**CURRICULUM VITAE**

**Guillermo Escalante, DSc, MBA, ATC, CSCS, PTA**

5500 University Parkway

San Bernardino, CA 92407

(909) 537-7236- Office

[gescalan@csusb.edu](mailto:gescalan@csusb.edu)

**Education**

* Rocky Mountain University of Health Professions, Provo, UT, 2004-2012, Athletic Training with an emphasis in Rehabilitation, Doctor of Science 2012, GPA: 3.52
* University of La Verne, La Verne, CA, 1997-1999, Business Administration with concentrations in Marketing and Healthcare Management, MBA 1999, GPA: 3.88
* University of La Verne, La Verne, CA, 1994-1997, Physical Education (emphasis in Athletic Training)/Biology Minor, BS 1997, GPA: 3.88, Graduated Summa Cum Laude with Departmental Honors

**Certifications and Licensure**

* Certified Athletic Trainer through the National Athletic Trainer’s Association
* Certified Strength and Conditioning Specialist through the National Strength & Conditioning Association
* California State Physical Therapy Board, License Number AT 9150

**Relevant Work Experience**

* Assistant Professor of Kinesiology, Department of Kinesiology, California State University San Bernardino, San Bernardino, CA (Fall 2014-present)
  + Design/develop a syllabus and lesson plans for classes in Physical Activity and Aging, Introduction to Fitness and Testing, Prevention and Treatment of Sports Injuries, Motor Development Across the Lifespan, Exercise Science Program Management, Measurement and Statistics in Kinesiology, Exercise Science Software, and Instrumentation in Exercise Science
  + Co-Director of the CSUSB Sports Disability Festival
  + Coordinator of the Department’s External Advisory committee
  + Member of the Undergraduate International Studies and Foreign Language committee to develop a certificate program in Spanish for Health Care Professionals
  + Member of the Intercollegiate Athletics Advisory Committee
  + Member of the Associated Students Incorporated Student Research and Travel committee
* Adjunct Kinesiology Lecturer (Part-Time), Department of Kinesiology, California State University San Bernardino, San Bernardino, CA (Fall 2012-Summer 2014)
  + Design/develop a syllabus and lesson plans for classes in Physical Activity and Aging, Introduction to Fitness and Testing, Biomechanics, Biomechanics Laboratory, Prevention and Treatment of Sports Injuries, Motor Development Across the Lifespan, Exercise Science Program Management, Exercise Science Software, and Measurement and Statistics in Kinesiology
  + Perform hands-on lab activities with students for proper implementation of fitness assessment and instruction as well as utilization of biomechanics laboratory equipment inclusive of surface EMG equipment and qualitative biomechanical analysis software
  + Assess the students’ learning continuum via the grading of exams, assignments, labs, and presentations
* Assistant Lab Instructor (Part-Time), Department of Physical Therapy Education, Western University of Health Sciences, Pomona, CA (2004-present)
  + Designed/developed lesson plans for the strength and conditioning lab to 3rd year Doctor of Physical Therapy Students
  + Worked in conjunction with the strength and conditioning Professor to ensure that classes were taught in coordination of the lectures/assignments
  + Provided students a hands-on and theoretical approach to applying the principles of strength and conditioning for the athlete as well as the patient to help them prepare for the Certified Strength & Conditioning Exam

