

BRENT DAY

P R O F E S S O R , K I N E S I O L O G Y

PROFILE

Innovative sport science leader with Master's in Exercise Science and 20+ years supporting elite athletes through physiological, biomechanics, and data-driven performance optimization. Proven expertise in establishing high-performance labs, delivering individualized athlete programs, and collaborating with global partners to translate insights into actionable strategies, ideal for advancing Elite Athlete Performance initiatives and informing transformative recovery techniques for athletes of all levels and ages.

PROFESSIONAL EXPERIENCE

Kinesiology Faculty & Department Chair

Langara College | 2005 - Present

- Principal Investigator of the Applied Human Performance Lab (2020–Present), establishing a state-of-the-art facility for elite athlete testing; integrated advanced tech to create comprehensive athlete profiles tracking physical qualities, load management, and progress.
- Led sport science research initiatives with Langara Women's Soccer Team (2020–Present), conducting pre-season studies on cardiovascular function, reactive strength index, heart rate variability, and training load dose-response.
- Delivered performance testing services to Swim Canada National athletes informing individualized readiness for competition.
- Partnered with Yard Athletics and RPM Hockey Academy to test elite junior hockey players across the Lower Mainland; monitored 200+ athletes with force plate metrics for acceleration, power output, and injury risk, driving measurable gains in on-ice performance.
- Served as Department Chair (2019–2022) and Assistant Chair (2017–2019), leading a team of 20+ faculty in strategic planning and operations (\$250K+ budget); fostered collaborations with academic institutions and secured \$10K ARC grants for sport science advancements.
- Taught core courses (e.g., Advanced Strength and Conditioning, Anatomy & Physiology, Health and Nutrition) to 300+ students annually, emphasizing data-driven wellness and professional development.

CONTACT

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EDUCATION

Edith Cowan University, Perth, Australia

Master of Exercise Science (Strength and Conditioning Stream) 2006 – 2007

Trinity Western University, Langley, BC

Bachelor of Human Kinetics (Kinesiology Stream) 1999 – 2003

SKILLS

- Sport Science & Performance Optimization: Physiological/biomechanical assessments, data-driven athlete profiling, load monitoring, and recovery strategies
- Elite Athlete Support: Individualized programs for national/international competitors, injury prevention, and measurable performance gains
- Technology Integration: Force plates (Hawkin Dynamics), GPS/HR monitoring (Polar Team Pro), velocity-based training (GymAware/OVR, 1080 Sprint), timing gates, and analytics software
- Research & Innovation: Validity/reliability testing of performance tools, pre-season dose-response studies, and translating insights to product/brand opportunities
- Global Network Coordination: Partnerships with academic, athletic, and tech providers for scalable performance solutions
- Entrepreneurial Mindset: Navigating ambiguity to drive innovation and foster inclusive, high-impact teams

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PROFESSIONAL EXPERIENCE

Head Strength and Conditioning Coach

Real Kinetic Fitness | 2003 - Present

- Founded and managed a boutique strength and conditioning business, overseeing operations, financial planning, and client contracts; trained and assessed elite athletes (e.g., Canadian National Karate team members, NHL linesmen, Hockey Academy players), demonstrating stakeholder engagement and partnership-building across diverse groups.
- Supported Thomas Venos, Canada's #1 wheelchair tennis athlete (2022–Present), designing adaptive programs and monitoring performance, contributing to Paralympic-level success.
- Utilized integrated tech ecosystem (force plates, GPS/HR, velocity devices) to monitor load and progress for 50+ clients annually, building trusted relationships with national federations and adapting programs across ambiguity for sustained competitive success.

Strength and Conditioning Coach

Basketball BC & UBC Basketball | 2002 - 2007

- Developed comprehensive training programs for UBC Women's Basketball (2005–2007), collaborating with coaches/therapists on biomechanics evaluations and recovery strategies; contributed to 2006 Canadian Interuniversity Sport National Championship through data-informed athlete management.
- Served as Head/Assistant Coach for provincial/national teams (e.g., 2004 U-14 Girls BC Summer Games Gold Medalists), applying physiological testing to optimize speed, power, and tactical execution for athletes.

CERTIFICATIONS

- Certified Strength and Conditioning Specialist (CSCS) – National Strength and Conditioning Association (NSCA)
- Member – British Columbia Association of Kinesiologists
- NCCP Level 3 Theory Certified – Coaching Association of Canada
- FMS Level 2 Certified – Functional Movement Systems
- ALTIS Essentials Course Certified
- GymAware Velocity-Based Training Certification
- 1080 Sprint Certification

PUBLICATIONS

- Day, B. (2023). Examining the Relationship Between the Reactive Strength Index and Training Load in Female Collegiate Soccer Players. *Applied Physiology, Nutrition and Metabolism*.
- Day, B. (2023). Validity and Reliability of Vertical Jump Technology in Female Athletes. *Sports Engineering*, 26:48.
- Day, B. (2022). Pre-season Training Effects on Cardiovascular Function and Performance in Female Collegiate Soccer Players. *Medicine & Science in Sports & Exercise*.
- Day, B. (2022). Heart Rate Variability During Jump Performance in Female Soccer Players. *Medicine & Science in Sports & Exercise*.
- (Full list available upon request.)

REFERENCES

- Available upon request.