven McGregor
- 2008-2009 **Emory & Henry College**, Emory, VA
Degree: Master of Education
Advisor: Dr. Ron Diss
Action Research: "Inclusion of special-needs children in physical education: A beginning teacher's inquiry."
- 2005-2009 **Emory & Henry College**, Emory, VA
Degree: Bachelor of Arts (Health & Physical Education)
Advisor: Coach Bob Johnson

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

PROFESSIONAL MEMBERSHIPS, CERTIFICATIONS, & SKILLS

Professional Affiliations: *Currently active

Collegiate Strength and Conditioning Coaches Association (CSCCa)*

National Strength and Conditioning Association (NSCA)*

USA Weightlifting (USAW)*

Baseball Health Professionals Group (BHP)*

American Football Coaches Association (AFCA)*

American Alliance of Health Physical Education, Recreation and Dance (AAHPERD)

National Association of Sport and Physical Education (NASPE)

Certifications/Licensures: *Currently active

2019* Registered Baseball Health Provider, *Baseball Health Professionals Group*

2018* DEXA enCORE Operator, *General Electric Healthcare*

2016* Texas License to Carry Concealed Handgun, *Texas Department of Public Safety*

2014* CPR/AED/First Aid Certified, *American Heart Association*

2014* Strength and Conditioning Coach Certified (**SCCC**), *Collegiate S&C Coaches Association*

2010* Certified Strength & Conditioning Specialist (**CSCS**), *National Strength & Cond. Association*

2010* USAW Sport Performance Coach (**USAW**), *USA Weightlifting*

2009 Virginia State Teaching License; Health & Physical Education (PK-12), *Virginia Department of Education*

2009 Virginia State Driver's Education Instructor License, *Virginia Department of Education*

PUBLICATIONS & PRESENTATIONS

Research Studies & Articles in Preparation:

Nelson, J.G., Dieffenbach, K.D. (2017). Continuing Education Disposition of NCAA-DI Football Strength and Conditioning Coaches: A qualitative analysis. (**Publication in progress**)

Althoff, A., **Nelson, J.G.** (2017). Creating a culture with the Baylor Athletic Performance Department. *AFCA: The Official Journal of the American Football Coaches Association*. 6(3), pp. 12-16.

Presentations:

Nelson, J.G. (2019). Athlete development for the American collegiate athlete. A presentation at the American Football Coaches Association (AFCA) National Convention, San Antonio, TX.

Nelson, J.G. (2018). Applied sport science at Baylor University: Theory and practice. A presentation at the West Virginia National Strength and Conditioning State Clinic, Morgantown, WV.

Nelson, J.G. (2018). Stress, dosage, and the annual plan: Training simplified. A presentation at the American Football Coaches Association (AFCA) National Convention, Charlotte, NC.

Althoff, A., **Nelson, J.G.**, Miller, J. (2016). Baylor University Athletic Performance Program. A presentation on the Central Virginia Sports Performance Podcast (CVASP), Richmond, VA.

Althoff, A., **Nelson, J.G.** (2016). How In-Game Use of Wearables Increases the Predictive Injury Analysis. A presentation at the 2016 MIT Sloan Sports Analytics Conference, Boston, MA.

Kazadi, K., Ruf, C., Althoff, A., **Nelson, J.G.**, Miller, J., Griffin, J. (2016). Periodization for the Football Athlete. A presentation at the Baylor Brazos River Coach of the Year Clinic, Waco, TX.

Althoff, A., Caton, K., Doscher, M., Sparkman, M., **Nelson, J.G.** (2016). Athletic Performance for the Developing Athlete. A presentation at the National Strength and Conditioning Coaches Association (NSCA) National Coaches Conference, San Antonio, TX.

Kazadi, K., Walls, C., **Nelson, J.G.**, Randolph, T. (2015). Legacy. A presentation at the 2015 Collegiate Strength and Conditioning Coaches Association (SCC) National Conference, Nashville, TN.

Nelson, J.G. (2015). Program Design through Annual Planning. A presentation at the 2015 Alamo City Football Coaches Clinic, San Antonio, TX.

Althoff, A., **Nelson, J.G.**, Owens, E. (2015). Integrating Catapult GPS Technology into an Applied Performance Program. A pre-conference presentation at the 2015 National Strength and Conditioning Association National Conference, Louisville, KY.

Hill, J., **Nelson, J.G.**, Miller, J. (2014). Mobility for High School Athletes. A presentation at the 2014 Baylor Athletic Performance Coaching Clinic, Waco, TX.

Nelson, J.G. (2014). *Time Under Tension: Cultivating Communities of Practice within Strength and Conditioning*. A presentation at the 2014 SHAPE America National Coaching Conference, Washington, D.C.