* Adjunct Professor of Athletic Training (Part-Time), Department of Movement & Sports Science, University of La Verne, La Verne, CA (2006-2007)
  + Designed/developed a syllabus and lesson plans for classes in therapeutic modalities, therapeutic exercise/rehabilitation, and general medical conditions in athletic training
  + Worked in conjunction with the program chair and department chair to ensure that classes were taught in line with the university mission and athletic training program goals
  + Provided clinical supervision of students in the athletic training room for NCAA Division III athletes to ensure clinical proficiencies were being met in the areas of sports injury prevention, evaluation, rehabilitation, and taping/bracing
* President, SportsPros Physical Therapy, Sports Medicine, & Personal Training Center, Claremont, CA (2001-2014)
  + Managed, directed, coordinated, and controlled the operation of the business to ensure quality services were delivered in an economical fashion as well as ensure business growth through customer satisfaction and optimal client outcomes
  + Developed and managed budgets for the organization in conjunction with the company’s accountant
  + Designed and developed business plans inclusive of financial projections and marketing strategies/plans
  + Raised and paid off working capital from private investors for business growth
  + Negotiated business leases and managed tenant improvement projects for the facility the business moved into including facility design and sub-contracting of workers
  + Negotiated insurance contracts with managed care organizations for physical therapy services
  + Human resources management inclusive of hiring, terminating, training, and reviewing employees
  + Negotiated and sold sports medicine service contracts for the delivery of sports medicine services for San Marino, Temple City, Garey, Pomona, Ganesha, and Baldwin Park High Schools as well as the Southern California Smash football and the Claremont College Intramural Sports teams
  + Managed 6 certified athletic trainers (ATCs) in the delivery of sports medicine services for San Marino, Temple City, Garey, Pomona, Ganesha, and Baldwin Park High Schools as well as the Claremont College Intramural Sports teams
  + Managed 1 Physical Therapist, 1 Massage Therapist, 1 Registered Dietician, and 2 Personal Trainers for optimal client outcomes and customer satisfaction
  + Trained clients with goals to improve speed, agility, power, lean body mass, body composition, and other fitness goals
  + Treated patients with sports, orthopedic, and neurological injuries inclusive of disc replacements, laminectomies, ACL repairs, rotator cuff repairs, meniscus repairs, TKAs, THAs, and CVAs
  + Performed athletic training services at the high school, semi-professional, and collegiate intramural levels for a variety of sports inclusive of football, basketball, soccer, baseball, and softball
* Provisional Head Athletic Trainer, East Los Angeles Community College, Monterey Park, CA (2000-2001)
  + Provided athletic training services for all intercollegiate athletic teams inclusive of football, wrestling, soccer, basketball, baseball, softball, cross country, and track & field
  + Supervised 1 assistant athletic trainer and 5 student athletic trainers in the delivery of athletic training services
  + Provided prevention, evaluation, and intervention of emergency, acute, and chronic medical conditions for all sports
  + Communicated with the coaches of all teams on the prognosis of their injured athletes
  + Developed athletic training department budgets in conjunction with the Athletic Director
  + Ordered athletic training supplies and equipment for the athletic training room

* Chief Operating Officer, Fortanasce Physical Therapy/Sports Medicine Center, Arcadia, CA (1998–2000)
  + Developed monthly and annual budgets and oversaw the financial stability of the corporation
  + Developed a database to easily measure clinic statistics (i.e. patient volume, new patients)
  + Designed and implemented policies in line with government healthcare regulations (especially Medicare Guidelines)
  + Human resources management inclusive of hiring, terminating, training, and reviewing employees
  + Worked in conjunction with the Clinical Director and Company Owner with the management of over 50 employees made up of PTs, OTs, ATCs, CSCSs, and office personnel
  + Designed and developed the clinic’s website and marketing materials
  + Developed prices for services rendered including personal training, fitness membership, massage, sports performance enhancement, sports medicine, and physical/occupational therapy
* Director of Sports Medicine, Fortanasce Physical Therapy/Sports Medicine Center, Arcadia, CA (1997–1998)
  + Sold and negotiated sports medicine outreach services to/with local high schools
  + Developed monthly and annual budgets for the outreach sports medicine program
  + Provided athletic training services to one of the contracted high schools
  + Managed 2 certified athletic trainers (ATCs) in the delivery of sports medicine services to the local high schools
  + Trained clients with goals to improve speed, agility, strength, power, body composition, and other fitness goals
  + Treated patients with sports and orthopedic medical conditions

