

# Edwin Peng, MS

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## EDUCATION

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### California State University Long Beach

*Masters of Science, Kinesiology (Exercise Science)*

- Magna Cum Laude (3.86)
- Ruth Lindsey Scholarship
- CSULB Graduate 4.0 Award
- Brazilian JiuJitsu Club

**August, 2017**  
*Long Beach, CA*

### University of California, Los Angeles

*Bachelors of Arts, Psychology*

- Brazilian JiuJitsu Club

**June, 2010**  
*Los Angeles, CA*

### Orange Coast College

*Psychology*

- President's List
- Founding member, Treasurer, President of Mixed Martial Arts Club

**June, 2008**  
*Costa Mesa, CA*

## WORK EXPERIENCE

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### Exponent Engineering and Scientific Consulting

*Research Assistant*

- Collaborated in small teams in data collection of over ten thousand participants
  - Personally, ran over 1,000 participants in data collection protocol
- Set up and calibrated equipment for data collection
- Assisted in designing sets for protocol
- Engaged with participants for data collection protocol
- Data entry

**Jan. 2017 – Present**  
*Los Angeles, CA*

### Peak Strength and Conditioning

*Strength and Conditioning Coach*

- Strength and conditioning coach for varied populations
  - General population, professional athletes, special needs
- Programmed strength and conditioning protocols for athletes
- Taught proper lifting mechanics and techniques
- General maintenance

**Nov. 2018 – Present**  
*Stanton, CA*

### California State University, Long Beach

*Kinesiology Lecturer*

- Prepared course materials for a diverse population of students
  - Delivered lectures, lead discussions, and conducted laboratory demonstrations
- Contributed to development and revision of course content and instructional materials
  - Updated lecture material with new research
  - Prepared and graded laboratory material and course examinations
- Maintained subject expertise through continual study and research
- Maintained formal office hours

**Aug. 2018 – Jan. 2019**  
*Long Beach, CA*

## California State University, Long Beach

*Teaching Associate*

- Instructor for the laboratory section of undergrad Motor Control and Learning course
- Prepared course materials for a diverse population of students
  - Delivered lectures, lead discussions, and conducted laboratory demonstrations
- Guided lab experiments to facilitate learning of Motor Control Concepts
- Contributed to development and revision of course content and instructional materials
  - Wrote examination questions

**Jan 2015 – May 2017**

*Long Beach, CA*

## Global JiuJitsu Academy

*Brazilian JiuJitsu Coach*

- Developed course curriculum
  - Warmups and stretches, technique lesson plans, training protocols
- Lead group classes
- Taught Brazilian JiuJitsu techniques utilizing proper mechanics
- Supervised group sparring sessions
- Ran private one-on-one sessions

**Sept 2013 – June 2017**

*Costa Mesa, CA*

## Orange Coast College

*Science Tutor*

- Tutored individual and group sections in life sciences
  - Chemistry, Anatomy, and Physiology
- Organized groups study sessions for diverse populations
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**Jan 2014 – June 2015**

*Costa Mesa, CA*

## Sports Training and Research

*Intern*

- Assisted in testing and screening athletes in mobility, strength, and power
- Guided small groups of undergraduates in research and experimental studies
- Conducted research and laboratory experiments on college athlete population

**Jan 2015 – June 2016**

*Long Beach, CA*

## Hoag Hospital

*Cardiac Rehab/Wellness Extern*

- Helped patients recovering from heart surgery improve their physical health
  - Assisted patients in exercising and weightlifting
- Ran basic health screens for employee wellness
- General maintenance

**Jan 2015 – June 2015**

*Costa Mesa, CA*

## Projects

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### Teaching and Coaching Brazilian JiuJitsu

**August 2017**

- Completed a thesis/project book detailing optimal training protocols for Brazilian JiuJitsu
- Communicated complex information in biomechanics, exercise physiology, and motor learning theory
- Worked with a committee of experts in the field

### The Influence of Exercise Surface Inclination on Trunk Muscle Activity During Common Pilates Exercises

**June 2017**

- Tested the effects of inclination angles on muscle activation

- Used EMG to examine physiological activation of muscle during different postures

### **Standing Long Jump Study**

**December 2015**

- Tested the effects of different perceptual streams learning to perform the broad jump
- Used motion capture, markers, and force data to examine kinematic and kinetic differences between several perceptual streams

### **Balance Assessment Study**

**August 2015**

- Examined the FAB protocol on improving balance in older adult populations
- Used motion capture and EMG to examine postural changes under different balance conditions

## **SKILLS, CERTIFICATIONS & INTERESTS**

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- **Skills:** Proficient in Office Suites, Strong MS Excel skills, experienced blackboard user, basic programming, excellent written communication skills, movement lab experience (motion capture, EMG, force plates), strong research skills, collaborates efficiently in groups, experience teaching in both small and large groups
- **Certifications:** Certified Strength & Conditioning Specialist (NSCA CSCS), CPR/AED, ACSM member, Brazilian Jiu-jitsu Blackbelt
- **Interests:** Hiking, backpacking, camping, Brazilian Jiu-jitsu, weightlifting, martial arts, health and wellness, Esports