

# David M. (Mike) Jett, Jr, M.S., NSCA- CSCS, ACSM- EP-C, PN

## Education

**Department of Health and Sport Sciences, University of Louisville;** Louisville, Kentucky  
Master of Science in Exercise Physiology, May 2004

**College of Arts and Sciences, University of Louisville;** Louisville, KY  
Bachelor of Arts; June 2000  
Major: History

## Professional Experience

### Teaching Experience

**Instructor, Exercise Physiology Program** -- January 2012 - Present  
Department of Health and Sport Sciences, University of Louisville; Louisville, KY

Undergraduate Courses Taught:

HSS 202: Human Anatomy & Physiology- Summer 2013  
HSS 394: Foundations of Exercise Physiology- Spring 2012- Fall 2017  
HSS 395: Fitness Assessment and Prescription- Spring 2012- Present  
HSS 396: Lab Methods in Fitness Evaluation- Spring 2018- Present  
HSS 402: Practicum in HHP- Fall 2015- Summer 2016; Summer 2017  
HSS 486: Advanced Exercise Physiology- Spring 2012- Spring 2015  
HSS 492: Cooperative Internship- Spring 2012- Summer 2017  
HSS 507: Exercise Science Senior Seminar- Fall 2015- Fall 2016; Fall 2017

Graduate Courses Taught:

EXP 501: Applied Exercise Physiology- Fall 2018

**Part-time Instructor, Exercise Physiology Program** – June 2004 – December 2011  
Department of Health and Sport Sciences, University of Louisville; Louisville, KY

Undergraduate Courses:

HSS 202: Human Anatomy & Physiology- Spring 2005  
HSS 377: Tests and Measurements- Fall 2010  
HSS 394: Introduction to Exercise Science- Summer 2010 and Fall 2011  
HSS 395: Personal Trainer Workshop- Fall 2009- Fall 2011  
HSS 395: Health/Fitness Instructor Lab- Spring 2006- Spring 2010  
HSS 486: Advanced Exercise Physiology- Summer 2004

Graduate Courses:

EXP 601: Lab Methods in Exercise Physiology- Fall 2011

### Clinical Experience

**Personal Trainer-** May 2015- present  
Performance Health and Wellbeing; Louisville KY

**Fitness Business Owner-** January 2010 – May 2015  
Pure Fitness Training; Louisville, KY

**Personal Trainer-** February 2005- December 2009  
Performance Fitness; Louisville KY

**Personal Trainer/Wellness Center Liaison-** January 2004- August 2009  
Swimmer Wellness/Fitness on Frankfort; Louisville, KY

**Assistant Cross Country/Track Coach-** August 2004- June 2008

## University Service

**Exercise Physiology Co-Program Director-** January 2018 – present  
Department of Health and Sport Sciences, University of Louisville

**Exercise Physiology Lab Director-** January 2017- present  
Department of Health and Sport Sciences, University of Louisville

**Fitness Evaluation Program Coordinator-** January 2012- December 2016  
Department of Health and Sport Sciences, University of Louisville

**Undergraduate Internship Coordinator-** January 2014- December 2014; June 2016- December 2016  
Department of Health and Sport Sciences, University of Louisville

**Undergraduate Faculty Advisor** – January 2012 – December 2016  
Advise 60 students

### **Program/Department Committee Member:**

Exercise Physiology Faculty Search Committee Chair- August 2018 – December 2018

Exercise Physiology Faculty Search Committee- February 2015 – May 2015

Senior Academic Counselor Search Committee- March 2014

Exercise Physiology Program Committee- January 2012 – Present

Exercise Physiology Faculty Search Committee- January 2013 – June 2013

### **CEHD Representative- American Heart Association Heart Walk:**

2017 Heart Walk Team Captain- July 2017- September 2017

2016 Heart Walk Team Captain- July 2016- September 2016

2015 Heart Walk Team Captain- July 2015- September 2015

2014 Heart Walk Team Captain- July 2014- September 2014

College of Education and Human Development, University of Louisville

## Publications

### **In Print:**

**Jett, DM, J Gibb, and DE Verrill.** Evidence-based alternatives to popular exercises. ACSM's Health and Fitness Journal. Vol. 21 (6): 20-26, 2017.

**Jett, M., and Gibb, J.** Strategies to Prevent a Plateau in Your Health and Fitness Gains. ACSM's Health and Fitness Journal. Vol. 20 (4): 36-38, 2016.

**Jett, M., and Swank, A.** Metabolic Resistance Training: A Strategy to Add 'Play' to Our Clinical Programs. ACSM's Health and Fitness Journal. Vol. 17 (2): 1-3, 2013.

**Jett, DM, KJ Adams, and BA Stamford.** Cold Exposure and Exercise Metabolism. Sports Medicine. Vol. 36 (8): 643-656, 2006.

## Awards/Honors

2017-2018 Faculty Favorite; nominated by multiple students – University of Louisville; Fall 2018

2015-2016 Faculty Favorite; nominated by one undergraduate student – University of Louisville; Fall 2016

Red & Black Faculty Mentor; selected by one undergraduate student athlete – University of Louisville; Spring 2016

Red & Black Faculty Mentor; selected by one undergraduate student athlete – University of Louisville; Spring 2013

Red & Black Faculty Mentor; selected by one undergraduate student athlete – University of Louisville; Fall 2012

Red & Black Faculty Mentor; selected by one undergraduate student athlete – University of Louisville; Fall 2009

### **Professional Certifications & Memberships**

American College of Sports Medicine- Certified Exercise Physiologist; June 2015

Precision Nutrition- Level 1 Precision Nutrition Coach; November 2013

National Strength and Conditioning Association- Certified Strength and Conditioning Specialist; August 2004

American Heart Association – Certified CPR/AED Adult; July 2013