**Peer Reviewed Manuscripts in Preparation:**

1. Escalante G, Harvey P, Haddock B, Alencar M. The effects of MaxxTOR® on blood pressure, cholesterol, and triglycerides in recreationally trained males and females. This manuscript is being prepared for submission to the International Journal of Sports Nutrition.
2. Escalante G, Harvey P, Haddock B, Alencar M. The effects of MaxxTOR® on body composition, thigh muscle mass, strength, muscular endurance, power, vertical jump, and agility in recreationally trained males. This manuscript is being prepared for submission to the International Journal of Sports Nutrition.
3. Escalante, G. Biomechanical and physiological modifications to prevent and train around shoulder pain. Strength and Conditioning Journal- Sports Medicine special topics issue. Currently writing this article per invitation from the guest editors for the Strength and Conditioning Journal sports medicine special topics issue.
4. Escalante, G. Nutritional considerations for the female athlete. Manuscript submitted and has been accepted by the Strength and Conditioning Journal.

**Peer Reviewed Journal Articles:**

1. Escalante G, Chaney C, Stuckey SJ, Alvarez PH, and Dabbs N. The effects of Versa Gripps® during pull-ups on surface electromyography in strength trained males. Medicina Sportiva. 2015. 11: 3: 2601-2608.

**Peer- Reviewed Abstract Presentations:**

1. Escalante G, Montes E, Morones D, Segura L, Montes E, Gutierrez J, Montes, C. The effects of phosphatidic acid vs MaxxTOR® on body composition, thigh muscle mass, power, and strength on recreationally trained males. Submitted and accepted as an abstract/poster presentation for the Southwest American College of Sports Medicine conference, October 2015, Costa Mesa, CA.
2. Montes E, Morones D, Montes C, Segura L, Gutierrez J, Escalante, G. The effects of MaxxTOR® on body composition, thigh muscle mass, strength, muscular endurance, power, vertical jump, and agility on recreationally trained females. Submitted and accepted as an abstract/poster presentation for the Southwest American College of Sports Medicine conference, October 2015, Costa Mesa, CA.
3. Morones D., Jarczewski, J., Malapira, K., Escalante, G. Predictors of human performance in recreationally trained athletes. Submitted and accepted as an abstract/poster presentation to the Western Society of Kinesiology & Wellness Conference, October 2015, Reno, NV.
4. Escalante, G. The Effects of the use of Versa Gripps® on Surface Electromyographic Signal Amplitude of Selected Muscles During Pull-ups in Strength Trained Males and Females and on Maximal Pull-Up Performance in Females. Poster presentation at the Evidence Based Practice Symposium at Rocky Mountain University of Health Professions, Awarded Best Poster Presentation of the Symposium, August 2012, Provo, UT.

**Conference Proceedings:**

1. Escalante, G. Pain, No Gain: Biomechanical Training Modifications to Work Around Injuries. Speaker at the Far West Athletic Trainer’s Association Conference, April 2013, Sacramento, CA.
2. Escalante, G. Pain, No Gain: Training Modifications to Work Around Injuries. Speaker at the Arnold Strength Training Summit, March 21012, Columbus, OH
3. Escalante, G. Anabolic Steroids and Anabolic Agents: Facts and Fiction. Speaker at Far West Athletic Trainer’s Association Conference, April 2006, San Diego, CA

**Television/Radio Appearances:**

1. Escalante, G. “Obesity in America. How can we stop the epidemic?” Expert guest for producer, Dr. Glenn Miya on Television Show “It’s your call,” KVCR- 2005, San Bernardino, CA
2. Escalante, G. “Obesity in America. How can we stop the epidemic?” Expert guest for radio producer Dr. Glenn Miya on National Public Radio show “It’s your call,” KVCR- 2005, San Bernardino, CA
3. Escalante, G. “Performance Enhancement Drugs in the Olympics.” Expert guest for radio host Dr. Glenn Miya on National Public Radio, 2004, San Bernardino, CA

**Research Funding:**

1. Received a $10,000 research grant from Max Muscle Sports Nutrition to conduct the MaxxTOR® sports supplement investigation. December 2014.
2. Received a $1,500 student-faculty research grant from the CSUSB Office of Student Research. December 2014.

