DOUGLAS BERNINGER, MEd, CSCS, RSCC*D, USAW-2, Pn1

EDUCATION

MASTER OF EDUCATION - DEVELOPMENTAL KINESIOLOGY
May 2011
Bowling Green State University – Bowling Green, OH
Teaching Assistant, *Biomechanics*

BACHELOR OF EDUCATION - EXERCISE SPECIALIST
August 2008
Bowling Green State University – Bowling Green, OH

PROFESSIONAL EXPERIENCE

STRENGTH COACH | INTERNSHIP COORDINATOR
Train Boston - Wellesley, MA
4/2026 - PRESENT

- Design and execute training systems for athletes and clients
- Develop internship education program

PERFORMANCE SPECIALIST
The Center for Sports Performance and Research at Mass General Brigham
11/2023 - 2/2025

- Designed and executed training systems for athletes and clients
- Used technology to assess athlete training readiness and guide programming and daily training decisions
- Technology used included Dari Motion, Perch, Gym Aware, Smartabase, Sparta Science and Hawkin force plates
- Authored velocity-based training manual for strength staff based on the current research findings

SENIOR PERFORMANCE COACH
Future - Remote
2/2023 - 11/2023

- Designed programs and consulted up to 72 clients to achieve various training and nutrition goals
- Conducted all client and team consultations via FaceTime and Google Chat, respectively
- Utilized Future's in-house training software for program development and exercise voice cues

PERFORMANCE COACH
Future - Remote
11/2021 - 2/2023

- Designed programs and consulted up to 65 clients to achieve various training and nutrition goals
- Conducted all client and team consultations via FaceTime and Google Chat, respectively
- Utilized Future's in-house training software for program development and exercise voice cues

ASSISTANT STRENGTH & CONDITIONING COACH
Stonehill College - North Easton, MA
8/2021 - 12/2021

- Designed and executed training protocols for softball, women's field hockey, and men's and women's track and field
- Executed training protocols for football

STRENGTH & CONDITIONING COACH
University of Puget Sound - Tacoma, WA
9/2018 - 5/2019

- Designed and executed all training protocols for baseball, softball, volleyball, women's lacrosse, men's and women's crew, and men's and women's soccer

DIRECTOR OF WEIGHTLIFTING
NC Fit/NorCal Barbell - San Jose, CA
6/2016 - 5/2017

- Designed and executed all training aspects for weightlifters, including program design and coaching
- Fully responsible for growth and development of the weightlifting program
- Organized and operated weightlifting meets

ASSISTANT STRENGTH COACH | COACHING EDUCATION COORDINATOR
National Strength and Conditioning Association (NSCA) – Colorado Springs, CO
9/2012 - 5/2016

- Assistant Strength Coach of Division I Colorado College hockey (2012 - 2015)
- Assisted in training of Colorado Springs SWAT, El Paso County SWAT, and FBI Special Agents
- Served as the Fountain Valley School hockey strength coach for 4 seasons and also worked with U18 and U16 Pikes Peak Miners hockey
- Responsible for the education and performance development of 9 interns per year
- Developed and managed intern education curriculum, including hands-on and lecture sessions
- Developed and presented lecture and hands-on content to visiting classes and coaching groups such as the US Ski and Snowboard Association (USSA), NSCA Japan, and International Coaching Enrichment Certificate Program (ICECP)
- Served as Technical Writer and Subject Matter Expert and created initial 30+ page manual for Foundation of Coaching Lifts course
- Developed and managed the Registered Strength and Conditioning Coach (RSCC) renewal course
- Technical Advisor and Athlete Model for publications and video projects such as the *Essentials of Strength Training & Conditioning, 4th ed.* and *Exercise Technique Manual, 3rd ed.*
- Supervisor - Scott Caulfield

OTHER RELEVANT EXPERIENCE

INSTRUCTOR | INTERNSHIP COORDINATOR | ACADEMIC ADVISOR
Seattle University, Kinesiology Department - Seattle, WA
9/2017 - 6/2021

- Designed and instructed curriculum for the following courses
  - ➢ Principles of Strength and Conditioning (lecture & lab)
  - ➢ Exercise Programming (lecture & lab)
  - ➢ Physical Activity Across the Lifespan
  - ➢ Introduction to Kinesiology
  - ➢ Health and Wellness
- Managed Kinesiology Department internships including coordinating students and sites, maintaining positive relationships between site supervisors and Seattle University, and preparing students for professional experiences
- Guided students through their academic plans to ensure success toward academic and professional goals

NOTABLE INTERNSHIPS

- University of Michigan – Ann Arbor, MI
- United States Olympic Committee – Colorado Springs, CO
- National Strength and Conditioning Association – Colorado Springs, CO
- Bowling Green State University, Women's Track and Field – Bowling Green, OH
- Athletes' Performance (Exos) – Gulf Breeze, FL

PROFESSIONAL CERTIFICATIONS, MEMBERSHIPS, & RECOGNITIONS

- NSCA Certified Strength and Conditioning Specialist (CSCS) #200836776
- USA Weightlifting – Level 2 Coach
- Precision Nutrition - Level 1 certified
- NSCA Registered Strength and Conditioning Coach w/ Distinction (RSCC*D)
- NSCA Professional Member

SPEAKING ENGAGEMENTS

- "Putting the 'Professional' in Professional Development" – 2018 NSCA Missouri State Clinic
- "Snatch: Another Tool for Your Toolbox" – 2016 NSCA Dakotas State Clinic
- "Advanced Weightlifting Exercises for Improved Performance" – 2016 NSCA Coaches Conference
- "Common Weightlifting Errors and Corrections for the Strength Coach" – 2015 NSCA New Mexico State Clinic
- "Variable Resistance Methods" – 2014 NSCA Colorado State Clinic
- "Activation of Select Lower-Extremity Musculature during Squat Variations; Comparing Front and Back Squats" – 2011 Master's project poster presentation

ACTIVITIES

NSCA WA STATE ADVISORY BOARD MEMBER

- 2019 - 2021

NSCA TSAC PRACTITIONER'S COURSE

- Course Instructor
  - JBLM: Week of May 13, 2019
  - Fort Knox: Week of June 24, 2019
  - JBLM: Week of July 22, 2019

NSCA FOUNDATIONS OF COACHING LIFTS (Practical Course)

- Founding Subject Matter Expert, Technical Writer, and Course Instructor

NSCA COACH

- Member of the Editorial Review Panel
  - 2017 - 2022

PUBLICATIONS

- *NSCA's Exercise Technique Manual*, 3rd ed. (2016)
  - Co-Editor

- Caulfield, S., Berninger, D. (2015). Exercise technique for free weight and machine training. *Essentials of Strength Training and Conditioning*, 351-408, Champaign, IL United States, Human Kinetics Publishers

- Haff, G., Berninger, D., Caulfield, S. (2015). Exercise technique for alternative methods and nontraditional implement training. *Essentials of Strength Training and Conditioning*, 409-438, Champaign, IL United States, Human Kinetics Publishers

- *The Reality of Strength and Conditioning: Expectations for New Coaches* (Self-published eBook)

- Programs that Work: 2011 EliteFTS MAW eBook: Meet Preparation for the Clean and Jerk

- Programs that Work 2: 2012 EliteFTS MAW eBook: Comeback Training

- Programs that Work 3.2: 2013 EliteFTS MAW eBook: Weightlifter Gone Strong, Man!

- Programs that Work 4.2: 2014 EliteFTS MAW eBook: Advancing in Weightlifting: The Lifter's Journey