

Adam Hussain Ibrahim, Ph.D., CSCS, CISSN

Division of Kinesiology & Health

University of Wyoming

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Education

May 2025	Doctor of Philosophy: Kinesiology – Exercise Psychophysiology The University of Tennessee Knoxville, Knoxville, TN
May 2021	Master of Science: Exercise Science – Strength and Conditioning University of South Florida, Tampa, FL
May 2018	Bachelor of Science: Exercise Science University of South Florida, Tampa, FL

Employment

August 2025 – Current	Assistant Professor University of Wyoming, Laramie, WY
January 2020 – Current	Online Health and Fitness Coach Pro Physique, Tampa, FL
August 2021 – May 2025	Graduate Teaching Associate The University of Tennessee Knoxville, Knoxville, TN
January 2020 – May 2021	Graduate Teaching Assistant University of South Florida, Tampa, FL
December 2019 – May 2021	Head Varsity Basketball Coach Chasco Middle School, New Port Richey, FL
August 2018 – July 2019	Teacher- Exceptional Student Educator (ESE) Gulf High School, Port Richey, FL
May 2018 – June 2021	Personal Trainer Exercise Prescription, Lutz, FL

Awards and Honors

May 2025	Edward K. Capen Award
May 2025	Andy Kozar Graduate Research Scholarship
May 2023	Andy Kozar Graduate Research Scholarship

Research and Scholarly Activity

Internal Grants and Contracts

External Grants and Contracts

Submitted But Not Funded

1. Paula-Marie M. Ferrara (Lead PI), **Adam H. Ibrahim**, Kelley Strohacker, Jannika M. John, and Jacob J. Capin. Former College Athletes' Post-Sport Fitness and Exercise: A Convergent Mixed Methods Approach with Biographical Mapping. Association for Applied Sport Psychology Research Grant. Funded Requested: \$5000. Submitted April 2025.

Publications

Refereed Journal Articles

1. Hammert B., Katoka R., Vasenina E., **Ibrahim, A. H.**, & Buckner S. L., Sep. (2021) Is “Periodization Programming” Periodization or Programming? *Journal of Trainology*, 10(2), 20-24.
2. Vasenina, E., Kataoka, R., Hammert, W. B., **Ibrahim, A. H.**, Dankel, S. J., & Buckner, S. L., Jan. (2022). Examination of Changes in Echo Intensity Following Resistance Exercise Among Various Regions of Interest. *Clinical Physiology and Functional Imaging*, 42(1), 23–28. <https://doi.org/10.1111/cpf.12731>
3. Kataoka, R., Vasenina, E., Hammert, W. B., **Ibrahim, A. H.**, Dankel, S. J., & Buckner, S. L., Jan. (2022). Is there Evidence for the Suggestion that Fatigue Accumulates following Resistance Exercise?. *Sports Medicine (Auckland, N.Z.)*, 52(1), 25–36. <https://doi.org/10.1007/s40279-021-01572-0>
4. Kataoka, R., Vasenina, E., Hammert, W. B., **Ibrahim, A. H.**, Dankel, S. J., & Buckner, S. L., Mar. (2022). Muscle Growth Adaptations to High-Load Training and Low-Load Training with Blood Flow Restriction in Calf Muscles. *European Journal of Applied Physiology*, 122(3), 623–634. <https://doi.org/10.1007/s00421-021-04862-7>
5. Vasenina, E., Kataoka, R., Hammert, W. B., **Ibrahim, A. H.**, & Buckner, S. L., Mar. (2022). The Acute Muscular Response Following a Novel Form of Pulsed Direct Current Stimulation (Neubie) or Traditional Resistance Exercise. *Journal of Musculoskeletal & Neuronal Interactions*, 22(3), 336–345.
6. Strohacker K, Sudeck G., Keegan R, **Ibrahim A. H.**, Beaumont C. T., May (2024). Contextualizing Flexible Nonlinear Periodization as a Person-Adaptive Behavioral Model for Exercise Maintenance. *Health Psychology Review*, 18(2), 285-298. <https://doi.org/10.1080/17437199.2023.2233592>
7. **Ibrahim, A. H.**, Beaumont C. T., Strohacker K., Mar. (2024). Implementing Meta-Session Autoregulation Strategies for Exercise – A Scoping Review. *International Journal of Exercise Science*, 17(5), 382-404.
8. **Ibrahim, A.H.**, Beaumont, C. T., & Strohacker, K., Apr. (2024). Exploring Regular Exercisers' Experiences with Readiness/Recovery Scores Produced by Wearable Devices: A Descriptive Qualitative Study. *Applied Psychophysiology & Biofeedback*, 1-11. <https://doi.org/10.1007/s10484-024-09645-2>
9. Strohacker K., Sudeck G., **Ibrahim A. H.**, Keegan R. Jul. (2024) Exploring Person-Specific Associations of Situational Motivation and Readiness with Leisure-Time Physical Activity Effort and Experience. *PLoS One* 19(7): e0307369. <https://doi.org/10.1371/journal.pone.0307369>

