

John E. Petrizzo

Curriculum Vitae, December 2025

Personal Information:

Professor	jpetrizzo@adelphi.edu
Department of Health and Sport Sciences	516.833.8158 (W)
068A Woodruff Hall	516.661.6674 (C)
Adelphi University	
Garden City, NY 11530	

Education:

New York Institute of Technology, Old Westbury, NY	2009-2012
· Doctor of Physical Therapy	
Hofstra University, Hempstead, NY	2003-2006
· Bachelor of Science in Exercise Science	
Nassau Community College, Garden City, NY	2001-2003
· Associate in Arts in Liberal Arts and Sciences	

Professional Experience - Academic:

Full-Time

Adelphi University, Garden City, NY	2024-Present
Professor, Exercise Science	
Adelphi University, Garden City, NY	2019-2024
Associate Professor, Exercise Science	
Adelphi University, Garden City, NY	2013-2019
Assistant Professor, Exercise Science	

Part-Time

New York Institute of Technology, Old Westbury, NY	2015-2018
Adjunct Professor, Physical Therapy	2023-Present

Professional Experience - Non-Academic:

Full-Time

Excel Physical Therapy & Workout, Manhasset, NY 2012-2013

- Physical Therapist

Equinox Fitness Clubs, Greenvale, NY 2006-2008

- Fitness Manager
- Personal Trainer

Part-Time

Progressive Rehab & Strength, LLC 2022-Present

- Clinical Coach

Academy of Applied Personal Training Education 2015-2024

- Instructor

The Aasgaard Company, Wichita Falls, TX 2014-2019

- Starting Strength Seminar Staff Coach

Excel Physical Therapy & Workout, Manhasset, NY 2013-2024

- Physical Therapist

Excel Physical Therapy & Workout, Manhasset, NY 2008-2012

- Physical Therapist Aid

Publications:

Refereed Journal Articles:

Tautonico, M., Voltmer, C., Flanzraich, S., Hill, K., **Petrizzo, J.**, Hall, C.A. (2024).

[Listening to our students: what are the most important factors when choosing a physical therapy program.](#) *J. Allied Health*, 53(4), 201E-2012E.

Newlands, C.E.; Aquino, M.; Young, K.Z.; Gupta, S.T.; **Petrizzo, J.**; Wygand, J.W.; Otto, R.M. (2024). [The effect of post-exercise warm water immersion on anaerobic power performance in college students.](#) *Physiologia*, 4, 363-372.

- Aquino, M., DiMenna, F., **Petrizzo, J.**, Yusuff, G., Otto, R. M., & Wygand, J. (2024). [A comparison of dynamic warm-up and "warm-up" using self-massage tools on subsequent sit-and-reach displacement.](#) *PloS One*, 19(8), e0307073.
- Alpy, A., Yusuff, G., Aquino, M., **Petrizzo, J.**, Otto, R.M., Wygand, J. (2023). [The effect of topical cannabidiol on the progression rate of delayed onset muscle soreness.](#) *Int J Exerc Sci*, 16(3), 1426-1439.
- Aquino, M., **Petrizzo, J.**, Otto, R.M., Wygand, J. (2022). [The impact of fatigue on performance and biomechanical variables - a narrative review with prospective methodology.](#) *Biomechanics*, 2(4), 513-524.
- Zarco, E., McGorry, A., Aquino, M., **Petrizzo, J.** (2022). [Using essentrics to improve the health of older adults.](#) *Gerontol Geriatr Med*, 8: 122.
<https://doi.org/10.24966/GGM-8662/100122>
- Zarco, E., Aquino, M., **Petrizzo, J.**, Wygand, J., King, J. (2022). [The impact of a 10-week essentrics program on strength, flexibility and body composition.](#) *Integrative and Complementary Therapies*, 28 (2), 75-84.
- Zarco, E., Aquino, M., **Petrizzo, J.**, Wygand, J., McGorry, A. (2021). [Perceived benefits of a guided exercise program among older adults.](#) *Gerontol Geriatr Med*, 7: 23337214211060147. <https://doi.org/10.1177/23337214211060147>
- Aquino, M., Dimenna, F.J., **Petrizzo, J.**, Otto, R.M., Wygand, J. (2020). [Power training improves bone mineral density and fall risk for a postmenopausal woman with a history of osteoporosis and increased risk of falling.](#) *J Bodyw Mov Ther*, 24(3), 44-49.
- Douris, P.C., D'Agostino, N., Werner, W.G., **Petrizzo, J.**, DiFrancisco-Donoghue, J. (2020) [Blood flow restriction resistance training in a recreationally active person with Parkinson's disease.](#) *Physiother Theory Pract*, DOI: 10.1080/09593985.2020.1762812
- Petrizzo, J.**, Dimenna, F.J., Douris, P.C., Jung, M., Feigenbaum, J., Page, R., Machaby, J., Wygand, J., Otto, R.M. (2018). [A feasibility study investigating the sustainability and safety of a non-periodized protocol with linear load progression during the initial 12 weeks of strength training.](#) *JEOnline*, 21(5), 84-96.

- Riemann, B., Lininger, M., Kirkland, M., **Petrizzo, J.** (2018). [Age related changes in balance performance during self-selected and narrow stance testing](#). *Archives of Gerontology and Geriatrics*, 75, 65-69.
- Petrizzo, J.**, Dimenna, F. J., Martins, K., Wygand, J. W., Otto, R. M. (2017). [Case study: the effect of 32 weeks of figure-contest preparation on a self-proclaimed drug-free female's lean body and bone mass](#). *International Journal of Sport Nutrition & Exercise Metabolism*, 27(6), 543-549.
- Petrizzo, J.**, Dimenna, F. J., Page, R., Smith, G., Martins, K., Lester, J., Kang, S., Chandler, L., Wygand, J. W., Otto, R. M. (2016). [Altered start position reduces horizontal displacement during the snatch and clean](#). *JEPonline*, 19(3), 24-34.
- Douris, P., Ingenito, T., Piccirillo, B., Herbst, M., **Petrizzo, J.**, Cherian, V., McCutchan, C., Burke, C., Stamatinos, G., Jung, M. K. (2013). [Martial arts training attenuates arterial stiffness in middle aged adults](#). *Asian Journal of Sports Medicine*, 4(3), 201-207.