**Non-Peer-Reviewed Publications:**

1. Escalante, G. Heal your heels: plantar fasciitis treatment. Sports Medicine section for the website [www.bodybuilding.com](http://www.bodybuilding.com), the largest online fitness/bodybuilding website in the world with millions of readers worldwide. September 2015.
2. Escalante, G. Front vs rear pull downs: which is better. Sports Medicine section for the website website[www.bodybuilding.com](http://www.bodybuilding.com), the largest online fitness/bodybuilding website in the world with millions of readers worldwide. June 2015
3. Escalante, G. Can pain pills kill your bodybuilding gains? Sports Medicine section for the website [www.bodybuilding.com](http://www.bodybuilding.com), the largest online fitness/bodybuilding website in the world with millions of readers worldwide. April 2015.
4. Escalante, G. How Bodybuilders Can Avoid Tendon Trouble. Sports Medicine section for the website [www.bodybuilding.com](http://www.bodybuilding.com), the largest online fitness/bodybuilding website in the world with millions of readers worldwide. January 2015.
5. Escalante, G. Equal Opportunity Gains. Sports Medicine Section for MuscleMag International Magazine. Fall 2014.
6. Escalante, G. True Blood: Interpreting Blood Results of a Physical Exam. Sports Medicine Section for MuscleMag International Magazine. July 2014.
7. Escalante, G. It’s All in the Wrist: Clear Up the Common Joint Pain That Can Limit Your Press. Sports Medicine Column for MuscleMag International Magazine. June 2014.
8. Escalante, G., Femoral Acetabular Impingement. MuscleMag International Magazine, November 2012.
9. Escalante, G., Hemorrhoids. Musclemag International Magazine, October 2012.
10. Escalante, G., “The Word No Bodybuilder Wants to Hear: Herniation,” MuscleMag International Magazine, September 2012.
11. Escalante, G., “Are Squats Killing Your Knees and Back?” MuscleMag International Magazine, August 2012.
12. Escalante, G., “Could Stretching be a Waste of Time?” MuscleMag International Magazine, July 2012.
13. Escalante, G., “What is in your Blood?” MuscleMag International Magazine, June 2012.
14. Escalante, G., “Juice Yourself Up: Naturally,” MuscleMag International Magazine, April 2012.
15. Escalante, G., “When Good Mornings Become Good Nights,” MuscleMag International Magazine, March 2012.
16. Escalante, G., “Big Bench = Big Pecs + Shoulder Pain,” MuscleMag International Magazine, February 2012.
17. Escalante, G., “The Dirty Secret of Popping Pills for Pain,” MuscleMag International Magazine, December 2011.
18. Escalante, G., “Sidelined with a Hernia,” MuscleMag International Magazine, October 2011.
19. Escalante, G., “Running on Nails,” MuscleMag International Magazine, September 2011.
20. Escalante, G., “Natural T Boosters,” MuscleMag International Magazine, July 2011.
21. Escalante, G., “The Big Risk of Beach-Muscle Training,” MuscleMag International Magazine, June 2011.
22. Escalante, G., “Does Weightlifting Compress Your Spine?” MuscleMag International Magazine, April 2011.
23. Escalante, G., “Battle against the Bones,” MuscleMag International Magazine, February 2011.
24. Escalante, G., “Are your Discs at Risk?” MuscleMag International Magazine, January 2011.
25. Escalante, G., “Beach Bummed,” MuscleMag International Magazine, December 2010.
26. Escalante, G., “Sprain vs. Strain,” MuscleMag International Magazine, October 2010.
27. Escalante, G., “Supplemental Insurance,” MuscleMag International Magazine, September 2010.
28. Escalante, G., “When Triceps Pain Persists,” MuscleMag International Magazine, July 2010.
29. Escalante, G., “Burn Fat, Save Muscle,” Muscle & Fitness Magazine, June 2010.
30. Escalante, G., “Why Weight?” Muscle & Fitness Magazine, May 2010.
31. Escalante, G., “Primetime Bodybuilder,” MuscleMag International Magazine, June 2010.
32. Escalante, G., “Abdominal Strains,” MuscleMag International Magazine, May 2010.
33. Escalante, G., “Differentiating Knee Pain,” MuscleMag International Magazine, April 2010.
34. Escalante, G., “Dangers of Behind the Neck Lat Pull Downs,” MuscleMag International Magazine, March 2010.
35. Escalante, G., “Pec Strains/Tears,” MuscleMag International Magazine, February 2010.
36. Escalante, G., “The Right Spinal Curves,” MuscleMag International Magazine, January 2010.
37. Escalante, G., “Warming Up,” MuscleMag International Magazine, December 2009
38. Escalante, G., “Training Around Pain,” MuscleMag International Magazine, November 2009.
39. Escalante, G., “Shoulder Impingement and Protection,” MuscleMag International Magazine, September 2009.
40. Escalante, G., “Disc Health,” MuscleMag International Magazine, August 2009.
41. Escalante, G., “Body Temperature and Sweating,” MuscleMag International Magazine, July 2009.
42. Escalante, G., “Do You Need a Lifting Belt?” MuscleMag International Magazine, June 2009.
43. Escalante, G., “Leg Exercise Selection and Knee Joint Health,” MuscleMag International Magazine, May 2009.
44. Escalante, G., “Stretching: The Truth,” MuscleMag International Magazine, April 2009.
45. Escalante, G., “Overtraining,” MuscleMag International Magazine, March 2009.
46. Escalante, G., “IT Band Friction Syndrome,” MuscleMag International Magazine, February 2009.
47. Escalante, G., “Topical Pain Relievers,” MuscleMag International Magazine, January 2009.
48. Escalante, G., “Heat Vs Ice,” MuscleMag International Magazine, December 2008.
49. Escalante, G., “Bench Press & Shoulder Pain,” MuscleMag International Magazine, November 2008.
50. Escalante, G., “Who Said NSAID?” MuscleMag International Magazine, October 2008.
51. Escalante, G., “Elbow Pain & Inflammation,” MuscleMag International Magazine, September 2008.
52. Escalante, G., “Back Pain Blues,” MuscleMag International Magazine, August 2008.
53. Escalante, G., “Flip Your Grip,” Muscle & Fitness Magazine, September 2003.
54. Escalante, G., “Pain, No Gain. How to Keep Tendonitis at Bay,” Muscle & Fitness Magazine, June 2003.
55. Escalante, G., “The Neutral Grip Handle.” Muscle & Fitness Magazine, April 2003.
56. Escalante, G., “The Rope Cable Attachment.” Muscle & Fitness Magazine, March 2003.
57. Escalante, G., “Clearing the Air.” Advance Magazine for Rehabilitation Directors, August 2000.

