

Jose M. Perez

(Bilingual – Spanish/English)

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EDUCATION

Georgia Southern University

July 2017

Master of Science in Kinesiology: Emphasis in Exercise Science (3.8 GPA)

Georgia Southern University

May 2015

Bachelor of Science in Kinesiology: Emphasis in Exercise Science; Minor in Nutrition and Food Science (3.8 GPA)

PROFESSIONAL EXPERIENCE

Columbus State University (Columbus, GA)

Aug 2019 – Present

Lecturer of Exercise Science

- KINS 5212 Principles of Strength and Conditioning
- KINS 4131 Exercise Physiology
- KINS 4331 Exercise Physiology Lab
- KINS 4232 Exercise Testing
- KINS 4137 Nutritional Bases for Human Performance
- KINS 2105 Weight Control
- KINS 1106 Lifetime Wellness
- KINS 1105 Introduction to Kinesiology
- PEDS 1307 Jogging for Fitness
- PHED 1205 Concepts of Fitness
- PEDS 1357 Soccer
- PERS 1506 Perspectives - Fighting the Freshman 15

Fitness Together (Marietta, GA)

Jan 2019 – July 2019

Personal Trainer

- Provided structured periodized personal training programming.
- Frequently tailored exercise prescriptions to accommodate older demographic with various contraindications (atrial-fib, fibromyalgia, multiple sclerosis, knee/hip/elbow injury/replacement/pain).
- Composed and led group fitness classes while providing progressions and regressions for multiple exercises due to the diversity of ability of the class participants.
- Hosted one-on-one nutritional consultations to help employ sound nutritional practices via the transtheoretical model of change.

EXOS - NCR (Atlanta, GA)

Jan 2018 – Jan 2019

Health and Fitness Specialist

- Registered employees for fitness center membership, security badge access clearance, and payroll deduction authorization.
- Composed and lead group fitness classes.
- Developed an inventory list of all equipment and respective serial numbers to expedite maintenance requests.
- Monitored the floor and developed rapport with members.
- Developed exercise prescriptions and effective personal training.
- Constructed and delivered Lunch and Learn presentations.
- Hosted 45-minute “Journey” consultations with members to discuss their performance in 4 different pillars (mindset, nutrition, movement, and recovery) and discuss their nutritional behaviors, assess body fat percentage via BodyMetrix Ultrasound, and administer movement screenings to identify asymmetries, muscular imbalances and pain among frontal, sagittal, and transverse movement planes.
- Uploaded digital media signage with updated group fitness schedule, helpful health tips based on site-wide deficiencies identified by Journey data extraction, as well workout of month, and different leaderboards to encourage friendly competition.
- Developed incentive-based behavior modification programs.

Independent Personal Trainer

Dec 2016 – Present

- Developed individualized exercise prescriptions and macronutrient distribution recommendations catering to specific established goals for semi-professional and collegiate athletes, law enforcement, and recreational clientele.
- Performed consulting for periodized programs of athletes and law enforcement.
- Provided online support via video and email to address concerns or to modify exercise programs.

Savannah Clovers FC (United Premier Soccer League) Jan 2018 – Aug 2018
Strength and Conditioning and Sports Nutrition Consultant

- Composed a testing battery to assess sports-specific parameters and identify strengths, weaknesses, and progress.
- Developed periodized programming spanning the off-season, pre-season, and competitive season.
- Constructed individualized macronutrient distribution ranges based on age, weight, height, and activity level.
- Provided education on physiology, the importance of nutrition on recovery and adaptations, training objectives for different mesocycles, and ergogenic supplemental aids based on JISSN position stands.

Total Wellness (Statesboro, GA) Sep 2017 – Dec 2017
Exercise and Health Specialist

- In charge of development and execution of group fitness classes and programs.
- Conduct public presentations and lectures addressing nutrition, weight loss, stress, health myths, and efficient and effective exercising.

City of Statesboro (Statesboro, GA) Nov 2016 – Dec 2016
Emergency Personnel Fitness Facility Consultant

- Conducted a needs-analysis for the Statesboro emergency services personnel in order to design an exercise facility to accommodate the needs of firefighters, police officers, and administrators.
- In accordance to ACSM standards, designed a functional layout in collaboration with interior design students of Georgia Southern University to reconstruct and repurpose an old building to host the facility.

Georgia Southern University (Statesboro, GA) Aug 2015 – May 2017
Health & Kinesiology Graduate Research Assistant

- Guest lectured upper level undergraduate exercise physiology classes on the topics of respiration and thermoregulation.
- Assisted in scheduling and conducting VO₂max testing for NCAA D1 soccer and tennis athletes several times a year to monitor performance. An extension of duties from undergraduate volunteer work.
- Primary contact for troubleshooting issues colleagues experienced during their metabolic testing.
- Performed routine inventory and maintained cleanliness of human performance lab and acted as a middle-man for other students who required access.
- Assisted in developing a rubric and evaluating assessment scores on tests designed to assess content recall on information regarding performance adaptations to hypoxia.
- Scheduled participant appointments. Collected, organized, and analyzed data regarding autonomic physiological functions in response to concussion.
- Evaluated, quantified, and organized assessment scores that tested recall on anatomical information of skeletal muscles (e.g. origin, insertion, action, innervation) using a rubric.