Refereed Presentations and Published Abstracts:

- Petrizzo, J.**, Aquino, M., Koppel, J., Christen, E., Schechter, R., Boyer, M., Wygand, J., Otto, R.M. (2025, June) *The impact of strength training in an elderly cohort with dementia*. Poster session presented at the American College of Sports Medicine Annual Meeting, Atlanta, GA.
- Salomon, A., Franco, H., McKay, S., Schloss, K., **Petrizzo, J.**, Aquino, M. Otto, R.M., Wygand, J. (2025, June) *A comparison of vertical jump assessment technologies for vertical displacement and lower body power*. Poster session presented at the American College of Sports Medicine Annual Meeting, Atlanta, GA.
- Cavallaro, G., Aquino, M., Asitimbay, J., Yonker, J., Butler, R., **Petrizzo, J.**, Wygand, J., Otto, R. M. (2025, June) *The effect of intermittent pneumatic leg compression on delayed onset muscle soreness*. Poster session presented at the American College of Sports Medicine Annual Meeting, Atlanta, GA.

- Horan, G., Lee, I., Pierre, J., Gaokar, S., Aquino, M., **Petrizzo, J.**, Wygand, J., Otto, R.M. (2025, June) *The effects of topical sodium bicarbonate on muscular performance during anaerobic exercise*. Platform presentation at the American College of Sports Medicine Annual Meeting, Atlanta, GA.
- Acevedo, B., Rothstein, A., Aquino, M., Maia, M., Otto, R.M., **Petrizzo, J.**, Wygand, J., Rossi, A., Handrakis, J. (2025) *Validity and reliability of the wattbike for the wingate anaerobic power test*. International Journal of Exercise Science: Conference Proceedings: GNYACSM.
- Newlands, C., Aquino, M., **Petrizzo, J.**, Otto, R.M., Wygand, J. (2024, June) *The effect of post-exercise warm water immersion on anaerobic power performance in college students*. Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
- Campana, K.; Siano, N., Reisman, K., **Petrizzo, J.**, Aquino, M., Otto, R.M., Wygand, J. (2024, June) *The effect of auditory stimuli on anaerobic performance*. Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
- Tautonico, M., Voltmer, C., Flanzraich, S., Hill, K., **Petrizzo, J.**, Hall, C.A. (2023, October). *The factors influencing decision making when selecting a physical therapy program*. Platform presentation at the Annual Physical Therapy Education Leadership Conference, Philadelphia, PA.
- Alpy, A., Yusuff, G., Simpson, T., **Petrizzo, J.**, Aquino, M., Wygand, J., Otto, R.M. (2023, June). *The effect of topical cannabidiol on the progression of rate of DOMS*. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
- Gaeta, A., Lopez, J., Aquino, M., **Petrizzo, J.**, DiMenna, F., Otto, R.M., Wygand, J. (2023, June). *Machine vs. barbell hip thrust: electromyographic, biomechanical, and "ease of use" comparison*. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
- Kielan, N., Donnelly, J., Hogan, T., Aquino, M., **Petrizzo, J.**, Otto, R.M., Wygand, J. (2023, June). *Caloric expenditure of bungee fitness*. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.

- Ferguson, C., Koenig, M., Kulis, N., Aquino, M., **Petrizzo, J.**, Wygand, J., Otto, R.M. (2023, June). *The effect of fatigue on landing mechanics*. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
- Donnelly, J., Kielan, N., Hogan, T., Aquino, M., Otto, R.M., **Petrizzo, J.**, Wygand, J. (2023, June). *The effect of facial mask wearing on anaerobic performance*. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.
- Aquino, M., Turney, E., **Petrizzo, J.**, Wygand, J., Otto, R.M. (2022, June). *The effects of a cognitive task on hop test performance*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.
- Modica, G., Fradelakos, E., Aquino, M., **Petrizzo, J.**, Wygand, J., Otto, R.M. (2022, June). *The effect of percussive massage or loaded cycling warmup on wingate anaerobic power test performance*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.
- DiRico, J., Aquino, M., Turney, E., Zaneski, K., Flavin, K., **Petrizzo, J.**, Wygand, J., Otto, R.M. (2022, June). *A kinetic comparison of various dance positions on ground reaction forces in pre-professional dancers*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.
- Aquino, M., St Peter, J., **Petrizzo, J.**, Wygand, J., Otto, R.M. (2021, June). *The effects of a cognitive task on hop test performance - a pilot study*. Virtual presentation at the American College of Sports Medicine Annual Meeting.
- Aquino, M., Turney, E., Shah, A., **Petrizzo, J.**, Wygand, J., Otto, R.M. (2021, June). *The acute effects of self-massage tools on sit and reach flexibility in college students*. Virtual presentation at the American College of Sports Medicine Annual Meeting.
- Petrizzo, J.**, Aquino, M. Shaw, C., St. Peter, J., Koutch, E., Flax, R., Byrne, P., Wygand, J.W., Otto, R.M. (2020, July). *The oxidative contribution of eight repeat bouts of high intensity interval training*. Virtual presentation at the American College of Sports Medicine Annual Meeting.
- Aquino, M., **Petrizzo, J.**, Byrne, P., Wygand, J.W., Otto, R.M. (2020, July). *The relationship between power production and fall risk*. Virtual presentation at the American College of Sports Medicine Annual Meeting.

Byrne, P., Aquino, M., Diaz, J., **Petrizzo, J.**, Virginia, J., Mullin, R., Spor, C., Wygand, J.W., Otto, R.M. (2020, July). *The effect of percussive massage versus foam rolling aided warmup on vertical jump performance*. Virtual presentation at the American College of Sports Medicine Annual Meeting.

Diaz, J., Aquino, M., **Petrizzo, J.**, Virginia, J., Mullin, R., Spor, C., Byrne, P., Wygand, J.W., Otto, R.M. (2020, July). *The acute effect of percussive massage or static stretching on hamstring flexibility*. Virtual presentation at the American College of Sports Medicine Annual Meeting.

Mullin, R., Aquino, M., Diaz, J., **Petrizzo, J.**, Virginia, J., Mullin, R., Spor, C., Wygand, J.W., Otto, R.M. (2020, July). *The effect of percussive massage versus foam rolling on recovery between two 91 meter swims*. Virtual presentation at the American College of Sports Medicine Annual Meeting.

