

WILLIAM C. ZENISEK

EDUCATION

- Ball State University (2008)
 - Master of Arts, Sport Administration
- University of Wisconsin – La Crosse (2006)
 - Bachelor of Science, Exercise Science with an emphasis in Fitness
 - Concentration in Strength and Conditioning

PROFESSIONAL CERTIFICATIONS

- Reflexive Performance Reset (RPR)
- NSCA Registered Strength & Conditioning Coach (NSCA – RSCC)
- NSCA Certified Strength and Conditioning Specialist (NSCA – CSCS)
- Titleist Performance Institute – Level 1 (TPI)
- Professional Rescuer: Adult, Child, and Infant CPR and AED

BALL STATE UNIVERSITY ADMINISTRATIVE ROLES

- Associate Lecturer of Kinesiology
- Faculty Fellow for Marketing & Communications – School of Kinesiology
- Coaching Minor Program Coordinator
- PFW Graduate Assistant Coordinator

BALL STATE UNIVERSITY COURSES (CURRENT)

- KINE 231: Foundations of Coaching (*since Summer 2015*)
- KINE 240: Athletic Safety & Injury Prevention (*since Fall 2020*)
- KINE 433: Coaching Internship (*since Spring 2016*)
- Physical Fitness & Wellness (PFW) Lecture (*since Fall 2015*)
- Physical Fitness & Wellness (PFW) Physical Conditioning (*since Fall 2011*)

BALL STATE UNIVERSITY COURSES (PREVIOUS)

- EXSC 147: Weight Training (*Fall 2015 – Spring 2016*)
- EXSC 420: Sports Performance (*Spring 2012 – Spring 2018*)
- Physical Fitness & Wellness – Walking (*Fall 2011 – Spring 2013*)

PROFESSIONAL EXPERIENCE

- **Ball State University**
 - Head Baseball Strength & Conditioning Coach (*Fall 2018 – present*)
- **Cincinnati Bengals**
 - Second Assistant, Strength & Conditioning (*2010 – 2011*)
- **Indianapolis Colts**
 - Weight Room Assistant/Intern, Strength & Conditioning (*2009 – 2010*)
- **Ball State University**
 - Graduate Assistant, Football Strength & Conditioning (*2007 – 2009*)
- **University of Minnesota**
 - Intern, Strength & Conditioning (*2006*)
- **Viterbo University**
 - Women's Soccer Strength & Conditioning Coach (*2005 – 2006*)
- **University of Wisconsin – La Crosse**
 - Head Powerlifting Coach (*2005 – 2006*)
- **EDGE Fitness, LLC**
 - Assistant Strength & Conditioning Coach (*2005*)

PROFESSIONAL CONFERENCE ATTENDANCE

- National Strength & Conditioning Association (NSCA) Coaches Conference (2022)
- ABCA Barnstormers Clinic – Oxford, OH (*September 2021*) – Guest Speaker
- Reflexive Performance Reset (RPR) Level One (2021)
- National Strength & Conditioning Association (NSCA) Coaches Conference (2021)
- Professional Baseball Strength & Conditioning Coaches Society (PBSCCS) Virtual Clinic (2020)
- Titleist Performance Institute (TPI) – Level 1 Seminar (2019)
- Lee Taft Speed Training Seminar (Ball State Strength & Conditioning) (2019)
- National Strength & Conditioning Association (NSCA) Coaches Conference (2019)
- Eric Cressey – Shoulder Assessment, Corrective Exercise, and Programming (2018)
- National Strength & Conditioning Association (NSCA) National Conference (2018)
- USA Weightlifting Sports Performance Coach Workshop (2017)
- SHAPE America (2017)
- Midwest Mania – Fitness Pro Convention (2016)
- National Strength & Conditioning Association (NSCA) Coaches Conference (2014)
- Nutrition and Exercise Workshop (National Institute of Fitness and Sport) (2013)
- National Strength & Conditioning Association (NSCA) Indiana State Clinic (2012)
- National Strength & Conditioning Association (NSCA) Indiana State Clinic (2011)
- Hammer Strength Clinic (2008)