10. Caputo, J. L., **Ibrahim A. H.**, Davis, D. W., Stone, W. J., Garver M. J., Johnson S. J. Editorial Polices on Artificial Intelligence in Sports Science: Balancing Innovation and Ethical Standards. *Kinesiology Review*. <https://doi.org/10.1123/kr.2025-0010>
11. Ibrahim, Adam H., John, Jannika M., Miller, Shelby, Plaut, Natalie, & Strohacker. Kelley. (2025). Enhancing Client Onboarding with Biographical Mapping: Reflections Based on Piloted Procedures. *Case Studies in Sport and Performance Psychology*. Advance online publication. <https://doi.org/10.1123/csspp.2025-0008>.

Manuscripts in Review

1. **Ibrahim, A. H.**, Beaumont C. T., Strohacker K. “The More You Give the Wearable, the More it Gives You”: How Regular Exercisers Experience Readiness and Recovery Scores. *Submitted to Applied Psychophysiology & Biofeedback in March 2025*
2. Strohacker K., **Ibrahim, A. H.**, Beaumont C. T., John M. J., Blanton J., Coe P. D. Exploring Regular and Non-Regular Exercisers’ Fidelity to Person-Adaptive Exercise Procedures During a Two-Week Microcycle: A Mixed Method Study of Flexible Nonlinear Periodization. *Submitted to Jornal of Sport & Exercise Psychology July 2025*
3. Strohacker K., Sudeck G., **Ibrahim, A. H.**, Springer C., Keegan R. Active Adults Engagement with Event-Based Ecological Momentary Assessments of Purposeful Physical Activity over Ten Weeks. *Submitted to German Journal of Exercise and Sports Research in October 2025*
4. **Ibrahim, A. H.**, Beaumont C. T., John M. J., Blanton J., Coe P. D., Strohacker K. “Good in Theory. Good in Practice”: Exploring the Social Validity of Modified Flexible Nonlinear Periodization Following Participant Engagement. *Submitted to International Jornal of Sports Science & Coaching Psychology in October 2025*
5. **Ibrahim, A. H.**, Beaumont C. T., John M. J., Blanton J., Coe P. D., Strohacker K. “I’ve Never Had Anyone Listen to My Story Like That”: Understanding the Social Validity of Biographical Mapping as a Foundation for Personalized Exercise Programming. *Submitted to Psychology of Sport and Exercise in October 2025*

Manuscripts in Preparation

1. Stone, W., Garver M. J., **Ibrahim A. H.**, Caputo, J. L., Davis, D. W., Johnson S. J., Navalta W. J. From Policy to Practice: Editorial Leadership in the Age of AI-Assisted Science. *Submission Planned for Fall 2025*.
2. Siedler M., Mastofini,G., Heilesen J., Humphries M., Waddell B., Brooks A., **Ibrahim, A. H.**, Korte S., Gonzalez A., Hanson A., Campbell B., The Effects of Peri-Workout Timing on Muscular Strength and Hypertrophy when Supplementation is Matched: A Systematic Review of Randomized Controlled Trials. *Previously submitted to British Journal of Nutrition. Resubmission planned for Fall 2025*.
3. Books A., Quint J., **Ibrahim A. H.**, Smith T., Dankel S., Mastrofini G., Waddell B., Gegenheimer J., Fay N., Bishop S., Siedler M., Mathas D., Lamadrid P., Callahan K., San Filippo G., Campbell C., Rapid Fat Loss Strategies to Maintain Fat-Free Mass in Resistance-Trained Males and Females. *Previously submitted to Sports Medicine and Nutrition. Resubmission planned for Fall 2025*.
4. **Ibrahim, A. H.**, Sudeck G., Pfeifer K., Schmid J., Miller S., Plaut N., Schindler E., Zakrajsek R., Strohacker K. Translation, Cultural Adaption, and Psychometric Validation of the Physical Activity-Related Health Competence Questionnaire for the English-Speaking Population. *Submission Planned for Fall 2025*.

