



BRAD NORRIS

// CONTACT

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// KEY COMPETENCIES

- Awarded Educator - Durham District School Board (30 years)
- Master Clinical Educator - Rocktape
- Lead Clinical Educator - The FIT Institute
- Lead Clinical Educator - The Poliquin International Certification Program
- Clinical Exercise Physiologist
- Certified Kinesiologist
- Functional Acupuncturist
- Registered Massage Therapist (CMTO)
- Myofascial Therapist
- Poliquin Strength Coach - Level 3

// EDUCATION

Master's Degree (M.Ed.)

Exercise Physiology/Biomechanics
East Tennessee State University
Johnson City, Tennessee

Bachelor of Education (B.Ed.)

University of Western Ontario
London, Ontario

Bachelor of Physical and Health Education (B.P.H.E.)

University of Ottawa
Ottawa, Ontario

Massage Therapy Advanced Standing Program

Royal Canadian College of Massage Therapy
Toronto, Ontario

// PROFESSIONAL SUMMARY

A recognized and awarded educational professional with over 30 years experience teaching at both the secondary, post-secondary and professional corporate level across multiple disciplines advancing curriculum in the fields of physical education, rehabilitation and movement science. A strength and conditioning and rehabilitation specialist who has developed and implemented comprehensive performance and rehabilitation programming for NHL, NHL NCAA and Olympic athletes.

// PROFESSIONAL QUALIFICATIONS

- Successfully earned a Master's Degree in Education - Exercise Physiology / Biomechanics Major (M.Ed. - Magna Cum Laude / Phi Beta Kappa), Bachelor of Education (B.Ed.), and a Bachelor of Physical and Health Education (B.P.H.E.)
- A Performance Acupuncturist, Fascial Stretch Therapist (Level 1-2), STR / MMR Soft Tissue Release Therapist, Rocktape Master Educator / Clinician , Kinesiology Taping Specialist, and Fascial Abrasion Practitioner
- A Registered Massage Therapist (The College of Massage Therapists of Ontario)
- Served as an Educational Advisor / Lead Clinician for the Poliquin International Certification Program, the FIT Institute and Rocktape Canada
- Sought after lecturer in the fields of human performance, program design, and injury prevention
- Lectured extensively on the science of exercise prescription, movement efficiency, and performance optimization in an effort to bridge the gap between training and rehabilitation

// WORK HISTORY

- 1992 - 2022 • **Educator / Assistant Head - Physical Education**
Durham District School Board - *Whitby, Ontario*
- 2020 - 2022 • **Massage Therapist / Rehabilitation Specialist**
Linden Valley Integrated Therapy - *Woodville, Ontario*
- 2012 - 2017 • **Lead Clinical Educator**
The FIT Institute - *Toronto, Ontario*
- 2013 - 2022 • **Lead Clinical Educator**
Rocktape Canada - *Toronto, Ontario*
- 1988 - 2022 • **CEO / Lead Clinician / Performance Specialist**
Power Tek Fitness (Sport Performance / Rehabilitation Consultants) - *Woodville, Ontario*

// MEMBERSHIPS

- Ontario College of Teachers
- College of Massage Therapists of Ontario
- College of Kinesiologists of Ontario
- The American Society of Exercise Physiologists

// CONFERENCE CLINICAL EDUCATION / PRESENTATION

Canadian Massage Therapy Conference
2015-2022

Can Fit Conference 2015-2022

Ontario Kinesiology Association
Conference 2016

Canadian Chiropractic Conference 2015

Canadian Chiropractic Conference 2016

// REFERENCES

Dr. Christopher A. DeSouza Ph.D.
Director Integrative Vascular Biology
Laboratory
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303-359-6165

Dr. Steven Capobianco D.C.
Director of Medical Education - Rocktape
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408-480-2794

Dr. Alyson Evans D.C.
Fringe - Co-Founder
720-771-2243

Clarke Flynn RMT
Clinical Educator - The FIT Institute
clarkeflynn.rmt@gmail.com
613-340-1158

Kristine St. Louis
Head of Physical Education - Brock High
School
kristine.stlouis@ddsb.ca
905-862-2921

// PROFESSIONAL ACHIEVEMENTS

- 2013 - 2022 ● **Clinical Educator – Promotional Director**
Rocktape Canada – FMT Level 1 & 2 Instructor
- 2012 - 2017 ● **Lead Clinical Educator**
The FIT Institute (Performance Kinesio Taping / Functional Assessment / Fascial Abrasion Techniques)
- 2005 - 2016 ● **Para Medical Staff**
Canadian Olympic Bobsleigh Program
- 2007 - 2010 ● **Program Instructor**
Poliquin International Certification Program (Levels 1&2 / PIMST)
- 2003 - 2005 ● **Guest Lecturer**
University of Colorado - Exercise Science Department
- 2002 - 2004 ● **Strength & Conditioning Consultant**
University of Texas Arlington - Track and Field
- 2000 - 2004 ● **Performance Consultant**
OMHA under 17 Program
- 1994 - 1996 ● **Assistant Strength and Conditioning Coach**
East Tennessee State University
- 1994 - 1996 ● **Associate Lecturer – Associate Director of Health and Recreation**
East Tennessee State University

// TRAINING, COURSES AND CERTIFICATES

- Registered Massage Therapist
- Massage Therapy Advanced Standing Program – Royal Canadian College of Massage Therapy
- Exercise Physiologist: American Society of Exercise Physiologists
- Performance Acupuncturist: Academy of Traditional Acupuncture
- Fascial Stretch Therapist: Stretch To Win Program
- Poliquin International Certification Program – Strength Coach
- Level 1 - Upper Body Structural Balance / Exercise Prescription
- Level 2 - Lower Body Structural Balance / Exercise Prescription
- Primal Movement Level 1 – Stop Chasing Pain
- NKT (Neurokinetics) – Level 1
- Soft Tissue Release – STR Levels 1&2
- Myo Matrix Release – MMR Upper and Lower Body
- PIMST - Poliquin Instant Muscle Strengthening by Touch
- Poliquin Advanced Strength Training Anatomy
- Touch for Health Practitioner
- Back Health Level 2 - Darby Training Systems
- Fascial Abrasion Techniques - FIT Institute
- Performance Kinesio Taping - FIT Institute
- Performance Assessment / Movement Screens - Fit Institute
- Posture Pro – Posturology – Level 1
- Rocktape – Fascial Movement Taping – Levels 1&2
- Rocktape – Floss and Cupping Specialist