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Kazadi, K., Ruf, C., Althoff, A., **Nelson, J.G.**, Miller, J., Cain, C., Carnett, C., Long, A., Barrett, J., (2014). *Coaching Roundtable*. A presentation at the 2014 Collegiate Strength and Conditioning Coaches Association (CSCCa) National Conference, Salt Lake City, UT.

Nelson, J.G. (May 2013). *Time Under Tension: Continuing Education as the Bridge to Coaching Expertise*. A presentation at the 2013 Mid-Atlantic National Strength and Conditioning Association Conference; Woodbridge, VA.

Nelson, J.G., Meeteer, W. (2011). *Static Stretch...Static Performance*. A presentation at the 2011 WVAHPERD State Conference, Flatwoods, WV.

Research Interests:

- Athletic coach development
- Youth and adolescent development via Long Term Athletic Development (LTAD)
- Athlete wellness monitoring
- Impact of environmental factors (field conditions, weather, etc.) on athletic performance
- Preventative healthcare through education and monitoring of athletes
- Athletic performance education curriculum development
- Training and athlete performance for the overhead athlete
- The effects of zero gravity on athlete training and development
- Electrotherapy and athletic performance
- Long term performance education curricula
- Evolving Individualized Education Program to Individualized Training Program for Elite Athletes
- Soft-Tissue Preventative Care
- Career-long professional development in athletic coaching

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Professional Service:

Summer 2019 Performance consultant at Baylor University Baseball Camps, *Waco, TX*

Summer 2018 Performance consultant at Baylor University Baseball Camps, *Waco, TX*

July 2018 Consultant to Wilmington University Football Program, *Wilmington, OH*

Aug 2017 Presentation to Baylor Baseball Elite Prospect Showcase Camp, *Waco, TX*

July 2017 Consultant to Grand Valley State University Football Program, *Grand Valley, MI*

Mar 2017 Online guest with WVU Athletic Coaching Education Class, *Morgantown, WV*

Mar 2017 Consultant to Emory & Henry College S&C Club, *Emory, VA*

Jan 2017 Consultant to Wilmington University Football Program, *Wilmington, OH*

Aug 2016 Consultant to Bluffton University Football Program, *Bluffton, OH*

Mar 2016 Consultant to Ferrum College Football Program, *Ferrum, VA*

Oct 2015 Presentation to Baylor Health and Human Performance Department, *Waco, TX*

2011-2013 NSCA – Commonwealth of Virginia Advisory Board (Student Liaison)

Feb 2015 In-service day at Spring Valley Elementary School, *Hewitt, Texas*

Spring 2015 Assisted with Financial Peace University Course for Baylor Athletics, *Waco, TX*

Oct 2014 Presentation to Baylor Health and Human Performance Department, *Waco, TX*

Feb 2014 In-service day at Spring Valley Elementary School, *Hewitt, Texas*

Jan 2014 Consultant to Emory & Henry College Football Program, *Emory, VA*

2011-2012 Student Advisory Committee, ACE Graduate Representative, *WVU-CPASS*

2009-2011 Athletic Coaching Education Club – Assistant to Faculty Advisor, *WVU-CPASS*

Fall 2011 Assisted with physical fitness testing, *Mylan Park Elementary School, WV*

Summer 2011 Assisted with Polar heart rate monitor testing, *WVU Women's Soccer*

Spring 2010 Assisted with physical fitness testing, *Preston County High School, WV*

Fall 2009 Promotional commercial, *Emory & Henry College Physical Education Department*

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

ATHLETIC COACHING

Athletic Coaching Experience:

July 2017 – Aug 2019 Director of Applied Performance, *Baylor University* (Waco, TX)
Jan 2018 – Aug 2019 Director of Strength and Conditioning Baylor Baseball, *Baylor University* (Waco, TX)
Feb 2016 – June 2017 Assoc. Dir. of Applied Performance and Operations, *Baylor University* (Waco, TX)
Oct 2014-Feb 2016 Assist. Dir. of Applied Performance and Operations, *Baylor University* (Waco, TX)
Jan-Sept 2014 Athletic Performance Coach, *Baylor University* (Waco, TX)
May 2012-Dec 2013 Assistant Football Coach (Receivers), *Emory & Henry College* (Emory, VA)
May 2012-Dec 2013 Coordinator of Football S&C, *Emory & Henry College* (Emory, VA)
May-August 2013 Athletic Performance Intern, *Baylor University* (Waco, TX)
June 2013 Athletic Performance Intern Exchange Program; *U of Missouri* (Columbia, MO)
Summer 2011 Youth Strength & Conditioning Program, *WVU Lifetime Activities*
Aug 2010-May 2012 Asst. Strength & Conditioning Coach, *Fairmont Sr. High School* (Fairmont, WV)
Summer 2010 Asst. Strength & Conditioning Coach, *University High School* (Morgantown, WV)
Aug 2009-May 2010 Asst. Strength & Conditioning Coach, *Trinity Christian School* (Morgantown, WV)
Aug 2005-July 2009 Football Student Assistant Coach, *Emory & Henry College* (Emory, VA)

