

# CURRICULUM VITAE

John David Holohan

**Contact Information:** John D. Holohan  
1221 Meadowbrook Dr.  
Syracuse, NY 13224  
Ph. 315-418-6828  
E-mail: jdholoha@syr.edu

## Education:



**Syracuse University**, Syracuse, New York  
School of Education

Ph.D. Candidate, (Anticipated completion August 2020) Exercise Science with a minor concentration in Psychology

Since 2013, my teaching load was three-nine credit hours per semester for the Exercise Science Department at Syracuse University. Courses range from Health Sciences Applied to Coaching to Motor Behavior. This semester I am teaching our largest course, Introduction to Exercise Science for Majors. Throughout my studies at S.U., I have mentored five students via the research experience credit program. These experiences have been instrumental in honing my classroom teaching skills.

While planning and implementing my research, I refined my grant writing, data management, statistical analysis, and manuscript preparation skills. My strengths include developing the research question, IRB relationships, participant recruitment, and study execution. Currently, I have two manuscripts being evaluated for publication.

### Research emphasis:

- Repeated sprints n hypoxia and performance in college swimmers.
- The reliability of a swimming ergometer for the administration of the Wingate Anaerobic Test.
- Physiologic correlates to elite swimming in female adolescent female swimmers
- The ACE gene insertion/deletion polymorphism and endurance performance
- Gene expression changes and cognition in Alzheimer's patients following 12 weeks of Aerobic Exercise
- Obesity and exercise in a beta-amyloid mouse model.
- Olfactory function, exercise, in an Alzheimer's disease mouse model.



**Cornell University**, Ithaca, New York

The Johnson School- 6 graduate credits (Marketing and Executive Leadership)



**Syracuse University**, Syracuse, New York  
School of Education

M.S. In Exercise Science

Thesis: Physiologic Correlates to Swimming Performance in Elite 12-16-Year-Old Female Swimmers. As a T.A., I taught Exercise Science labs and Aquatics.  
2002-2005



**LeMoyne College**, Syracuse, New York

Graduate Business School- 3 credits (Entrepreneurship)

2001

## **Instructor and Coaching Related Employment:**

### **Non-Tenure Track Faculty-** Syracuse University, Syracuse NY

#### **Courses:**

Sole Instructor for Introduction to Exercise Science with Recitation (3 credits, 1 semester) Managed five graduate assistants as part of the course.

Motor Behavior across the Lifespan (3 credits, 3 semesters) with one T.A.

Sports in Education (3 credits, 1 semester)

Health Science for Coaching (3 credits seven semesters)

Recitation, Introduction to Exercise Science (seven semesters).

October 2009-Present

### **Non-Tenure Track Faculty -** Onondaga Community College, Syracuse NY

Courses: Health and Wellness (4 sections)

Strength Training for Life (3 sections)

Team Sports with emphasis on Pedagogy (2 credits)

Semester teaching load, 6-10 credits per semester

Five Year Service Award

September 2009-present

### **Exercise Physiologist/ Clinical Fitness Program-** Upstate Medical University, Syracuse, NY.

Developed and instructed water-based fitness programs for participants with clinical illness and injury, ranging from orthopedic problems to Parkinson's disease.

November 2009-June 28, 2013.

**Research Coordinator-** Upstate Medical University, Syracuse, NY. Coordinate an NIA funded study investigating the effect of exercise on gene expression and cognition in Alzheimer's disease. My specific tasks included monitoring protocol implementation for IRB compliance, subject exercise training, and maintenance of all subject records, HIPAA compliance, and coordination with our surgeons relative to biopsy procedures. August 2010-present.

### **Graduate Teaching and Research Assistant-** Syracuse University, Syracuse NY

Certified to teach NYS Coaching certification curriculum in Sports Psychology and Exercise Science.

Developed the coursework and taught Allied Health Sciences for Coaches (PPE 300). I also taught the following: PPE 447, Exercise Physiology Lab Section, PPE 295 Introduction to Exercise- Recitation, PPE 400 Biomechanics.

