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Executive Director
CYBEX INSTITUTE
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CURRICULUM VITAE

Profile: Kinesiologist specializing in education, motor skill development, sports performance enhancement, rehabilitation, and intuitive program development.

Fitness Business Experience

Cybox International, Inc., Medway, MA
Executive Director, Cybex Institute

- Direct research efforts on new and existing products
- Collaborate on new product development
- Conduct independent research on various health and fitness topics
- Develop and administer internal education programs
- Develop and manage fitness industry outreach education programs

PGA Kinematics Lab POWERED BY SOLOTHREE
Vice President, Science and Education

- Develop all intellectual property promoting the science of optimal movement in golf
- Create context-dependent processes in the areas of motor skill assessment, research, education, coaching, exercise solutions and equipment design.

Equinox Fitness Clubs, New York, NY.
Director, Equinox Fitness Training Institute

- Created the programming in support of over 500 active personal trainers in 18 clubs nationwide, with average revenues in excess of \$1,300,000 per strategic business unit. These revenues represented greater than 25% of total company gross revenue.
- Development of educational institute for the advancement of fitness professionals
 - Curriculum development based on intuitive, problem-solving methodology
 - Organization and development of faculty
 - Quality control
 - Principal lecturer
- Development of Equinox Sports Science Center.

Clinical Experience

Beth Israel Medical Center, New York City
Department of Physical Medicine and Rehabilitation
Kinesiologist/Research Coordinator - Development and enhancement of functional rehabilitation programs and research activities for all orthopedic outpatients.

- Developed the Beth Israel post-surgical ACL rehabilitation program
- Director of Educational Development
- Designed and developed the outpatient rehabilitation facility
- Founder: Golfer's Performance Center at Beth Israel Medical Center
- Founder: Cyclist Performance Center at Beth Israel Medical Center
- Co-founder: Dance Development Program, Marymount Manhattan College
- Member, committee on scientific activities

Teaching Appointments

Teachers College, Columbia University, New York City

Adjunct Assistant Professor (Graduate)

- *Electromyography and Movement Analysis.*
- *Seminar in Human Movement.*

Hunter College, CUNY

Assistant Professor (Undergraduate)

- *Introduction to Human Movement.*
- *Motor Learning.*
- *Research Seminar in Human Movement.*
- *Exercise Physiology Laboratory.*
- *Adult Fitness.*
- *Advanced Weight Training.*

Sports Development, Rehabilitation And Education Consulting

HealthSouth Corporation, Birmingham, AL. Education Consultant, Sports Medicine Council – development of educational materials and primary school curricula associated with the Sports Medicine Council. Technical advisor for the Go For It! roadshow.

Dallas Mavericks Basketball Club, Dallas, TX. Director of Physical Development - Designed and implemented all rehabilitation, strength and conditioning, performance enhancement, and skills assessment programs.

Atlanta Hawks Basketball Club, Atlanta, GA. Performance and rehabilitation consultant.

New York Knicks Basketball Club, New York, NY. Performance and rehabilitation consultant.

New York City Marathon. Member, medical team.

United States Tennis Association, Developed the strength training facility at the national tennis center, Flushing Gardens, NY.

U.S. Women's Race Walking Team. kinematic analysis of elite race walkers.

Consultant to officials, coaches, medical staff, and/or athletes of the following sports organizations:

*National Basketball Association
National Hockey League
United States Cycling Federation*

*United States Tennis Association, US Open
Professional Golfers Association of America
United States Equestrian Team*

Presentations and Invited Lectures

October, 2008: TSI Summit, New York, NY

- Movement observation and coaching techniques

August, 2008: Greater Tennessee YMCA association, Nashville, TN

- The biomechanics of functional exercise

October, 2007: TSI Summit, New York, NY

- The biomechanics of functional exercise

March, 2006: *Indiana Section, PGA of America*, Indianapolis, IN

- Context-dependent fitness applications, biomechanics, and motor learning practices in golf.

February, 2006: *Better Golf Through Technology*, Massachusetts Institute of Technology, Cambridge, MA

- Physical influences on motor strategy formation in golfers.

January, 2006: *PGA Merchandise Show*, Orlando, FL

- Teacher-to-teacher presentations with Rick Martino, Director of Instruction, PGA of America
- Common sense, context-dependent motor skill development applications for golfers

January, 2006: *Cybex International*, Medway, MA

- Results-based performance applications and problem-solving tools

January, 2005: *Cybex International*, Medway, MA

- Movement based performance models and practical applications for selectorized strength equipment

March, 2002: *ECA Sports Training and Fitness Conference*, New York City

- Motor Skill Development and Human Performance

November, 1999: *ECA Sports Training and Fitness Conference*, Miami, FL

- Advanced Functional Lower Body Development

October, 1998: *ECA Sports Training and Fitness Conference*, Miami, FL

- Neural Drive, Motor Programs, and Movement Strategies: Training the Control System
- Progressive, Dynamic, Lower Body Training

October, 1997: *ECA/CCW Sports Training and Fitness Conference*, Miami, FL

- Development of sport-specific programs: examining golf and basketball

July 1996: *Charleston Sports Performance Symposium*. College of Charleston, Charleston, SC

- Functional strength development: A theoretical overview

November, 1995: *Third annual PASSOR meeting of the 1995 Annual Assembly of the American Academy of Physical Medicine and Rehabilitation*, Orlando, FL

- The essentials of strength training.