Verizon Wireless (Tampa, FL) May 2015 – Aug 2015
Corporate Health and Wellness Coordinator Intern

- Conducted fitness assessments and blood pressure screenings.
- Created a wellness incentive program with 50+ voluntary participants.
- Led and orchestrated multiple daily group fitness classes and group training sessions both scheduled and spontaneous walk-ins.
- Led classes designed to teach members how to use equipment like kettlebells, resistance bands, body bars, bosu-balls, etc.
- Created personalized exercise prescriptions per request.
- Provided nutritional consultation services.
- Created and presented a "MythBuster" information session in the cafeteria through communication with the cafeteria manager, the IT department, and the facilities supervisor.
- Provided multiple daily personal training sessions via both appointment and spontaneous walk-ins.
- Assisted with "Chef's Table" events in which the wellness center either gave out free healthy food samples or offered healthy alternative meals.
- Led multiple daily group stretches with individual sections of the building while employees were on the clock.
- Advertised and promoted the wellness center's blood drive.
- Maintained updated information systems with respect to new members, terminated members, and pay roll.
- Performed daily/weekly/monthly duties such as cleaning and developing bulletin boards, group fitness schedules and monthly schedules.

Georgia Southern University (Statesboro, GA) June 2014 – May 2015
College of Education Undergraduate Research Assistant

- Critiqued lesson plans destined for middle school earth science classrooms under ESCOLAR grant.

- Composed literature reviews and synopses of scholarly articles related to complexity theory, systems theory, resiliency, and neuroplasticity and their application to education.
- Traveled to neighboring schools to observe implementation of previously critiqued lesson plan curricula in order to make future adjustments.

RESEARCH AND PUBLICATIONS

Publications

- Perez, J. M., Dobson, J. L., Ryan, G. A., & Riggs, A. J. (2019). The effects of beetroot juice on VO₂max and blood pressure during submaximal exercise. *International journal of exercise science*, 12(2), 332.
- Dobson, J. L., Linderholm, T., & Perez, J. (2018). Retrieval practice enhances the ability to evaluate complex physiology information. *Medical Education*
- Dobson, J. L., Yarbrough, M. B., Perez, J., Evans, K., & Buckley, T. (2017). Sport-Related Concussion Induces Transient Cardiovascular Autonomic Dysfunction. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*, aipregu-00499
- Dobson, J. L., Perez, J., & Linderholm, T. (2016). Distributed retrieval practice promotes superior recall of anatomy information. *Anatomical Sciences Education*

Research Presented

- Perez, J., Dobson, J.L., & Linderholm, T. (2016). The testing effect varies with spaced versus massed learning of skeletal muscle information. Presented at the Georgia Southern University Research Symposium. Statesboro, GA

Student Committees

- Adriana Tenorio-Zelada (2021-present) – Member, undergraduate thesis committee

LICENSURES AND PROFESSIONAL DEVELOPMENT

- HeartSaver CPR & AED Certified
- ASEP Coaching Track and Field Principles
- ASEP Coaching Volleyball Principles
- CSCS (Certified Strength and Conditioning Specialist)
- EXOS XFS (Health and Fitness Specialist)
- EXOS XPS (Performance Specialist)
- Applying the Quality Matters Rubric (APPQMR)

MEMBERSHIPS AND ORGANIZATIONS

- ACSM
- NSCA
- Soccer Leagues
 - Former player of the Atlanta District Amateur Soccer League (2021; 2018)
 - Former player of a semi-pro soccer team, Savannah Clovers FC (2017)
 - Former captain of 5 intramural coed teams and 5 male teams
 - Former captain of 5 competitive adult league teams
- Phi Eta Sigma National Honor Society
- Georgia Southern University Cross Country and Track & Field Club team
 - Former race director and president (2013-2015)

VOLUNTEER EXPERIENCE

- Columbus, Ga Firefighter Education Campaign (2022)
- My Child is Going to College (2021; 2020)
- Habitat for Humanity Restore Facility
- Statesboro Turkey Trot 5K
- Conyers, Ga Down & Dirty Obstacle Race
- Georgia Southern University Swim Club home meets
- Georgia Southern Farmers Market
- Statesboro Farmers Market
- Statesboro Food Bank

HONORS AND AWARDS

Columbus State University

- CSU Women's Soccer Faculty Appreciation – Favorite Professor for the Fall Semester 2019

Georgia Southern University

- Dean's list: 2011, 2012, 2013
- President's list: 2014, 2015
- Top Presenter Award at Georgia Southern University Research Symposium 2017
- Phi Eta Sigma National Honor Society
- 2014 Outstanding Scholar Nominee
- Golden Key International Honor Society Nominee
- Health and Kinesiology Honors Program Nominee
- Omicron Delta Kappa Honor Society Nominee
- Phi Kappa Phi Honor Society Nominee