FocusNYC

James K
BS, CSCS, CPT

Growing up in Brazil, James was raised on the idea that fitness and life go hand in hand. From going on long weekend walks with his parents to swim practice at an early age, he quickly became a multi-sport athlete. While in college, he played many intramural sports, enjoying Club Dodgeball, and eventually becoming the team president. Being a full-time athlete, James faced his fair share of injuries which piqued his interest in injury prevention and rehabilitation. This led him to work at multiple physical therapy clinics during his college breaks, where he learned about injury and post-surgery recovery and rehabilitation.

James is an enthusiastic trainer with a passion for all types of fitness. Some experience highlights include helping clients improve athletic perfomance- especially in golf and tennis, as well as strength training after knee/hip replacements, chronic disease or injury.

James holds a Bachelor of Science degree in Kinesiology from the University of Maryland and certifications from both the National Strength and Conditioning Association (NSCA) and the American Council of Exercise (ACE). He is both a Certified Strength and Conditioning Specialist (CSCS) and a Certified Sport Performance Specialist.

Education

B.S.- Kinesiology, University of Maryland

Certifications

NSCA Certified Strength and Conditioning Specialist (CSCS)
ACE Certified Personal Trainer (CPT)
ACE Sports Performance Specialist
CPR/AED Certified

Continuing Education

Focus Integrated Fitness Journal Reviews: Monthly review of topics relating to current fitness trends, strength and conditioning, exercise physiology and medical journals.

Interval Training for Clients and Athletes (Mike Boyle, ATC)

Functional Training (Juan Carlos Santana, M.Ed, CSCS)

Joint Friendly Strength Training (Nick Tuminnello)

Assess and Correct (Eric Cressey, Bill Hartman, Mike Robertson)

Joint by Joint Approach to Training (Mike Boyle, ATC)