

Benjamin Robert-John Gall, EdD

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Summary Statement

- Twenty years of experience teaching Kinesiology courses at the undergraduate level
- Successful NCAA Head Coach with twenty-one years of experience in college athletics
- Experience with a diverse group of student athletes from over ten countries and multiple states across the U.S.
- Seasoned board member, having served over four years on Nampa, ID. School board.
- In person and online teaching experience in higher education settings.

Work Experience

Associate Professor of Kinesiology, 8/1/2018-Current

Northwest Nazarene University, Nampa, ID

- Courses taught include Exercise Physiology, Tests and Measurements, Fundamentals of Wellness, Psychology of Successful Coaching, Introduction to Sports Psychology, Recreation and Facility Management, multiple activity and Major Activity Lab courses
- Chair Academic Effectiveness Committee (2021-Current)
- Helped develop new major in Sports Psychology
- Member of General Education Council (2023-Current)

Head Cross Country/Track & Field Coach | 1/1/2012 – 7/1/2018

California Baptist University - Riverside, CA

- Coordinated team travel and competition schedule for large groups of 40 or more athletes.
- Over seven years my teams had ten team PacWest championships, one West Regional championship, and three top ten national team finishes including national runner up in 2017.
- Effectively managed four budgets totaling over \$2.5 million to stay within budget and develop one of the elite teams in the NCAA.
- Aggressively identified and recruited national caliber athletes from around the world including ten countries and four states.
- Coached 23 NCAA All Americans in six years including the universities first ever NCAA All American in any sport.
- Coached a total of 5 individual PacWest cross country champions, 114 All PacWest, and 18 all West Region athletes in cross country.
- Coached 15 PacWest Track & Field individual champions and 41 All PacWest Track athletes.
- Organize and fundraise more than \$20,000 per academic year to enhance our program.
- Host multiple large athletic events each year for both the collegiate and high school levels, including 2016 PacWest XC Championships.
- Developed strong relationships both on campus in various departments and in the greater Riverside community to strengthen our programs reputation.

Associate Head Coach Cross Country/Track & Field | 8/1/2002 - 12/31/2011 & 8/1/2018-5/30/2022

Northwest Nazarene University - Nampa, ID

- Planned and implemented all team travel arrangements each year.
- Recruited very competitive team on limited scholarship budget. Our teams were consistently in the top 7 of the NCAA West Region.
- Worked closely with admissions to build our track team to over one hundred student athletes. This was approximately 9.5% of the student body on campus at the time.
- Coached 16 NCAA All Americans including two NCAA national champions.

- Hosted large athletic events including the 2007 GNAC conference and NCAA Regional championships.
- Developed and hosted the Roger Curran HS invitational, one of the largest HS cross country meets in the treasure valley.
- In 2019 led women's team to a runner up finish in the NCAA West Region and 15th place national finish. The highest place regionally or nationally for any NNU women's team in the NCAA.

Assistant Professor of Kinesiology | 8/1/2006 - 12/31/2011

Northwest Nazarene University - Nampa, ID

- Taught a wide variety of courses from activity courses, Principles of Health and Wellness, Tests and Measurements, Statistics and Research Design, and Sports Psychology for Coaches.
- Helped develop online courses for department including multiple activity courses as well as the Principles of Health and Wellness course.
- Effectively taught classes in person and online to both traditional and non-traditional students.

Kindergarten Teacher | 8/15/2003 - 8/1/2006

Notus School District - Notus, ID

- Implemented curriculum and managed classroom to meet the needs of students at a variety of academic levels as they entered school.
- Learned how to work well with students and families for whom English is a second language.

Owner of Infinity Running Online Coaching | 2019-Present

- Provide Online Running Coaching
- Host Infinity Running Virtual 5k
- Write Infinity Running Blog
- Provide Free Training Plans for Boise River Marathon participants

Education

Doctor of Education, Leadership and Management | 2013

Capella University - Minneapolis, MN

Addressing Cardiovascular Fitness Through Accountability in a Semester-Long Wellness Course During the Freshman Year

Master of Teacher Education, Elementary Education | 2003

Eastern Oregon University - LaGrande, OR

Bachelor of Science, Psychology | 2002

Eastern Oregon University - LaGrande, OR

Publications

- **Magazine Article:** Ties that Bind: Developing Relationships Cultivates Winning Results
Techniques for Track & Field and Cross Country | May 2014
- **Blog:** Infinity Running Blog | **May 2019-Present**
- **Half Marathon & Marathon Training Plans | 2022-2023**
Boise River Marathon: www.boiserivermarathon.com

Speaking Engagements

- Eastern Oregon University Athletics | 9/7/2023

Safely Increasing Training Volume to Maximize Physiological Adaptations

- **Fellowship of Christian Athletes | 10/14/2022**
Heart of an Athlete Radio Show on 94.1 FM
- **Fellowship of Christian Athletes | 10/8/2021**
Heart of an Athlete Radio Show on 94.1 FM
- **Fellowship of Christian Athletes | 1/17/2020**
Heart of an Athlete Radio Show on 94.1 FM
- **Fellowship of Christian Athletes | 9/30/2019**
Heart of an Athlete Radio Show on 94.1 FM
- **Fellowship of Christian Athletes | 8/17/18**
Heart of an Athlete Radio Show on 94.1 FM

Camps

- **Fellowship of Christian Athletes | 2007-2022**
Head Coach, Nampa, ID
- **Fellowship of Christian Athletes | 2015-2016**
Head Coach, Los Angeles, CA
- **Fellowship of Christian Athletes | 2016**
Head Coach, Sacramento, CA
- **Fellowship of Christian Athletes | 2006**
Head Coach Spearfish, SD
- **Fellowship of Christian Athletes | 2004-2006**
Head Coach, Flagstaff, AZ
- **Fellowship of Christian Athletes | 2004-2005**
Head Coach, Cody, WY
- **Fellowship of Christian Athletes | 2003**
Head Coach/Huddle Leader Coordinator, Jackson Hole, WY

Professional Awards

- **6 x PacWest Conference Men's XC Coach of the year | 2012-2017**
- **4 x PacWest Women's XC Coach of the year | 2014-2017**
- **USTFCCA D2 West Region Women's Coach of the year | 2017**
- **Eastern Oregon University Athletic Hall of Fame | 2019**

Professional Memberships

- **United States Track and Field & Cross-Country Coaches Association | 2002-Present**
- **United States Track and Field | 1998-Present**
- **Society of Health and Physical Educators | 2022-Present**

Certifications

- **USA Track and Field | 2006**
Level 2 Certified Endurance Coach
- **USA Track and Field | 2013**
Level 2 Certified Sprints/Hurdles Coach
- **USA Track and Field | 2013**
Level 1 Certified Instructor

Community Involvement

- **Sunday School Teacher, Youth Group Leader | 2020-Present**
Stonehill Community Church, Meridian, ID.
- **Volunteer Coach | 2018-Present**
Treasure Valley YMCA
- **Volunteer Coach | 2021-Present**
SoleKids
- **School Board Member | 2007-20011**
Nampa School District, Nampa, ID.
- **Volunteer Coach | 2003-Present**
Fellowship of Christian Athletes
- **Regional and National Rankings Coordinator | 2014-2022**
US Track & Field and Cross Country Coaches Association
- **Executive Committee PacWest Conference Representative | 2015-2018**
US Track & Field and Cross Country Coaches Association
- **Sunday School Teacher | 2015-2018**
Orangecrest Community Church, Riverside, CA.