Jeff Monaco
The University of Texas at Austin | Department of Kinesiology & Health Education
Bellmont Hall 614 | 512-475-9694 | jmonaco@austin.utexas.edu

EDUCATION

Ph.D., Health & Human Performance, Concordia University Chicago — May 2021
Dissertation: "The Effects of a 12-Week Body Transformation Challenge and Personal Training on the Exercise Frequency and Adherence of New Gym Members – An Analysis"

M.S., Human Movement, A.T. Still University, Arizona School of Health Sciences — August 2010
Emphasis: Sports Performance & Conditioning

B.S., Exercise & Sport Science, The University of Utah — December 2005
Minor: Nutrition

PROFESSIONAL APPOINTMENTS

Assistant Professor of Instruction — August 2022 – Present
Department Kinesiology & Health Education,
The University of Texas at Austin, Austin, TX

- Instructor of record
  - Two sections of KIN 310, Physiological Basis of Conditioning.
  - One Summer section of KIN 310, Physiological Basis of Conditioning
  - Three sections of KIN 322, Diagnosis and Evaluation of Fitness.
  - Two sections of KIN 352K, Advanced Assessment for Health & Sport.
  - One section of KIN 327T, Clinical Exercise Testing.
  - Two sections of KIN 627F, Internship in Health Fitness/Medical Fitness.

SUBJECT MATTER EXPERT CONTRIBUTIONS

Biagioli, B., Figueroa, Y., Grimsley, V., Hennebelle, A., Leppert, K., **Monaco, J.**, Nelms, C., Watson, L., Williams, M., *Certified Strength Coach Standard Setting Task Force. National Council on Strength and Fitness Board for Certification. November 2022.*

Alan, O., Baily, T.V., Biagioli, B., Crabtree, R., Druehl, V., Joseph, A., **Monaco, J.**, Nienhuis, M., Watson, L.T., Wermus, S. Certification Test Specification: Certified Strength Coach, National Council on Strength and Fitness Task Force Meeting, Miami, FL. June 29, 2022.

Alan, O., Biagioli, B., Busdeker, J., Estape, D., Flanagan, C., **Monaco, J.**, Piermarini, M., Watson, L.T., Zehetner, B., Job Task Analysis: Personal Training International Practice Standards, National Council on Strength and Fitness, Test Specification Meeting, Miami FL. November 2017

Adams, J., Alan, O., Biagioli, B., Burke, J., Jenkins, P., La Chance, A., Leyva, A., Mehrhoff, J., **Monaco, J.**, Pineda, R., Watson, L.T., Job Task Analysis: Personal Training International Practice Standards, National Council on Strength and Fitness, Task Force Meeting, Miami, FL. June 2017.

Biagioli, B, Brown, W., Cooper, E., Crabtree, R., Cathrall, C., Dziadek, M., Foran, E., Krumpos, J., Leyva, A., Mehrhoff, J., **Monaco, J.**, Moore, R., Tsay, T., Job Task Analysis: Strength & Conditioning International Practice Standards, National Council on Strength and Fitness Task Force Meeting, Miami, FL. December 2015.

Technical and intervention expertise – Hughes, D.C. *Effects of Exercise on Adipose Stromal Cells for Sedentary Breast Cancer Survivors.* National Institutes of Health grant proposal. July 2013.

Media Interviews

Hunter, K. (2025, September 3). *Do weighted vests really help you get in shape faster?* Retrieved from https://apnews.com

Weiner, Z. (2020, February 20). *What Happens To Your Muscles When you Snooze, According to Sleep Experts.* Retrieved from https://www.wellandgood.com.

Baum, I. (2019, June 11). *Trainers Share Their Favorite (And Least Favorite!) Gym Machines.* Retrieved from https://www.wellandgood.com.

Fetters, K.A. (2019, May 31). *Exercise Modifications for Lower Back Pain Relief.* Retrieved from https://health.usnews.com.

Ryan, M. (2019, April 23). *Here's Why a Trainer Says Beginners Should Use Machines – Not Free Weights – to Build Strength.* Retrieved from https://www.popsugar.com and https://www.yahoo.com.

Guerra, J. (2018, June 14). *How Long Should a Cardio Workout Be? Experts Say it Depends, So Here's What You Need to Know.* Retrieved from https://www.elitedaily.com.

