

Ryan Brod

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Ideation, Intellection, Learner, Maximizer, Strategic

Curriculum Vitae.

PROFESSIONAL SUMMARY

Experienced coach, educator, and military veteran with extensive experience in health science, physical education, and performance enhancement. With over two decades of combined experience in the healthcare field and teaching Health and Physical Fitness, I am passionate about fitness, mentoring athletes and dedicated to building resilience and performance for student and athlete success. Dedicated to empowering students and athletes to achieve peak performance and lifelong success through evidence-based training and character-driven leadership.

EDUCATION

Doctor of Health Science and Exercise Leadership

Pennsylvania Western University (Completion: August 2026)

Master of Science in Exercise Science (Performance Enhancement & Injury Prevention)

Pennsylvania Western University

Bachelor of Science in Health Sciences, *cum laude* (Healthcare Management)

Touro University

Career Switcher Program Graduate (Teaching Credential)

Old Dominion University

CERTIFICATIONS & LICENSES

California Commission on Teacher Credentialing – Single Subject Teaching Credential, Health & Physical Education K–12 (#250050324)

National Strength & Conditioning Association (NSCA) – Certified Strength and Conditioning Specialist (CSCS #7248496864)

National Academy of Sports Medicine (NASM) – Performance Enhancement Specialist (#1430217)

PROFESSIONAL EXPERIENCE

San Diego Unified School District, San Diego, CA

Physical Education Teacher — Sept 2025 – Current

- Deliver Physical Education curriculum to over 200 middle school students (grade 8).
- Ensured student success by aligning with district education standards.

Canyon Crest Academy High School, San Diego, CA

Head Wrestling Coach — Sep 2025 – Current

- Rebuilt and continue to grow the program from previous low participation.
- Coached first year wrestlers to varsity readiness.
- Established team expectations, and accountability
- Initiated and continue to grow a culture of commitment, character building, mental resilience and sportsmanship.
- Designed and implemented structured daily practice sessions.
- Organized competition schedules (tournaments and duels).

Naval Special Warfare Orientation, Coronado, CA

Strength & Conditioning Coach — Dec 2021 – Sep 2025

- Collaborate coach and mentor with the strength and conditioning coaching team to implement and supervise physical training modules for 4,200+ SEAL & SWCC candidates.
- Prepare candidates for success in physical assessments and early-phase training (First and Alpha).
- Instruct proper performance of Physical Screening Test (PST)-related exercises.
- Provide Strength & Conditioning program design
- Proactively addressed common musculoskeletal pain and injury locations (knees, back, hip flexors) by teaching preventative movement and strengthening exercises

Clark County School District, Las Vegas, NV

Health & Physical Education Teacher — Nov 2016 – Dec 2021

- Delivered health and Physical Education curriculum to 1600+ middle school students (grades 6–8).
- Ensured student success by aligning with district education standards.

Coronado High School, Henderson, NV

Assistant Wrestling Coach — Sept 2018 – March 2022

- Assisted the team to the most successful season in school history, achieving the highest number of tournament medalists and state championship qualifiers on record.
- Assisted in planning and leading daily practices focused on technique, conditioning, and match mental readiness.
- Reinforced team culture, discipline, and sportsmanship in practices and competition.
- Ensured safety, accountability, and compliance with program expectations.

Sunrise Mountain High School, Las Vegas, NV

Assistant Wrestling Coach — Sept 2017 – March 2018

- Helped the team in having one state championship qualifier.
- Assisted in planning and leading daily practices focused on technique, conditioning, and match mental readiness.
- Reinforced team culture, discipline, and sportsmanship in practices and competition.
- Ensured safety, accountability, and compliance with program expectations.

Chesterfield County Public Schools, Chesterfield, VA

Health & Physical Education Teacher — Oct 2014 – Jun 2016

- Delivered curriculum to 500+ middle school students (grades 6–8).
- Ensured student success by aligning with district education standards.

Clover Hill High School, Midlothian, VA

Assistant Wrestling Coach — Sep 2015 – March 2016

- Helped lead the team to having two state championship qualifiers with one placing.
- Assisted in planning and leading daily practices focused on technique, conditioning, and match mental readiness.
- Reinforced team culture, discipline, and sportsmanship in practices and competition.
- Ensured safety, accountability, and compliance with program expectations.

Fitness Together, Norfolk, VA

Lead Personal Fitness Trainer / Office Manager — Dec 2011 – Nov 2014

- Supervised and mentored a team of 12 personal trainers.
- Provided successful personal training to 35 clients, supporting individual fitness goals.

Nevada Kidney Disease and Hypertension Center, Las Vegas, NV

Medical Assistant — Aug 2011– Oct 2011

- Provided front and back-office duties including Vital Signs assessment and Electric Medical Record (EMR) maintenance.

Veterans Affairs Clinic, Henderson, NV

Medical Assistant — Jul 2009 – Dec 2009

- Provided front and back-office duties including Vital Signs assessment and Electric Medical Record (EMR) maintenance.

United States Navy, Various Locations

Preventive Medicine Technician, Hospital Corpsman — Jul 1998 – Apr 2006

- Instructed service members on preventive medicine, environmental health, and occupational health.
- Created base protocol for logistics in the event of a biological attack.
- Conducted health and safety inspections across schools, fitness centers, and food facilities.
- Served as Assistant Command Fitness Leader (ACFL), assisting sailors with fitness routines and readiness testing.
- Received three navy achievement metals.

RESEARCH AND SCHOLARLY ACTIVITY

- Publications and Presentations in progress.

MEMBERSHIPS / AFFILIATIONS

National Strength & Conditioning Association (NSCA).