

LONDON SHANNAHAN

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Summary of Qualifications

- M.S. Strength and Conditioning at University of South Florida
- B.S. Exercise Science at Liberty University, NSCA CSCS, ACSM EP-C
- Research Coordinator: USF Physique and Performance Enhancement Lab
- Graduate Assistant at University of South Florida
- 6 years work experience in Personal Training, Group Exercise, and Virtual Coaching
- Skilled in professional research and development, communication, physical fitness and body composition test assessment, program design and implementation, nutrition, study design and implementation, team leadership, lab administration, grant proposal writing, undergraduate course design and implementation, undergraduate lecture, undergraduate lab instruction, professional research presentation.
- National Level NPC Wellness Division Competitor and USAPL Female Powerlifter

Education

B.S. in Exercise Science / Liberty University / Lynchburg, VA
2021

Graduated May

- Specialization: Fitness Specialist
- Minor: Studio Arts
- Relevant Coursework: Biomechanics, Applied Exercise Physiology, Anatomy and Physiology, and Exercise Leadership

M.S. in Strength and Conditioning / University of South Florida / Tampa, FL

Graduated May 2025

- Research Coordinator: USF Physique and Performance Enhancement Lab
- Academic Advisor: Bill Campbell, PhD
- Relevant Coursework: Physique Enhancement, Cardiorespiratory Physiology, Research Methods in Exercise Science,

Sports Nutrition, Strength and Conditioning, Fitness Assessment, Neuromuscular Adaptations to Exercise, Statistical Analysis

Certifications and Affiliations

- Certified Exercise Physiologist, American College of Sports Medicine July 28, 2020
- Strength and Conditioning Specialist, National Strength and Conditioning Association December 2020
- Heartsaver First Aid CPR AED, American Heart Association March 4, 2020
- NPC Wellness Competitor March 2022 - Current
- Liberty University Powerlifting Club Student Member Spring 2019 - Fall 2021

Relevant Exercise Science Job Experience

Research Consultant / Dr. Gabrielle Lyon / Remote

Jan 2025 - Current

- Independently contracted Research Consultant, responsible for design, construction, and implementation of Notion-based Research Database.
- Analyzing, acquiring, and organizing research into database with multiple layers of categorization for easy access when disseminating research.

Graduate Assistant / USF / Tampa, FL

August 2024 - May 2025

- Instructor of Record for undergraduate Weight Training course, including course design, lecture creation and delivery, practical training sessions and assessments, and project administration.
- Assisting professors with undergraduate courses, including leading group exercise courses, guest lectures, assignment grading, and student contact point.

- Assisting professors with Clinical Laboratory courses, including teaching administration of metabolic assessments, stress tests, EKG tests, and cardiovascular assessments (including, but not limited to, VO2 max, sub-maximal, spirometry, Wingate)
- Assisting professors with Exercise Testing and Prescription Laboratory courses, including Heart Rate and Blood Pressure measurements, Anthropometric and Body Composition assessments, cardiovascular health assessments, and muscular fitness tests.
- Research Assistant to Bill Campbell, PhD; tasks including study organization, data collection, lab team communication, background research presentation, manuscript writing, and publication submissions.

Fitness Coach / Fitbody Bootcamp (Peak Athletics) / Lynchburg, VA 2020-2021; 2022- 2023

- Coaching clients of all ages and current fitness levels for a bootcamp-style group exercise class
- Encouragements, form corrections, and coaching cues given to encourage the class throughout the workout

Personal Trainer / New London Athletics / Lynchburg, VA 2020 – 2021

- Program design and implementation including principles of progressive overload and specificity
- Marketing and outreach to attract clientele and encourage the community in health and fitness principles

Group Exercise Trainer / Burn BootCamp / Northville, MI 2021 – 2022

- Regular Focus Groups which include nutrition consultation and guidance as well as goal-setting with members

Personal Trainer / Fitness Together / Novi, MI 2021 – 2022

- Coaching clients with various contraindications in a one-on-one personal training setting
- Helping clients achieve their goals by applying current research principles and maintaining safety

Owner/CEO and Head Coach / Shannahan Strength & Conditioning / Remote 2022 – Current

- Coaching both lifestyle and competition prep clients virtually to work towards their individual goals
- Guiding clients on how to apply Evidence Based Practices into their health and fitness journeys.

Internship / New London Athletics / Lynchburg, VA Spring 2021

- 280 hours

Student Research and Studies – University of South Florida and Liberty University

Graduate Level, Research Coordinator USF Physique Enhancement Lab under Bill Campbell, PhD 2023 - 2025