5. **Ibrahim, A. H.**, & Kilgore C. Exploring the Role of Hands-On Laboratory Learning in Exercise Physiology: A Semester Long Analysis. *Submission Planned for Summer 2026*.

Peer-Reviewed Abstracts and Conference Presentations

International Presentations

1. **Ibrahim, A. H.**, Beaumont T. C., Cain L. K., Strohacker K. Uncovering Exercise Preferences and Past Experiences: A Biographical Mapping Approach. Oral presentation at the *International Congress of Qualitative Inquiry*, Champaign, IL, May 2024.
2. Stevenson M. & **Ibrahim, A. H.** “I Didn’t Know You Could Get a Ph.D. In That”: A Dual Narrative of Two Divergent Scholars. Oral presentation at the *International Congress of Qualitative Inquiry*, Champaign, IL, May 2024.
3. Keegan R, Sudeck G., **Ibrahim A.H.**, Strohacker K. Researching Leisure-Time Physical Activity: Should I Seek a Large Cross-Sectional Sample, or Follow Only a Few People Closely Over Time? Poster session presented at the *European Congress of Sport and Exercise Psychology*, Innsbruck, Austria July 2024.

National Presentations

1. Campbell, B., Aguilar D., Colenso-Semple L., Hartke K., Gai C., Gorman, J., **Ibrahim, A. H.**, Baker B. The Effects of Intermittent Carbohydrate Re-Feeds vs. Continuous Dieting on Body Composition in Resistance Trained Individuals: A Flexible Dieting Study. *Journal of the International Society Sports Nutrition* (2018) 15;1S:37. Poster session presented at the *Fifteenth International Society of Sports Nutrition Conference and Expo.*, Clearwater, FL, June 2018.
2. Siedler M., Mastofini, G., Brooks A., Quint J., **Ibrahim, A. H.**, Mathas D., Smith T., Fay N., Rogers J. The effects of moderate intermittent versus continuous energy restriction on body composition on hunger and eating behaviors in resistance-trained females: A randomized controlled trail. *Journal of the International Society Sports Nutrition* (2020) 17;2S:59. Poster session presented at the *Seventeenth International Society of Sports Nutrition Conference and Expo.*, Daytona Beach, FL, September 2020.
3. Quint J., **Ibrahim, A. H.**, Mastofini G., Lamadrid P., Waddell B., Gonzales A., Tarr L., Rogers J., Klahr D., Callahan K., Miller H., Schaucair D., Brooks A., A comparison between BIA and A-mode ultrasound technology for assessing body composition changes in resistance-trained individuals undergoing short-term calorie restriction. *Journal of the International Society Sports Nutrition* (2020) 17;2S:60. Poster session presented at the *Seventeenth International Society of Sports Nutrition Conference and Expo.*, Daytona Beach, FL, September 2020.
4. **Ibrahim, A. H.**, Brooks A., Smith T., Campbell C., Resting Metabolic Rate in Resistance-Trained Males and Females Aged 18-49: A Piloted Prediction Equation. *Medicine & Science in Sports & Exercise* (2022) 54;9S:584. Poster session presented at the *Annual Meeting of the American College of Sports Medicine*, San Diego, CA, May 2022.
5. Beaumont C., **Ibrahim, A. H.**, Strohacker K. Determining the Dimensionality of Readiness-to-Exercise in Adults Preparing to Engage in Resistance Exercise. *Medicine & Science in Sports & Exercise* (2022) 54;9S:123. Poster session presented at the *Annual Meeting of the American College of Sports Medicine*, San Diego, CA, May 2022.

