

Ronald H. Jones Jr.

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- Objective** Use my background in health and fitness to promote wellness, life-long physical activity, and increased quality of life for diverse populations.
- Education** **CSU, Northridge** (2001-2003) GPA: 3.63
MS Kinesiology (Sport/Exercise Psychology subdiscipline)
Point Loma University (1998-2000) GPA: 4.0
California Clear Secondary Teaching Credential
CSU, Bakersfield (1995-1997) GPA: 3.72
BA Physical Education/English (Double Major)
Bakersfield College (1990-1993)
- Certifications** **Georgia Professional Standards Commission**
(Secondary Educator Certificate)
California Commission on Teacher Credentialing
(Secondary: Physical Education, Health Science, English)
Cross-Cultural, Language, & Academic Development Certificate
American College of Sports Medicine (ACSM)
(Health/Fitness Instructor , CEQ Older Adults & Exercise)
Wellcoaches.Com/ACSM
(Licensed Corporate Wellcoach)
- Professional Organizations** American College of Sports Medicine/ACSM; League of American Bicyclists/LAB; National Academy of Sports Medicine; National Strength & Conditioning Association/NSCA; Reebok Alliance for Fitness Professionals; USA Cycling; Wellcoaches Organization.
- Corporate Wellcoach (2003-Present)** Designed and currently implementing corporate wellness process for major industrial oil company of 1,100 employees and their families in eight different regional locations with diverse populations of corporate and industrial workers in on-shore and off-shore ocean platform locations. Work closely with CEO and Senior Vice Presidents, Managers of Operation, and Environmental Health & Safety Supervisors to reduce injuries and increase worker productivity through one-on-one sessions coaching sessions, one-on-one fitness program sessions, group fitness sessions, meeting presentations, internal and external websites, and company events.
- Consulting, Training, and Wellness Coaching** **Health/Fitness Instructor, Licensed Corporate Wellcoach, Health Consultant (1997-Present).** Health/Fitness consultant and fitness spokesperson for Boys and Girls Club after-school fitness program provided by community service grant; Licensed Corporate Wellness Coach for adult clients and behavior change *(recently completed corporate project where I taught pre-work exercises to 300 industrial employees to help reduce injuries and increase worker productivity); personal trainer for youth and adult athletes; created and operated summer cross country camp for teens; created and hosted Health/Fitness radio talk show that was on local radio for one year; co-facilitated group therapy training with licensed family counselor to teach

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autistic children socialization through fitness play and physical skill activities; co-facilitated group therapy training with licensed family counselor to train pre-menopausal obese women.

Teaching Experience

Bakersfield Community College/Physical Education Department, Health/Fitness Instructor (1997-2004). Responsibilities included developing sport specific weight training and nutrition programs for B.C. athletes, head fitness conditioning coach for pre-season collegiate football; fitness conditioning consultant for collegiate basketball conditioning; supervise students and senior citizens in Shape-Up Wellness Program, perform fitness evaluations, provide nutritional consulting and develop nutritional lectures, instruct students and seniors on current health/fitness issues; taught health education; complemented for accurate knowledge, presentation skills on health-related topics, and organization; created health-oriented website to provide health & fitness information to students and community.

Kern County Superintendent of Schools/PE & Health Teacher (2002-2003). Taught holistic health through foundation of wellness; functional fitness through lifetime activities and team sports; *strong emphasis on students learning to be educated consumers* to better access information and use technology to increase health and fitness knowledge.

Kern County Superintendent of Schools/Program Specialist (2000-2002). Organized and administered large state grant program for bicycle and pedestrian safety; provided education and safety/health resources to local, regional, and national elementary, middle, senior high schools and their district administrations; helped organize Safe Routes to School Committee that was awarded \$895,000 to improve school access safety; collaborated with numerous organizations and agencies such as city council, board of supervisors, congressional staff, businesses, community based organizations, city/county traffic engineering departments, and law enforcement; provided resources and collaborated with state agencies such as California Bicycle Coalition, California Department of Health Services, and Marin County Bicycle Coalition; presented safety curriculum/program history to the California Office of Traffic Safety State Traffic Summit and League of American Bicyclists National Bike Leaders Conference; worked extensively with local and regional television, newspaper, and radio media to promote bicycle safety/advocacy and community health; created safety and health educational website for schools and community; co-founded South Valley Bicycle Coalition; helped organize and coordinate 2002 USA Masters National Cycling Championships.