College Football Bowl Games as Coach:

Dec 2016 **Motel 6 Cactus Bowl – Phoenix, AZ (Chase Field)**
Boise State University vs. Baylor University
Associate Director of Applied Performance and Operations

Dec 2015 **Russell Athletic Bowl – Orlando, FL (Citrus Bowl Stadium)**
University of North Carolina vs. Baylor University
Assistant Director of Applied Performance and Operations

Jan 2015 **Goodyear Cotton Bowl – Dallas, TX (AT&T Stadium)**
Michigan State University vs. Baylor University
Assistant Director of Applied Performance and Operations

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Jan 2014 **Tostitos Fiesta Bowl – Phoenix, AZ (*University of Phoenix Stadium*)**
University of Central Florida vs. Baylor University
Blackshirt Intern

Championships as Coach:

May 2018 **Big 12 Baseball Conference Tournament Champions, *Baylor University***
Director of Applied Performance – Director of Athletic Performance Baseball
Oklahoma City, OK

Dec 2016 **Motel 6 Cactus Bowl Champions, *Baylor University***
Associate Director of Applied Performance and Operations
Phoenix, AZ

Dec 2015 **Russell Athletic Bowl Champions, *Baylor University***
Assistant Director of Applied Performance and Operations
Orlando, FL

May 2015 **Big 12 Women's Tennis Tournament Champions, *Baylor University***
Athletic Performance Coach
Waco, TX

April 2015 **Big 12 Women's Tennis Regular Season Champions, *Baylor University***
Athletic Performance Coach
Waco, TX

April 2015 **Big 12 Men's Tennis Regular Season Champions, *Baylor University***
Athletic Performance Coach
Waco, TX

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

- Mar 2015 **Big 12 Equestrian Champions**, *Baylor University*
Athletic Performance Coach
Waco, TX
- Dec 2014 **Big 12 Football Champions**, *Baylor University*
Assistant Director of Applied Performance and Operations
Waco, TX
- Dec 2013 **Big 12 Football Champions**, *Baylor University*
Intern
Waco, TX
- Nov 2007 **ODAC Football Co-Champions**, *Emory & Henry College*
Student Assistant Football Coach

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Professional Athletes Coached:

Jan 2018 – June 2019 Shea Langeliers, *Baylor University* (Baseball, MLB 1st Round Pick Atlanta Braves)

Jan 2018 – June 2019 Davis Wendzel, *Baylor University* (Baseball, MLB 1st Round Pick Texas Rangers)

Jan 2018 – June 2019 Cody Bradford, *Baylor University* (Baseball, MLB 6st Round Pick Texas Rangers)

Jan 2018 – June 2019 Kyle Hill, *Baylor University* (Baseball, MLB 10th Round Pick Seattle Mariners)

Jan 2018 – June 2019 Josh Bissonette, *Baylor University* (Baseball, MLB 31st Round Pick Pittsburgh Pirates)

May 2014 – June 2016 Jarrett Stidham, *Baylor University* (Football, NFL 4th Rd New England Patriots)

May 2014 – Dec 2016 Blake Blackmar, *Baylor University* (Football; NFL UDFA Chicago Bears)

May 2014 – Dec 2016 Greg Roberts, *Baylor University* (Football; NFL UDFA Green Bay Packers)

May 2014 – Dec 2016 Ira Lewis, *Baylor University* (Football; NFL UDFA Houston Texans)

May 2014 – Dec 2016 Spencer Evans, *Baylor University* (Football; NFL UDFA Chicago Bears)

Aug 2017 – May 2018 Troy Montemayor, *Baylor University* (Baseball; MLB 25th Rd Pick St. Louis Cardinals)

Aug 2017 – May 2018 Alex Phillips, *Baylor University* (Baseball; MLB UDFA Minnesota Twins)

May 2017 – May 2018 Jessica Scroggins, *Baylor University* (All-American NCAA; 3rd Rd Pick; Chicago Bandits)

May 2013 – Dec 2016 Seth Russell, *Baylor University* (All-Conference Big 12 Football; 2016, NFL UDFA)

May 2013 – Dec 2016 Kyle Fuller, *Baylor University* (All-Conference Big 12 Football; 2016, NFL UDFA Houston Texans)

May 2014 – Dec 2016 KD Cannon, *Baylor University* (All-Conference Big 12 Football; 2016, UDFA San Francisco 49ers)

May 2014 – Dec 2016 Ishmael Zamora, *Baylor University* (All-Conference Big 12 Football; 2016, UDFA Oakland Raiders)

