

Rabal Alshalate

Rabal.alshalate@gmail.com | (805)-554-9713 | linkedin.com/in/Rabal Alshalate

EDUCATION

- **Master of Science in Kinesiology- Sport Performance (Strength and Conditioning, Sport Science, and Biomechanics).** *Point Loma Nazarene University. September 2024 – September 2025.*
- **Bachelor of Science in Applied Arts and Sciences in Kinesiology, Emphasis in Pre-Physical Therapy and Exercise Science.** *San Diego State University. August 2019- May 2022.*
- **Associate of Arts and Sciences in -Kinesiology- Athletic Training.** *Santa Barbara City College January 2017- August 2019*

Professional Statement:

My practical experience includes work in a biomechanics lab affiliated with the San Diego Padres, where I utilized advanced technologies such as markerless motion capture, Qualisys, NordBord, ForceFrame, force plates, and Velocity-Based Training (VBT). With over a decade of experience in lifting and performance training, I combine my extensive knowledge of biomechanics, data analytics, and athletic performance to help athletes optimize their mechanics, prevent injuries, and achieve peak performance on the field. Moreover, my performance monitoring and analysis skills include collecting and interpreting data from STAT Sport GPS, Polar HR monitoring, and VALD Suite (Norbord, Force Frame, Foredecks), as well as supporting player profiling, readiness reporting, and long-term development plans. My goal is to leverage my extensive experience in coaching, physical therapy, and research to advance the field of sports performance. As a coach, educator, and practitioner, I'm passionate about bridging the gap between evidence-based research and practical application to advance athlete performance, reduce injury risk, and facilitate rehabilitation. I aim to continually evolve professionally and make meaningful contributions to strength and conditioning (S&C), sports science, and physical therapy.

Certifications:

- * NSCA-CSCS (Certified Strength and Conditioning Specialist)- Candidate. Passed the Scientific Foundation Section and practical applied retake.
- * NASM-CPT. Candidate number: 1261741119

PROFESSIONAL EXPERIENCE:

- **Strength Coach/ Personal Trainer. MB Performance and Sports Medicine SD East Village. April26**
- Design and implement individualized training programs
- Coach proper exercise technique and progressions
- Support clients with performance, fat loss, and injury prevention goals.
- Support athletes to improve athletic performance and reduce the risk of injuries.
- Maintain a safe, clean, and professional training environment.
- Uphold the standards and culture of MB Performance

- **Strength And Conditioning Coach/ Personal Trainer. SVETNESS** · Part-time. Jan 2026 - San Diego, California, United States · On-site

- Design and implement individualized training programs for general population clients, integrating strength training, cardiovascular conditioning, mobility, and injury prevention strategies.
- Utilize applied kinesiology and exercise science principles to improve functional performance, body composition, and overall fitness. Support clients through structured coaching, movement correction, and progressive programming while maintaining high professional and safety standards.

- **Head Soccer Coach. Sports X** · Part-time. Jan 2026 – Present. San Diego, California, United States · On-site

- Applied principles of youth athletic development and motor learning to optimize skill acquisition - Integrated foundational strength, agility, and coordination exercises into sport-specific programming - Utilized clear communication strategies to enhance engagement and maximize participation

- **Strength and Conditioning Graduate Assistant (Internship) – Point Loma Nazarene University (PLNU).** October 2024- May 2025

- Assisted in designing and implementing S&C programs oriented to specific sports and athletes' needs. This includes periodization, progression principles, and programs based on the athlete's progress and feedback. • Demonstrated proper exercise techniques and form to ensure safety and effectiveness, using essential cues to enhance the athlete's understanding and execution of movements.
- Clear communication with the head strength and conditioning coach to ensure a unified approach to the athlete's development and proper communication with athletes, sports coaches, and the sports medicine team. -

Sports Science Graduate Assistant (Internship) with PLNU Women's Soccer, Point Loma

Nazarene University. February25- April25

- Performance monitoring and data collection through monitoring training loads using GPS and heart rate data to optimize workload, performance, and reduce the risk of injuries.
- Successes include improved team fitness levels, injury reduction initiatives, and GPS data analysis to identify overtraining risks and adjust training loads, thereby enhancing overall player performance. - **Performance and Sports Science Graduate- San Diego Legion (Professional Rugby) (Internship).** Carlsbad, CA, January 2025- May 2025.
- Pre-season testing battery and assist the performance coach with athletes' performance on and off the field. • Assist with the GPS tracking system (Catapult) and data analysis.

