

Hussien Jabai

Tactical Strength and Conditioning Coordinator

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Education

- **Paris Junior College (2015)**
Associate of Science
- **Texas A&M University – Commerce (2018)**
Bachelor of Science in Human Performance – Graduated with Magna Cum Laude
- **Texas A&M University – Commerce (2020)**
Master of Science in Exercise Science

Professional Interest

To engage in professional development opportunities that empower the display of my strengths, challenge my weaknesses, generate an environment of growth, and influence others to embark on educational adventures.

To gain knowledge in exercise science and its relationship with the tactical community.

To continue my association with the National Strength and Conditioning Association as a certified strength and conditioning specialist (CSCS), tactical strength and conditioning facilitator (TSAC-F), and certified personal trainer (CPT).

To further develop skills in the areas of exercise physiology, biomechanics, and nutrition.

To empower future TSAC practitioners through providing professor development and educational opportunities.

Research Experience

1. **“The Effectiveness of Strength and Conditioning Programs on Increasing Lumbar Region Wellness in Firefighters’**

Partnership with Texas A&M University – Commerce

****IRB Approved, In progress****

2. **Observation of HRV, Sleep, and Recovery in Firefighters**

Partnership with Texas A&M University – Commerce

****IRB Approved, In Progress****

Certifications

National Strength and Conditioning Association – Certified Strength and Conditioning Specialist

National Strength and Conditioning Association – Tactical Strength and Conditioning Facilitator

National Strength and Conditioning Association – Certified Personal Trainer

American Council on Exercise – Sports Conditioning Specialist (Specialty Cert)

American Heart Association – First Aid, AED, CPR

Professional Associations

National Strength and Conditioning Association (NSCA)

American Council on Exercise (ACE)