Kern High School District/Health & English Teacher (1999-2000). Taught grades 9-12 from general to college prep levels; assisted staff with WASC Accreditation; assisted student-athletes with nutrition, fitness training, & sport psychology; developed school health/fitness newsletter for Health Careers Academy.

Kern County Department of Public Health/Health Promotion & Public Information Health Education Assistant (1998-1999). Plan and implement HIV/AIDS prevention instruction to high-risk youth groups (i.e. juvenile hall, continuation and community schools, substance abuse programs); co-plan and participate in World AIDS Day events; produced,

coordinated, and co-hosted “Health Dudes” radio show to kick off “Public Health Week” which collaborated students at all grade levels in a *service/community-based learning project* on a wide variety of health topics; networked with numerous community agencies and services; participated in various planning groups, committees, and community collaboratives; specialized training in peer education training, youth violence prevention, and HIV test counseling; assisted with grant review process for new funding cycle; praised for organization skills and creativity in diverse learning environments.

Sport Coaching Experience

Pepperdine University Cross Country & Track (2006-2007)

Fitness Conditioning Coach.

Bakersfield College Football (2004)

Fitness Conditioning Coach.

Team Brazil (1997) Sao Paulo, Brazil.

Sports Nutrition Consultant, Fitness Training Advisor, and Team Coordinator/US Business Manager for Race Across America Cycling Team.

Arete' Cross Country Summer Running Camp (1997)

Owner/Personal Trainer/Coach, developed youth distance running and sport specific weight training program for junior high and high school athletes.

Centennial High School (1996-1997)

Head Cross County Coach, Assistant Track Coach.

Bakersfield College Track & Field (1996)

Assistant Coach for Men's Track Team.

Academic Awards

2001 English Major's Hall of Fame (CSUB)

1998 Who's Who Among American Universities & Colleges

1997 Magna Cum Laude CSU Undergraduate (3.72)

1996 Sigma Tau Delta National English Honor Society

1996 CSU, Bakersfield English Department Scholarship

1995 Alpha Chi National Scholastic Honor Society

1993 President's Re-Entry Scholar

Athletic Honors

2004 Furnace Creek 508 Ultra Cycling Hall of Fame

1998 Furnace Creek 508 Ultra-Endurance Cycling Race

*Course Record (Men's Tandem)

1997 Furnace Creek 508 Ultra-Endurance Cycling Race

*Course Record (Mixed Team)

1996 Race Across America Cycling Team, 1st Place

*Transcontinental World Record

1995 Race Across America Cycling Team, 1st Place

1993 Western States Conference, Bakersfield College Men's Track and Field, 1st Place

1993 Western States Conference, Bakersfield College Men's Cross Country, 1st Place

1993 United States Biathlon Championships, 2nd Place

*All-American Status

1992 United States Biathlon Championships, 2nd Place

*All-American Status

1992 United States Cycling Federation District Championships

Time Trial, 1st Place (30-35)

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1992 United States Cycling Federation District Championships
Time Trial, 1st Place (Men's Tandem)
1991 Death Valley/Mt. Whitney Road Race, 1st Place
1990 United States Cycling Federation District Championships
Road Race, 2nd Place

**Community
Honors**

1997 Kern County "What a Night for Sports" Honored Guest
*Representative for Cycling
1995 Mayor's Proclamation of Recognition, City of Bakersfield
1995 Board of Supervisor's Honor Commendation, Kern County

References for Ronald H. Jones Jr.

Shane Frehlich, PhD (Professor, Thesis Advisor)
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William Whiting, PhD (Professor, Graduate Advisor)
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* Ron Jones (7.5.06)