Novos Athlete- Strength and Conditioning and Sport Science Internship, June-August 25.

Soccer Coach- World Cup Summer Camps and Clinics. June 25- August 25

Athletic Trainer (Spine and Sport Physical Therapy). Full-time Feb 24-June 24 **San Diego, CA.**

Athletic Trainer- (Pro Results Physical Therapy). Full-time March 23- June 23 **San Diego, CA**

- Properly use electrotherapeutic, mechanical, and physical agent applications, including electrical stimulation, traction, ultrasound, hot and cold packs, and therapeutic modalities.
- Reports patients' responses to all treatments to the appropriate treatment physical therapist.

Personal/Fitness Specialist at EOS Fitness. Full-time November22- November23.

Independent/Private Personal Trainer. Full-time March22- September24.

- Design and implement individualized exercise programs tailored to clients' goals, fitness levels, and limitations.
- Demonstrate and instruct proper exercise techniques to ensure safety and effectiveness.
- Monitor and track client progress through assessments and measurable outcomes.

Sports Coach/Trainer- EMH Sports USA. Part-time- September 22 – May 23. San Diego, CA.

Personal Trainer/Corrective Exercise Specialist. (October 2021 – April 2022). **San Diego State**

University (SDSU) Adaptive Fitness Clinic. San Diego, California.

- Provided clinical experience in therapeutic exercise and pain management for clients.
- Provided rehabilitation services for individuals living with physical disabilities.
- Hands-on experience working with individuals with various physical and neurological disabilities through prescribed fitness programming at San Diego State University. ENS 437A.

Assistant Athletic Trainer/ Corrective Exercise Specialist Internship April 2017- January 2018

Santa Barbara City College (SBCC) Athletic Training Facility and SBCC Sports Medicine.

- Worked under the supervision of an athletic trainer, Susan Hollis, in the athletic training department.
- Working with modalities on athletes, including ultrasound, muscle stimulation, laser therapy, cryotherapy, thermotherapy, ice, taping, and active and passive stretching for athletes.
- Maintain an organized, clean, and appropriate environment for rehab and recovery purposes for SBCC athletes.

Personal Trainer. Life Fitness Center (LFC) State-of-the-Art Physical Fitness Facility. Santa Barbara City College. November 2016 – April 2017

- Worked under the supervision of Ellen O'Connor (Associate Athletic Director).

Volunteer Internships:

Rock Academy Sports Science

- A brief introduction to sports science, a short warm-up, and a three-group rotation through each test. The tests will include a countermovement vertical jump (three times), a 20m sprint (twice), and a hand grip dynamometer test on each hand. All the data were recorded on the VALD system.

San Diego Legion Pre-Season Testing:

- Hamstring Test on the Nord Board: Iso 30 and Nord Hamstring Test.
- Isometric Tests on the Force Frame: Shoulder flexion and abduction, and hip adduction and abduction tests. •
- Isometric Mid-Thigh Pull on the Force Decks:
- Single Leg CMJ on Hawkin Dynamics Force Plates and filming, looking at landing mechanics. •
- CMJ on Hawkins Dynamics Force Plates: 10m Sprint with Force Frame
- USA Cycling Performance Graduate Intern under the supervision of Dr. Antonio Squillante in Feb/21/25.

West Hills High School Football 4/29/25. Assisting a classmate in data collection for his capstone project.

NSCA Southern California State Clinic 10/11/25- Balboa Regional Center- Point Loma Nazarene University.

NSCA Nevada State Clinic 11/15/2025- D1- Training- Centennial Hills- Las Vegas- Nevada

NSCA 3/28/2026 Performance Summits Training Prescriptions for Overhead Athletes Point Loma Nazarene University | San Diego, CA Break down how coaches refine training by aligning movement demands, force production, and sport-specific overhead mechanic

Athletic Experience.

- Former soccer athlete. Al Jameel High School, Santa Barbara City College club team, and San Diego State University club team.
- I am a former swimmer. Santa Barbara City College and San Diego State University. - Former volleyball athlete. Santa Barbara City College, San Diego State University, and CBVA all have an A rating.