

IAN B. PYKA, MS, CSCS

Exercise Science and Health Promotion
Florida Atlantic University
777 Glades Road
Boca Raton, FL 33431

Email: ipyka@fau.edu
Office (561) 297-1284

PROFESSIONAL EMPLOYMENT

Instructor Exercise Science and Health Promotion Florida Atlantic University Boca Raton, FL	August 2010 - Present
President/Owner Power Play Fitness, LLC Coral Springs, FL	2001 - Present
Fitness Coach/Medical Consultant Bruce Rossmeyer's Harley Davidson Daytona Beach, FL	May 2007 – August 2009
Adjunct Professor Exercise Science and Health Promotion Florida Atlantic University Davie, FL	August 2006 - May 2007
Head Strength and Conditioning Coach Florida Panthers Hockey Club Sunrise, FL	1998 -2002
Manager/Exercise Physiologist Ultrafit Preventive Medicine Centers Sun City West, AZ	1995 -1997
President/Owner/ Olympyk Fitness, LLC Scottsdale, AZ	1995 -1997
Head Strength and Conditioning Coach New England Patriots Foxboro, MA	1991-1993
Head Strength and Conditioning Coach Tulane University New Orleans, LA	1989 -1991
Head Strength and Conditioning Coach University of Massachusetts Amherst, MA	1985 -1989

IAN B. PYKA, MS, CSCS

Exercise Science and Health Promotion
 Florida Atlantic University
 777 Glades Road
 Boca Raton, FL 33431

Email: ipyka@fau.edu
 Office (561) 297-1284

EDUCATION

The University of Tennessee

Master of Science - Exercise Physiology 1981 -1984

The University of Maryland

Bachelor of Science – Kinesiological Sciences 1975 -1979

CONTINUING EDUCATION

National Strength & Conditioning Association Annual Meeting

Las Vegas, NV 2013

National Strength & Conditioning Association Annual Meeting

Providence, RI 2012

Tactical Strength and Conditioning Conference

Las Vegas, NV 2011

National Strength & Conditioning Association Annual Meeting

Orlando, FL 2011

National Strength & Conditioning Association Annual Meeting

Las Vegas, NV 2007

National Strength & Conditioning Association Annual Meeting

Las Vegas, NV 2005

NSCA Personal Trainers Clinic

Las Vegas, NV 2005

National Strength & Conditioning Association Annual Meeting

Indianapolis, IN 2003

2003 Athletic Business Conference & Expo

Orlando, FL 2003

National Strength & Conditioning Association Annual Meeting

Las Vegas, NV 2002

IAN B. PYKA, MS, CSCS

Exercise Science and Health Promotion
Florida Atlantic University
777 Glades Road
Boca Raton, FL 33431

Email: ipyka@fau.edu
Office (561) 297-1284

The NSCA Personal Trainer's Clinic Fort Lauderdale, FL	2002
National Strength & Conditioning Association Annual Meeting Spokane, WA	2001
The NSCA Personal Trainer's Clinic Fort Lauderdale, FL	2001
National Strength & Conditioning Association Annual Meeting Kansas City, MO	1999

CERTIFICATIONS

National Strength and Conditioning Association (CSCS)	1986-Present
American Heart Association (CPR)	1986-Present
International Sports Science Association (MSS)	1986-Present

HONORS AND AWARDS

Alternate Member 1980 US Olympic Track & Field Team	1980
Three time NCAA All America Track & Field (Shot Put)	1977-1979

BUSINESS/COMMUNITY ORGANIZATIONS

Boys and Girls Club of Broward County Corporate Board Member	2000 - Present
Boys and Girls Club "Reitman Unit" Advisory Board President Ft. Lauderdale, FL	1998 - Present
Business Networking International (BNI) President - Platinum Chapter Pompano Beach, FL	2003 - 2006

PRESENTATIONS

Unlimited Sports Junior Hockey Camp "Power Training for Hockey" Impact Sports Performance Boca Raton, FL	July 22, 2013
---	---------------

IAN B. PYKA, MS, CSCS

Exercise Science and Health Promotion
 Florida Atlantic University
 777 Glades Road
 Boca Raton, FL 33431