September 2009-present

**Non-Tenure Track Faculty, Syracuse University,** Aquatic Instructor- Beginning, intermediate and advanced aquatics courses, Syracuse University, Syracuse NY, Spring 2002, 2003

### **Head Coach -** Cornell University Women's Swimming, Ithaca, NY

Hired to rebuild an Ivy League Division I Women's Swimming and Diving Program. During my six-season tenure, 85% of the athletes had lifetime best performances while maintaining a team GPA of 3.2 or greater. Team accomplishments included: the first NCAA B cut time for women, two individual Ivy League champions, numerous school records, USA national and Olympic trial qualifications. For the student-athletes, balancing academic, athletic, and life demands was challenging. To help them thrive, we developed a "Fuel for Performance Program," flexible practice schedules, and an online stroke refinement program that used underwater filming and Dartfish. I also worked in consultation with the University Counseling Center. The result was a healthier team culture. In 2009, four student-athletes qualified for the prestigious Cornell 400 Club (GPA of 4.0). That same year, the team's 3.44 GPA resulted in qualification to the Academic All-American Team. They were first in the Ivy League and 14th in the Nation. The Cornell Community is a vibrant academic environment. The intellectual growth of the young women I coached inspired my return to graduate studies.

**Head Coach/Owner** -The Sharks/Aquafit, Syracuse, NY

Founder, owner, and head coach of a USA Swimming Club with 150 athletes who ranged from 8-24 years of age. I was responsible for all aspects of club management, including hiring, supervision, and training of 5-7 assistant coaches, parent communications, planning workouts, and conducting 25 hours of practice per week. I developed programs for all of our athletes and coached the Senior Athletes along with the advanced level of age group swimmers. Accomplishments included: Five world rankings, over 50 National Top 16 performances, 20 Junior National Qualifiers, 5 Senior National Qualifiers, 3 Olympic Trial Qualifiers, 2 Olympian's (2000, 2020).

1988-2003

**Assistant Swimming Coach**- LeMoyne College, Syracuse NY

Coached the sprint group for Men's and Women's Swimming

1991-1992

**Head Coach**- Liverpool High School Boy's Swimming & Diving, Liverpool NY

Turned a faltering team around in one year going from 5-6 to 10-1

1991-1993.

**Head Coach**- Baldwinsville High School Girl's Swimming & Diving

The team broke all but two school records and went 27-6.

1992-1996

**Assistant Swimming Coach**, Men's and Women's Swimming- Syracuse University

Responsible for speed training, strength training, and recruiting

1980-1981

**Head Coach**- Water Polo, Syracuse University, Coach, Syracuse, NY

As a player-coach, I led the team to its highest Eastern league finish in school history (3<sup>rd</sup>).

**Head Coach**-Syracuse Water Polo Age Group Program (Men's and Women's). Women qualified for Nationals.

**Head Coach**- The Liverpool Jets Age Group Swimming Team. I developed numerous State, Regional, and National qualifiers.

1974-1976

**Primary Business Employment:**

**Consultant InSourcing Inc.** Assisted in the conceptualization, organization, complete of government applications, and implementation of a 401-C corporation. InSourcing was designed to provide training opportunities for the development of skilled labor in the manufacturing sector.

2007-2009

**Stockbroker**- Smith Barney, San Diego CA

Second Vice President, I was licensed in stocks, insurance, and foreign currencies.

1986-1987

**Stockbroker**- Prudential Bache Securities, Syracuse NY

Licensed broker (Series 7), Insurance and Foreign Currency

I developed a sales book with over 800 clients.

1980-1986

**National Fitness Director/Special Assistant to the President**, Sports Illustrated Court Clubs of America, Southfield MI.

I repositioned the firm in the fitness business through a mass marketing campaign and a redesign of club operations and programming. We installed the program into 22 clubs with an average increase in Net Income of 30%. I was promoted to Special Assistant to the President in charge of a 10-million-dollar turnaround project, called Hamilton Place. I managed a million-dollar advertising campaign that resulted in a five-fold increase in income.

1977-1980

## **Secondary Employment**

**Aquatic Director**-Onondaga Golf and Country Club, Fayetteville NY

Direct the summer operations of a country club recreational swimming program and competitive team.