6. Hammert B., Kataoka R., Vasenina E., **Ibrahim, A. H.**, Buckner S. Muscle Growth Adaptations to High-load Training and Low-load Training with Blood Flow Restriction in Calf Muscles. *Medicine & Science in Sports & Exercise* (2022) 54;9S:385. Poster session presented at the *Annual Meeting of the American College of Sports Medicine*, San Diego, CA, May 2022.
7. **Ibrahim A. H.**, Beaumont C. T., Fleming J. K., Coe D. P., Larsen J. T., Strohacker K., Perceptions of Personalized Readiness-to-Exercise Profiles Determined Using 21-Day Ecological Momentary Assessment Data. *Medicine and Science in Sports & Exercise* (2023) 55;9S:274. Poster Presentation at the *Annual Meeting of the American College of Sports Medicine*, Denver, CO, May 2023.
8. Ferrara P. Kowalski A., Rosiek S., **Ibrahim A. H.**, Temporal Changes to Fitness Perceptions and Exercise Satisfaction of Former High School Athlete's Entering College. *Medicine and Science in Sports & Exercise* (2023) 55;9S:269. Poster Presentation at the *Annual Meeting of the American College of Sports Medicine*, Denver, CO, May 2023.
9. Strohacker K., **Ibrahim A. H.**, Springer C., Keegan R., Sudeck G., Exploring Ergodicity of Associations Between Pre-Exercise Readiness and Exercise-Related Effort and Affective Experience. *Medicine and Science in Sports & Exercise* (2023) 55;9S:690-691. Thematic Poster Presentation at the *Annual Meeting of the American College of Sports Medicine*, Denver, CO, May 2023.
10. **Ibrahim, A. H.**, Beaumont C. T., Strohacker K. Exploring Regular Exercisers' Experiences with Readiness/Recovery Scores Produced by Wearable Devices: A Descriptive Qualitative Study. Poster Presentation at the *Annual Meeting of the American College of Sports Medicine*, Boston, MA, May 2024.
11. Mayfield E. K., **Ibrahim, A. H.**, Sudeck G., Strohacker K. Comparison of Participants' Reported Timing of Ecological Momentary Assessments of Physical Activity with Survey Meta-Data. Poster Presentation at the *Annual Meeting of the American College of Sports Medicine*, Boston, MA, May 2024.
12. Strohacker K., Sudeck G., **Ibrahim A. H.**, Keegan R. Interpreting Person-Specific and Variable-Centered Relationships Between Readiness States and Affective Valence During Leisure-Time Physical Activity. Oral presentation at the *North American Society for the Psychology for Sport and Physical Activity Annual Conference*, New Orleans, LA, June 2024.
13. Strohacker K., **Ibrahim, A. H.**, John J. M., Beaumont C. T., Blanton J. E., Coe D. P. Regular and non-regular exercisers' engagement with person-adaptive exercise programming: Exploring fidelity and social validity. *Journal of Sport and Exercise Psychology* (2025). Accepted for Oral Presentation at the *North American Society for the Psychology for Sport and Physical Activity Annual Conference*, South Lake Tahoe, CA, June 2025
14. **Ibrahim, A. H.**, John J. M., Beaumont C. T., Blanton J. E., Coe D. P., Strohacker K. "I've never had anyone listen to my story like that": Exploring the social validity of biographical mapping as a foundation for personalized exercise programming. *Journal of Sport and Exercise Psychology* (2025) Accepted for Poster Presentation at the *North American Society for the Psychology for Sport and Physical Activity Annual Conference*, South Lake Tahoe, CA, June 2025

Regional or State Presentations

1. **Ibrahim, A. H.**, Brooks A., Smith T., Springer C., Campbell C., Resting Metabolic Rate in Resistance-Trained Males and Females Aged 18-49: A Piloted Prediction Equation. Poster session presented at the *Annual Meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC, February 2022.

