

# Jacob Mayoral, MS, CSCS, NSCA-CPT, CES

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## Education

May 2025 – Current

**Doctor of Philosophy** in Kinesiology: Exercise Science, Concordia University, St. Paul

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

- Prepared students for NSCA certifications by teaching fitness assessment protocols and injury prevention strategies.
- Delivered lectures and labs focusing on biomechanical principles, strength training progression, and corrective exercise techniques
- Managed exercise physiology 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 230: Human Anatomy & Physiology I
  - 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
  - KIN 102: Foundations of Kinesiology

**Adjunct Professor**, Providence Christian College – Department of Health and Life Sciences

January 2026 – Current

Courses prepped and taught

- BIO 241: Anatomy & Physiology II – Lecture + Lab

**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 and fitness assessments 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 settings, ensuring safety and correct form
- Contributed to and oversaw the maintenance of a clean and well-organized studio

**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 the exercise physiology laboratory equipment
- Supervised undergraduate students in conducting fitness assessments, including VO2 max, anaerobic thresholds, and strength evaluations, to collect physiological and biomechanical data

**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
- Assisted with data collection and piloting for a firefighter landing mechanics study, focusing on biomechanical risk factors for lower extremity injuries

## Higher Education Service

*Azusa Pacific University*

August 2018 – Current

**Program Coordinator/Instructor**, Undergraduate Department of Kinesiology

- Department of Risk Management - Floor Coordinator

- School of Health Sciences Curriculum Committee – Committee Member
- 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

NSCA Certified Strength and Conditioning Specialist (CSCS)

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)

## **Professional Development**

2021 - SWACSM Conference Student poster presentation

2022 - SWACSM Conference Student poster presentation

2022 - SWNSCA Conference

2023 - NSCA National Conference

2024 - SWACSM Conference

2025 – SWACSM Conference