1987-current

**Personal Coach**- Precision Coaching, Develop and implement wellness and athletic training programs for individual clients, includes technique analysis using Dartfish.

2000-current

**Pool Management**- Syracuse, NY

I was the owner-operator of a pool management company. Operated, staffed, and managed five pools in the Syracuse area.

1987-2000

**Fitness Consulting**-Pro-Fit Inc., Syracuse NY and Southfield MI

Designed, programmed, and staffed fitness centers. Repositioned Racquetball and Tennis Clubs from sport-specific businesses to fitness facilities.

1980-1983

## **Additional Teaching Experience**

**Guest Lecturer**, Cornell University School of Human Ecology, Sports Nutrition

Repeat guest lecturer on the topic of Holistic Coaching of College Athletes.

2004-2009

**Individual Retreat Guide**, Spiritual Renewal Center, Syracuse NY

I guided individuals in the nine months long, non-denominational, 19<sup>th</sup> Annotation Retreat.

1995-2001

**Graduate Assistant**, Syracuse University, Syracuse NY

Water Polo head coach, highest Big East finish (3<sup>rd</sup>).

1975-1976

## **Volunteer Work:**

**Member of the Assembly of Syracuse University School of Education**

**Syracuse University Whitman School**, liaison between MBA students enrolled in a course focused on developing workarounds for disabled entrepreneurs.

**Spiritual Renewal Center**, Syracuse, NY member of the financial planning committee for the organization.

## **Publications/Presentations**

**MARC Conference 2012/Power Point Presentation/First Author:** *"Muscle gene expression in Alzheimer's disease following 12 weeks of exercise". Holohan J., Hassan M., Brangman S., Middleton F., Kessler S.*

**Experimental Biology Conference 2011/Poster Presentation/First Author,** *"The effect of exercise on olfactory function in a mouse model of Alzheimer's disease" Holohan J., Heckstall E., Ogaye K., Lloyd J., Kessler K.*

**Skeletal muscle: Missing link between exercise and NF-kappaB pathway regulation in Alzheimer's Disease?** *Lloyd J., Kelleher A., Heckstall E., Holohan J., Kessler K. 2010*

**Guest Lecture,** Tompkins County Eating Disorder Group, *"One Coaches Perspective on Eating Disorders in Female College Athletes," November 2009*

**Second Author for my master's thesis,** *"Aerobic Cost in Elite Female Adolescent Swimmers,"* in the March 2009 issue of the International Journal of Sports Medicine" *Unnithan V., Holohan J., Fernhall B., Wylegala J., Rowland T., Pendergast D.*

**Presenter/First Author 2004,** FINA World Sports Medicine Conference *"Physiologic Correlates to Swimming Performance in Elite 12-16-Year-Old Female Swimmers". Holohan J., Fernhall B., Wylegala J., Rowland T., Pendergast D., Unnithan V.*

**Presenter 2004,** NASPEM Annual Conference, Poster Presentation, *"Physiologic Correlates to Swimming Performance in Elite 12-16-Year-Old Female Swimmers". Holohan J., Fernhall B., Wylegala J., Rowland T., Pendergast D., Unnithan V.*

**Article,** ASCA Newsletter, *"Innovative Uses of the Vasa Trainer," John Holohan 1999*

## **Grants:**

**CAPS Grant through the Maxwell School and NIH:** With my advisor, I co-authored an NIH pilot grant application. We were awarded approximately \$100,000.00 to investigate the molecular mechanism underlying the exercise-induced improvements in cognition in patients with Alzheimer's disease. May 2011-present.

## **Certifications and Related Experience:**

Blackboard  
SPSS  
CITI Certification, Human Subject Research  
CPR  
First Aid  
Former ACSM Cardiac Graded Exercise Technician  
Dartfish Software, movement analysis  
ASCA Level 4 Certified Coach  
First Team All-East Water Polo Selection  
Anonymous Swimming Award, Syracuse University  
Member, National Sports Festival Water Polo Team

Participant UC Irvine Water Polo  
Participant, USA Swimming National Swimming Camp  
Participant, USA Swimming National Team  
Coach Participant USA Swimming Olympic Trials 1996, 2000