Feiereisen, S. (2016, February 5). *Get in Shape: 50 Tips to Boost Your Endurance and Fitness.* Retrieved from https://www.cheatsheet.com.

HONORS AND RECOGNITION

2026 Nominee, The University of Texas at Austin Academy of Distinguished Teachers

2026 Invited Guest, The University of Texas at Austin, Texas Orange Jackets' Professor Tea Event

2026 Invited Guest, The University of Texas at Austin, Alpha Chi Omega's Professor Dinner

2025 Nominee, The University of Texas at Austin KHE Undergraduate Teaching Excellence Award

2025 Accessibility Champion Certificate of Recognition, The University of Texas at Austin Disability and Access and The Disability Cultural Center. Recognized for excellence in promoting accessibility and inclusion at the University of Texas at Austin.

2025 Invited Guest, The University of Texas at Austin, UT Social Dance Soirée

2023 Invited Guest, The University of Texas, Zeta Tau Alpha Sorority Professor Dinner

PRESENTATIONS

Invited Talks

Monaco, J. (2017, February). *The Importance of Exercise in Cancer Prevention, Treatment, & Recovery*. Collin College Community Education Series, Allen, TX.

Monaco, J. (2013, May). *Exercise and Cancer Survivorship*. Cancer Therapy & Research Center Annual Surviving and Thriving Retreat, Boerne, TX.

Monaco, J. (2013, April). *Exercise In Survivorship*. Leukemia and Lymphoma Society Texas Forum on Blood Cancers, San Antonio, TX.

Monaco, J. (2013, January). *Exercise In Survivorship*. Leukemia and Lymphoma Society Young Adult Support Group, San Antonio, TX.

Hughes, D.C., Monaco, J., Trevino, R., Garcia, D. (2012, September). *Exercise In Survivorship*. LIVESTRONG Foundation, Austin, TX.

Hughes, D.C., Monaco, J., Trevino, R., Garcia, D. (2012, September). *Exercise In Survivorship – Spanish*. Leukemia and Lymphoma Society, San Antonio, TX.

Monaco, J. (2012, February). *Metabolic Testing and Heart Rate Training*. Cancer Therapy & Research Center medical staff, San Antonio, TX.

Conference Presentations

Young-McCaughan, S., Newstead, A. Hughes, D.C., Shaw, J., Davies, N., Monaco, J., Arzola, S., Tovar, V. (2012, October). *Maximizing Cancer Survivorship: Implementation of an Evidence-Based Exercise Program* [Poster presentation]. Cancer Prevention Research Institute of Texas (CPRIT) Annual Conference, Austin, TX.

ADVISING AND STUDENT-RELATED SERVICE

Master's Thesis Committee

Xavier Cantu, M.S., in Kinesiology, 2026. (Reader). *Effect of Rebreathing on Prolonged Sitting-Induced Vascular Endothelial Dysfunction.*

Master's Report Supervising Committee

Zachary Couch, M.S., in Exercise Physiology, 2023. (Co-Supervisor). *A Review of Graded Exercise Protocols And Proposal of a Validation Study for the FIT Protocol.*

Undergraduate Honors Thesis Committee

Sophia Herreda, B.S., in Exercise Science, B.A., in Plan II Honors Program, 2025. (Supervisor). *The Opti-mal Sailor: A Review of Physical, Psychological, and Experiential Requirements in Dynamic Hiking Sailor Champions.*

Graduate and Professional School Advocacy

Authored approximately 30 comprehensive letters of recommendation annually (124 over 4 years) for students pursuing graduate education, scholarships, and health professions.

Other Mentorship

Xavier Cantu, (Alumna – Independent Scholar) 2025-present. (Advisor). T*he Relationship Between Lean Mass, Adipose Tissue Distribution, and VO2 max.*

PROFESSIONAL SERVICE

Departmental Service

Lead, Exercise Science Program Accreditation, 2025-present
Volunteer, Kinesiology Club Blessings in a Box, 2026
Volunteer, Kinesiology Club Blessings in a Box, 2025
Volunteer, Kinesiology Club Blessings in a Box, 2024
Speaker, Kinesiology Club Meeting, 2024
Panelist, Kinesiology Club Degree Specializations Meeting, 2023
Member, Committee Review Committee, 2023-2024
Member, Athletic Training/Exercise & Sport Coaching Committee, 2023-present
Panelist, Kinesiology Club Meet Your Professors Event, 2022
Member, Exercise Physiology Committee, 2022-2023
Member, Non-Tenure-Track Merit Committee, 2022-2023
Supervisor, Undergraduate Student Fieldwork & Internships, 2022-2023
Advisor, The Fitness Institute of Texas, The University of Texas at Austin, 2022-present
Primary Point of Contact, Medical Fitness and Rehabilitation Specialization, 2022-present
Graduate Teaching Assistant Supervisor, 2022 – present