Spor, C., Aquino, M., Diaz, J., **Petrizzo, J.**, Virginia, J., Mullin, R., Byrne, P., Wygand, J.W., Otto, R.M. (2020, July). *The effect of percussive massage versus foam rolling on recovery between two 1000 meter runs*. Virtual presentation at the American College of Sports Medicine Annual Meeting.

Virginia, J., Aquino, M., Diaz, J., **Petrizzo, J.**, Mullin, R., Spor, C., Byrne, P., Wygand, J.W., Otto, R.M. (2020, July). *The effect of percussive massage or foam roller aided warmup on wingate anaerobic power test performance*. Virtual presentation at the American College of Sports Medicine Annual Meeting.

Petrizzo, J., Koppel, J., Christen, E., Koppel, I., Otto, R.M., Wygand, J. (2019, June). *The effects of a linearly progressed resistance training program on a previously sedentary 86 year old woman*. Clinical case presentation at the American College of Sports Medicine Annual Meeting, Orlando, FL.

Aquino, M., Dimenna, F., **Petrizzo, J.**, Otto, R.M., Wygand, J.W. (2019, June). *Power based treatment program in a postmenopausal woman with a history of osteoporosis and increased fall risk - a case study*. Clinical case presentation at the American College of Sports Medicine Annual Meeting, Orlando, FL.

Hagan, D., Wygand, J., **Petrizzo, J.**, Otto, R.M. (2019, June). *Accuracy of an armband heart rate monitor*. Poster session presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.

- LeBlanc, A., Wygand, J., **Petrizzo, J.**, Aquino, M. (2019, June). *The relative intensity of split squat exercise performed on stable vs unstable surfaces*. Poster session presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
- Aquino, M., Wygand, J., Otto, R.M., **Petrizzo, J.** (2019, June). *Age and gender specific issues - power based exercise program in a postmenopausal female*. Clinical case presentation at the American College of Sports Medicine Annual Meeting, Orlando, FL.
- Reichelt, M., Yanni, L., Wygand, J., **Petrizzo, J.**, Otto, R.M. (2019, June). *The role of acute fasting on substrate utilization during submaximal exercise*. Poster session presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
- Yanni, L., Reid, G., Reichelt, M., **Petrizzo, J.**, Otto, R.M., Wygand, J. (2019, June). *The effect of ingestion of caffeine, creatine, and amino acids on anaerobic performance*. Poster session presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
- Reid, G., Wygand, J., Otto, R.M., **Petrizzo, J.** *The role of asymmetrical strength deficit on balance and fall risk in a mature population*. (2019, June). Poster session presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
- Wygand, J., Aquino, M., Diaz, J., **Petrizzo, J.**, Virginia, J., Mullin, R., Spor, C., Byrne, P., Otto, R.M. *The hemodynamic and metabolic response to maximal supine vs upright cycle ergometry*. (2019, June). Poster session presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
- Otto, R.M., Aquino, M., Diaz, J., **Petrizzo, J.**, Byrne, P., Spor, C., Mullin, R., Virginia, J., Wygand, J. *Metabolic and hemodynamic efficiency of identical workloads performed with stable supine vs upright cycle ergometry*. (2019, June). Poster session presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.
- Douris, P., DiFrancisco-Donoghue, J., Werner, W., **Petrizzo, J.** (2019, January). *The effects of blood flow restriction resistance training on the functional and physiological improvements in a recreationally active subject with Parkinson disease*. Poster session presented at the American Physical Therapy Association Combined Sections Meeting, Washington, DC.

- Petrizzo, J.**, Alter-Petrizzo, R., Wygand, J., Otto, R.M. (2018, May). *Stress urinary incontinence in female powerlifting: a survey*. Poster session presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- Pellecchia, J., **Petrizzo, J.**, Wygand, J., Otto, R.M. (2018, May). *The effect of using a weightlifting belt on muscle activation during a conventional deadlift*. Poster session presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- Reale, J., **Petrizzo, J.**, Wygand, J., Reichelt, M., Reid, G., Otto, R.M. (2018, May). *The effects of creatine loading on dynamic balance, mobility, and strength in older adults*. Poster session presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- Otto, R.M., **Petrizzo, J.**, Reichelt, M., Machaby, J., Reid, G., Yanni, L., LeBlanc, A., Hagan, D., Wygand, J. (2018, May). *Water induced thermogenesis*. Poster session presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- Wygand, J., **Petrizzo, J.**, Reichelt, M., Machaby, J., LeBlanc, A., Hagan, D., Yanni, L., Reid, G., Otto, R.M. (2018, May). *Hemodynamics and body fluid response to water ingestion*. Poster session presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- Khedaru, A., Marra, M., **Petrizzo, J.**, Yanni, L., Machaby, J., Wygand, J., Otto, R.M. (2018, May). *The acute effect of energy shots on 5k run performance*. Poster session presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- Zykoff, A., Aquino, M., Pellecchia, J., **Petrizzo, J.**, Wygand, J., Otto, R.M. (2018, May). *A comparison of muscle unit activation during bicep curl exercise at 40, 60, 80, and 100% of one maximal repetition (1RM)*. Poster session presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- Petrizzo, J.**, Feigenbaum, J., Page, R., Wygand, J.W., Otto, R.M. (2017, May). *Effects of full-body barbell-based linear progression resistance training program on healthy untrained participants*. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.

Stoner, S., **Petrizzo, J.**, Wygand, J.W., Otto, R.M. (2017, May).

The effects of acute cupping therapy on balance, flexibility, and muscular power. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.

Happel, R., **Petrizzo, J.**, Page, R., Otto, R.M., Wygand, J.W. (2017, May).

Comparison of emg activity between the american and russian kettlebell swings. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.

Wygand, J.W., Stoner, S., **Petrizzo, J.**, Otto, R.M. (2017, May).

Chronic effects of cupping therapy on balance, flexibility, and muscular power. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.

Batchelder, L., Palladino, C., **Petrizzo, J.**, Wygand, J.W., Otto, R.M. (2017, May).

The effect of knee sleeves on muscle function during the squat exercise. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.