2. Beaumont C. T., **Ibrahim, A. H.**, Strohacker K. Exploring Readiness-To-Exercise in Adults Preceding an Acute Bout of Resistance Exercise. Poster session presented at the *Annual Meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC, February 2022.
3. **Ibrahim, A. H.**, Beaumont C. T., Fleming J., Coe D., Larsen J., Strohacker K. Perceptions of Personalized Readiness-to-Exercise Profiles Determined Using 21-Day Ecological Momentary Assessment Data. Poster session presented at the *Annual Meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC, February 2023.
4. Rosiek S., Kowalski A., **Ibrahim, A. H.**, Ferrara P. Temporal Qualitative Analysis of Former High School Athlete's Exercise Satisfaction During Their Freshman Year of College. Poster session presented at the *Midwest Sport and Exercise Psychology Symposium*, Muncie, IN, February 2023.
5. Kowalski A., Rosiek S., **Ibrahim, A. H.**, Ferrara P. Temporal Qualitative Analysis of Former High School Athlete's Exercise Perceived Fitness During Their Freshman Year of College. Poster session presented at the *Midwest Sport and Exercise Psychology Symposium*, Muncie, IN, February 2023.
6. **Ibrahim, A. H.**, Beaumont C. T., Strohacker K., Exploring Incongruency Between Subjective and Wearable-derived Readiness States. Oral presentation presented at the *Midwest Sport and Exercise Psychology Symposium*, Muncie, IN, February 2023.
7. **Ibrahim, A. H.**, Beaumont C. T., Strohacker K., "The More You Give the Wearable, the More it Gives You": How Regular Exercisers Experience Readiness and Recovery Scores. Oral presentation presented at the *Midwest Sport and Exercise Psychology Symposium*, Holland, MI, February 2024.
8. **Ibrahim, A. H.**, Beaumont C. T., Strohacker K. Exploring Regular Exercisers' Experiences with Readiness/Recovery Scores Produced by Wearable Devices: A Descriptive Qualitative Study. Oral presentation at the *Annual Meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC, February 2024.
9. Mayfield E. K., **Ibrahim, A. H.**, Sudeck G., Strohacker K. Comparison of Participants' Reported Timing of Ecological Momentary Assessments of Physical Activity with Survey Meta-Data. Poster session presented at the *Annual Meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC, February 2024.
10. **Ibrahim, A. H.**, Beaumont C. T., Strohacker K., "The More You Give the Wearable, the More it Gives You": How Regular Exercisers Experience Readiness and Recovery Scores. Thematic Poster Presentation presented at the *Annual Meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC, February 2025.
11. Bautista J., Sudeck G., **Ibrahim, A. H.**, Keegan R., Strohacker K. Exploring Effects of Retrospective reporting Within Ecological Momentary Assessment Research in Physical Activity-Readiness and Perception. Poster session presented at the *Annual Meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC, February 2025.
12. Plaut N., **Ibrahim, A. H.**, Sudeck G., Pfeifer K., Schmid J., Schindler E., Zakrajsek R., Strohacker K. Translation and Cultural Adaptation of the Physical Activity-Related Health Competence Questionnaire for the English-Speaking Population. Poster session presented at the *Annual Meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC, February 2025.

Invited Talks

Teaching

Courses Taught

University of South Florida

APK 3120 Exercise Physiology Undergraduate

The University of Tennessee, Knoxville

KNS 480 Exercise Physiology Lab Undergraduate

KNS 200 Introduction to Kinesiology Undergraduate

PYED 226 Exercise and Nutrition Undergraduate

PYED 231 Walking and Flexibility Undergraduate

PYED 252 Weight Training Undergraduate

University of Wyoming

KNS 4029 Methods of Strength & Conditioning Undergraduate

Invited Guest Lectures

Course Title; Lecture Title	University	Faculty Instructor	Date
PET 3312: Ethics in Sport and Exercise Psychology; The Biomechanics for the Squat, Bench, and Deadlift	University of South Florida, Tampa FL	Nic Martinez	September 7 th , 2020
PET 4088: Individualized Fitness Wellness Programming; The Principles of Resistance Training	University of South Florida, Tampa FL	Mo Chiodini	November 2 nd , 2020
PYED 252: Weight Training; The “Advanced” Squatting Seminar	The University of Tennessee, Knoxville, Knoxville TN	Joei Velten	April 28 th , 2022
KNS 565: Advanced Physiology of Exercise; Autoregulation within Exercise	The University of Tennessee, Knoxville, Knoxville TN	Dawn Coe	May 5 th , 2022
KNS 565: Advanced Physiology of Exercise; The Effects of Carbohydrate Intake on Strength and Resistance Training	The University of Tennessee, Knoxville, Knoxville TN	Dawn Coe	May 10 th , 2022
KNS 565: Advanced Physiology of Exercise; Diets They All Work	The University of Tennessee, Knoxville, Knoxville TN	Dawn Coe	April 18 th , 2023
KNS 565: Advanced Physiology of Exercise; Strategies to Improve Dietary Adherence	The University of Tennessee, Knoxville, Knoxville TN	Dawn Coe	April 20 th , 2023

PYED 237: Stress Management; Building Exercise Programs on a Spectrum with Biographical Mapping	The University of Tennessee, Knoxville, Knoxville TN	Shelby Miller	October 15 th , 2023
KNS 480: Physiology of Exercise; Exercise Metabolism	The University of Tennessee, Knoxville, Knoxville TN	Dawn Coe	February 7 th , 2024
KNS 480: Physiology of Exercise; Skeletal Muscle	The University of Tennessee, Knoxville, Knoxville TN	Dawn Coe	March 18 th & 20 th , 2024
KNS 480: Physiology of Exercise; Cardiovascular System	The University of Tennessee, Knoxville, Knoxville TN	Dawn Coe	April 8 th & 10 th , 2024
KNS: Lifetime Physical Fitness; Building Exercise Programs on a Spectrum with Biographical Mapping	The University of Tennessee, Knoxville, Knoxville TN	Morgan Findley	November 15 th , 2024

