

Curriculum Vitae

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Jay Robert Hoffman, Ph.D.

Ariel University
Department of Physical Therapy
School of Health Science
Ariel, Israel, 40700

EDUCATIONAL BACKGROUND

- 1988 - 1993 Ph.D. **University of Connecticut**
Storrs, Connecticut
Major Field of study: Applied Physiology
- 1986 - 1988 M.S. **Queens College**
Flushing, New York
Major Field of study: Applied Physiology
- 1979 - 1983 B.S. **St. John's University**
Jamaica, New York
Major Field of study: Pre-Medicine/ Athletic Administration

Academic/Professional Appointments

- 2019 – Present **Ariel University, Professor, Department of Physical Therapy. College of Health Science, Ariel, Israel**
- Teach graduate and undergraduate courses in Physiology
 - Tasked with developing Sport Science Research Center and Research Facility.
- 2010 – 2019 **The University of Central Florida, Department Chair (2011 – 2017): Education and Human Sciences. Professor, Sport and Exercise Science Program. Dual Appointment (May 2015) Professor of Medicine at Burnett School of Biomedical Sciences.**
- Tenured since Aug 2010
 - As Department Chair was responsible for the administration of undergraduate and graduate programs for the following programs: Sport and Exercise Science, Methodology and Measurement, and Instructional Design and Technology. These programs consist of 22

full-time faculty with more than 1800 students. Previous to this administrative responsibility I was Chair for Child, Family and Community Sciences (until May 2013). This department consisted of Sport and Exercise Science, Early Childhood and Exceptional Education with 35 faculty and 1800 students. Stepped back to professorate January 2018.

- Developed MS and Ph.D programs in exercise science and created national and international partnerships.
- Developed Institute of Exercise Physiology and Wellness which houses Human Performance Laboratory and research program.
- Increased enrollment from 400 – 1400+ students within 6 years.
- Built 5 laboratories using external funds. More than \$2 million raised between 2010 - 2018.
- Developed 6th ranked overall doctoral program of Sport and Exercise Science in the United States, relative to faculty size, but ranked #1 in the country in scientific publications. This evaluation was performed by the National Academy of Kinesiology in 2015. National rankings are only calculated once every five years.

2000 – 2010

The College of New Jersey, Professor, Chair (2004 - 2010), Department of Health and Exercise Science.

- Tenured since May 2003
- Responsible for the administration of department with 9 full-time faculty
- Teach graduate and undergraduate courses in HES department. Courses included Health and Wellness (HES 160), Kinesiology (HES 301), Physiological Adaptations to Exercise and Exercise Prescription (HES 410 and HES 530), Assessment and Evaluation (HES 302), and Senior Capstone (HES 497)
- Led transformation of program from physical education emphasis to a health and exercise science emphasis.

1998 – 1999

Knoll Pharmaceutical Company, Manager, Research & Development.

- Design and management of phase IIIb/IV studies for existing product line within analgesic pain franchise.
- Provide clinical support and consultation activities to the analgesia marketing department, sales force, and medical information
- Direct Sports Medicine Initiative for analgesic pain franchise
- Direct Scientific advisory panel and speakers bureau comprised of nationally renowned experts

1998 – 2000

Queens College, City University of New York, Adjunct Associate Professor

- Teach graduate and undergraduate courses in Exercise Science Department

- 1998 – 1999 ***St. John's University, Adjunct Associate Professor.***
- Teach undergraduate Course in Sports Medicine
- 1997 – 1998 ***Albert Einstein College of Medicine, Assistant Professor of Medicine, Montefiore Medical Center, Cardiology Division, Clinical Physiologist***
- Supervising cardiac stress tests
 - Develop exercise prescription and risk modification programs
 - Teach clinical testing to cardiology and pulmonary fellows
- 1994 – 1997 ***Israel Air Force, Aeromedical Center, Commander Physiology Unit, Rank: Major***
- Responsible for physiological training of all aircrews (jet, helo and transport) and operational research for various combat teams.
 - Development of aviation physiology curriculum for flight school.
 - Development of conditioning programs for aircrew and ground combat personnel
- 1992 – 1994 ***Wingate Institute for Physical Education & Sport, Ribstein Center for Research and Sport Medicine, Exercise Physiologist***
- Testing and evaluation of Israel's elite athletes
 - Lectures at the coaches college on physiology of training
 - Advisement of Graduate students for thesis development
- 1993 ***Hebrew University School of Medicine, Lecturer***
- Lectures on topics of exercise physiology
- 1988 – 1992 ***University of Connecticut Human Performance Laboratory, Graduate Teaching and Research Assistant***
- Teach undergraduate laboratory and exercise physiology courses
- 1986 – 1988 ***Queens College, Flushing New York, Graduate Teaching Assistant***
- Teach courses to undergraduates in the Department of Physical Education.