Otto, R.M., Machaby, J., **Petrizzo, J.**, Page, R., Wygand, J.W. (2017, May).

Effects of inversion table postural positions on cardiovascular hemodynamics in apparently healthy young men. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.

Weber, P., Otto, R.M., **Petrizzo, J.**, Wygand, J.W. (2017, May).

The effects of various methods of self myofascial release on muscular power. Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.

Page, R., Chandler, L., Echeverry, L., Monteith, K., Happel, R., **Petrizzo, J.**, Otto,

R.M., Wygand, J.W. (2017, May). *Effects of warm up and cool down on wingate anaerobic power test hemodynamics.* Poster session presented at the American College of Sports Medicine Annual Meeting, Denver, CO.

Kang, S., **Petrizzo, J.**, Otto, R. M., Hecht, J., Lester, J., Venezia, J., Donnelly, J.,

Wygand, J. (2016, May). *Sex-related differences in neuromuscular efficiency during the bench press at 70 and 90% of 1 rm.* Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.

- Donnelly, J., **Petrizzo, J.**, Venezia, J., Hecht, J., Kang, S., Lester, J., Otto, R. M., Wygand, J. (2016, May). *The effect of post activation potentiation on baseball pitching velocity*. Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
- Poole, C. J., Otto, R. M., **Petrizzo, J.**, Wygand, J. (2016, May). *The effect of stroke cadence on power output during a 2000 meter rowing trial*. Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
- Otto, R. M., Page, R., Monteith, K., **Petrizzo, J.**, Chandler, L., Echeverry, L., Happel, R., Wygand, J. (2016, May). *The energy cost and metabolic stimulus of high intensity training*. Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
- Hecht, J., Lester, J., Venezia, J., Donnelly, J., Kang, S., **Petrizzo, J.**, Otto, R. M., Wygand, J. (2016, May). *The effects of post-activation potentiation in conjunction with blood flow restriction on sprint performance*. Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
- Becker, M., Porzlet, B., Kang, S., Wygand, J. **Petrizzo, J.**, Otto, R. M. (2016, May). *Muscle activation during squat and push-up exercise on stable and unstable surfaces*. Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
- Connors, A., Wygand, J., Otto, R. M., **Petrizzo, J.** (2016, May). *The effect of anaerobic exercise on working memory*. Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
- Monaco, M. R., Kang, S., Otto, R. M., Wygand, J., **Petrizzo, J.** (2016, May). *The effect of citrulline-malate supplementation on muscular power*. Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.
- Wygand, J., Otto, R. M., Page, R., Chandler, L., Echeverry, L., Happel, R., Monteith, K., Venezia, J., Lester, J., Hecht, J., Donnelly, J., **Petrizzo, J.** (2016, May). *The energy cost of work station sitting vs standing*. Poster session presented at the American College of Sports Medicine Annual Meeting, Boston, MA.

Petrizzo, J., Smith, G., Wygand, J., Mills-Strasser, L., Martins, K., Pusateri, D., Cote, S., Otto, R. M., Lester, J., Donnelly, J. (2015, May). *Variation in movement efficiency of the olympic lifts relative to barbell starting position*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.

Wygand, J., **Petrizzo, J.**, Pusateri, D., Cote, S., Martins, K., Mills-Strasser, L., Otto, R. M. (2015, May). *Balance training to reduce risk of falling in older adults who exercise regularly*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.

Smith, G., **Petrizzo, J.**, Cote, S., Pusateri, D., Mills-Strasser, L., Martins, K., Wygand, J., Otto, R. M. (2015, May). *Comparison of flexor carpi radialis and flexor carpi ulnaris emg activity among three common hand grips during the deadlift*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.

Verdisco, J., **Petrizzo, J.**, Venezia, J., Lester, J., Donnelly, J., Wygand, J., Otto, R. M. (2015, May). *The energy cost of battle rope exercise*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.

Otto, R. M., Martins, K., **Petrizzo, J.**, Wygand, J., Cote, S., Smith, G., Mills-Strasser, L., Pusateri, D. (2015, May). *Body composition and bone mineral density of a female body builder following 33 weeks of pre-contest training*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.

King, J., Kang, S., **Petrizzo, J.**, Venezia, J., Hecht, J., Wygand, J., Lester, J., Donnelly, J., Otto, R. M. (2015, May). *The effects of glutamine loading on strength performance*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.

Cote, S., Otto, R. M., Pusateri, D., **Petrizzo, J.**, Martins, K., Smith, G., Mills-Strasser, L., Wygand, J. (2015, May). *A comparison of fall risk prediction of older adults by field and laboratory tests*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.

Mills-Strasser, L., Pusateri, D., Smith, G., Cote, S., Martins, K., **Petrizzo J.**, Wygand, J., Otto, R. M. (2015, May). *The acute effect of static stretching on static and dynamic balance*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.

Pusateri, D., Smith, G., Mills-Strasser, L., Martins, K., Cote, S., Wygand, J., **Petrizzo, J.**, Otto, R. M. (2015, May). *Postural control as measured by three balance tests in college-aged individuals with chronic ankle instability*. Poster session presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.

Wygand, J. W., Mills-Strasser, L., Smith, G., Martins, K., Pusateri, D., Cote, S., **Petrizzo, J.**, Otto, R. M. (2014, May). *The effect of short duration, high intensity exercise on double-leg balance of recreational athletes*. Poster session presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.

Otto, R. M., **Petrizzo, J.**, Mills-Strasser, L., Cote, S., Martins, K., Pusateri, D., Wygand, J. W. (2014, May). *The effect of footwear on static and dynamic balance*. Poster session presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.

Cote, S., Atwell, D., Rude, S., Smith, G., Martins, K., Pusateri, D., Mills-Strasser, L., Pereira, C., Golam, K., **Petrizzo, J.**, Otto, R. M., Wygand, J. W. (2014, May). *Anaerobic power of ncaa division II male soccer players*. Poster session presented at the American College of Sports Medicine Annual Meeting, Orlando, FL.