College Service

Member, Undergraduate Teaching Awards Committee, 2026-2027
Speaker, Texas Education Scholars First-Year Cohort Faculty Panel, 2026
Speaker, Texas Education Scholars Specializations, Internships and PDS Faculty Panel, 2026
Speaker, UT Austin First Year Interest Groups (FIG), 2026
Member, Undergraduate Scholarship Selection Committee, 2025-2026
Speaker, UT Austin First-Year Interest Groups (FIG), 2025
Panelist, Texas Education Scholars Meet Your Faculty, 2025
Speaker, UT Austin First-Year Interest Groups (FIG), 2024
Speaker, UT Austin First-Year Interest Groups (FIG), 2023

University Service

Faculty Sponsor and Coach, American College of Sports Medicine (ACSM) Student Bowl Competition Team, 2026-2027
Evaluator, UT Austin Center for Health Interprofessional Practice and Education's Community Health Intervention Planning (CHIP) Simulation, 2026
Facilitator, UT Austin Center for Health Interprofessional Practice and Education's Fall Health IPE Day, 2026
Volunteer, UT Austin Alpha Epsilon Delta (AED) Pre-Health Professions Honor Society Pie A President fundraiser supporting Operation KidDocs, 2024, 2025 & 2026
Guest Speaker, UT Austin Airforce ROTC (AFROTC) Detachment Lunch & Learn, 2024

Service to the Profession

Chair, Exam Development Committee, National Council on Strength & Fitness, 2024-present
Chair, Re-certification Committee, National Council on Strength & Fitness, 2024-present
Director, Board of Certification, National Council on Strength & Fitness, 2019-present
Member, Personal Trainer Committee, IDEA Health & Fitness Association, 2016-2023
Member, Certified Personal Trainer Job Task Analysis Committee, The Cooper Institute, 2016-2017
Member, Certified Personal Trainer Standard Setting Task Force, National Council on Strength & Fitness, 2016-present
Member, Certified Strength Coach Standard Setting Task Force, National Council on Strength & Fitness, 2015-present

OTHER PROFESSIONAL EXPERIENCE AND EDUCATION

Professional Experience

Director of Education, Gold's Gym Holdings, 2019-2020
National Education Manager, Gold's Gym Holdings, 2015-2019
Adjunct Faculty, Collin College, 2014-2019
Scholarship Review Committee, Collin College, 2014-2019
Senior Exercise Physiologist/Project Coordinator, University of Texas Health Science Center at San Antonio, 2011-2013
National Trainer, Medical Graphic Corporation, 2009-2012
Regional Metabolic Program Director, LifeTime Fitness, 2008-2009
Regional Educator, LifeTime Fitness, 2008-2009

Certifications and Continuing Education

American College of Sports Medicine, Annual Meeting, 2026
Texas ACSM, Annual Meeting, 2026
American College of Sports Medicine, Annual Meeting, 2025
Texas ACSM, Annual Meeting, 2025
American College of Sports Medicine, Annual Meeting, 2024

Texas ACSM, Annual Meeting, 2024
American College of Sports Medicine, Annual Meeting, 2023
Certified Strength Coach, National Council on Strength & Fitness, 2019-present
Certified Sports Nutrition Specialist, National Council on Strength & Fitness, 2019-present
Nutrition Coach Level 1, Precision Nutrition, 2018-present
Certified Nutrition Coach, National Academy of Sports Medicine, 2018-present
Performance Enhancement Specialist, National Academy of Sports Medicine, 2009-present
Corrective Exercise Specialist, National Academy of Sports Medicine, 2006-present
Certified Metabolic Specialist, New Leaf Fitness-Medical Graphics Corp, 2006-present
Certified Strength and Conditioning Specialist, National Strength and Conditioning Association, 2005-present

PROFESSIONAL MEMBERSHIPS

The American College of Sports Medicine
The National Strength and Conditioning Association
The National Council on Strength & Fitness