**Membership in Scientific/Professional Organizations**

National Athletic Trainers Association

Member and Certified Athletic Trainer, since 1998

National Strength & Conditioning Association

Member and Certified Strength and Conditioning Specialist, since 1998

National Physique Committee

Member, since 2000

**Community Service**

* Speaker, Charter Oak High School Health Classes, 2013
* Speaker, Loyola Marymount University Department of Athletic Training, 2006-2010
* Head Athletic Trainer, Rancho Cucamonga Pop Warner Pee Wee Wolverines, 2010-2012
* Speaker, Best Kicker in LA Competition, 2004
* Speaker, Upland YMCA, 2002

**Personal References**

* Terry Rizzo, PhD: (909) 537-5355, [trizzo@csusb.edu](mailto:trizzo@csusb.edu)
* Casey Chaney, PT, PhD, OCS, CSCS: (909) 469-5311, [cchaney@westernu.edu](mailto:cchaney@westernu.edu)
* Paul Alvarez, PhD, ATC: (909) 593-3511, [alvarezp@ulv.edu](mailto:alvarezp@ulv.edu)
* Don Chu, PT, PhD, ATC, CSCS: (800) 966-7504, [konachu@aol.com](mailto:konachu@aol.com)
* Malissa Martin, EdD, ATC, CSCS: (812) 290-3740, [mmartin@rmuohp.edu](mailto:mmartin@rmuohp.edu)