Non-Refereed Papers:

Petrizzo, J. (2022, April 27). *Novice lifters: learn from my mistakes*. Retrieved from <https://startingstrength.com/article/novice-lifters-learn-from-my-mistakes>

Petrizzo, J. (2022, January 11). *One year of low volume training*. Retrieved from <https://startingstrength.com/training/one-year-of-low-volume-training>

Petrizzo, J. (2021, September 28). *A clarification on training through injuries*. Retrieved from <https://startingstrength.com/training/a-clarification-on-training-through-injuries>

Pisanello, A., **Petrizzo, J.** (2021, August 25). *Training with chronic injuries: a case study*. Retrieved from <https://startingstrength.com/training/training-with-chronic-injuries-a-case-study>

Petrizzo, J. (2020, May 20). *Training and the artificial joint*. Retrieved from <https://startingstrength.com/article/training-and-the-artificial-joint>.

Petrizzo, J. (2019, January 30). *The starting strength training registry*. Retrieved from <https://startingstrength.com/article/the-starting-strength-training-registry>.

Petrizzo, J. (2015, February 18). *The crux of the argument*. Retrieved from http://startingstrength.com/article/the_crux_of_the_argument.

Petrizzo, J. (2013, April 16). *Barbell training & physical therapy*. Retrieved from http://startingstrength.com/article/barbell_training_physical_therapy.

Invited Presentations:

Petrizzo, J. (2024, April 28). *Barbell-based rehabilitation following ulnar collateral ligament repair: a case study*. 2024 Starting Strength Coaches Conference.

Petrizzo, J. (2024, April 27). *The impact of strength training on biomarkers of cognition, frailty, and inflammation in an elderly cohort with dementia*. 2024 Starting Strength Coaches Conference.

Petrizzo, J. (2023, June 27). *How to successfully implement a strength training program for high school athletes*. NH Musculoskeletal Institute Continuing Medical Education Program.

Petrizzo, J. (2022, September 22). *Blood flow restriction resistance training in a recreationally active person with Parkinson's disease*. 22nd Annual Patricia Leahy Memorial Lecture.

Petrizzo, J. [Starting Strength]. (2020, April 30). *Programming - stress and resistance training*. [Video File]. Retrieved from https://www.youtube.com/watch?v=wxi8_1T3DT8.

Petrizzo, J., Sullivan, J., Baraki, A., Gotcher, C.J. [Starting Strength]. (2017, December 27). *Strength & endurance, pt 5*. [Video File]. Retrieved from <https://www.youtube.com/watch?v=wMBKiN4Vrfl&list=PLNhFKPjedRnTTLxHhdEhNbZaQt-JnlB3b>.

- Petrizzo, J.** [Starting Strength]. (2017, December 13). *Strength & endurance, pt 3*. [Video File]. Retrieved from <https://www.youtube.com/watch?v=t2LBdDWt55U&list=PLNhFKPjedRnTTLxHhdEhNbZaQt-JnlB3b&index=4>.
- Petrizzo, J.**, Sullivan, J., Baraki, A., Gotcher, C. J. [Starting Strength]. (2016, August 24). *Easy doesn't work, A review of morton, et al.* [Video File]. Retrieved from https://www.youtube.com/watch?v=uXJnGi_uUZw.
- Petrizzo, J.** [Starting Strength]. (2014, December 10). *Starting strength coaches association series: injuries in barbell training, part I*. [Video File]. Retrieved from https://www.youtube.com/watch?v=pC_faecexvY.
- Petrizzo, J.** [Starting Strength]. (2014, December 23). *Starting strength coaches association series: injuries in barbell training, part II*. [Video File]. Retrieved from <https://www.youtube.com/watch?v=voXunpXXE9M>.
- Petrizzo, J.** [Starting Strength]. (2015, January 2). *Starting strength coaches association series: injuries in barbell training, part III*. [Video File]. Retrieved from <https://www.youtube.com/watch?v=s6Fujoqi3gw>.

Works in Progress:

- Petrizzo, J.**, Koppel, J., Christen, E., Aquino, M., Otto, R. M., Wygand, J. W. *Muscles for memory: a pilot study of strength training for cognitive enhancement and frailty prevention in the elderly*. **IRB approval, data collection and analysis complete, manuscript preparation phase.**
- Gaeta, A., Lopez, J., **Petrizzo, J.**, Aquino, M. *Machine vs. Barbell Hip Thrust: Electromyographic, Biomechanical, and "Ease of Use" Comparison*. **IRB approval, data collection and analysis complete, manuscript preparation phase.**
- Aquino, M., Otto, R.M., **Petrizzo, J.** *The acute effects of using different self-massage tools on sit and reach flexibility in college age subjects*. **IRB approval, data collection complete, manuscript preparation phase.**

Siano, N., Campana, K., Reisman, K., Saleem, R., **Petrizzo, J.**, Aquino, M., Wygand, J., Otto, R.M. *The effect of two auditory stimuli on anaerobic performance*. **IRB approval, data collection complete, manuscript preparation phase.**

Other Professional Achievements:

Petrizzo, J. [Progressive Rehab & Strength]. (2025, April 19). *Barbell training is essential for adults 50-80: a rehab case study that inspires*. [Audio File]. Retrieved from <https://www.progressiverehabandstrength.com/podcast/barbell-training-rehab-case-study>

Petrizzo, J. [Progressive Rehab & Strength]. (2025, March 8). *Strength training for new parents (or very busy people): time efficient strategies for progress*. [Audio File]. Retrieved from <https://www.progressiverehabandstrength.com/podcast/strength-training-new-parents-part-2>

Petrizzo, J. [Progressive Rehab & Strength]. (2025, March 1). *Postpartum strength training for new parents: managing training expectations and adapting to life after having a baby*. [Audio File]. Retrieved from <https://www.progressiverehabandstrength.com/podcast/new-parent-strength-training-part-1>

Petrizzo, J. [Powerlifting for the People]. (2024, February 20). *Training tips from the powerlifting PT John Petrizzo*. [Audio File]. Retrieved from <https://gaglionestrength.libsyn.com/podcast/training-tips-from-the-powerlifting-pt-john-petrizzo>

Petrizzo, J. [Wits & Weights]. (2023, October 13). *Barbell training for physical therapy and injury prevention with John Petrizzo*. [Audio File]. Retrieved from <https://podcasts.apple.com/us/podcast/ep-113-barbell-training-for-physical-therapy-and/id1591502355?i=1000631185708>

