

# BENJAMIN H. GLEASON



## **Courses Taught:**

KINE 407: Exercise Prescription  
KINE 418: Strength Training & Conditioning  
KINE 509: Test & Measurements  
KINE 526: Physiology of Exercise I  
KINE 547: Drugs and Performance

## **Educational Credentials:**

Doctorate of Philosophy	East Tennessee State University, Johnson City, TN (Sport Physiology & Performance), 2015
Masters of Science in Education	Old Dominion University, Norfolk, VA (Exercise Science & Wellness), 2009
Masters of Science in Education	Old Dominion University, Norfolk, VA (Sport Management), 2008
Bachelor of Arts	University of Memphis, Memphis, TN (Psychology), 1998
Associate of Arts	Santa Rosa Junior College, Santa Rosa, CA, (General Education), 1996

## **Teaching Experience:**

Assistant Professor	Louisiana Tech University, 2017-present
Assistant Professor	Northwestern State University, 2016-2017

## **Professional Experience:**

Football position/S&C coach	Ruston High School, 2018-present
Data Analyst	U.S. Army Special Operations Command, 2015-2016
Football position/S&C coach	Science Hill High School, 2014-2015
Head Strength & Conditioning Coach (student)	East Tennessee State University, 2014-2015
Assistant Strength & Cond. Coach (student)	East Tennessee State University, 2012-2014
Military Fitness Program Liaison	Eglin AFB, FL 2009-2012
Assistant Strength & Conditioning Coach	Hampton University, 2006-2014
U.S. Air Force (Personnel Officer)	Multiple Assignments, 2002-2006

## **Selected Publications:**

1. Hornsby, G., **Gleason, B.**, Wathen, D., DeWeese, B., Stone, M., Pierce, K., Szymanski, D. & Stone, M. H. (2017). Servant or Service? The Problem and a Conceptual Solution. *Journal of Intercollegiate Sport*, 10(2), 228-243.
2. **Gleason, B. H.**, Sams, M. L., Salley, J. T., Pustina, A. A., & Stone, M. H. (2017). GPS analysis of a high school football scrimmage. *Journal of Strength & Conditioning Research*, 31(8), 2183-2188.
3. Haun, C. T., Martin, J. S., **Gleason, B. H.**, Kavanaugh, A. A., DeWeese, B. H., Stone, M. H., & Mizuguchi, S. (2017). Static jump test performance is related to back squat strength in athletes. *International Journal of Sports Science & Coaching*, 12(5), 653-660.
4. **Gleason, B. H.**, Kramer, J. B., & Stone, M. E. (2015). Agility training for football. *Strength and Conditioning Journal*, 37(6), 65-71.
5. **Gleason, B. H.** & Stone, M. E. (May/June 2014). The athletic director's guide to hiring a strength & conditioning coach. *Coach & Athletic Director*. Sparta, MI: Great American Media Services.
6. **Gleason, B. H.**, Hollins, J. E., Santana, H. A. P., DeWeese, B. H. & Stone, M. H. (2014). Performance training guidelines for the 1.5 and 2-mile runs. *Journal of Trainology*. 3(1), 11-30.

### **Selected Presentations (National):**

1. Gleason, B. H. Rhabdomyolysis: What is too much? NSCA National Coaches Conference, Jan 2018, Charlotte, NC.
2. **Gleason, B. H.**, Hornsby, W.G., & Stone, M. E. The role of the strength and conditioning coach in the U.S. collegiate setting. National Coaching Conference. May 2017, Life University, Atlanta, GA.
3. **Gleason, B. H.** & Hornsby, W.G. Servant or Service: A series of practical solutions. ETSU 11<sup>th</sup> Annual ETSU Center of Excellence in Sport Science and Coach Education Coaches' College. Dec 2016, Johnson City, TN.
4. **Gleason, B. H.** & Stone, M. E. Strength and conditioning for football. 8<sup>th</sup> Annual ETSU Center of Excellence in Sport Science and Coach Education Coaches' College Dec 2013, Johnson City, TN.

### **Selected Presentations (State & Local):**

1. **Gleason, B. H.** Nutrition for performance and body composition enhancement for spirit groups. Apr 29 & May 6, 2018, Louisiana Tech University, Ruston, LA.
2. **Gleason, B. H.** Change of direction practicum. NSCA Louisiana State Spring Clinic. Apr 2017, Northwestern State University, Natchitoches, LA.
3. **Gleason, B. H.** Recommended monitoring tools and how to use them. Carolina Performance Group. Aug 2013, North Carolina State University, Raleigh, NC.
4. **Gleason, B. H.** & Suchomel, T. The use of Olympic weightlifting derivatives for the development of strength and power in athletes. NSCA Tennessee State Conference. Aug 2014, Nashville, TN.
5. Nutrition basics for the ROTC cadet" **ETSU ROTC Stand-To Week.** Aug 2013, Johnson City, TN.
6. **Gleason, B. H.** Developing agility in high school athletes. ETSU Center of Excellence in Sport Science and Coach Education 2013 High School Coaches Conference. Jun 2013, Johnson City, TN.

### **Grants:**

1. Student. Technology Fee Board. Louisiana Tech University. David Szymanski, **Ben Gleason**, and Vishesh Singh. Submitted March 26, 2018. \$172,926.00. Funded \$1,200 (2018).
2. Student Technology Fee Board. Louisiana Tech University. David Szymanski, **Ben Gleason**, and Vishesh Singh. Submitted October 20, 2017. \$180,174.50. Funded \$68,312 (2017).

### **Certifications:**

Registered Strength and Conditioning Coach, NSCA, 2014-present  
Certified Strength and Conditioning Specialist with Distinction, NSCA, 2014-present  
Advanced Sport Performance Coach (level 2), USA Weightlifting, 2015-present  
CPR & First Aid  
NFHS/USA Football Heads Up Football Coach Certification, 2018-present  
ISAK Level 2 Anthropometry (Apr 2015)

### **Professional Memberships:**

NSCA: National Strength and Conditioning Association, 2007-present  
USA Weightlifting, 2010-present  
American Football Coaches Association, 2015-present  
USA Football member, 2017-present