



## Curriculum Vita May 2025

### Hussien Jabai

Nursing and Health Science • P.O. Box 3011 • Commerce, TX 75429

### PROFESSIONAL APPOINTMENTS

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2024-present	Program and Field Experience Director East Texas A&M University
2023-2024	Program and Field Experience Supervisor & Adjunct Faculty Texas A&M University – Commerce
2022-2023	Instructor Texas A&M University – Commerce
2020-2022	Adjunct Faculty Texas A&M University – Commerce

### EDUCATION

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2018-2020	<b>M.S. in Exercise Science</b> Texas A&M University – Commerce
2016-2018	<b>B.S. in Health and Human Performance</b> Texas A&M University – Commerce

### TEACHING EXPERIENCE

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#### *East Texas A&M University, Instructor of Record:*

Undergraduate and Graduate Courses		
HHPK 397	Introduction to Tactical Strength and Conditioning	Summer I 2021
FRA 105	Introduction to Weight Training	Fall 2021
FRA 101	Aerobic Conditioning by Walking or Jogging	Fall 2021

HHPK 1338	Concepts of Physical Activity	Fall 2021, Spring 2022, Fall 2022
HHPS 318	Individual Exercise Instruction	Summer II 2022
HHPK 1306	First Aid and Safety	Fall 2022
HHPK 250	Physical Activity Skills I: Conditioning, Individual and Dual Sports	Fall 2022, Spring 2023
HHPK 1301	Foundations of Kinesiology	Fall 2022
FRA 100	Lifetime Fitness	Fall 2022
HHPH 1304	Introduction to Personal and Community Health	Spring 2023
HHPK 251	GLB/Physical Activity Skills II: Team Sports	Spring 2023
HHPK 445	Administration and Leadership	Fall 2023, Summer II 2024, Fall 2024, Summer II 2025, Fall 2025
HHPS 100	GLB/Foundations of Sport & Recreation Management	Fall 2023
HHPK 316	Resistance Training	Spring 2024, Spring 2025
HHPK 461	Exercise Prescription	Spring 2024, Spring 2025
HHPK 437	Internship in Kinesiology	Fall 2024, Spring 2025, Summer 2025, Fall 2025
HHPK 322	Principles of Strength and Conditioning	Fall 2024, Winter Mini 2024, Fall 2025
HHPS 302	Sport Tourism Management	Fall 2024
HHPK 473	Program Design in Strength and Conditioning II	Spring 2025
HHPK 470	Program Design in Strength & Conditioning I	Fall 2025

***Graduate thesis and honor's thesis committees:***

**University of Mary Hardin-Baylor**

Graduate Thesis:

- Marc A. Clifford (committee member): Correlating Low Impact Exercises to Fire Ground Activities. Completed 2025

**PEER-REVIEWED PUBLICATIONS**

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- 1) Balderrama, E., Cavazos, R., Martinez, C., Meek, B., **Jabai, H.**, Bernhardt, V., and Oldham, M. (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>
- 2) Byun, C., Aquilino, F., Balderrama, E., Cavazos, R., Gerner, S., Martinez, C., Riffe, A., Bernhardt, V., Oldham, M., and **Jabai, H.** (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>

- 3) 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/>
- 4) **Jabai, H.** (2022). Analyzing movement & Preventing injury. *Crackyl Magazine*, (6), 60–61.
- 5) **Jabai, H.**, and Brewer, K. (2023). Are You Ready for the Fireground?. *Crackyl Magazine*, (9), 74-77.
- 6) **Jabai, H.**, and Culpepper, Dean. (2024). Brain Train: Teach Your Brain to React and Process Faster. *Crackyl Magazine*, (13), 64-65
- 7) **Jabai, H.**, Flores, S., and Oldham, O. (2024) CAPCOG Regional Law Enforcement Training Academy Implements Physical Ability Testing. *Tactical Training and Conditioning*, (7), 18-19
- 8) **Jabai, H.** (2024) The Recovery Standard Project. *Tactical Training and Conditioning*, (8), 26-27
- 9) **Jabai, H.**, Justice, M., Oldham, M., and Bernhardt, V. (2025) "Correlating Visuomotor and Cognitive Assessments to Marksmanship in Police Cadets," International Journal of Exercise Science: Conference Proceedings: Vol. 2: Iss. 17. Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss17/58/>
- 10) Byun, C., Martinez, C., Tousant, M., Bernhardt, V., Oldham, M., **Jabai, H.** (2025) "Anaerobic Capacity Predicts Firefighter Job Tasks," International Journal of Exercise Science: Conference Proceedings: Vol. 2: Iss. 17, Article 17. Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss17/16/>
- 11) **Jabai, H.** (2025). Integrating Effective Physical Fitness Screening Methods into the Academy. Police Chief Magazine, (Feb), 18-19
- 12) **Jabai, H.** (2025) Readiness in Motion: The Role of Functional Movement Testing in Tactical Professions. *Tactical Training and Conditioning*, (10), 14-16

## **CONFERENCE PRESENTATIONS**

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- 1) **Jabai, H.** Navigating the Field: Turning Strategy into Action. NSCA Texas State Clinic, September 30<sup>th</sup>, 2023, Dallas, TX.
- 2) **Jabai, H.** Nontraditional Exercise Variations for Training Fire and Police Academy Cadets with Limited Resources. NSCA Midwest Regional Clinic, April 21<sup>st</sup>, 2023, Stillwater, OK.
- 3) **Jabai, H.**, & Oldham, M. Police Academy Physical Preparation: Expectation vs Reality. NSCA 2022 Tactical Annual Training, August 25<sup>th</sup>, 2022, San Antonio, TX.
- 4) **Jabai, H.**, Oldham, M.D. Integrating Exercise Science Principles into Job-Simulation Testing Design for Firefighters. National Strength and Conditioning Association Tactical Annual Training, August 7<sup>th</sup>, 2024, Norfolk, Virginia
- 5) **Jabai, H.** 4-Phases of Workforce Wellness Program Development. National Strength and Conditioning Association Texas State Clinic, Nov. 9, 2024, College Station, Texas.