Additional Professional

- 2017 - **Israel National American Football Team, Head Coach**
- Head coach for National team, responsibilities of staff recruitment, player selection, practice and game management.
- 2000 - 2007 **The College of New Jersey Football**
- Defensive Coordinator (2003 - 2007)
 - Coordinate strength and conditioning program
- 1996 – 1997 ***Israel National Youth Basketball Team, Strength and Conditioning Coach***
- Design and implementation of the strength and conditioning program
 - Development of testing program for the monitoring of players performance (both athletic and physiological) for the early detection of overtraining.
- 1993 – 1994 ***Hapoel Galil Elyion, Strength and Conditioning Coach.***
- Coordinate the strength and conditioning program for professional basketball team in the Israel and European Basketball Leagues.
- 1992 – 1993 ***Hapoel Givatayim, Strength and Conditioning Coach.***
- Coordinate the strength and conditioning program for professional basketball team in the Israel Basketball League.
- 1988 – 1992 ***University of Connecticut, Strength and Conditioning Coach***
- Coordinate training programs
 - Testing and evaluation of athletes.
 - Primary responsibility Men's Basketball and Football. Responsibilities also included Women's Basketball, Track and Field and Baseball.
- 1986 – 1988 ***Sephardic Community Center, Brooklyn, New York, Director of Athletics and Fitness***
- Directed fitness program for 7000-member community center.
 - Responsibilities included: fitness evaluation, exercise prescription, athletic leagues, committee work. Supervise 20 part-time employees
 - Conduct inservice training program for staff and Coordinate annual fitness fair.
 - Design and purchase of new fitness facility.
- 1983 – 1984 ***Professional Football Player.*** NY Jets, Philadelphia Eagles, and Tampa Bay Bandits

1. Kraemer WJ, Fry A., Frykman PN, Conroy B, **Hoffman JR**. Resistance training and youth. *Pediatric Exercise Science*. 1(4): 336-350. 1989.
2. **Hoffman JR**. Growth Hormone. *National Strength and Conditioning Association Journal*. 12(5): 78-81. 1990.
3. **Hoffman JR**, Fry AC, Deschenes M, Kemp M, Kraemer WJ. The effects of self selection for frequency of training in a winter conditioning program or football. *Journal of Applied Sport Science Research*. 4(3): 76-82. 1990
4. **Hoffman JR**, Maresh CM, Armstrong LE, Kraemer WJ. The effects of off-season and inseason resistance training programs on a collegiate male basketball team. *Journal of Human Muscle Performance*. 1(2): 48-55. 1991
5. **Hoffman JR**, Fry AC, Howard R, Maresh CM, Kraemer WJ. Strength, speed, and endurance changes during the course of a Division I basketball season. *Journal of Applied Sport Science Research*. 5(3): 144-149. 1991.
6. Maresh CM, Gabaree CL, **Hoffman JR**, Hannon DR, Deschenes MR, Armstrong LE, Abraham A., Bailey F.E., Kraemer W.J. Anaerobic power responses to amino acid nutritional supplementation. *International Journal of Sports Nutrition*. 1:366-377. 1991.
7. Fry AC, Kraemer WJ, Weseman CA, Conroy BP, Gordon SE, **Hoffman JR**, Maresh CM. The effects of an off-season strength and conditioning program on starters and non-starters in women's intercollegiate volleyball. *Journal of Applied Sport Science Research*. 5(4): 174-181. 1991
8. **Hoffman JR**. Testosterone: A review of exercise responses and physiological effects. *National Strength and Conditioning Association Journal*. 14(4): 10-17. 1992.
9. **Hoffman JR**, Maresh CM, Armstrong LE. Invited Review. Isokinetic and dynamic constant resistance strength testing: Implications for sport. *Physical Therapy Practice*. 2(1): 42-53. 1992.
10. Maresh CM, Abraham A, De Souza MJ, Deschenes MR, Maguire MS, Kraemer WJ, Armstrong LE, Gabaree CL, **Hoffman JR**. Oxygen consumption following exercise of moderate intensity and duration. *European Journal of Applied Physiology*. 65: 421-426. 1992.
11. Maresh CM, Armstrong LE, Bergeron MF, Gabaree C, **Hoffman JR**, Hannon DR, Pasqualichio AA. Plasma cortisol and testosterone responses during a collegiate swim season. *Journal of Strength and Conditioning Research*. 8(1): 1-4. 1994.