

John C. Ashworth, MA, CSCS
Health Coach, Personal Trainer, & Strength Coach
(608) 663-5045 john@exercisecareers.com

Education	Master of Arts , San Jose State University, San Jose, CA Movement Science; <i>Specialization: Exercise Physiology</i> Bachelor of Arts , St. Mary's College, Moraga, CA Health, Physical Education, and Recreation	1996 1993
Certifications	ACSM Exercise Specialist NSCA Certified Strength and Conditioning Specialist Advanced Cardiac Life Support (ACLS) Licensed Health Coach through Wellcoaches.com	since 1998 since 1997 since 1997 since 2004
Professional Experience	Founder/President of The Fitness Nomad (TheFitnessNomad.com) -Private practice health coaching, personal training and strength coaching	1/2004 – present
	Founder/President of ExerciseCareers.com (EC) -Responsible for the design and development of this online job board and career resource center for health and fitness professionals -Site traffic = 30,000 + unique visitors per month	5/01 - present
	University of Wisconsin Hospital (UW Health), Madison, WI Experience Clinical Exercise Physiologist in Preventive Cardiology -Case management of a 30-40 patient caseload in cardiac rehabilitation to ensure proper management of their risk factor profile and their on-going secondary prevention care. -Exercise testing -Primary Prevention consultations, and Tai Chi instruction for cardiac patients -Outcome data tracking using Microsoft Access	9/01 – 11/01
	Founder/Owner of Lifestyle Fitness (LF), San Francisco, CA -Private practice personal training and consulting -Gross sales in 2001 were over \$20,000. Rotating client base of 15-20 individuals	8/93 – 8/01
	Dean Ornish's Preventive Medicine Research Institute (PMRI), Sausalito, CA Clinical Exercise Physiologist/Database Manager -Case management of over 20 prostate cancer patients to ensure adherence to home based exercise programs, and other lifestyle changes -MS Access patient database manager	9/99 - 9/01
	University of California San Francisco (UCSF), San Francisco, CA Clinical Exercise Physiologist/Database Management Specialist -Individualized exercise prescription for patients with heart disease -Case management of cardiac rehabilitation patients -Administration of cardiopulmonary exercise tests using gas-exchange analysis for clinical populations, including evaluation of 12-lead ECG recordings -Administration of pulmonary function testing	11/97 - 3/99
	Exercise Physiologist , Kentfield Physical Therapy, San Francisco, CA	4/96 - 6/97
	Strength and Conditioning Coach , Pittsburg, CA Department of Athletics, Los Medanos College	11/95 - 1/96

Clinical Skills

- Case management of a 30-40 patient caseload in cardiac rehabilitation to ensure proper management of their risk factor profile and their on-going preventive cardiology care (UW Health)
- Case management of over 20 prostate cancer patients to ensure adherence to home based exercise programs (PMRI)
- Working closely with medical directors and nurse case managers to perform risk factor assessment and subsequent case management on all new prostate cancer research participants for a period of one year (PMRI)
- Interpretation of clinical graded exercise test results for the purpose of designing and implementing exercise prescriptions for patients with coronary artery disease and prostate cancer (UCSF, PMRI, UW Health)
- Individualized exercise prescription for patients with heart disease (UCSF, UW Health)
- Individualized exercise prescription focusing on home based exercise program design for prostate cancer patients (PMRI)
- Developing exercise prescriptions and training programs for patients with Diabetes (UCSF, UW Health)
- Instruction of more than 540 Phase II cardiac rehabilitation classes (UCSF, UW Health)
- Group exercise instruction for older individuals designed to enhance adherence to the prostate cancer research protocol (PMRI)
- Conducting home visits to aid in teaching prostate cancer patients how to exercise safely and effectively on their own (PMRI)
- Administrating of more than 225 cardiopulmonary exercise tests using gas-exchange analysis for clinical populations, including evaluation of 12-lead ECG recordings (UCSF)
- Administration of over 275 graded exercise tests with 12-lead ECG interpretation for healthy patients, patients with heart disease and diabetes, and patients at risk for heart disease (UW Health)
- Administration and interpretation of pulmonary function testing for patients with COPD (UCSF)
- Evaluation of body composition using both skin-fold calipers and body circumference measurements (UCSF, LF, UW Health)
- Composition of over 150 patient clinical summaries (UCSF, UW Health)
- Participation in weekly interdisciplinary team meetings to discuss patient progress and develop treatment strategies for patients with coronary artery disease, diabetes, and prostate cancer (UCSF/PMRI)
- Emergency procedure preparation (PMRI, UCSF, UW Health)

Exercise Specialist Skills

- Development of both individual and group fitness instruction, and personal fitness training for individuals of all ages, fitness levels, and clinical backgrounds (LF, UCSF, UW Health)
- Design and implementation of practice sessions, and both group and individualized strength and conditioning programs for soccer, basketball and softball (Los Medanos College)
- Administration of fitness testing that included sub-maximal cardiopulmonary exercise tests; muscular strength, endurance, power testing, and body composition assessment (LF)
- Development of therapeutic exercise programs for over 2250 individuals recovering from both work-related and athletic injuries (Kentfield Physical Therapy, Lifestyle Fitness, Los Medanos College)
- Instruction at the collegiate level of the following physical activity classes: Beginning and Intermediate Strength Training, Softball, Soccer and Cross training (San Jose State)
- Development of a weekly stress management class that includes gentle yoga postures, breathing practice and meditation (UW Health)

Technical Skills

- Fast learner, and extremely interested and talented in software/web site development that is progressive, simple, efficient, and profit oriented
- Web development, maintenance, marketing, and sales for www.ExerciseCareers.com
- **E-newsletter publication: Fit Prints** (http://www.exercisecareers.com/ec_news_main.asp)
- Print Newsletter publication:
 - **Healthy Lifestyles Newsletter (April 1996 to August 2001)**. A quarterly health and wellness newsletter publication that I published as part of my personal training business in San Francisco.
- Expert at building relationships in cyberspace via email and telephone. EC has over 300 satisfied customers. The site works. Testimonials are viewable on the site
- Web design consulting for multiple internet companies in the San Francisco Bay Area
- Departmental computer systems support, and outcome data tracking, collection and analysis for the Heart Disease Reversal Program of UCSF/CPMC and the Prostate Cancer Lifestyle Trial at PMRI

Research Papers, Abstracts & Publications

- **Thesis (1996)**. J. Ashworth, Christensen, C. & Cisar, C. *The effects of caffeine ingestion on power output during intermittent high intensity leg ergometry exercise*. San Jose State University, San Jose, CA.
- **Abstract Published (1998)**. V. Carrieri-Kohlman, A. Tsang, J. Ashworth, H. Stroussi, S. Paul, M.S. Stulbarg. *Six-minute walk predicts performance on incremental and endurance treadmill tests in patients with chronic obstructive pulmonary disease*. American Association of Cardiovascular and Pulmonary Rehabilitation.
- **Abstract published and presented (1996)**. *The effects of caffeine ingestion on power output during intermittent high intensity leg ergometry exercise*. American College of Sport Medicine - Southwest Chapter Annual Meeting.
- **Healthy Lifestyles Newsletter (April 1996 to August 2001)**. A quarterly health and wellness newsletter publication that I published as part of my personal training business in San Francisco. Content included information on fitness, physical therapy, nutrition, and general wellness.
- **Book Chapter published (pending)**. J. Ashworth, M. Mays, P. McBride. *Traditional Risk Factors for CAD*. Lead author for book chapter published in the first edition of the AACVPR Resource Manual.