

# WILLIAM C. ZENISEK

Instructor of Kinesiology  
Program Coordinator – Coaching Minor  
Physical Fitness & Wellness (PFW) Graduate Assistant Coordinator  
Physical Fitness & Wellness (PFW) Physical Conditioning Coordinator  
Chair of the Contract Faculty Salary Appeals and Promotions Committee

## UNIVERSITY COURSES INSTRUCTED

EXSC 147: Weight Training (2015 – 2016)  
EXSC 320: Fundamentals of Resistance Training (2011 – 2017)  
EXSC 420: Sports Performance (*formally EXSC 320*) (2017 – Present)  
PEP 231: Principles and Philosophy of Coaching Sports (2015 – Present)  
PEP 433: Coaching Internship (2016 – Present)  
Physical Fitness & Wellness Lecture (2015 – Present)  
PFW 100: Physical Conditioning (2011 – Present)  
PFW 103: Walking (2011 – 2013)

## PREVIOUS PROFESSIONAL EXPERIENCE

Life Time Fitness  
Personal Trainer (2011)

Cincinnati Bengals  
Second Assistant, Strength and Conditioning (2010 – 2011)

Indianapolis Colts  
Weight Room Assistant, Strength and Conditioning (2009 – 2010)

Ball State University  
Assistant, Football Strength and Conditioning (2009)  
Graduate Assistant, Football Strength and Conditioning (2007 – 2009)

University of Minnesota  
Intern, Strength and Conditioning (2006)

Viterbo University  
Women's Soccer Strength and Conditioning Coach (2005 – 2006)

University of Wisconsin – La Crosse  
Head Powerlifting Coach (2005 – 2006)

EDGE Fitness, LLC  
Assistant Strength and Conditioning Coach (2005)

## PROFESSIONAL CERTIFICATIONS

NSCA Certified Strength and Conditioning Specialist (NSCA-CSCS)  
United States of America Weightlifting Sports Performance Coach (USAW-SPC) (*anticipated October 2017*)  
Professional Rescuer: Adult, Child, and Infant CPR and AED  
American Sport Education Center (ASEP) – Coaching Principles Instructor certified  
American Sport Education Center (ASEP) – Coaching Golf Principles certified

**ACADEMIC FOUNDATION**

Ball State University (2008)

Master of Arts, Sport Administration

University of Wisconsin – La Crosse (2006)

Bachelor of Science, Exercise Science with an emphasis in Fitness

Concentration in Strength and Conditioning

**PRESENTATIONS**

Shape America (March 2017) – *Training and Development of Graduate Assistants Teaching in a Physical Fitness and Wellness Program*