

## *JAYNIE BJORNARAA, PHD, PT, CSCS,\*D, CSPS,\*D*

### **Education**

2008 – Doctor of Philosophy in Rehabilitation Science – University of Minnesota-Minneapolis  
1998 – Master of Public Health – San Diego State University  
1991 – Master of Science in Physical Therapy – University of North Carolina-Chapel Hill  
1991 – Master of Science in Athletic Training/Sports Medicine – University of North Carolina-Chapel Hill  
1984 – Bachelor of Science in Physical Therapy – University of Wisconsin-Madison

### **Personal Bio**

Jaynie Bjornaraa has been physical therapist since 1984, specializing in sports and orthopedic injuries (APTA Board certified in Sports). She is a Certified Strength and Conditioning Specialist (CSCS) and Certified Special Populations Specialist (CSPS) by the National Strength and Conditioning Association (NSCA). She served on the NSCA Certification Committee (chair and member), NSCA-CPT and CSPS item writing committees, NSCA nominating committee, and on the NSCA Board of Directors. She is also certified as an athletic trainer (ATC) and has worked extensively with various sports teams, traveling nationally and internationally. Bjornaraa served as the Chair of the Nominating Committee for the Sports PT Academy (AASPT) of the American Physical Therapy Association (APTA), the MNAPTA Nominating Committee, and AASPT item writing and cut score committees as a content expert. After 15 years of teaching at St. Catherine University in Minneapolis/St. Paul Minnesota in the Doctor of Physical Therapy (DPT) program, she recently shifted from core faculty (full professor) to adjunct professor. Her teaching responsibilities included anatomy (including dissection) and various orthopedic injury management and intervention topics. She also added advanced strength and conditioning to the DPT curriculum where students learn and experience Olympic and Power Lifting exercises. Her area of research predominantly included ACL injury and biomechanical analysis of high-risk movement patterns. She is currently the Vice President of Rehab Services and Digital Fitness Solutions at American Specialty Health where she manages the medical necessity review team of PT/OTs and oversees digital fitness programming for health plan members.

### **NSCA Involvement**

- Board of Directors, member (2000 – 2003)
- Board of Directors, Secretary (2001 – 2002)
- Certified Special Population Specialist Exam Development Subcommittee, member (2011 – present)
- Certification Committee (pre-2008 – Certification Commission), Chair (1997 – 2000, 2010 – 2012, 2020 – 2021)
- Item Writing Committee (2015 – 2022)
- Minnesota State Advisory Board, member (2012 – 2021)
- Strategic Planning (2002, 2004, and 2021)
- Certification Commissions, Role Delineation Committee and Job Task Analysis Committee, member (1996, 2002, and 2018)

- Certified Personal Trainer (NSCA-CPT) Exam Development Subcommittee, member (2000 – 2012)
- Nomination Committee, member (2003 – 2006)
- Certification Committee, Nominating Committee liaison (2002 – 2003)
- Certification Committee, Education Committee liaison (1996 – 2000)
- Search Committee for Executive Director (2000)
- *Strength and Conditioning Journal*, reviewer (2010 – 2017)

## **Vision Statement**

My vision for the NSCA directly aligns with the overall vision of the organization, which is to advance the strength and conditioning profession. As a participant in the Strategic Planning meeting in 2021, I am aligned with the strategic direction that was developed. Of particular interest is the advancement of community with a focus on increasing the diversity of the membership and of the profession to better reflect the population we serve by offering an array of opportunities to engage in the association. As a strategic direction, several options exist. A grass roots approach is typically your best bet and that is getting members engaged who have lived experiences that may differ from others on a day to day basis. Development of a diversity, equity and inclusion (DEI) committee who can make this endeavor their sole focus is key (and maybe this is already established). Focus groups to determine the needs of the DEI community within the field of strength and conditioning can provide direction and goals to strive towards. Working at the state levels to involve high school or even younger individuals within diverse communities can support a movement over time to increase the diversity of the profession and NSCA. Highlighting opportunities via education and participation at an earlier age can promote a broad community. Focusing on young athletes involved in various sports could be a good place to start given they already demonstrate an interest in athletics and training. My dual certifications and licenses present an opportunity to establish and develop relationships with other related associations where we could learn of existing practices that have been successful and apply to our membership and association.

Advancing communication is another strategic direction I will be focused on. Promotion of the NSCA and its certifications has been a passion of mine in the academic environment and insurance industry. Given my professional life, I am in a perfect situation to continue this to ensure that the NSCA is well positioned within the S&C and personal training world. I continue to promote our organization within these environments. Over the past year, I was able to establish criteria for involvement in an insurance-based certified personal fitness trainer network that will be part of a benefit program for the Medicare population where only NSCA certifications are accepted. This is in process but provides an example of my pursuit in advancing promotion of the NSCA certifications.