## **OTHER PRESENTATIONS**

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- 1) **Jabai, H.** (02.2022) Introduction to Fitness and Wellness for Firefighters. Feb. 2022, Greenville Fire-Rescue
- 2) **Jabai, H.** (08.2024) TCOLE Chapter 3: Physical Fitness, Nutrition, and Stress Management. AMLETA Basic Peace Officer Course. Commerce, TX
- 3) **Jabai, H.** (03.2024) TCOLE Chapter 3: Physical Fitness, Nutrition, and Stress Management. AMLETA Basic Peace Officer Course. Commerce, TX
- 4) **Jabai, H.** (08, 2024) TCOLE Chapter 3: Physical Fitness, Nutrition, and Stress Management. AMLETA Basic Peace Officer Course. Commerce, TX
- 5) **Jabai, H.** (04.2024) TCOLE Chapter 3: Physical Fitness, Nutrition, and Stress Management. CAPCOG Basic Peace Officer Course. Austin, TX
- 6) **Jabai, H.** (09.2024) TCOLE Chapter 3: Physical Fitness, Nutrition, and Stress Management. AMLETA Basic Peace Officer Course. Commerce, TX
- 7) **Jabai, H.** (10.2024) TCOLE Chapter 3: Physical Fitness, Nutrition, and Stress Management. AMLETA Basic Peace Officer Course. Commerce, TX
- 8) Sykes, Wesley. (2025) “Talkin’ Tactical Tech. A video discussion with **Hussien Jabai.**” *Tactical Training and Conditioning*, (9), 14-15
- 9) **Jabai, H.** (06.2025) TCOLE Chapter 3: Physical Fitness, Nutrition, and Stress Management. AMLETA Basic Peace Officer Course. Commerce, TX
- 10) Sykes, Wesley. (2025) “Training the Tactical Mind: Cultivating brain processing skills in law enforcement with **Hussien Jabai.**” *Tactical Training and Conditioning*, (11), 14-15
- 11) **Jabai, H.** (11.2025) TCOLE Chapter 3: Physical Fitness, Nutrition, and Stress Management. AMLETA Basic Peace Officer Course. Commerce, TX

## **PROFESSIONALLY RELATED EXPERIENCE**

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2024-Present	Strength and Conditioning Instructor/Coordinator  East Texas A&M University Law Enforcement Training Academy (AMLETA)
2024	Instructor  CAPCOG Regional Law Enforcement Training Academy (CAPCOG)
2023-Present	Instructor  East Texas A&M University Law Enforcement Training Academy (AMLETA)
2021-Present	Strength and Conditioning Instructor  Fire In Texas – Firefighting and EMS Training Academy
2018-2020	Strength and Conditioning Instructor  Melissa Fire Department

2018-Present      First Responder / Public Safety Health and Wellness Instructor  
Jabai Performance

## **PROFESSIONALLY RELATED SKILLS**

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Tactical population: strength and conditioning strategies	2018-
Present	
Tactical population: injury mitigation program development	2018-
Present	
Student advising - ETAMU	2023-
Present	
Student Mentoring and internship preparation – ETAMU	2023-
Present	
Tactical population: applied research	2020-
Present	
Tactical population: physical ability testing organization, facilitation, and consultation	2020-
Present	
Tactical population: job task analysis	2020-
Present	
Strength and conditioning professional continued education creation/facilitation	2020-
Present	

## **PROFESSIONAL MEMBERSHIPS**

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National Strength and Conditioning Association

## **CERTIFICATIONS**

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National Strength and Conditioning Association: Certified Strength & Conditioning Specialist	2019-
Present	
National Strength and Conditioning Association: Certified Personal Trainer	2016-
Present	
National Strength and Conditioning Association: Tactical Strength and Conditioning Facilitator	2021-
Present	
ACE Sports Conditioning Specialist	
Lifetime	
American Red Cross First Aid, CPR, AED	2022-Present
American Heart Association First Aid, CPR, AED	2019-2021

Texas Commission on Law Enforcement (TCOLE) - Basic Instructor  
Lifetime

## **PROFESSIONAL COMMITTEES AND SERVICE**

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Tactical Strength and Conditioning Liaison – Exercise Physiology Lab TAMUC	2019-
Present	
National Strength and Conditioning Association – Texas State Advisory Board	2022-
Present	
ETAMU Nutrition Professor – Search Committee Member	2022
International Association of Chiefs of Police – Physical Wellness Committee	2023-
Present	
ETAMU Sports and Recreation Management Professor – Search Committee Member	2024
Guest Lecture: Resistance Training for HHPK 1338 Concepts of Physical Activity	Oct. 2024
Guest Lecture: Resistance Training for HHPK 253 Lifetime Sports and Activities	Oct.
2024	