



JASON KARP, PhD, MBA

EXERCISE PHYSIOLOGIST | RUN COACH | AUTHOR | ENTREPRENEUR

A competitive runner since sixth grade, Dr. Jason Karp quickly learned how running molds us into better, more deeply conscious people, just as the miles and interval workouts mold us into faster, more enduring runners. This passion Jason found as a kid placed him on a road that he still follows as a coach, exercise physiologist, author of many books, entrepreneur, educator, and speaker. A leader in the industry in relentless pursuit of his passion, he is the 2011 IDEA Personal Trainer of the Year, two-time recipient of the President's Council on Sports, Fitness & Nutrition Community Leadership award, and TED speaker. In 2021, he became the first American distance running coach to move to Kenya to coach a group of Kenyan runners. His REVO₂LUTION RUNNING coaching certification was obtained by fitness professionals and coaches in 26 countries before being acquired by International Sports Sciences Association in 2022.

CAREER EXPERIENCE

BUSINESS

FOUNDER & CEO (NOVEMBER 2022 - PRESENT)

KASI

The world's first smartphone and smartwatch application that interprets biometrics while running and delivers precise artificial intelligence coaching, and enables a human coach to observe an athlete's workout from a remote location and coach him/her in real time, even without being in person.

runkasi.com

FOUNDER & CEO (JANUARY 2015 - NOVEMBER 2022)

REVO₂LUTION RUNNING

Created and oversaw all business operations of the industry's most comprehensive run certification program for coaches and fitness professionals, which penetrated 26 countries. Program includes flagship certification course, 7 continuing education courses, and licenses for outdoor group training program and branded group treadmill classes. Acquired by International Sports Sciences Association in 2022.

COACHING

CROSS COUNTRY/TRACK & FIELD COACH

Georgia Southern University Statesboro, GA (2023 - 2024)

La Jolla High School La Jolla, CA (2014)

San Diego State University San Diego, CA (2009)

University of New Mexico Albuquerque, NM (2000 - 2001)

George Washington High School San Francisco, CA (2000)

Waldorf High School San Francisco, CA (1999)

Monmouth University West Long Branch, NJ (1998)

Georgian Court University Lakewood, NJ (1997)

FOUNDER & HEAD COACH (NOVEMBER 2021 - PRESENT)

Nguvu Running


Established and coached a group of Kenyan runners as first American distance running coach to move to Kenya; established nonprofit upon return to U.S. to support athletes in East Africa and U.S. by providing a unique platform that combines elite athletics training and cultural exchange.


drjasonkarp.com/nguvurunning


PRIVATE RUN COACH (2001 - PRESENT)

Coach a select number of adult runners each year to train for races.

CONTACT

 619-787-4084

 jason@drjasonkarp.com

 drjasonkarp.com

EDUCATION

PhD - Exercise Physiology

Physiology minor

INDIANA UNIVERSITY (2007)

MBA - Business Administration

Entrepreneurship

SAN DIEGO STATE UNIVERSITY (2021)

Master's - Kinesiology

UNIVERSITY OF CALGARY (1997)

BS - Exercise and Sport Science

English minor

PENN STATE UNIVERSITY (1995)

SKILLS

Coaching

Teaching

Writing/Editing

Public Speaking

Organizational

Leadership

Microsoft Office

PROFESSIONAL CERTIFICATIONS

USA Track & Field

REVO₂LUTION RUNNING

SOCIAL MEDIA

    @drjasonkarp

COMMUNITY COACH

American Heart Association Start Training Program San Diego, CA (2013)
VAVi Running Club San Diego, CA (2009 - 2010)
Impala Racing Team San Francisco, CA (2000)
USA FIT San Francisco, CA (2000)

TEACHING

VISITING PROFESSOR (AUGUST 2023 - PRESENT)

Georgia Southern University

Teach graduate and undergraduate classes in exercise physiology, laboratory techniques, exercise science, and human performance & nutrition.

ADJUNCT PROFESSOR

Taught classes ranging from Applied Exercise Physiology to Writing the Dissertation.