Petrizzo, J. [Progressive Rehab & Strength]. (2023, September 2). *Your shoulders & barbell training, how not to hurt your shoulders in powerlifting*. [Audio File]. Retrieved from <https://www.progressiverehabandstrength.com/podcast/shoulders-and-powerlifting>

Petrizzo, J. [Progressive Rehab & Strength]. (2023, April 1). *Functional anatomy of the hip in barbell training with Dr. John Petrizzo*. [Audio File]. Retrieved from <https://www.progressiverehabandstrength.com/podcast/ep39/functional-anatomy-of-the-hip>

Petrizzo, J. [Progressive Rehab & Strength]. (2023, March 25). *The valsalva maneuver explained*. [Audio File]. Retrieved from <https://www.progressiverehabandstrength.com/podcast/ep38/valsalva-maneuver-explained>

Petrizzo, J. [Progressive Rehab & Strength]. (2023, February 4). *Functional anatomy of the knee in barbell training with Dr. John Petrizzo*. [Audio File]. Retrieved from <https://www.progressiverehabandstrength.com/podcast/ep31/functional-anatomy-of-the-knee>

Petrizzo, J. [Progressive Rehab & Strength]. (2022, September 24). *Integrating physical therapy and strength training (part 2): Is the CSCS all you need?* [Audio File]. Retrieved from <https://www.progressiverehabandstrength.com/podcast/ep12/physical-therapy-and-strength-training-part-2>

Petrizzo, J. [World of Lifting]. (2022, March 26). *Is lumbar rounding bad? World of lifting EP 115 Dr. John Petrizzo*. [Audio File]. Retrieved from <https://lnns.co/n1j2ieUqDst>

Petrizzo, J. [World of Lifting]. (2021, September 14). *World of lifting EP 108 Dr. John Petrizzo*. [Audio File]. Retrieved from <https://lnns.co/K1RWmxvTqcd>

Petrizzo, J. [World of Lifting]. (2021, March 27). *World of lifting EP 87 Dr. John Petrizzo*. [Audio File]. Retrieved from https://lnns.co/odT7ayeNE_W

Petrizzo, J. [World of Lifting]. (2020, December 6). *World of Lifting EP 59 Dr. John Petrizzo*. [Audio File]. Retrieved from <https://lnns.co/iBNU5v21x4->

Petrizzo, J. [Greysteel]. (2020, March 3). *Creatine! Reps to failure! Pain meds! Greysteel research review w. Dr. John Petrizzo* [Video File]. Retrieved from <https://www.youtube.com/watch?v=bkjWNx7FmWw&t=55s>

Petrizzo, J. [Woodmere Fitness Club]. (2020, January 3). *An interview with superman, Dr. John Petrizzo*. [Audio File]. Retrieved from <https://open.spotify.com/show/0VAliseLvpw4FLgD5IbFVp>

Petrizzo, J. [Elevation Fitness LI]. (2019, December 11). *Squats, overhead presses & exercise for brain health w/ John Petrizzo*. [Audio File]. Retrieved from <https://directory.libsyn.com/episode/index/show/elevationpodcast/id/12368837>

Petrizzo, J. [The Stronghold Gym]. (2019, December 1). *A moment of science*. [Audio File]. Retrieved from <https://www.strongholdgym.com/podcast-1/episode/30183419/a-moment-of-science>

Petrizzo, J. [Iron Lotus PT]. (2018, December). *Iron lotus pt podcast episode #2 with Dr. John Petrizzo*. [Audio File]. Retrieved from <http://www.ironlotuspt.com/blog/iron-lotus-pt-podcast-episode-2-with-dr.-john-petrizzo>

Petrizzo, J. [Starting Strength]. (2016, January 26). *Starting strength podcast: physical therapy done right with John Petrizzo*. [Video File]. Retrieved from <https://www.youtube.com/watch?v=Fa54c3oFjjs>.

Honors and Awards:

Adelphi University Excellence in Teaching Award, Tenured	2024
Keynote Speaker at the New York Institute of Technology DPT Awards Ceremony	2023
New York Institute of Technology Academic Achievement Award in Physical Therapy	2012
New York Institute of Technology Alpha Eta Honor Society	2012

Academic and Professional Societies:

American College of Sports Medicine	2013-Present
Starting Strength Coaches Association	2012-Present
American Physical Therapy Association	2009-Present
National Strength and Conditioning Association	2006-Present

Service:**Professional:**

Fit Kids for Life, Board Member	2024-Present
Journal of Electronic Gaming and Esports, Reviewer	2023-Present
International Journal of Sports Physical Therapy, Reviewer	2023-Present
BMC Sports Science, Medicine & Rehabilitation, Reviewer	2022-Present
Northville Science Research Program, Mentor	2022-Present
Lynbrook Senior High School Research Program, Mentor	2022-Present
Authentic Science Research Student, Mentor	2021-2023
Greysteel Journal Club	2019-2020
Starting Strength Coaches Association Science Committee	2013-2016, 2018 - 2020
New York Institute of Technology Physical Therapy Advisory Board	2013-Present

University Service:

Faculty Committee on Retention, Tenure and Promotion, Chair David Ranzan	2025-Present
Faculty Mentoring Academy, Mentor	2024-Present
CSTEP, Advisory Board	2023-Present
Faculty Advisor, Strength and Fitness Club	2016-2019
Faculty Senate, Chair Sarah Eltabib	2015-2023

Health and Wellness Committee, Chair John Wygand	2013-2018
--	-----------

College of Education and Health Sciences:

Faculty Student Research Liaison	2024-Present
----------------------------------	--------------

Chair, CSD Department Chair Search Committee	2023
--	------

SHS Associate Dean Search Committee, Chair Sladjana Lukic	2022
---	------

CEHS Strategic Plan Advisory Committee, Chair Xiao-lei Wang	2019-2020
---	-----------

Student Organizations Steering Committee, Chair Patrice Armstrong-Leach	2018-2020
---	-----------

Review Board, Chair Anita Frey	2013-2018
--------------------------------	-----------

Departmental Service:

Chair, Exercise Science Search Committee	2025-Present
--	--------------

Strategic Planning Subcommittee for Exploring New Health Science Programs	2024-2025
---	-----------