Service

Institutional Services

University of South Florida

- President, Alliance of Health Fitness Professionals (2016 – 2018)
- President, Future Physical Therapist Organization (2016 – 2018)
- Treasurer, Physique Science Club (2019 – 2021)
- Vice President, Powerlifting Club (2016 – 2021)

The University of Tennessee, Knoxville

- Member, Student Advisory Board (2023 – 2025)
- Student Representative, Physical Activity Epidemiology Tenure-Track Faculty Search Committee (2023-2024)

Disciplinary Service

- Professional Memberships

<i>National Strength and Conditioning Association</i>	2017 – Present
<i>International Society of Sports Nutrition</i>	2017 – Present
<i>American College of Sports Medicine</i>	2021 – Present
<i>American College of Sports Medicine, Southeast Chapter</i>	2021 – Present
<i>North America Society for the Psychology of Sport and Physical Activity</i>	2024 – Present
- Committee Chair of Student Affairs, National American College of Sports Medicine (2025 – 2027)
- Research Dissemination Lead, Applied Psychologist in Physical Activity Network (2025 – 2027)

- Student Representative, Southeast Regional Chapter of the American College of Sports Medicine (2023 – 2025)
- Student Affairs Committee Member, National American College of Sports Medicine (2023 – 2025)
- Student Editorial Board Member, International Journal of Exercise Science (2023 – 2025)
- Psychology and Behavior Section Editor, International Journal of Exercise Science (2023 – Current)
- Peer Reviewer, International Journal of Exercise Science (3 papers)
- Peer Reviewer, Communications in Kinesiology (1 paper)
- Student Reviewer, American College of Sports Medicine, Southeast Chapter (30 abstracts)

Community Service

- Professional Speaker, University of Cincinnati Fitness & Wellness Training Session, “Advancing Personal Training Using Exercise Psychology, Person-Specific Perspectives, and Resource-Responsive Exercise Programming.” (January 2025)

Certifications

August 2024	Qualitative Research Methods in Education Graduate Certificate The University of Tennessee Knoxville
May 2023 – Current	Certified Sports Nutritionist from the International Society of Sports Nutrition International Society of Sports Nutrition
December 2022	Center for the Integration of Research Teaching and Learning Scholar Certification The University of Tennessee Knoxville
July 2021 – Current	CITI Program: Social and Behavioral Research Practices for Clinical Research Institutional Review Board
January 2020 – Current	CITI Program: Human Research Biomedical Investigators Institutional Review Board
May 2018 – Current	Certified Strength and Conditioning Specialist National Strength and Conditioning Association
January 2018 – Current	CPR/AED and First Aid American Red Cross

Media Engagements

Podcast	Episode Title	Role	Date
All the Smoke on Strength and Physique	-	Host	-

The Pro Physique Code	Choose Your Adventure: Intelligent Program Design Using Self-Identified Needs and Behaviors	Guest	May 2025
The Pro Physique Code	The Science of Exercise Selection	Guest	November 2024
Armor Radio	Episode 57 Exploring Regular Exerciser's Experiences with Wearable Devices	Guest	August 2024
The Pro Physique Code	Are You Driven for the Right Reasons?	Guest	August 2024
The Pro Physique Code	Wearable Devices	Guest	November 2023
Armor Radio	Episode 11 with Adam Ibrahim	Guest	August 2023
LoCo Fit Round Table	Readiness and Recovery	Guest	March 2023
The Pro Physique Code	Is There Value in Getting Your Body Fat Percent?	Guest	August 2021
SWIFT Podcast	Episode 23 with Adam Ibrahim	Guest	August 2021
Emotion-full Podcast	Psychology of Strength and Life Journey	Guest	August 2021
Hey Coach Radio	Setting up a Strength Training Program	Guest	June 2021
The Pro Physique Code	Training Strategies: Dieting vs. Building	Guest	May 2021
Strength Rehab Podcast	Food is Culture. Culture is Life.	Guest	September 2020
Tampa Home Talk	How to Make a New Year Resolution a New You	Guest	December 2019
Strength Rehab Podcast	Sticking to the Basics	Guest	October 2019