Email: ipyka@fau.edu
 Office (561) 297-1284

- | | |
|--|-------------------|
| University of Miami PT School
Guest Speaker in Athletic Injuries Class
"Strength and Conditioning and the PT"
Miami, FL | 2006-2012 |
| Motivational Speech for FOSI
Florida Oceanographic Science Institute
State Run Program for Wayward Kids
Ft. Lauderdale, FL | June 15, 2005 |
| Broward Association of Insurance and Financial Advisor
Guest Speaker Topic – "Your Health Is the Bottom Line!"
Sheraton Suites Hotel
Ft. Lauderdale, FL | March 16, 2005 |
| Deerfield Beach Chamber of Commerce
"Disease and Exercise"
Deerfield Beach, FL | February 14, 2005 |
| NSCA National Conference
"Adding Power To Performance"
Olympic Lifting Movements for all Sports
Paris Hotel & Casino
Las Vegas, NV | July 17, 2005 |
| NSCA Personal Trainer's Clinic
"Conditioning for Golf"
Paris Hotel & Casino
Las Vegas, NV | March 20-21, 2005 |
| Motivational Speech to FOSI
State Run Program for Way-ward Kids
Ft. Lauderdale, FL | December 10, 2004 |
| TOMIAN Power Seminar
"Power Development through the Olympic Movements"
Doral Spa and Resort
Doral, FL | July 31, 2004 |

IAN B. PYKA, MS, CSCS

Exercise Science and Health Promotion
Florida Atlantic University
777 Glades Road
Boca Raton, FL 33431

Email: ipyka@fau.edu
Office (561) 297-1284

The NSCA Personal Trainer's Clinic 2001
"Contemporary Training Issue"
Marina Marriott
Fort Lauderdale, FL

PROFESSIONAL ACTIVITIES

Palm-Aire Golf Radio Show April 1, 2004 - July1, 2005
WJNA 640 AM
South Miami Dade to Jupiter, FL

PROFESSIONAL ACTIVITIES (CONTINUED)

Part Time Volunteer Coach Spring 2005-2006
Calvary Christian Academy School
Track and Field
Ft. Lauderdale, FL

PUBLICATIONS

Pyka, I. "Goaltender Physiology: Energy Systems Part II – Aerobic Activity" From The
Crease 4(11): 677 - 678, 2004

Pyka, I. "Goaltender Physiology: Energy Systems Part III – Science of the Anaerobic
System" From The Crease 4(6): 709 - 710, 2004

Pyka, I. "Power Snatch: King of Power" Pure Power 3(3): 42 - 44, May 2003.

Pyka, I. "Basic Fitness" Men's Journal 9(12): 73 - 81, January 2001 Feature Article

Pyka, I. and D. Vives. "Quickness Training" Chapter in Training for Speed, Agility and
Quickness Human Kinetics 2000

Pyka, I. "The Healthy Back: Balance is the Key" Coaching Challenge Issue 1: 2-3 Fall
1994

Pyka, I. and B. Otrando. "Rotational Shot Put" National Strength and Conditioning
Association Journal 13(1): 6 - 9, 1991.

IAN B. PYKA, MS, CSCS

Exercise Science and Health Promotion
Florida Atlantic University
777 Glades Road
Boca Raton, FL 33431

Email: ipyka@fau.edu
Office (561) 297-1284

Gabriel, D. and I. B. Pyka. "The Scientific Basis of Push-Pull Weight Training Programs" National Strength and Conditioning Association Journal 11(4): 30 - 32, 1989

Pyka, I. "Conditioning for Volleyball" Chapter in The AVCA Volleyball Handbook: The Official Handbook of the American Volleyball Coaches' Association. Masters Press, 1987

Pyka, I. "Effects of High Frequency Electrical Muscle Stimulation on Dynamic Strength of the Quadriceps Muscle Group" A Thesis presented for the Master of Science Degree, University of Tennessee, Knoxville TN December 1984

MEDIA - DVDs

Pyka, Ian B. "Olympic Lifting Movements for Power Sports : The Pulls"
© 2010 Power Play Fitness LLC

Pyka, Ian B. "Olympic Lifting Movements for Power Sports : The Overheads"
© 2010 Power Play Fitness LLC