Jan 2014 – Dec 2015 Corey Coleman, *Baylor University* (Football; 2015 Biletnikoff Award Winner; NFL 1st Rd)

Jan 2014 – Dec 2015 Spencer Drango, *Baylor University* (Football; NFL 5th Rd Cleveland Browns)

Jan 2014 – Dec 2015 Jay Lee, *Baylor University* (Football; NFL UDFA Detroit Lions)

Jan 2014 – Dec 2015 Andrew Billings, *Baylor University* (Football; NFL 5th Rd. Cincinnati Bengals)

Jan 2015 – Dec 2015 Mate Zsiga, *Baylor University* (Men's Tennis; All-Conference Big 12)

Jan 2015 – Dec 2015 Blair Shankle, *Baylor University* (Women's Tennis; All-American NCAA)

Jan 2015 – Dec 2015 Kiah Gennerette, *Baylor University* (Women's Tennis; All-Conference Big 12)

Jan 2015 – May 2015 Ema Burgic, *Baylor University* (Women's Tennis; All-American NCAA)

Aug 2014 – Present Julian Lenz, *Baylor University* (Men's Tennis, Giessen, All-American NCAA)

Aug 2014 – May 2015 Diego Galeano, *Baylor University* (Men's Tennis; All-Conference Big 12)

Aug 2014 – May 2015 Tony Lupieri, *Baylor University* (Men's Tennis; Zagreb, All-Conference Big 12)

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

June 2013 – Jan 2015 Bryce Petty, *Baylor University* (Football; NFL 4th Round Draft Pick NY Jets)
June 2013 – Jan 2015 Bryce Hagar, *Baylor University* (Football; NFL 5th Rough Draft Pick St. Louis Rams)
June 2013 – Jan 2015 Levi Norwood, *Baylor University* (Football; NFL UDFA Chicago Bears)
June 2013 – Jan 2015 Antwan Goodley, *Baylor University* (Football; NFL UDFA Dallas Cowboys)
June 2013 – Jul 2013 Ahmad Dixon, *Baylor University* (Football; NFL UDFA; Minnesota Vikings)
May 2012 – Dec 2013 Kyle Boden, *Emory & Henry College* (Quarterback, Rhodes Scholarship Finalist, UDFA)
May 2012 – Dec 2013 Lucas Kirby, *Emory & Henry College* (1st Team All-ODAC Wide Receiver, UDFA Arena)
May 2012 – Dec 2013 Cleo Cooper, *Emory & Henry College* (2nd Team All-ODAC WR; DIII All-Star; UDFA Arena)
May 2012 – May 2013 Corey Ware, *Emory & Henry College* (1st Team All-ODAC Wide Receiver)

International Athletes Coached:

Jan 2018 – June 2018 Matias Soto, *Baylor University* (Men's Tennis, Copiapo, Chile)
Aug 2017 – June 2018 Sven Lah, *Baylor University* (Men's Tennis, Ptuj, Slovenia)
Aug 2017 – June 2018 Akos Kotorman, *Baylor University* (Men's Tennis, Budapest, Hungary)
Aug 2016 – June 2018 Constantin Frantzen, *Baylor University* (Men's Tennis, Augsburg, Germany)
Aug 2016 – June 2018 Bjoern Petersen, *Baylor University* (Men's Tennis, Eckernfoerde, Germany)
Aug 2015 – May 2016 Tommy Podvinski, *Baylor University* (Men's Tennis, Zagreb, Croatia)
Aug 2015 – May 2016 Gabriella Ferreira, *Baylor University* (Women's Tennis, Asuncion, Paraguay)
Jan 2014 – Dec 2015 Jason Osei, *Baylor University* (Football; London, England)
Jan 2015 – Dec 2015 Leolia JeanJean, *Baylor University* (Women's Tennis, Montpellier, France)
Jan 2015 – May 2016 Kely Putri, *Baylor University* (Women's Tennis; Jakarta, Indonesia)
Jan 2015 – May 2016 Theresa Van Zyl, *Baylor University* (Women's Tennis; Aroab, Namibia)
Jan 2015 – Aug 2015 Mate Zsiga, *Baylor University* (Men's Tennis; Szeged, Hungary)
Jan 2015 – Aug 2015 Juan Benitez, *Baylor University* (Men's Tennis; Medellin, Columbia)
Jan 2015 – Present Max Tchoutakian, *Baylor University* (Men's Tennis; Marseille, France)
Jan 2015 – Aug 2015 Johannes Schretter, *Baylor University* (Men's Tennis; Graz, Austria)
Aug 2014 – Dec 2016 Julian Lenz, *Baylor University* (Men's Tennis, Giessen, Germany)
Aug 2014 – May 2016 Vince Schneider, *Baylor University* (Men's Tennis; Mannheim, Germany)
Aug 2014 – Dec 2016 Felipe Rios, *Baylor University* (Men's Tennis; Vina Del Mar, Chile)