Undergraduate Exercise Science Program Director	2023-2024
---	-----------

Chair, Department of Health and Sport Sciences UPRC	2022-2025
---	-----------

Department of Health and Sport Sciences UPRC, Chair Ellen Kowalski	2019-2022
--	-----------

Exercise Science Search Committee, Chair Robert Otto	2016-2018
--	-----------

Workload:

Teaching Workload:

Fall 2025

0854-104-001, Introduction to Exercise Science (3 credits, 26 students)

0854-361-001, Kinesiology (3 credits, 26 students)

0854-464-001, Clinical Training (1.5 credits, 13 students)

0854-565-001, Medical Aspects of Sport (3 credits, 12 students)

0854-654-001, Biomechanics (3 credits, 10 students)

0191-410-001, Ballet VII (2 credits, 16 students)

Summer 2025

0854-361-001, Kinesiology (3 credits, 19 students)

Spring 2025

0854-361-002, Kinesiology (3 credits, 28 students)

0854-401-001, Strength and Conditioning Methods (3 credits, 24 students)

0854-565-001, Medical Aspects of Sport (3 credits, 20 students)

0854-566-001, Theory of Exercise Prescription (1.5 credits, 31 students)

0191-311-001, Modern Dance VI (2 credits, 13 students)

0304-791-002, Independent Study, Master's Athletes and the Aging Process (0 credits, 1 student)

Fall 2024

0854-104-001, Introduction to Exercise Science (3 credits, 28 students)

0854-361-001, Kinesiology (3 credits, 25 students)

0854-464-001, Clinical Training (1.5 credits, 13 students)

0854-565-001, Medical Aspects of Sport (3 credits, 14 students)

0854-654-001, Biomechanics (3 credits, 21 students)

0191-325-001, Modern Dance V (1 credit, 15 students)

0191-110-001, Ballet I (1 credit, 11 students)

Summer 2024

0854-361-001, Kinesiology (3 credits, 19 students)

Spring 2024

0854-361-001, Kinesiology (3 credits, 23 students)

0854-401-001, Strength and Conditioning Methods (3 credits, 23 students)
 0854-565-001, Medical Aspects of Sport (3 credits, 23 students)
 0854-566-001, Theory of Exercise Prescription (1.5 credits, 34 students)
 0191-126-001, Modern Dance II (1 credit, 4 students)
 0191-326-001, Modern Dance VI (1 credit, 8 students)
 0304-495-004, Independent Study, Vet Tech Internship (0 credits, 1 student)
 0852-491-007, Independent Study, Collegiate Cheerleaders, Body Image (0 credits, 1 student)
 0852-491-008, Independent Study, Differences in Performance in Collegiate vs Non-Athletes (0 credits, 1 student)

Fall 2023

0854-104-001, Introduction to Exercise Science (3 credits, 29 students)
 0854-361-001, Kinesiology (3 credits, 25 students)
 0854-464-001, Clinical Training (1.5 credits, 15 students)
 0854-565-001, Medical Aspects of Sport (3 credits, 13 students)
 0854-654-001, Biomechanics (3 credits, 14 students)
 0191-125-001, Modern Dance I (1 credit, 3 students)
 0191-225-001, Modern Dance II (1 credit, 14 students)
 0304-495-007, Independent Study, Healthcare System Billing/Insurance Verification (0 credits, 1 student)
 0852-491-003, Independent Study, The Impact of Caffeine on Aerobic Performance (0 credits, 1 student)

Summer 2023

0854-361-001, Kinesiology (3 credits, 16 students)
 0854-792-002, Independent Study, Ankle Sprain Rehabilitation (0 credits, 1 student)

Spring 2023

0854-361-001, Kinesiology (3 credits, 22 students)
 0854-401-001, Strength and Conditioning Methods (3 credits, 16 students)
 0854-565-001, Medical Aspects of Sport (3 credits, 18 students)
 0854-566-001, Theory of Exercise Prescription (1.5 credits, 21 students)
 0852-491-004, Independent Study Case Study on Chronic Lower Back Pain (0 credits, 1 student)
 0852-491-005, Independent Study Impact of Strength Training on Academic Performance (0 credits, 1 student)
 0105-492-005, Directed Work Experience Physical Therapy Internship (0 credits, 1 student)

Fall 2022

0854-104-001, Introduction to Exercise Science (3 credits, 20 students)

0854-361-001, Kinesiology (3 credits, 28 students)

0854-464-001, Clinical Training (1.5 credits, 10 students)

0854-565-001, Medical Aspects of Sport (3 credits, 13 students)

0854-654-001, Biomechanics (3 credits, 8 students)

Summer 2022

0854-361-001, Kinesiology (3 credits, 12 students)

Spring 2022

0854-361-001, Kinesiology (3 credits, 19 students)

0854-401-001, Strength and Conditioning Methods (3 credits, 16 students)

0854-565-001, Medical Aspects of Sport (3 credits, 16 students)

0854-566-001, Theory of Exercise Prescription (1.5 credits, 21 students)

0852-491-009, Independent Study Concussion Incidence in Combat Sport Athletes (0 credits, 1 student)

0852-491-005, Independent Study Shoulder Instability in Track and Field Throwers (0 credits, 1 student)

Fall 2021

0854-104-001, Introduction to Exercise Science (3 credits, 28 students)

0854-361-001, Kinesiology (3 credits, 8 students)

0854-565-001, Medical Aspects of Sport (3 credits, 12 students)

0854-654-001, Biomechanics (3 credits, 12 students)

Summer 2021

0854-361-001, Kinesiology (3 credits, 8 students)

0852-491-002, Independent Study Supplement use in College-Aged Students (0 credits, 1 student)

Spring 2021

0854-361-001, Kinesiology (3 credits, 19 students)

0854-401-001, Strength and Conditioning Methods (3 credits, 20 students)

0854-565-001, Medical Aspects of Sport (3 credits, 15 students)

0854-566-001, Theory of Exercise Prescription (1.5 credits, 27 students)

Fall 2020

0854-104-001, Introduction to Exercise Science (3 credits, 24 students)

0854-361-001, Kinesiology (3 credits, 18 students)

0854-565-001, Medical Aspects of Sport (3 credits, 11 students)

0854-654-001, Biomechanics (3 credits, 17 students)

