

Curriculum Vitae – Expert Witness

Nathane Jackson, BA, CSCS, RHN

Certified Strength & Conditioning Specialist | Registered Holistic Nutritionist | Fitness & Biomechanics Expert

Ontario, Canada

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Areas of Expertise

- Fitness facility standards and operations
 - Exercise biomechanics and injury causation
 - Personal trainer conduct and negligence
 - Strength and conditioning protocols
 - Nutritional planning and supplementation
 - Golf-specific performance and injury prevention
 - Equipment setup, maintenance, and safety compliance
 - Functional movement and rehabilitation methods
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Professional Biography

Mr. Jackson has over 25 years of experience in the fitness and performance industry, including work as a strength and conditioning coach, holistic nutritionist, gym designer, personal trainer, and business owner. He holds a Bachelor of Arts degree from the University of Windsor (1999) and is a Certified Strength & Conditioning Specialist (NSCA-CSCS) and Registered Holistic Nutritionist (RHN) through the Canadian School of Natural Nutrition.

His professional education includes extensive coursework and certifications in biomechanics, functional movement, and rehabilitation, such as Functional Range Conditioning (FRC),

Kinstretch, and Titleist Performance Institute (Fitness 2 & Power 2). He has trained under recognized leaders in strength and rehabilitation systems, including Alex Effer (Resilient Training & Rehabilitation) and Conor Harris (Pinnacle Performance).

Mr. Jackson's management experience includes designing and overseeing a 30,000 sq. ft. corporate wellness facility (Commerce West Wellness Centre, Whiterock REIT), training and supervising personal trainers, and developing safety and operational standards for fitness facilities. As the founder of Nathane Jackson Fitness Inc., he has worked with athletes, executives, and clients to improve performance, recovery, and movement efficiency along with in rehabilitation settings.

While an overall fitness expert, his business currently focuses on strength and conditioning coaching for amateur and professional golfers, helping them enhance biomechanics, reduce injury risk, and increase power and mobility.

Mr. Jackson has appeared as a fitness and nutrition expert in Canadian media, including the W Network ("STUCK"), 103.9 FM, and CBJK 1290 News Talk Radio. He is a regular presenter for the PGA of Ontario and the Ontario Dental Association Winter Conference, and served on the Board of Directors for Maximum Fitness Magazine.

An accomplished athlete and coach, he has worked with teams and individuals at the University of Windsor, the Toronto Raptors Basketball Academy, and various high school programs. His firsthand athletic and coaching experience informs his understanding of injury risk, performance training, and safe program design.

Mr. Jackson has been accepted as an expert witness in the Ontario Superior Court of Justice in a civil personal injury case involving fitness instruction and injury causation, where his testimony was described as "*straightforward, forthright, independent*" and "*credible throughout*," resulting in the case being dismissed. He provides consulting and testimony specializing in fitness facility liability, exercise biomechanics, and injury prevention standards.

 [View Case: 2022 ONSC 4063](#)

Education

B.A., Sociology, University of Windsor, Windsor, Ontario (1999)

Certifications & Professional Training

Strength Training & Movement

- Certified Strength & Conditioning Specialist (CSCS), National Strength & Conditioning Association (2009)
- Certified Personal Trainer (CPT), American Council on Exercise (2001)
- Functional Range Conditioning (FRC) & Kinstretch, Functional Anatomy Seminars (2014 & 2020)
- Titleist Performance Institute – Fitness Level 2, Power Level 2 (2016, 2020, 2021)
- Certified Natural Trainer (CNT), Monkey Bar Gym (2012)
- Agatsu Barbell Certification – Olympic Weightlifting (2013)
- Ido Portal Movement Workshop (2013)
- Kettlebell Instructor Level 2 (KBTS) (2009)
- CPR/AED Certification, St. John's Ambulance (2001 – Present)

Nutrition

- Registered Holistic Nutritionist (RHN), Canadian School of Natural Nutrition (2013)
- Precision Nutrition (Pn1) Certification (2019)

Biomechanics & Rehabilitation Training

- Resilient Training & Rehabilitation, Alex Effer (2021)
- Pinnacle Performance, Conor Harris (2022)

Professional Experience

2004–Present — Owner, Nathane Jackson Fitness Inc.

Private strength and conditioning, nutrition, and movement optimization practice. Works with clients ranging from professional athletes to rehabilitation cases. Provides expert witness consulting, case analysis, and reports for legal matters.

2018–2022 — Strength & Conditioning Coach, St. Catharines Golf & Country Club

Designed and implemented performance programs for golfers, focusing on biomechanics, injury prevention, and functional strength.

2013–2016 — Holistic Nutritionist, The Dempster Clinic – Center for Functional Medicine

Collaborated with naturopathic doctors to provide nutrition and lifestyle plans supporting chronic disease management and recovery.

2010–2012 — Facility Manager, Commerce West Wellness Centre (Whiterock REIT)

Designed and managed a 30,000 sq. ft. corporate wellness facility. Oversaw equipment procurement, trainer supervision, and health/safety compliance.

2006–2008 — Fitness Director & Trainer, Revolution Fitness

Supervised personal trainers, managed member programs, and developed safety and performance protocols.

2001–2004 — Personal Trainer, GoodLife Fitness

Volunteer, Media & Public Engagement

- Presenter, PGA of Ontario – “Golf Fitness: Offseason Training Principles”
 - Co-Presenter, Ontario Dental Association Winter Conference
 - Past Board of Directors, Maximum Fitness Magazine
 - Fitness and Nutrition Expert – W Network, 103.9 FM, CBJK 1290
 - Confidence Course Instructor – W Network’s “STUCK” (Seasons 1 & 2)
 - Toronto Raptors Basketball Academy, Coach (2007)
 - Assistant Coach, High School Basketball, Tillsonburg, ON (2001–2002)
 - Peer Mentor & Team Captain, University of Windsor Basketball (1997–1999)
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Expert Witness Services

Available for both Plaintiff and Defense

- Case review and expert report preparation
 - Deposition and trial testimony
 - Standards of care analysis
 - Fitness injury causation analysis
 - Trainer negligence and liability assessment
 - Facility safety, design, and maintenance evaluation
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Jurisdictions

- Ontario Superior Court of Justice
- Available for consultation and testimony throughout Canada and the United States