University of California-San Diego La Jolla, CA (2011)

Miramar College San Diego, CA (2010)

Grossmont College El Cajon, CA (2008)

University of California-Berkeley Berkeley, CA (2000)

Monmouth University West Long Branch, NJ (1998)

GRADUATE STUDENT TEACHER

Taught Exercise Physiology Lab and Biomechanics Lab; tutored students in physiology, anatomy, and writing.

Indiana University Bloomington, IN (2001 - 2005)

University of New Mexico Albuquerque, NM (2000 - 2001)

University of Calgary Calgary, Alberta, Canada (1995 - 1997)

INSTRUCTOR

USA Track & Field/U.S. Olympic Committee Emerging Elite Coaches Camp (SUMMER 2010, 2013)

USA Track & Field (2007)

Level 3 Coaching Certification (endurance events and sprints)

WRITING/EDITING

WRITER/AUTHOR (1999 - PRESENT)

Author of 16 books and more than 400 articles in national consumer and trade magazines.

SENIOR EDITOR (2014 - 2015)

Active Network San Diego, CA

Ideation, writing, editing, curating, and publishing of articles on active.com's running channel; analyzed metrics to develop strategies to increase page views.

FOUNDER & PRINCIPAL AGENT (2019 - PRESENT)

JK Literary Agency

Represent authors, review book proposals, and sell author manuscripts to publishers.

JOURNAL REVIEWER (2014 - PRESENT)

Review and provide critical feedback on scientists' research papers for publication in academic journals.

PERSONAL TRAINING

PERSONAL TRAINER/FITNESS SPECIALIST (1997 - 1998)

Club One San Francisco, CA

NY Sports Club Marlboro, NJ

Bally's Fitness East Brunswick, NJ

Work Out World Tinton Falls, NJ

Community Medical Center Toms River, NJ

ACHIEVEMENTS & AWARDS

TED Speaker, TEDxRexburg (2022)
Association of Fitness Studios Influencer of the Year Award Finalist (2020)
Personal Fitness Professional Trainer of the Year Finalist (2019)
President's Council on Sports, Fitness & Nutrition Community Leadership Award (2014, 2019)
U.S. Half-Marathon Team, World Maccabiah Games (2013)
Brooks-Sponsored Trainer (2013 – 2014)
Personal Training Presenter Award Nominee, ECA World Fitness (2012, 2013)
IDEA Personal Trainer of the Year Award (2011)
PowerBar Team Elite (2008 – 2014)
Travel Grant-in-Aid Award, Indiana University School of HPER/Dept. of Kinesiology (2005)
Research Grant-in-Aid Award, Indiana University Graduate School (2005)
Research Grant, Counsilman Center for the Science of Swimming (2003)
Research Grant, Dairy and Nutrition Council, Inc. (2003)
Associate Instructor Research Award, Indiana University (2003)
Graduate Teaching Assistantship, Indiana University (2001 – 2003)
Coaching Achievement Award, California Interscholastic Federation (1999 – 2000)
Coaching Excellence Award, San Francisco Waldorf High School (1999 – 2000)
Cross Country Coach of the Year, NAIA Northeast Region (1997)
Graduate Teaching Assistantship, University of Calgary (1995 – 1997)
Dean's List/Honor Society, Penn State University (1992 – 1995)
Academic Scholarship, Penn State University (1991 – 1995)
Scholar-Athlete Award, NCAA Big Ten Conference (1992 – 1993)

BOOKS



SCIENTIFIC PUBLICATIONS

Billat, V.L., Petot, H., Karp, J.R., Sarre, G., Morton, R.H., and Mille-Hamard, L. (2013). The Sustainability of VO_2 max: Effect of Decreasing the Workload. *European Journal of Applied Physiology*. 113(2):385-394.

Loprinzi, P.D., Cardinal, B.J., Karp, J.R., and Brodowicz, G.R. (2011). Group Training in Adolescent Runners: Influence on VO_2 max and 5-Km Race Performance. *Journal of Strength and Conditioning Research*. 25(10):2696-2703.