November 1994: *American College of Sports Medicine*, New York Regional Meeting

- The effects of strength and power training on muscular and neural physiology

October 1994: *Annual Assembly of the American Academy of Physical Medicine and Rehabilitation*, Anaheim, CA

- Dynamic anterior cruciate ligament rehabilitation and functional testing & focus session
- Shoulder impingement/Rehabilitation & workshop session

Health and Fitness Consulting

Equinox Fitness Clubs, NY, LA. Current. Conduct advanced education workshops on biomechanics, kinesiology, and motor skill development. Assist with overall curriculum development for personal training staff and program development for group fitness department.

Cybex International, Medway, MA. Provide worldwide training and education to Territory Sales Managers and serve as a consultant for product and program development.

Matrix Fitness, Inc., Albuquerque, New Mexico. Consultant for the development of strength and fitness equipment product lines and associated programming.

Life Fitness, Chicago IL. Product development.

Citations in the following publications:

New York Times
Los Angeles Times
Details
Men's Health
Fitness
Self
Elle

Consumer Union, New York. Analysis of aerobic training ergometers for Consumer Reports magazine.

Molly Fox Studios, NY. Consultant to commercial fitness studio. Developed strength and conditioning programs for sponsored athletes.

New York Sports Club, Town Sports International, Inc., New York City. In-service workshops for staff members of city-wide health club organization on functional strength training, and proper use of weight training machines. Instructor training seminars on scientific principles of strength development, application of strength training techniques, and strength program development.

Publications

Graves, B.S. and Juris, P.M. (2005). A Comparative Kinematic and Biomechanical Analysis of Two Gait Simulators. Independent research study. www.cybexinternational.com.

Dennis, D.R., McCully, J.J., and Juris, P.M. (2004) The Rider's Fitness Program: 74 Exercises and 18 Workouts Specifically Designed for the Equestrian. Storey Publishing, North Adams, MA.

Juris, P.M., Phillips, E.M., Dalpe, C., Edwards, C, Gotlin, R.S., Kane, D.J. (1998) A dynamic test of lower extremity function following ACL reconstruction and rehabilitation. Journal of Orthopaedic and Sports Physical Therapy. 26 (4): 184 – 191.

Juris, P.M. Muscle and Exercise Physiology. (1997) In: Scuderi, G.R., McCann, P.D., Bruno, P. (Eds.) Sports Medicine: Primary Care and Rehabilitation. Philadelphia, Mosby.

Gotlin, R.S., Hershkowitz, S., Juris, P.M., Gonzalez, E.G., Scott, W.N., Insall, J.N. (1994). Electrical stimulation effect on extensor lag and length of hospital stay after total knee arthroplasty. Archives of Physical Medicine and Rehabilitation. 75: 957- 959.

Juris, P.M. (1993). The effects of torque loading on agonist/antagonist motor coordination. Unpublished doctoral dissertation.

DeMeersman, R., Faroudja, N., Juris, P., Higgins, J., and Gentile, A. (1990). A computerized respiratory sinus arrhythmia program for the non-invasive assessment of parasympathetic activity. Comput. Biol. Med. 20(2): 75-94.

Grant Awards and Preparations

Coca-Cola Education Foundation

Awarded \$200,000 grant to provide funding for education programs developed for the HealthSouth Sports Medicine Council.

NY Cardiac Center

Awarded a \$225,000 grant to study multidisciplinary action plans and combined aerobic and strength training in post CABG patients.

The Florence and Edgar Leslie Charitable Trust

Awarded \$10,000 to develop a motion analysis laboratory at Beth Israel Medical Center, NY.

Research Interests

Information processing and motor strategy formation, implications for strength and functional enhancement.

Contextual interference and motor skill acquisition in sports performance and rehabilitation.

Effects of intended movement velocity on functional motor development.

Effects of targeted movement on functional strength acquisition.

Antagonistic co-activation and movement efficiency.

Effects of inertial loading on EMG variability and subsequent strength development.

Examining the transfer of strength to functional motor tasks.

Assessing the validity of strength measuring devices in relation to functional capacity.

Non-linear dynamic EMG analysis.

Chaos and strength acquisition

Motor changes in the elderly. Creating effective counter-measures.

Education

Teachers College, Columbia University

Doctor of Education, Motor Learning, May 1993.

University of Massachusetts, Amherst

Master of Science, Exercise Science, February 1986.

Hunter College

Bachelor of Arts, Physical Education, February 1983. Magna Cum Laude.