

Brian K. Blackburn, M.S.

WORK INFORMATION

Adjunct Faculty
College of Lake County
Department of Health and Wellness Promotion
Division of Biological and Health Sciences
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HOME INFORMATION

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CAREER SUMMARY

Over a decade of professional work focusing on education, training, curriculum development, and coaching in primary, secondary, and tertiary education sectors with a focus on liberal arts, culinary science, and health and wellness promotion.

EDUCATION

- 2007 - 2009 **California University**, California, PA
M.S. Exercise Sciences, Health & Wellness
Thesis: Long Term Effects of Weight Cycling in Combative Athletes
- 2001 - 2003 **DePaul University**, Chicago, IL
B.A. Education with concentration in literature and composition
- 1999 - 2001 **Culinary Institute of America**, Poughkeepsie, NY
B.A. Culinary studies with a concentration in healthy cooking techniques

PROFESSIONAL POSITIONS

- 2008 - Present **Adjunct Faculty**, Health and Wellness Promotion, College of Lake County, Grayslake, IL.
Courses taught include Sport and Exercise Nutrition, Theory and Practice of Fitness, Strength Training, Total Fitness, and Mixed Martial Arts.
- 2006 - Present **Founder & Lead Instructor**, Wrecking Ball Fight Facility, Volo, IL.
Instruct amateur and professional combative athletes, Coach competitive mixed martial artists, Design and implement comprehensive strength and conditioning programs.

- 2005 - Present **Literature Instructor**, Language Arts Department, Carl Sandburg Middle School, Mundelein, IL.
Design and implement lesson plans, conduct ongoing classroom assessment, and implement continuous improvement planning.
- 2003 - 2004 **Literature Instructor**, Language Arts Department, North Chicago High School, North Chicago, IL
Design and implement lesson plans, conduct ongoing classroom assessment, and implement continuous improvement planning.

PROFESSIONAL PRESENTATIONS AND CURRICULUM DEVELOPMENT

- 2011** “Sport and Exercise Nutrition.” Three credit state-approved 200-level course. College of Lake County, Grayslake, Illinois.
- 2011** “Complete Conditioning for Combative Athletes.” Midwest Strength and Conditioning Conference, McHenry County College, Crystal Lake, Illinois.
- 2010** “Introduction to Mixed Martial Arts.” One credit 100-level special topics course. College of Lake County, Grayslake, Illinois.
- 2010** “Sports Nutrition and the High School Athlete.” Athletic Department, Warren Township High School, Gurnee, Illinois.

ACADEMIC COMMITTEES

- Health and Wellness Advisory Committee, College of Lake County, Grayslake, Illinois.
- Personal Training Advisory Committee, College of Lake County, Grayslake, Illinois.
- Massage Therapy Advisory Committee, College of Lake County, Grayslake, Illinois.
- Literacy Committee, Mundelein District 75.
- Nutritional Reformation Committee, Mundelein District 75.
- Lead instructor for development of D75 healthy lunch program.
- Technology Committee, Mundelein District 75.

PROFESSIONAL MEMBERSHIPS

National Academy of Sports Medicine

National Wellness Institute

Illinois Teacher Association

Illinois Mixed Martial Arts Association

Indiana Mixed Martial Arts Association

Illinois Boxing Association

CERTIFICATIONS AND CREDENTIALS

Chicago Blackhawks Testing Training Camps for Pre & Post Season Assessment.

Certified Specialist in Speed and Explosion for Sports and Competition, National Association of Speed and Explosion.

Certified Wellness Practitioner (CWP), National Wellness Institute (NWI), Stevens Point, Wisconsin.

First Aid, Cardio-Pulmonary Resuscitation (CPR), and Automated External Defibrillation (AED), American Red Cross.

National Academy of Sports Medicine.

Certified K-12 Teacher, Illinois State Teaching License #2133612