

# **Ronald H. Jones, MS**

## ***SUMMARY OF QUALIFICATIONS***

- Provided subject matter expertise to network television on child obesity prevention and K-12 physical education to promote physical literacy and increased mental stability.
- Presented and implemented physical literacy and physical education instruction to pre-teens, high schools, adults, colleges, and medical schools.
- Presented and taught as coach, lecturer, expert council, and program design consultant to large corporations, universities, school districts, training equipment companies, national and international athletes and sport teams.
- Provided subject matter expertise for sport teams, universities, K-12 schools, and legal firms.
- Created Norm Hoffman Legacy Scholarship program and memorial for Bakersfield Community College.
- Earned California Secondary Clear Single Subject Credential in Physical Education, Health Science, and English.

## ***SKILLS AND ACCOMPLISHMENTS***

- Developed corporate wellness process with injury prevention and mental stability objective for employees and their family members.
- Provided educational and instructional data to medical university and assisted surgeons with brain-based exercise programming for improving movement quality and mental stability. Joined their medical team for professional conference presentation on health benefits of university wellness programming.
- Technology diversity in web and graphics concept design, website administration, digital podcast recording and posting, AM radio show content research and show host, videography and editing, photography, and written content in form of handouts, workbooks, and blog posts.
- Assisted network television with historical research and exercise science for technical feature stories on child obesity prevention and promotion of physical education to increase physical literacy and improve mental stability.

## ***EMPLOYMENT HISTORY***

**Learn4Life** (2017-Present)

*Supervising Teacher/Highly Qualified Teacher*

- Assist with state-mandated physical education testing process that includes technical exercise instruction and test monitoring.
- Provide scaffolding to adjust physical education and health curriculum for high-risk youth.
- Provide academic planning and subject matter instruction on English, PE, and health for high-risk youth in independent study charter school.

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## **ProConsul (2010-Present)**

### *Legal Expert Witness*

- Provide expert opinions and research for law firms on exercise-related lawsuits for plaintiffs and defendants. Provide testimony under oath for depositions and superior court trials. Conduct on-site accident technical inspections in public domain or private businesses and used inspection data for technical reports.

## **Consultant (1997-2016)**

### *Health/Fitness Instructor, Physical Educator*

- Provided program design and acted as fitness spokesperson for Boys and Girls Club/Kaiser Permanente/School District after-school fitness program provided by community service grant.
- Provided diverse corporate wellness coaching for adult clients age 18-65+ targeted towards decreased injuries through improved movement quality, improved mental stability, disease prevention, and stress management.
- Provided personalized fitness instruction and education for youth and adult athletes, summer cross-country camp for teens, and celebrity athletes.
- Created and hosted AM radio Health/Fitness talk show for AM radio.
- Co-facilitated group therapy training with licensed family counselor to teach 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 and autistic children.
- Facilitated technology projects on content design for brand development, website editing, podcast radio show host and producer, digital photography and editing, digital video and editing.
- Assisted physicians and neurosurgeons incorporate brain-based and restorative movement into personal and patient lifestyles and joined their medical team for professional presentation at national neurosurgeon conference on brain and body benefits of wellness programming.

## **Consultant (2003-2016)**

### *Corporate Wellcoach/Physical Educator*

- Designed and implemented corporate wellness process for major industrial oil company of 1,400 employees and their families in eight different regional locations with diverse populations of corporate and industrial workers. 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.

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## **Bakersfield Community College (1997-2004)**

*Physical Education Department, Health/Fitness Instructor*

- Developed and implemented sport specific weight training and nutrition programs for college athletes, head fitness conditioning coach for pre-season collegiate football; fitness conditioning consultant for collegiate basketball conditioning
- Supervised adult students and senior citizens in Shape-Up Wellness Program, perform fitness evaluations, provide nutritional consulting and develop nutritional lectures, instructed students and seniors on current health/fitness issues; taught health education courses.
- 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 to high-risk youth populations; 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 (2000-2002)**

*Program Specialist*

- 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.

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## **Kern High School District (1999-2000)**

### *Health & English Teacher*

- 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 (1998-1999)**

### *Health Promotion & Public Information Health Education Assistant*

- Planned and implemented HIV/AIDS prevention instruction to high-risk youth groups (i.e. juvenile hall, continuation and community schools, substance abuse programs).
- Co-planned and facilitated 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 collaborative groups; 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.

## **EDUCATIONAL PRESENTATIONS**

### **American Association of Neurological Surgeons Conference (2017)**

- Joined medical panel of neurosurgeons to discuss how wellness and fitness relate to learning capacity and stress management. The history of fitness and sport and how it relates to the U.S. educational system and geopolitical environment.

### **Medical University of South Carolina-Department of Neurosurgery (2015)**

- Special guest presenter on history of fitness, restorative arts, brain health benefits of exercise, and application of classical PE methods.

