



JOE PETERSON

Exercise Physiologist, Personal Trainer

EDUCATION

SUNY Cortland
-B.Ed. In Physical Education with Concentration in
Adapted Physical Education
Florida Tech
-B.S. in Business Administration

SPECIALIZATIONS

- § Athletic Performance & Conditioning
- § Sport Specific Testing & Training for Baseball, Basketball, Football, Hockey, Lacrosse, Skiing, Soccer, and Track & Field (SPARQ Testing)
- § Functional & Plyometric Training
- § Adapted Training
- § Weight reduction and muscle development through variety of training techniques

CERTIFICATIONS

NSCA: -Certified Strength and Conditioning Specialist (CSCS)
-Certified Personal Trainer
ACE: Certified Personal Trainer
SPARQ (Speed, Power, Agility, Reaction, Quickness) Certified Trainer
New York State Certified K-12 Physical Education Teacher
AHA: CPR/AED/First Aid

BIO

- § Former Collegiate Division II baseball player
- § Former high school soccer and baseball coach
- § Taught boot camp classes & Core classes
- § Peak Performance Instructor
- § Greek Peak Ski Team Strength and Conditioning Coach
- § Participates in summer college/adult baseball league