Karp, J.R. (2010). Strength Training For Distance Running: A Scientific Perspective. *Strength and Conditioning Journal*. 32(3):83-86.

Billat, V.L., Dupré, M., Karp, J.R., and Koralsztejn, J.P. (2010). Mountaineering Experience Decreases the Net Oxygen Cost of Climbing Mont Blanc (4,808 m). *European Journal of Applied Physiology*. 108(6):1209-1216.

Karp, J.R. (2007). Training Characteristics of Qualifiers for the U.S. Olympic Marathon Trials. *International Journal of Sports Physiology and Performance*. 2(1):72-92.

Karp, J.R., Johnston, J.D., Tecklenburg, S., Mickleborough, T.D., Fly, A.D., and Stager, J.M. (2006). Chocolate Milk as a Post-Exercise Recovery Aid. *International Journal of Sport Nutrition and Exercise Metabolism*. 16(1):78-91.

Karp, J.R. (2001). Muscle Fiber Types and Training. *Strength and Conditioning Journal*. 23(5):21-26.

Karp, J.R. (2000). Interval Training for the Fitness Professional. *Strength and Conditioning Journal*. 22(4):64-69.

SCIENTIFIC ABSTRACTS

Karp, J.R. and Robergs, R.A. (2009). Lungs and Legs: Entrainment of Breathing to Locomotion in Highly Trained Distance Runners. *Medicine and Science in Sports and Exercise*. 41(5):S33.

Karp J.R. (2006). Training Characteristics of the 2004 U.S. Olympic Marathon Trials Qualifiers. *Journal of Exercise Physiologyonline*. 9(2).

Karp, J.R. and Stager, J.M. (2005). Training Characteristics of United States Olympic Marathon Trials Qualifiers. *Medicine and Science in Sports and Exercise*. 37(5):S88.

Karp, J.R., Johnston, J.D., Tecklenburg, S., Mickleborough, T., Fly, A., and Stager, J.M. (2004). The Efficacy of Chocolate Milk as a Recovery Aid. *Medicine and Science in Sports and Exercise*. 36(5):S126.

TRADE PUBLICATIONS

More than 400 articles published in international consumer and trade magazines
Full list of publications: drjasonkarp.com/jasonkarppublications.pdf

<i>Track Coach</i>	<i>Athletics Weekly</i>	<i>Modern Athlete & Coach</i>
<i>Runner's World</i>	<i>New Studies in Athletics</i>	<i>NSCA Strength and Conditioning Journal</i>
<i>Running Times</i>	<i>IDEA Fitness Journal</i>	<i>Techniques for Track & Field and Cross Country</i>
<i>Trail Runner</i>	<i>PTontheNet.com</i>	<i>Active.com</i>
<i>Running Malaysia</i>	<i>Ultra-Fit</i>	<i>Fitness Management</i>
<i>Oxygen</i>	<i>Shape</i>	<i>SELF</i>

PRESENTATIONS

More than 300 presentations at international, national, and regional fitness conferences, coaching clinics, and scientific conferences.

Full list of presentations: drjasonkarp.com/jasonkarpresentationslist.pdf

U.S. Track Coaches Association Convention	ECA World Fitness Convention
Ohio Association of Track and Cross Country Coaches Clinic	FitnessFest
Michigan Interscholastic Track Coaches Association Clinic	Club Industry Conference
Arizona Track Coaches Association Cross Country Coaches Clinic	Indonesia Fitness & Health Expo
Indiana Association of Track and Cross Country Coaches Clinic	Asia Fitness Convention
U.S. All-Star Track & Field Coaches Clinic	CanFitPro Conference
IDEA World Fitness Convention	ACSM Health & Fitness Summit
American College of Sports Medicine (ACSM) Conference	CAHPERD Conference
National Strength & Conditioning Association (NSCA) Conference	
American Society of Exercise Physiologists Conference	
FILEX Fitness Convention (Australia)	