

# PATRICK KERN, CSCS

San Jose, CA Phone: 408-461-1266 Email: Kernstrengthandfitness@gmail.com

## Profile

**Bringing Structure and Passion into the world of High School Strength and Conditioning! Stronger is Better!**

## Direct Experience



**Leland High School  
(San Jose, CA)**

### **Head Strength+Conditioning Coach (September 2019 – Present)**

Responsible for complete overhaul of Strength and Conditioning program at the school. Complete reorganization of the weight room and implementation of best practices including facility inspection and upkeep. Implemented successful in season programs for Football, Boys and Girls Water Polo, Boys Basketball, Wrestling, and Cheer. Tremendous success with Baseball offseason Strength program. Emphasis on Championship Culture, where we teach the kids the importance of good character on and off the field.



**Saint Francis High School  
(Mountain View, CA)**

### **Assistant Sports Performance Coach (September 2018 – June 2019)**

Assisted with the implementation and design of daily strength and conditioning programs for multiple sports within the Lancer Athletic Department. Extensive record keeping with use of Microsoft Excel and Google Sheets. Led sessions that involved Olympic lifts, Power lifts, injury prevention work, med ball work, and recovery. Helped outfit new equipment in the Gomo Fitness Center.

## Education

Bachelors of Science in Applied Exercise Science from Azusa Pacific University (December 15, 2012)  
Growing proficiency of Microsoft Office (Word, Excel, Outlook, Powerpoint)  
Certified Strength and Conditioning Specialist (CSCS) from National Strength and Conditioning Association (January 23, 2013) (#7247843226), pursuing CSCS\*D for 2020  
USA Weightlifting Advanced Sports Performance Coach October 21, 2019  
Performance Enhancement Specialist (PES) from National Academy of Sports Medicine. May 9, 2012  
TRX Suspension Trainer Course (August 2014)  
FMS Level 1 (June 2018)  
Certified in First Aid/CPR/AED and First Aid through Red Cross (Renewed as of March 2018)

## Other Experience

San Jose State University - Strength and Conditioning Intern (September 2016 - December 2016)  
Azusa Pacific Track and Field – Strength and Conditioning Assistant (September 2012 – December 2012)  
California Strength – Intern (May 2012 - August 2012)  
Cisco Systems via Optum (May 2016 - November 2019) - Personal Trainer/Exercise Specialist  
Olympic Weightlifting Coach - Thirdspace Fitness (November 2014 - April 2017)  
Qualcomm via Plus One (November 2015 - August 2016) Personal Trainer/Exercise Specialist  
Olympic Weightlifting Clinic Instructor – WhiteCap Crossfit (Corpus Christi, TX) (March 22-23, 2014)  
City Sports Club – Master Trainer (April 2013 - November 2014)