

Mitchell A. Miner

📍 Akron, OH

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EXPERIENCE

Strength and Conditioning Specialist – High Performance Consultant March 2016 – Present

Performance Tactics and Resiliency Science (PerformTRS), Akron, OH

- Holistically educate, assess, evaluate, and prescribe athletic and general population exercise programs
- Utilize “BridgeAthletic” software to program, analyze, and deliver exercise programs
- Own, operate, and maintain state-of-the-art training equipment for clientele
- Provide safe and effective in-person and remote-based personal and group exercise training solutions
- Offer monthly subscriptions for remote clientele and session packages for in-person clientele

Assistant Strength and Conditioning Coach Jan. 2016 – Dec. 2020

Pinnacle Sports, Medina, OH

- Collaborated with the head strength coach on various aspects of the business and training programs
- Assessed, evaluated, and prescribed athletic/ non-athletic exercise programs
- Utilized “TeamBuildr” software to analyze and coach exercise programs
- Independently coached Pinnacle-Performance, Junior-Fit and Adult-Fitness classes, *ages 8 -adult*
- Mentored college interns through business operations and exercise training programs

Performance Evaluation Group (P.E.G.), Wadsworth, OH

Supervisor of Performance Services

July 2017 – Dec. 2018

- Overseen staff/ performance evaluator’s pre- and post-concussion baseline evaluations
- Recorded, documented and stored athlete’s performance baseline data & results
- Communicated testing results with athlete’s medical advisors, parents, and sport coaches
- Utilized P.E.G. data to formulate a graduate level thesis: *M.S. degree requirement*

Performance Evaluator

June 2016 – Dec. 2018

- Assessed, evaluated, and coached clients with utilizing “TRAZER” technology and protocols
- Conducted pre- and post-concussion baseline evaluations on athletes in various sports
- Communicated testing results with medical advisors, parents, and sport coaches

Research / Graduate Assistant

The University of Akron’s P.A.C.E. Akron’s Ways Program, Akron, OH

June 2014 – Dec. 2015

- Provided sport/fitness instruction and education to 100 + Minorities in the Akron Area
- Collected data for Ohio Commission on Minority Health
- UASIS Certificate of Recognition Symposium Research (April 2015)
- Presented research at The University of Akron’s Science Symposium (April 2015)
- Presented research at the O.A.H.P.E.R.D. Conference (Dec. 2014)

The University of Akron, Akron, OH

Fitness Manager, Student Recreation and Wellness Services

Dec. 2012 – May 2013

- Overseen twenty plus employee’s tasks and responsibilities
- Maintained a safe and functional environment to all available university students and staff
- Enforced university policies and procedures of the recreation and wellness center
- Aided in the hiring and training of the fitness staff

Fitness Leader, Student Recreation and Wellness Services

Aug. 2011 – May 2013

- Enforced university policies and procedures of the recreation center
- Provided proper knowledge for fitness and all exercise equipment
- Maintained a safe and clean environment for all patrons

Help Desk Liaison, Student Service Center

May 2009 – May 2013

- Aided students through their entire financial aid submission process
- Provided essential and non-essential university information
- Collected, filed, organized financial aid documents and data

SKILLS

Personal Training	Public Speaking	Higher Education	Sports Training
Wellness Education	Group Training	Exercise Prescription	Program Design
Nutritional Guidance	Collaboration	Mindfulness	Recovery Coaching

EDUCATION

Master of Science in Education (M.S.), Exercise Physiology / Adult Fitness	May 2014 – Dec. 2015
The University of Akron, <i>Akron, OH</i>	
Bachelor of Science in Education (B.S.), Applied Exercise Physiology	Aug. 2008 – May 2013
The University of Akron, <i>Akron, OH</i>	

CERTIFICATIONS

Certified Strength and Conditioning Specialist (CSCS).	Feb. 2022 – Dec. 2026
National Strength and Conditioning Association (NSCA), <i>ID 7248472097</i>	
SafeSport Trained	Jan. 2020 – No Expiration
U.S. Center for SafeSport, <i>ID 622a7cc6 - d64b - 4938 - 8b27 - 5379eeb643ed</i>	
USAW Sports Performance Coach (USAW-SPC L1)	May 2016 – Oct. 2021
USA Weightlifting, <i>ID 1007096</i>	
MDS-1 Multi-Directional Speed Instructor	Oct. 2015 – No Expiration
Lee Taft Athletic Consulting, <i>Life-Time Coaching</i>	
First-Aid, CPR, AED	Oct. 2010 – Feb. 2024
American Red Cross	

ORGANIZATIONS AND CONTINUING EDUCATION

PBSCCS Associate Membership	Oct. 2022 – Oct. 2023
Professional Baseball Strength and Conditioning Coaches Society	
PFSCCA Professional Membership	Sept. 2022 – Sept. 2023
Professional Football Strength and Conditioning Coaches Association	
Elite Athletic Performance and Programming, <i>*1.3 NSCA CEUs; Category C</i>	Sept. 2022
Injury Resilience for High-Performance Athletes, <i>*1.8 NSCA CEUs; Category C</i>	Sept. 2022
NHSCCA Professional Membership	Nov. 2021 – Nov. 2023
The National High School Strength Coaches Association	
ASEP Professional Membership	June 2020 – June 2022
American Society of Exercise Physiologists	
NAACP Membership and Donor	July 2018 – July 2022
The National Association for the Advancement of Colored People	
NRA Membership and Donor, <i>ID 256326489</i>	July 2017 – July 2023
National Rifle Association	
NSCA Professional Membership, <i>ID 0004214</i>	Aug. 2013 – Dec. 2024
National Strength and Conditioning Association	
2023 NSCA Tactical Annual Conference, <i>*2.0 CEUs; Category A</i>	Aug. 2023
2023 NSCA National Conference, <i>*2.0 CEUs; Category A</i>	July 2023
2023 NSCA Coaches Conference, <i>*2.0 CEUs; Category A</i>	Jan. 2023
2022 NSCA Personal Trainers Conference, <i>*2.0 CEUs; Category A</i>	Oct. 2022
2022 NSCA Tactical Annual Conference, <i>*2.0 CEUs; Category A</i>	Aug. 2022
2019 Win the Off Season, <i>*1.0 CEU; Category A</i>	Dec. 2019
ACSM Professional Membership, <i>ID 706357</i>	April 2013 – April 2020
American College of Sports Medicine	
ISEI Professional Membership	Jan. 2012 – Jan. 2016
International Society of Exercise Immunology	