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Jan 2015 – May 2015 Ema Burgic, *Baylor University* (Women's Tennis; Lukavac, Bosnia)

Aug 2014 – May 2015 Diego Galeano, *Baylor University* (Men's Tennis; Asuncion, Paraguay)

Aug 2014 – May 2015 Tony Lupieri, *Baylor University* (Men's Tennis; Zagreb, Croatia)

Jan 2014 – Dec 2014 Peni Tagive, *Baylor University* (Football; Campbelltown, Australia)

Coaching Team Records: (All-Time Record as of 6/7/2019 : 356-180 – 0.665)

2019	35-19	Baylor University Baseball (Big 12 Regular Season 2 nd Place, NCAA Regional – Los Angeles, CA)
2018	37-21	Baylor University Baseball (Big 12 Tournament Champions; NCAA Regional – Palo Alto, CA)
2018	38-18	Baylor University Softball (Big 12 Tournament Runner-Up; NCAA Regional, College Station, TX)
2018	21-10	Baylor University Men's Tennis (NCAA 1 st Round)
2017	23-8	Baylor University Men's Tennis (NCAA Tournament Quarterfinals)
2016	7-6	Baylor University Football (Motel 6 Cactus Bowl Champions)
2016	16-14	Baylor University Men's Tennis (NCAA 1 st Round)
2016	18-15	Baylor University Women's Tennis (NCAA 1 st Round)
2015	9-3	Baylor University Football (Russell Athletic Bowl Champions)
2015	25-6	Baylor University Men's Tennis (Big 12 Co-Champions; National Semifinal)
2015	28-7	Baylor University Women's Tennis (Big 12 Champions; National Quarterfinal)
2014	11-2	Baylor University Football (Big 12 Champions; Cotton Bowl Appearance)
2014	14-5	Baylor University Equestrian (Big 12 Champions; National Tournament)
2013	6-4	Emory & Henry College Football
2012	5-5	Emory & Henry College Football
2010-12	22-4	Fairmont Senior High School Men's Basketball
2010-12	20-4	Fairmont Senior High School Women's Basketball
2009	2-8	Trinity Christian Academy Football
2008	6-4	Emory & Henry College Football
2007	6-4	Emory & Henry College Football
2006	6-4	Emory & Henry College Football (ODAC Co-Champion)
2005	1-9	Emory & Henry College Football

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Sport Technology Expertise:

Sport Technology Skills

- Catapult GPS Athlete Monitoring System
- Omegawave Central Nervous System Monitoring System
- Tensiomyography (TMG) Muscle Diagnostic System
- Globus EMS
- Dynavision (D2) Sport Vision Training System
- Fusion Sport Laser Timing Systems
- TendoUnit® Weightlifting Analysis Software
- Polar Heart Rate Monitor Software
- Beddit Sleep Monitoring System
- Motus Global Throwing Arm Monitoring System
- Adobe Acrobat Pro System
- Dual-Energy X-Ray Absorptiometry (DXA) System
- NormaTec Recovery System
- Microsoft Office (Word, PowerPoint, Excel, Access)
- Trackman Baseball
- Rapsodo Baseball
- Blast Sensor Baseball

Athletic Video Skills

- Dartfish Video Software
- LRS Sport Video Editing Software (Football)
- Hudl Sport Video Software (Football)
- Dragonfly Sport Video Sharing System

Supervision/Teacher Evaluation

- West Virginia University Teacher Evaluation System (WVUTES)

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Additional Professional Experience and Activities:

- Aug 2018 **Attended weeklong professional development experience at Rocky Mountain National Park; Grand Lake, CO**
- Goal: Attended professional development with wife Rachel who is a Park Ranger with the National Parks Service. Learned about Mountain Weather Systems, Physiological Responses to Altitude, and various outdoor recreation related topics.
- Aug 2014 - Present **Developed and maintained Baylor University Applied Performance Social Media Presence**
- Twitter: @BU_bearintel
Instagram: @ BU_bearintel
YouTube: <https://www.youtube.com/channel/UCvTikFzu6BmCMTfqNVcwRGg>
- Jan 2013-Dec 2013 **Proposal to Develop Strength and Conditioning program at Emory & Henry College**
- Goal: Implementation of strength and conditioning program and strength and conditioning coaching position in E&H Athletic Department to provide systematic training for 300+ varsity athletes in 13 NCAA-DIII sports
Successfully approved and implemented: Summer 2014
- May 2012-Dec 2013 **Developed and maintained Emory & Henry Football Social Media**
- Facebook: www.facebook.com/EHCFootball
Twitter: @EHCFootball
- Jan 2013-Dec 2013 **Developed and maintained Emory & Henry Athletic Performance Social Media Presence**
- Facebook: www.facebook.com/EHCAthleticPerformance
Twitter: @EHC_Iron_Wasps
- Nov 2011 **Proposal to Implement Long Term Athletic Development Program into Southwest Virginia Primary and Middle Schools**
- Goal: To implement the LTAD paradigm into the primary and middle school athletes. This project would have worked to positively improve the overall movement literacy of youth athletes in Southwest Virginia while also improving the coaching/teaching abilities of prospective coaches/physical education teachers.