- Defining "REVERSE DIETING": A Qualitative Survey of Post Diet Strategies Among Weight Loss Coaches for Natural Athletes
 - Abstract Presentation at ISSN Annual Conference 2024
- Defining "REVERSE DIETING": A Survey of Post Diet Strategies Among Weight Loss Coaches for Natural Athletes – Manuscript in Preparation
 - Study Design, Qualtrics Design, IRB Proposal Writing, Subject Recruitment, Survey Distribution, and Manuscript Writing
 - IRB # 006424
- What to Do After the Diet? Exploring Reverse Dieting as a Strategy to Mitigate Weight Regain – Data Collection in Progress
 - Study Design, Excel Spreadsheet Design, IRB Proposal Writing, Subject Recruitment, Subject Onboarding
 - Recruitment, Onboarding, and Management of 400 participants in virtually conducted study
 - IRB # 006998
- Rapid Fat Loss in Menopausal Women: A Case Series Study – Data Collection in Progress
 - Study Coordinator; IRB Proposal Writing and Submission, Body Composition Technical Training, Subject Recruitment and Onboarding, Data Collection, Manuscript Writing, Grant Proposal Writing, Journal Submission
 - IRB # 007000
- Female Fitness Menopause Survey: Investigating the Menopause Transition Experience – Data Collection in Progress
 - Survey Design, IRB Proposal Writing and Submission, Subject Recruitment, Survey Distribution
- Effects of Post-Dieting Strategies on Adherence and Attrition Rates
 - Abstract Presentation at ISSN Annual Conference 2025
- Weight Regain Analysis in Different Post-Dieting Strategies

- o *Abstract Presentation at ISSN Annual Conference 2025*
- Comparing the Rate of Weight in a Standardized Diet: Variances between Males and Females
 - o *Abstract Presentation at ISSN Annual Conference 2025*
- Investigating the Impact of Different Post-Dieting Strategies on Personal Experience: A Qualitative Assessment
 - o *Abstract Presentation at ISSN Annual Conference 2025*
- Rapid Fat Loss in Menopausal Females: A Case Series Study
 - o *Abstract Presentation at ISSN Annual Conference 2025*
- Survey Study of Changes in Total Calorie and Protein Intake Across the Menopause Transition: A Preliminary Analysis
 - o *Abstract Presentation at ISSN Annual Conference 2025*
- A Survey of Hormone Replacement Therapy Use Among Resistance-Trained Women Across States of Menopause Transition
 - o *Abstract Presentation at ISSN Annual Conference 2025*
- Investigating Weight Loss Resistance Across the Menopause Transition: A Preliminary Quantitative Survey of Resistance-Trained Women
 - o *Abstract Presentation at ISSN Annual Conference 2025*
- Efficacy of Extreme Fat Loss Protocols: A Narrative Review – In Development
 - o *Literature Review, Manuscript Writing*
- Exploring the Psychological Tendencies of Competitive Bodybuilders on Therapy and Drug Use: A Survey Study – In Development
 - o *Study Design, Qualtrics Design, Subject Recruitment, Survey Distribution, and Manuscript Writing*
- JISSN Reference Validation
 - o *Assisting in Validation of References Cited for Updated 2025 JISSN Position Statements*

Undergraduate Level, Unpublished, Primarily Review-Type and Lecture Presentations

Fall 2017 – Spring 2021

- EXSC 401 Strength and Conditioning Seminar Spring 2020
- Research topics include:
 - o *Effects of HIIT vs MOD on weight loss*
 - o *Effects of Weightlifting Movements on Sprint Performance*
 - o *Nutritional Needs for Strength and Power Athletes*
 - o *Effects of CBD on Athletic Performance*
 - o *Technique Comparison in Biomechanical Analysis of Ping Pong*
 - o *Anabolic-Androgenic Steroid Performance Enhancing Effects in Female Athletes*
 - o *Effects of Ammonia in Strength Athletes: Potential Harm, Positive Effects, and Time Frame of Efficiency*
- EXSC 311 Movement Analysis on Bench Press Spring 2020
- EXSC 411 Applied Exercise Physiology Lab Summer 2020
 - o *Practical Application of Research Methodology and Evaluations in various contexts*
- EXSC 320 IRB Research Project Fall 2019
 - o *Training Methods for Women's Bench Press Regarding Maximal Strength when Performing the 1RM*

Lectures and Presentations

- *Elite Coaching: How to Elevate Your Coaching Skills* Spring 2024
 - o University Invited Lecture, USF Undergraduate Exercise Science
- *The Menopause Alters Aerobic Adaptations to High Intensity Interval Training* Spring 2024
 - o Graduate Course Lecture, USF
- *Cold Water Immersion: Could This Trendy Recovery Method Actually be Killing your Gains?* Spring 2024
 - o Graduate Course Lecture, USF
- *Gym Etiquette and Safety* Fall 2024, Spring 2025
 - o Undergraduate Course Lecture, USF
- *Training Goals: How to Choose How to Train* Fall 2024, Spring 2025
 - o Undergraduate Course Lecture, USF
- *Basics of Anatomy and Physiology* Fall 2024, Spring 2025
 - o Undergraduate Course Lecture, USF
- *Programming Basics* Fall 2024, Spring 2025

- o Undergraduate Course Lecture, USF
- *Basics of Nutrition* Fall 2024, Spring 2025
 - o Undergraduate Course Lecture, USF
- *Recovery and Supplementation* Fall 2024, Spring 2025
 - o Undergraduate Course Lecture, USF
- *Equipment and Cardio Talk* Fall 2024, Spring 2025
 - o Undergraduate Course Lecture, USF
- *P.E.D.s: Mechanisms, Benefits, and Risks of Performance Enhancing Drugs and Supplements* Fall 2024
 - o University Invited Lecture, USF Undergraduate Exercise Science
- *Elevating Your Coaching Experience: How to Become an Elite Level Coach* Spring 2025
 - o University Invited Lecture, USF Undergraduate Exercise Science
- *Effects of a Rapid Fat Loss Protocol in Females Across the Menopause Transition* June 2025
 - o 22nd Annual Conference Student Presentation, ISSN