Summer 2020

0854-361-001, Kinesiology (3 credits, 24 students)

Spring 2020

0854-361-001, Kinesiology (3 credits, 18 students)

0854-401-001, Strength and Conditioning Methods (3 credits, 25 students)

0854-565-001, Medical Aspects of Sport (3 credits, 24 students)

0854-566-001, Theory of Exercise Prescription (1.5 credits, 25 students)

Fall 2019

0854-104-001, Introduction to Exercise Science (3 credits, 21 students)

0854-361-001, Kinesiology (3 credits, 25 students)

0854-565-001, Medical Aspects of Sport (3 credits, 19 students)

0854-654-001, Biomechanics (3 credits, 13 students)

Summer 2019

0854-361-001, Kinesiology (3 credits, 14 students)

Spring 2019

0854-361-001, Kinesiology (3 credits, 23 students)

0854-401-001, Strength and Conditioning Methods (3 credits, 16 students)

0854-565-001, Medical Aspects of Sport (3 credits, 30 students)

0854-566-001, Theory of Exercise Prescription (1.5 credits, 20 students)

0852-491-008, Independent Study Patient Expectations (0 credits, 1 student)

Fall 2018

0852-104-001, Introduction to Exercise Science (3 credits, 39 students)

0852-361-001, Kinesiology (3 credits, 27 students)

0852-565-001, Medical Aspects of Sport (3 credits, 21 students)

0852-654-001, Biomechanics (3 credits, 11 students)

Summer 2018

0852-361-001, Kinesiology (3 credits, 12 students)

Spring 2018

0852-361-001, Kinesiology (3 credits, 40 students)

0852-565-001, Medical Aspects of Sport (3 credits, 24 students)

0852-566-001, Theory of Exercise Prescription (1.5 credits, 22 students)

Fall 2017

0852-104-001, Introduction to Exercise Science (3 credits, 28 students)

0852-361-001, Kinesiology (3 credits, 26 students)

0852-565-001, Medical Aspects of Sport (3 credits, 19 students)

0852-654-001, Biomechanics (3 credits, 13 students)

Summer 2017

0852-361-001, Kinesiology (3 credits, 8 students)

0852-491-002, Independent Study Muscle Hypertrophy (0 credits, 1 student)

Spring 2017

0852-361-001, Kinesiology (3 credits, 39 students)

0852-565-001, Medical Aspects of Sport (3 credits, 30 students)

0852-566-001, Theory of Exercise Prescription (1.5 credits, 21 students)

Fall 2016

0852-100-003, Principles of Health and Physical Education (3 credits, 34 students)

0852-361-001, Kinesiology (3 credits, 21 students)

0852-565-001, Medical Aspects of Sport (3 credits, 23 students)

0852-654-001, Biomechanics (3 credits, 24 students)

0852-491-009, Independent Study Resistance Training (0 credits, 1 student)

0852-491-008, Independent Study Prosthetics and Orthotics (0 credits, 1 student)

0852-491-019, Independent Study Lumbar Spine Disc Injury (0 credits, 1 student)

Summer 2016

0852-361-001, Kinesiology (3 credits, 12 students)

0852-791-005, Independent Study Strength and RPE (0 credits, 1 student)

Spring 2016

0852-361-001, Kinesiology (3 credits, 39 students)

0852-565-001, Medical Aspects of Sport (3 credits, 27 students)

0852-566-001, Theory of Exercise Prescription (1.5 credits, 17 students)

0852-791-004, Independent Study Intent of Action & EMG (0 credits, 1 student)

Fall 2015

0852-100-003, Principles of Health and Physical Education (3 credits, 34 students)

0852-361-001, Kinesiology (3 credits, 26 students)

0852-565-001, Medical Aspects of Sport (3 credits, 22 students)

0852-654-001, Biomechanics (3 credits, 11 students)

Summer 2015

0852-361-001, Kinesiology (3 credits, 5 students)

Spring 2015

0852-361-001, Kinesiology (3 credits, 27 students)

0852-565-001, Medical Aspects of Sport (3 credits, 17 students)

0852-566-001, Theory of Exercise Prescription (1.5 credits, 13 students)

Fall 2014

0852-100-005, Principles of Health and Physical Education (3 credits, 36 students)

0852-461-003, Kinesiology (3 credits, 23 students)

0852-565-001, Medical Aspects of Sport (3 credits, 20 students)

0852-645-002, Biomechanics (3 credits, 9 students)

Summer 2014

0852-461-002, Kinesiology (Tutorial, 2.5 credits, 5 students)

Spring 2014

0852-461-001, Kinesiology (3 credits, 26 students)

0852-565-001, Medical Aspects of Sport (3 credits, 31 students)

Fall 2013

0852-100-005, Principles of Health and Physical Education (3 credits, 33 students)

0852-461-003, Kinesiology (3 credits, 9 students)

0852-565-001, Medical Aspects of Sport (3 credits, 9 students)

Non-teaching Workload:**Fall 2025**

Academic Advising, 78 Students

Spring 2025

Academic Advising, 80 Students

Fall 2024

Academic Advising, 86 Students

Spring 2024

Academic Advising, 83 Students

Fall 2023

Academic Advising, 85 Students

Spring 2023

Academic Advising, 60 Students

Fall 2022

Academic Advising, 60 Students

Spring 2022

Academic Advising, 60 Students

Fall 2021

Academic Advising, 59 Students

Spring 2021

Academic Advising, 46 Students

Fall 2020

Academic Advising, 51 Students

Spring 2020

Academic Advising, 33 Students

Fall 2019

Academic Advising, 37 Students

Spring 2019

Academic Advising, 35 Students

Fall 2019

Academic Advising, 35 Students

Spring 2019

Academic Advising, 45 Students

Fall 2018

Academic Advising, 56 Students

Spring 2018

Academic Advising, 74 Students

Fall 2017

Academic Advising, 81 Students

Spring 2017

Academic Advising, 94 Students

Fall 2016

Academic Advising, 111 Students

Spring 2016

Academic Advising, 101 Students

Fall 2015

Academic Advising, 87 Students

Spring 2015

Academic Advising, 61 Students

Fall 2014

Academic Advising, 43 Students

Spring 2014

Academic Advising, 23 Students

Fall 2013

Academic Advising, 14 Students