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Professional Continuing Education: Conferences and Conventions

Altis Online Foundations Course, *Online through Phoenix, AZ* (June 2019)

American Football Coaches Association National Convention, *San Antonio, TX* (January 2019)

Understanding Mountain Weather and Physiological Responses to Altitude; *Grand Lake, CO* (Aug 2018)

Collegiate Strength & Conditioning Coaches Assoc. National Convention; *Fort Worth, TX* (May 2018)

Dan Pfaff Professional Consultation; *Waco, TX* (May 2018)

National Strength and Conditioning Association–West Virginia Conference; *Morgantown, WV* (February 2018)

Catapult Sports Football Workshop; *Las Vegas, NV* (January 2018)

American Football Coaches Association National Convention; *Charlotte, NC* (January 2018)

National Park Service Night Awareness Program; *Waco, TX* (December 2017)

Sky Warn: Understanding and Interpreting Weather; *Waco, TX* (December 2017)

Legends of Strength and Conditioning Conference; *New York, NY* (May 2017)

Collegiate Strength & Conditioning Coaches Assoc. National Convention; *Orlando, FL* (May 2017)

National Strength and Conditioning Association (NSCA) Coaches Conference; *Nashville, TN* (Jan 2017)

Baylor University Athletic Performance Clinic; *Waco, TX* (June 2015)

Collegiate Strength & Conditioning Coaches Assoc. National Convention; *Fort Worth, TX* (May 2016)

MIT Sloan Sports Analytics Conference; *Boston, MA* (March 2016)

American Football Coaches Association Coaches Convention; *San Antonio, TX* (Jan 2016)

National Strength and Conditioning Association Coaches Conference; *San Antonio, TX* (Jan 2016)

Baylor University Athletic Performance Clinic; *Waco, TX* (June 2015)

Collegiate Strength & Conditioning Coaches Assoc. National Convention; *Nashville, TN* (May 2015)

Alamo City Football Coaches Clinic; *San Antonio, TX* (Jan 2015)

National Strength and Conditioning Association (NSCA) Coaches Conference; *Louisville, KY* (Jan 2015)

SHAPE America National Coaches Conference; *Washington, D.C.* (June 2014)

Baylor University Athletic Performance Clinic; *Waco, TX* (June 2014)

Collegiate Strength & Conditioning Coaches Assoc. National Convention; *Salt Lake City, UT* (May 2014)

USAW Level 1 Certification Program by Rich Lansky; *Waco, TX* (April 2014)

Baylor University/University of Missouri S&C Intern Exchange; *Columbia, MO* (June 2013)

Donnie Thompson Strength and Conditioning/Mobility Presentation; *Waco, TX* (July 2013)

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Johnny Parker Strength and Conditioning/Periodization Presentation; *Waco, TX* (June 2013)
National Strength and Conditioning Association, Texas State Clinic; *Waco, TX* (June 2013)
National Strength and Conditioning Association, Virginia State Clinic; *Woodbridge, VA* (May 2013)
American Football Coaches Association Coaches (AFCA) Convention; *Nashville, TN* (Jan, 2013)
National Strength and Conditioning Association (NSCA) Coaches Conference; *Nashville, TN* (Jan 2013)
Hammer Strength-University of Tennessee Strength and Conditioning Clinic; *Knoxville, TN* (Mar 2012)
Polar Heart Rate Monitors in Athletic Performance Training; *Morgantown, WV* (Summer 2011)
Denison University Strength and Conditioning Clinic; *Denison, OH* (Spring 2011)
USAW Level 1 Certification Program by Mark Cannella; *Akron, OH* (May 2010)

Professional Site Visits:

