

Curriculum Vitae

Hussien Jabai, MS, CSCS, TSAC-F, CPT

Education

Master of Science (M.S.) Exercise Science, Texas A&M University – Commerce, Texas (2020)

Bachelor of Science (B.S.) Health and Human Performance, Texas (2018)

Teaching Experience

Strength and Conditioning – Field Experience Coordinator (& Program Coordinator), A&M-Commerce, 2023-present

Adjunct Faculty, Health and Human Performance, A&M-Commerce, 2021; 2023-present

Instructor, Health and Human Performance, A&M-Commerce, 2022-2023

Instructor, Basic Peace Officer Course (agencies listed below), Chapt. 3 Fitness, Wellness, Stress Management, 2023-present

Service to the Profession

2023 to Present – National Strength and Conditioning Association (NSCA) Texas State Advisory Board

2023 to Present – International Association of Chiefs of Police (IACP) Physical Wellness Committee

Professional Presentations

Jabai, H. (2023) Navigating the Field: Turning Strategy into Action. *NSCA Texas State Clinic*. Dallas, TX.

Jabai, H. (2023) Nontraditional Exercise Variations for Training Fire and Police Academy Cadets with Limited Resources. *NSCA Midwest Regional Clinic*. Stillwater, OK.

Jabai, H., & Oldham, M. (2022) Police Academy Physical Preparation: Expectation vs Reality. *NSCA 2022 Tactical Annual Training*. San Antonio, TX.

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Research Efforts

- A Longitudinal Study of Stress Recovery Indices and Heart Rate Variability in Full-Time Firefighters (on-going)
- The Effectiveness of Strength and Conditioning Programs on Increasing Lumbar Region Wellness in Firefighters (on-going)
- Strength and Conditioning Programs on Fitness and Mobility in Law Enforcement Cadets (on-going)
- Fitness and Mobility in Federal Law Enforcement Personnel (on-going)
- A Pilot Study of the Effects of Hyperosmolar Rehydration Solutions on Measures of Hydration in Firefighters During Live Fire Training (2022; pending)
- Concurrent Validity for the D2 Dynavision (on-going)

Teaching Experience

Texas A&M University – Commerce: Health and Human Performance Department

- HHPK 1306 First Aid and Safety
- HHPK 1338 Concepts of Physical Activity
- HHPS 100 Foundations of Sports and Recreation Management
- HHPK 1301 Foundations of Kinesiology
- FRA 100 Lifetime Fitness
- FRA 101 Aerobic Conditioning: Walking or Jogging
- FRA 105 Introduction to Weightlifting
- HHPK 250 Physical Activity Skills I – Individual/Dual Sports
- HHPK 251 Physical Activity Skills II – Team/Global Sports
- HHPH 1304 Introduction to Community and Public Health

(Strength and Conditioning Specific)

- HHPS 397 Introduction to Tactical Strength and Conditioning
- HHPS 318 Individual Exercise Instruction
- HHPK 450 Administration Leadership
- HHPK 316 Resistance Training
- HHPK 461 Exercise Prescription

Texas A&M University – Commerce: Law Enforcement Training Academy

- Basic Peace Officer Course – Chapter 3. Fitness, Wellness, & Stress Management (2023-present)

CAPCOG Regional Law Enforcement Training Academy

- Basic Peace Officer Course – Chapter 3. Fitness, Wellness, & Stress Management (2024-present)

Fire In Texas – Firefighting and EMS Training Academy

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- Strength and Conditioning; Health and Wellness Education (2021-present)

Research Publications

Balderrama, Ernesto Jr; Cavazos, Raquel J.; Martinez, Cheyenne; Meek, Bryan G.; **Jabai, Hussien K.**; Bernhardt, Vipa; and OLDHAM, MICHAEL D. (2024) "Does 24-48 or 48-96 Promote Better REM Sleep Within Firefighters?," International Journal of Exercise Science: Conference Proceedings: Vol. 2: Iss. 16, Article 53. Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss16/53>

Byun, Chaehyun; Aquilino, Francesca; Balderrama, Ernesto; Cavazos, Raquel J.; Gerner, Shelby; Martinez, Cheyenne; Riffe, Austin; Bernhardt, Vipa; OLDHAM, MICHAEL D.; and **Jabai, Hussien K.** (2024) "Fitness Correlates to Firefighter Job Tasks," International Journal of Exercise Science: Conference Proceedings: Vol. 2: Iss. 16, Article 42. Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss16/42>

Cavazos, R., Meek, B., **Jabai, H.**, Oldham, M. (2023). The Effect of Mobility and Strength Training on Firefighter Cadet Functional Mobility. *International Journal of Exercise Science*. Vol 2 (15). DOI: <https://digitalcommons.wku.edu/ijesab/vol2/iss15/153/>

Peer-Reviewed Articles

Jabai, H. (2022). Analyzing movement & Preventing injury. *Crackyl Magazine*, (6), 60–61.

Jabai, H., and Brewer, K. (2023). Are You Ready for the Fireground?. *Crackyl Magazine*, (9), 74-77.

Jabai, H., and Culpepper, Dean. (2024). Brain Train: Teach Your Brain to React and Process Faster. *Crackyl Magazine*, (13), 64-65

Certifications

- National Strength and Conditioning Association: Certified Strength & Conditioning Specialist (CSCS)
- National Strength and Conditioning Association: Certified Personal Trainer (CPT)
- National Strength and Conditioning Association: Certified Tactical Strength and Conditioning Facilitator (TSAC-F)
- ACE Sports Conditioning Specialist
- American Heart Association First Aid, CPR, AED)
- Texas Commission on Law Enforcement (TCOLE) - Basic Instructor