

David “DJ” Tripoli, MS, CSCS, FRCms, USAW
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EDUCATION:

- **M.S. | Sports Conditioning and Performance 2015 – 2017**
Southern Utah University | Cedar City, UT
- **B.A. | Kinesiology 2011 – 2013**
Whitworth University | Spokane, WA

EXPERIENCE:

- **Assistant Professor**
 - University of Mary Hardin-Baylor | Belton, TX
 - Aug. 2020 – Present
- **Adjunct Instructor; Strength Coach**
 - College of the Canyons | Santa Clarita, CA
 - Aug. 2017 – Present
- **Secondary Education Teacher**
 - Heritage Christian School | Northridge, CA
 - Aug. 2018 – May 2020
- **Sports Performance Coach**
 - Pepperdine University | Malibu, CA
 - Jan. 2016 – May 2017

TEACHING:

- **Courses Currently Taught**
 - EXAC 2110 Spinning
 - EXAC 2133 Weight Training
 - EXAC 2181 CruFIT Bootcamp
 - EXSS 2340 Intro to Exercise & Sport Science
 - EXSS 2353 Lifespan Nutrition
 - EXSS 3107 Advanced Cardiovascular Training
 - EXSS 3135 Advanced Resistance Training
- **Courses Previously Taught (All Institutions)**
 - KPEA 100A Beginning Physical Fitness Lab
 - KPEA 100B Advanced Physical Fitness Lab
 - KPEA 101A Beginning Weight Training
 - KPEA 101B Advanced Weight Training
 - KPEA 103 Cardio Cross-Training
 - KPEI 153 Off-Season Conditioning for Intercollegiate Sports
 - KPEI 245 Intercollegiate Baseball
 - KPEI 250 Intercollegiate Basketball
 - KPEI 275 Intercollegiate Softball
 - NC.HLTH 001 Adult/Ped CPR/First Aid/AED
 - NC.HLTH 002 Personal Trainer Certification Prep
 - Advanced Placement (AP) Biology
 - Biology
 - Physical Education
 - Sports Medicine

RESEARCH AND SCHOLARSHIP

➤ **Publications**

- **Tripoli, D.**, Larson, A, & DeBeliso, M. (2017). Is there a Post Activation Potentiation Effect on Submaximal Bench and Hex-bar Deadlift Tests? *European Journal of Physical Education and Sport Science*, 3(5), 76-93.

➤ **Scholarships**

- National High School Football Honor Society (2009)
- Whitworth University Kinesiology Department Scholarship (2012)

SERVICE

➤ **University, College or School, and Departmental Committees**

- Member, Search Committee for Head Strength Coach (2021)
- Member, Nomination Committee (2021)

➤ **Other University Service**

- Volunteer Sports Performance Coach, Women's Basketball Team (2021)

➤ **Off-Campus Service**

- Volunteer Program Design, UMHB soccer player (2021)
- Volunteer Program Design, UMHB student (2021)
- Volunteer Health Consult, UMHB student (2021)

CERTIFICATIONS:

➤ **National Strength and Conditioning Association**

- Certified Strength and Conditioning Specialist (2016 – Present)
- Certified Personal Trainer (2015 – Present)

➤ **Functional Anatomy Seminars**

- Functional Range Conditioning Mobility Specialist (2020 – Present)

➤ **National Sports Performance Association**

- Certified Program Design Specialist (2017 – Present)
- Certified Speed and Agility Coach (2017 – Present)

➤ **American Red Cross**

- Adult/Child First Aid/CPR/AED (2014 – Present)

➤ **USA Weightlifting**

- Level 1 Sports Performance Coach (2016 – Present)