Southern Methodist University Football Training Facility; *Dallas, TX* (December 2018)
Rocky Mountain National Park – Park Ranger Training, Grand Lake, CO (Aug 2018)
West Virginia University Olympic Training Facility; *Morgantown, WV* (May 2018)
Kansas State University Olympic Training Facility; *Manhattan, KS* (May 2018)
University of Memphis Olympic Training Facility; *Memphis, TN* (April 2018)
University of Texas Olympic Training Facility; *Austin, TX* (March 2018)
University of Oklahoma Football Training Facility; *Norman, OK* (March 2018)
Southern Methodist University Football Training Facility; *Dallas, TX* (March 2018)
University of California at Los Angeles Olympic Training Facility, *Los Angeles, CA* (Feb 2018)
American Football Coaches Association National Headquarters, *Waco, TX* (Sept 2017)
Navarro Junior College Football Program, *Corsicana, TX* (Aug 2017)
FieldTurf Artificial Turf Company, *Nashville, TN* (Jan 2017)
Arizona Diamondbacks Field Grounds Crew, *Phoenix, AZ* (Dec 2016)
SpaceX Rocket Development Facility, *McGregor, TX* (Dec 2015, Jan 2016, Feb 2016, March 2016)
Tennessee Titans Strength and Conditioning Program, *Nashville, TN* (May 2015)
Fort Hood Military Base, *Killeen, TX* (Apr 2015)
University of Texas Strength and Conditioning Program, *Austin, TX* (Apr 2015)
Michael Johnson Performance Training Center Visit; *Frisco, TX* (Jan 2015)

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

National Aeronautics and Space Administration Training Laboratory; *Houston, TX* (Dec 2014)
Radford University Strength and Conditioning Program; *Radford, VA* (Fall 2013)
Baylor University Athletic Performance Program (Internship); *Waco, TX* (Summer 2013)
Donnie Thompson Strength and Conditioning/Mobility Presentation; *Waco, TX* (Jul 2013)
University of Missouri Athletic Performance Program; *Columbia, MO* (Jun 2013)
Wake Forest University Sport Performance Program; *Winston-Salem, NC* (Apr 2013)
University of Toledo Strength and Conditioning Program; *Toledo, OH* (Feb 2013)
Valdosta State Athletic Performance Program; *Valdosta, GA* (Feb 2013)
University of Tennessee Strength and Conditioning Program; *Knoxville, TN* (March 2012)
Morehead State University Strength and Conditioning Program; *Morehead, KY* (Mar 2012)
The Ohio State University Strength and Conditioning Program; *Columbus, OH* (Mar 2012)
Wake Forest University Sport Performance Program; *Winston-Salem, NC* (Jan 2012)
Virginia Tech Strength and Conditioning Program; *Blacksburg, VA* (Dec 2011)
Denison University Strength and Conditioning Program; *Denison, OH* (Jun 2011)
University of Michigan Strength and Conditioning Program; *Ann Arbor, MI* (Jul 2010)
West Virginia University Strength and Conditioning Program; *Morgantown, WV* (Aug 2009)

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

TEACHING AND PROFESSIONAL SERVICE

Specific Teaching Competency Areas

- Physical Activity, Health, & Wellness
- Athlete Specific Wellness and Health Promotion
- Athlete Monitoring
- Introductory Sport Psychology in Authentic Environments
- Athletic Coaching Education
- Strength and Conditioning
- Exercise Physiology
- Sport Movement Analysis
- Statistics/Research Methods
- Physical Education Pedagogy/Supervision
- Behavioral Analysis
- Technology in Sport and Physical Education
- Fitness/Basic Instruction Courses

Teaching Responsibilities at Baylor University (Graduate):

Course	Title	Semester & Year	Credits	Enrollment
HHPR-5355	Periodization in Training	Spring 2017	3	8
HHPR-5355	Periodization in Training	Spring 2018	3	6
HHPR-5355	Periodization in Training	Spring 2019	3	10

Teaching Responsibilities at Emory & Henry College (Undergraduate):

Course	Title	Semester & Year	Credits	Enrollment
PHED-136	Physical Fitness & Cond.	Spring 2013	.5	19
ETLA-103	Lifetime Wellness	Fall 2013	1	15

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Teaching Responsibilities at West Virginia University:

*** Denotes Lecture Course

Course	Title	Semester & Year	Credits	Enrollment
ACE 106***	Introduction to Coaching***	Fall 2009	1	38
ACE 168***	Introduction to Officiating***	Fall 2009	2	33
PE 170-001	Volleyball	Spring 2010	1	20
PE 170-004	Volleyball	Spring 2010	1	19
PE 187-002	Golf	Spring 2010	1	20
PE 164-004	Weight Training	Spring 2010	1	25
PE 130-001	Flag Football	Spring 2010	1	28
PE 159-001	Soccer	Summer 2010	1	6
ACE 256***	Prin/Prob in Coaching***	Fall 2010	3	62
ACE 106***	Introduction to Coaching***	Fall 2010	1	40
PET 339	Teaching Volleyball	Fall 2010	1	20
PE 170	Volleyball	Fall 2010	1	20
PE 460	Teaching Tennis	Spring 2011	2	17
PE 130	Flag Football	Spring 2011	1	28
PE 160	Tennis	Spring 2011	1	40
ACE 364***	Tech of Coaching Football***	Summer 2011	2	8
PE 170	Volleyball	Fall 2011	1	25
ACE 365***	Tech of Coaching Baseball***	Fall 2011	2	19
ACE 450***	Career Planning in Sport***	Fall 2011	3	12
ACE 106***	Introduction to Coaching***	Spring 2012	2	18
ACE 293***	Tech of Coaching Lacrosse***	Spring 2012	1	8

