

Curriculum Vitae

Ken J. Nicodemus, M.A.
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EDUCATION:

Master of Arts in Physical Education
San Diego State University, San Diego, CA
Applied Exercise Physiology
May 1993

Bachelor of Arts & Sciences in Physical Education
San Diego State University, San Diego, CA
May 1984

EXPERIENCE:

Teaching:

Instructor

Continuing Education Program
University of California San Diego (UCSD Extension)
San Diego, CA
August 1995 – August 1996
Introduction to Exercise Science

- Developed Curriculum
- Provided the experienced exercise professional with a basic knowledge of clinical exercise science

Teaching Assistant

San Diego State University
Department of Physical Education
San Diego, CA
September 1989 - December 1990
Exercise Physiology Lab

- Facilitated student discussion groups required by the course to supplement understanding of course materials
- Assisted in the instruction of undergraduate exercise physiology lab course work

Weight Training

- Taught basic skills in Beginning and Intermediate Weight Training

Racquetball

- Taught basic skills in Beginning and Intermediate Racquetball

Teaching Assistant

University of Rhode Island
Department of Exercise Science
Kingston, RI

September 1987 - January 1988

Principles of Fitness Appraisal & Exercise Guidance

- Facilitated student discussion groups required by the course to supplement understanding of course materials
- Assisted instructor in the instruction of undergraduate fitness assessment lab course work

Intermediate Swimming

- Taught basic skills in Intermediate Swimming

Fitness Industry

Founder / Director / Exercise Physiologist

The Fit Stop Human Performance Lab
Carlsbad, CA

January 1998 – Present

Fitness Testing & Guidance

- Advanced Metabolic Exercise Testing and Exercise Prescription
- Wellness Screenings for Corporations
- Online coaching and Personal Training
- Business administration and program development
- Professional staff supervision

Vice President of Operations / Exercise Physiologist

Fitness Appraisal, Inc
Encinitas, CA

January 1988 – January 1998

Fitness Testing & Guidance

- Corporate & Public Entity Health & Fitness Testing
- New employee training
- Health Education Programming
- Professional staff supervision

Project Manager / Exercise Physiologist

PacifiCare Wellness Company
Carlsbad, CA

May 1992 – January 1995

Corporate Wellness Programming

- Staff Supervision
- Wellness Program Development
- Health Education Programming
- Professional staff supervision

Research:

Head Researcher

Under Armour, Inc.

Supplementation with Clustered Water™ and CPR™ Mitochondria Resuscitation Beverage™: A double blind placebo controlled trial to evaluate the performance enhancement benefits of the products. **2009**

Nicodemus, K.J., Fit Stop Human Performance Laboratory, Carlsbad, CA

Head Researcher

Pharmanex, Inc.

Supplementation with Cordyceps CS-4 Fermentation Product promotes fat metabolism during prolonged exercise. **2000**

Nicodemus, K.J., R.D. Hagan, FACSM. Fit Stop Human Performance Laboratory, Encinitas, CA

KEY SKILLS AND ACCOMPLISHMENTS:

- Proficient in the use of metabolic testing with CO₂ & O₂ analyzers during exercise
- Experienced at EKG treadmill and bicycle graded exercise testing
- Knowledge and extensive experience conducting hydrostatic weighing and other body composition assessments
- Knowledge and implementation experience with the collection and risk interpretation of various blood chemistry panels
- Awarded several larger contracts with prestigious clients including Hewlett Packard, Sempra Energy, Los Angeles Clippers and Under Armour, Inc.
- Developed a unique and effective testing, training, and tracking system that incorporates elite training concepts for the everyday exerciser.
- Conducted over 10,000 physical fitness assessments
- Assisted in the development of the metabolic testing program for the Naval Special Warfare, Group 1 Tactical Athlete Program for SEAL operators

CERTIFICATIONS

- Certified as an Advanced Health and Fitness Specialist with American Council on Exercise (ACE)
- CPR

PROFESSIONAL ASSOCIATIONS

- Member of the Southwest Chapter of the American College of Sport Medicine (ACSM)
- Member of IDEA Health and Fitness Association

ADDITIONAL INFORMATION

Computer Skills: Proficient in Microsoft Office, Publisher; Adobe Acrobat; Web Design w/
Dreamweaver

REFERENCES AVAILABLE UPON REQUEST