### **Barefoot Training Summit (2015)**

- Presented history of foot fitness to medical and fitness professionals and how feet related historically to quality and safety of movement.

### **University of North Dakota (2014)**

- Assistant instructor for history of fitness presentation and restorative arts teaching methods.

### **Perform Better Education Seminars (2013, 2014)**

- Assistant Instructor for restorative arts education methods and history of fitness presentations at Long Beach and Chicago seminars.

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## **CSU, Bakersfield (2014)**

- Special guest presenter on history of fitness and restorative arts.

## **CSU, Northridge (2013)**

- Key organizer and teacher of special certification workshop on “Restorative Arts” healing methods which combined historical protocols and current methods for CSU, Northridge students, staff, and public attending which included exercise science, athletic training, nursing, education, calisthenics, and general public participants.

## **United States Olympic Training Center (2002, 2003)**

- Presented “Mental Skills Training” at USA Track & Field Elite Development Camp.
- Graduate Assistant for sport psychology presentation at USA Track & Field Elite Development Camp.

## ***PUBLICATIONS***

**Jones, R. H. (2003). *Mental skills training for youth coaches and parents.***  
Master’s thesis, California State University, Northridge.

## ***CERTIFICATIONS/LICENSURE***

### **California Commission on Teacher Credentialing**

- Secondary Clear: Physical Education, Health Science, English
- Cross-Cultural, Language, & Academic Development Certificate (CLAD)

### **American College of Sports Medicine (ACSM)**

- Health & Fitness Specialist

### **Wellcoaches Corporation**

- Licensed Executive Corporate Wellcoach

### **America Team Fitness-Iowa Department of Education**

- Indian Club Leader

### **Evidence Based Fitness Academy**

- Barefoot Rx Rehab Specialist

### **Primal Move**

- Level I Instructor

### **Russian Kettlebell Challenge (RKC)**

- RKC-I Instructor

### **Z-Health Performance**

- R,I,S,T Certified

## ***COACHING EXPERIENCE***

### **Team Surfing USA (2006)**

- Sports Nutrition Consultant, Fitness Training Advisor, and Crew Chief for Race Across America Celebrity Cycling Team

### **Pepperdine University Cross Country & Track (2006-2007)**

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- Volunteer Fitness Conditioning Coach
- Bakersfield College Football (2004, 2006, 2007)**
- 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-Distance Running
- 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
- 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
  - Men's Open Division 1<sup>st</sup> Place
  - **\*Transcontinental World Record**
- 1995 Race Across America Cycling Team
  - Men's Open Division 1<sup>st</sup> Place
- 1993 Western States Conference, Bakersfield College Men's Track
  - Conference Champions
- 1993 Western States Conference, Bakersfield College Men's X-Country
  - Conference Champions
  - All-Conference (2<sup>nd</sup> Team)
- 1993 United States Biathlon Championships, 2<sup>nd</sup> Place

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- \*All-American Status
- 1992 United States Biathlon Championships, 2<sup>nd</sup> Place
  - \*All-American Status
- 1992 United States Cycling Federation District Championships
  - Time Trial, 1<sup>st</sup> Place (30-35)
- 1992 United States Cycling Federation District Championships
  - Time Trial, 1<sup>st</sup> Place (Men's Tandem)
- 1991 Death Valley/Mt. Whitney Road Race
  - Category III, 1<sup>st</sup> Place
- 1990 United States Cycling Federation District Championships
  - Category IV Road Race, 2<sup>nd</sup> 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

### **DOCUMENTARY FILM AWARDS & HONORS**

#### **"The Motivation Factor" (2012-Present)**

- Lead physical education film historian and Executive Director on history of PE film project centered on LaSierra High School and details of LaSierra High PE design and implementation of methods. Provide content and public speaking to national media and community groups on behalf of film project. Professional consultant and instructor on historical methods related to LaSierra High PE and other significant vintage PE programs that contributed to LaSierra High PE and to development of nation.

#### **Life Fest Film Festival, Hollywood, CA (2017) "The Motivation Factor"**

- Best Film of Festival
- Audience Choice Award

#### **Intendence Film Festival, Denver, CO (2017) "The Motivation Factor"**

- Official Selection-Film Documentary

### **EDUCATION**

#### **Master of Science (MS), Kinesiology**

- Cal State University Northridge (2003)
- Sub discipline in Exercise & Sport Psychology
- Masters Thesis Title: Mental Skills Training for Youth Coaches & Parents

#### **Bachelor of Arts (BA), Physical Education/English (Double Major)**

- Cal State University Bakersfield (1997)

#### **California Clear Secondary Teaching Credential**

- Point Loma Nazarene University (2000)

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## ***REFERENCES***

**Sarah Baron, MPH, PhD** (Health Professor, Grant Writer)  
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