Teacher Assistant Responsibilities at West Virginia University:

Course	Title	Semester & Year	Credits	Enrollment
ACE 256***	Prin/Prob in Coaching***	Spring 2010	3	62
PET 485***	Supervision in Phys Ed. ***	Summer 2010	1	19

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Assistant in Creating Online Course at West Virginia University:

Course	Title	Semester & Year	Credits	Enrollment
PET 175	Motor Development	Spring 2010	3	N/A

Invited Class Presentations:

Baylor Athletic Performance Staff (2018). Introduction to Athletic Performance. *Baylor University – Graduate HHPR Course*

Baylor Athletic Performance Staff (2017). Introduction to Athletic Performance. *Baylor University – Graduate HHPR Course*

Baylor Athletic Performance Staff (2016). Introduction to Athletic Performance. *Baylor University – Graduate HHPR Course*

Baylor Athletic Performance Staff (2015). Introduction to Athletic Performance. *Baylor University – Graduate HHPR Course*

Baylor Athletic Performance Staff (2014). Introduction to Athletic Performance. *Baylor University – Graduate HHPR Course*

Nelson, J.G. (2012). Biomechanical properties of balance and stability concepts in a sport setting: Implications for coaches. *West Virginia University – Undergraduate Course*

Nelson, J.G. (2012). Biomechanical concepts in plyometric exercises in a strength and conditioning setting. *West Virginia University – Graduate Seminar*

Nelson, J.G. (2011). Introduction to sport nutrition for coaches. *West Virginia University – Undergraduate Course*

Nelson, J.G. (2011). Educating coaches and athletes about ergogenic aids in sports. *West Virginia University – Undergraduate Course*

Nelson, J.G. (2010). Using video technology to supplement instruction and feedback in sport. *West Virginia University – Undergraduate Course*

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

OTHER ATHLETIC EXPERIENCES, ACTIVITIES & HONORS

Athletics and Activities:

2007-2009 Student-Athlete Advisory Committee (SAAC) Representative, *Emory & Henry College*
Fall 2008 Search Committee for Athletic Director; Athlete Representative, *Emory & Henry College*
2006-2009 Sigma Iota Social Fraternity (President 2009; Treasurer 2007), *Emory & Henry College*
2005-2009 Fellowship of Christian Athletes (FCA), *Emory & Henry College*
2005-2009 Varsity Baseball (4 year letter winner), *Emory & Henry College*

Awards and Honors:

2017 Nominee for Outstanding Doctoral Student Award, *West Virginia University*
2009 Outstanding Student in Health & Physical Education, *Emory & Henry College*
2009 Academic Dean's List, *Emory & Henry College*
2007, 2009 Wasps "Hustle" Award Winner (Baseball), *Emory & Henry College*
2005-2009 Academic All-Conference, *Emory & Henry College; ODAC*
2005 High School Student-Athlete Sportsmanship Award, *Grayson County High (VA)*
1993-2005 Perfect attendance K-12 education, *Carroll County/Grayson County Public Schools (VA)*

Additional Professional Experiences: *Currently Active

Aug 2018* Junior Park Ranger, *Rocky Mountain National Park, Estes Park, CO*
Jan 2018* Junior Park Ranger, *Waco Mammoth National Monument, Waco, TX*
Dec 2017* Associate Member, *Central Texas Astronomical Society, Waco, TX*
Oct 2016* Texas License to Carry Handgun, *Texas Department of Public Safety, Waco, TX*
Mar 2016 Invited Guest at SpaceX Rocket Facility for SES-9 Launch to ISS, *Cape Canaveral, FL*
Dec 2015 Invited Guest at SpaceX Rocket Facility for Experimental Booster Landing, *McGregor, TX*
Dec 2014 Invited Guest at NASA Mission Control Center for ISS Astronaut Wakeup, *Houston, TX*
May 2013 Recruited for Emory & Henry College at Appalachian Trail Days, *Damascus, VA*
Jan 2011 Invited Tryout and Interview for Wisp Resort Ski Patrol, *McHenry, MD*

JOSHUA G. NELSON, Ed.D., SCCC, CSCS, USAW

Additional Interests:

- Studying Athletic Coaches
- Motor Learning
- Hiking, Backpacking, & Mountaineering
- Reading
- Traveling
- Skiing and Snowboarding
- Aerospace and Rocket Development Technology
- Impact of Altitude on Preparation and Competition
- Tactical Strength and Conditioning
- Munitions
- Electrotherapy and Athletic Performance