

JARED HOARE

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EDUCATION

Florida Atlantic University Boca Raton, Florida - 2014

Master of Science in Exercise Science and Health Promotion with a concentration in Strength and Conditioning

Central Queensland University Rockhampton, Australia - 2010

Graduate Diploma of Learning and Teaching

Central Queensland University Rockhampton, Australia - 2010

Bachelor of Science in Human Movement

CERTIFICATIONS AND TECHNICAL SKILLS

National Strength and Conditioning Association

- Certified Strength and Conditioning Specialist (7247889466)

USA Weightlifting

- Level 1 Sports Performance Coach (Member ID 193605)

American Heart Association

- AED and CPR Certified

Skills

- Proficient with Microsoft Office, including Word and Excel, as well as TendoUnit, force plate, Dartfish and Polar Heart Rate software.

EXPERIENCE

Florida Atlantic University Boca Raton, FL - August 2015 – Present

Instructor

- Responsible for planning and teaching undergraduate level classes within the Department of Exercise Science and Health Promotion, including Exercise Leadership 2 (an introductory class to strength and conditioning principles), Kinesiology and Stress Management

Florida Atlantic University Boca Raton, FL - January 2015 - Present

Assistant Strength and Conditioning Coach (Volunteer)

- Responsible for the programming and implementation of the strength and conditioning program for beach volleyball, men's tennis and women's tennis.
- Assist with the design and implementation of the football strength and conditioning program and game day support duties.
- Designed an athlete monitoring program for implementation with all sports to help determine athlete readiness, wellness and fatigue.
- Designed and implemented training sessions for injured football players who were unable to participate in team sessions during spring football.
- Utilizing technical and analysis skills, including collecting data using TendoUnit software, Polar Heart Rate software, and Microsoft Excel and identifying trends, strengths and weaknesses and help guide work in the weight room and in practice
- Designed and implemented the strength and conditioning program for cheer and dance teams.
- Education of student athletes about nutrition and supplementation, including designing and implementing a nutrition program for student athletes, delivering nutrition presentations, incorporating post-workout nutrition for weight loss, gain or maintenance based on the needs of individual athletes.

- Meeting with beach volleyball and tennis recruits

Florida Atlantic University Boca Raton, FL - January 2015 - July 2015

Adjunct Instructor

- Responsible for planning and teaching undergraduate level classes within the Department of Exercise Science and Health Promotion.

Florida Atlantic University Boca Raton, FL - October 2014 – June 2015

Student Athlete Centre for Academic Excellence Tutor

- Providing academic assistance to student athletes across a variety of subject areas, including exercise science, general science and college writing.

Florida Atlantic University Boca Raton, FL – January 2014 - December 2014

Strength and Conditioning Intern

- Responsible for assisting the implementation, conducting and monitoring strength and conditioning programs for multiple varsity teams (including football, baseball, track and field, sand volleyball, softball, women's basketball, tennis, and cheer and dance) under the mentorship of FAU strength and conditioning staff.
- Responsible for directing weight room sessions for multiple teams (including the football rehab group, baseball, soccer, cross country, and cheer and dance.)
- Taking part in professional development sessions with the head and assistant strength coaches, as well as observing and learning their coaching methodologies in program design across sessions, seasons, and long-term athletic development.
- Assisting with the coordination and maintenance of the weight room and strength facilities.

Athlete's Edge Performance Boca Raton, FL - April 2014 - December 2014

Head Strength and Conditioning Coach

- Designed and implemented strength and conditioning programs for all sports teams at Pope John Paul II High School (including football, baseball, basketball, women's volleyball and swimming.)
- Responsible for teaching major lifts to all student athletes, periodizing and planning long-term weight room goals for athletes to ensure optimal athletic performance.
- Created individualized programs to address athlete-specific strengths and weaknesses.
- Conducted periodic testing of athletes to gauge strength, power, speed and agility progression.

Florida Atlantic University Boca Raton, FL - May 2013 - August 2014

Graduate Assistant

- Assisted with research in the field of strength and conditioning, especially relating to periodization and performance, utilizing TendoUnit and force plate technology.
- Assisted professors and taught undergraduate level classes within the department.
- Monitored and maintained the exercise science lab.

Emmaus College Rockhampton, Australia - March 2011 - December 2012

Strength and Conditioning Coach

- Designed, implemented and oversaw all strength and conditioning programs for rugby league, netball and track and field teams.

Emmaus College Rockhampton, Australia - March 2011 - December 2012

Science and Physical Education Instructor

- Designed and implemented lesson plans and units of work for science and physical education classes.
- Enforced school behavioral policies and facilitated student learning and growth.
- Actively participated with school sports teams (including rugby league, netball and track and field) to design, implement and oversee strength and conditioning programs.

North Queensland Cowboys RLFC Rockhampton, Australia - January 2011 - November 2012

Elite Junior Academy Coaching Assistant

- Assisted the team development manager in running regional training camps for athletes, including performing strength and conditioning tests to gauge strength, speed, agility and aerobic endurance.
- Assisted in running skills, video analysis, nutrition and sport psychology sessions for athletes.

ATHLETIC EXPERIENCE

Central Comets/Capras Rugby League Football Club: 2007-2012

- Roles and responsibilities include taking part in training sessions (including strength, speed and agility, conditioning and psychology sessions), attending team functions and playing rugby league in the Intrust Super Cup, the second tier rugby league competition in Australia. Played under coaches Wayne Barnett (2007-2011) and John Harbin (2012)

Queensland Universities Rugby League Representative Team: 2011-2012

- Team selected from all rugby league players at universities in Queensland. Coached by Darren Smith (2011) and Murray Hurst (2012)