

## Joseph Dulla

Joseph Dulla is a 31 plus year veteran of the Los Angeles County Sheriff's Department. He is currently assigned as the Recruit Training Unit Lieutenant responsible for supervision, management of training, and injury reduction for over 1,000 Deputy Sheriff and 200 Custody Assistant Trainee recruits annually. Joe has worked, custody, patrol, investigative, task force, & technical assignments in various sworn ranks and positions.

He holds Bachelor's & Master's degrees, a Postgraduate Certificate in Evidence-Based Coaching, CA POST Master Instructor, Physical Training (PT) Instructor, and TSAC-F © certificates. Joe is a member and served as chairman of the California POST PT Program SME Group, Los Angeles County Human Performance Workgroup, as well as Job Task Analysis and Return to Work committees. He also manages the Los Angeles County Sheriff's Department's "Fast Track Injury Care" program that utilizes Sports Medicine concepts to reduce time lost to injuries, enhance wellness, and optimize employee performance.

He has also taught and served in faculty positions at the undergraduate and graduate levels for courses in Public Policy, Public Personnel, Organizational Behavior, and Leadership at California State University Dominguez Hills, San Bernardino, National University, and the University of San Diego.

Joe holds TSAC-F certification with distinction from the National Strength and Conditioning Association (NSCA), has written articles for the Tactical Strength and Conditioning Journal, and co-authored over 14 articles for peer-reviewed journals such as the Journal of Strength and Conditioning Research, the International Journal of Environmental Research and Public Health, the Journal of Australian Strength and Conditioning, the International Journal of Exercise Science, and the Journal of Science and Medicine in Sport.

He has presented locally, nationally, and internationally for such groups as:

- The International Association of Chief's of Police (IACP)
- The FBI National Academy Associates California Chapter Conference
- American College of Sports Medicine Regional Conference
- The National Strength and Conditioning Association (NSCA)-Tactical Strength and Conditioning (TSAC) Conference
- The 4th International Congress on Soldier Physical Performance
- Australian Federal Police Tactical Training
- As well as numerous other conferences and workshops

on required physical abilities of police officers working patrol and other assignments as well as first responder sports medicine and wellness approaches.

Joe has also presented as a member of international panels at the IACP Conference on Physical Employment Standards for the International Managers of Police Academy and College Training (IMPACT) Track as well as individual presentations on Tactical Sports Medicine for the Police Physician's Track.

He is currently enrolled as a PhD student in the College of Health Sciences and Medicine, Tactical Research Unit, Bond University. His dissertation topic examines recruit attrition, success factors, physical abilities, costs, incumbent health, and human performance optimization.