

FocusNYC

Ryan C. ACSM-HFM, NASM-CES

Ryan is a native of Queens, New York whose love for basketball and football propelled him into a career in health and fitness. He earned his B.S. in Movement Science from the University of Michigan and put his knowledge into practice by becoming a personal trainer. His dedication to high-quality training and service earned him leadership roles in management, recruiting and teaching new and veteran trainers. Still, he desired to understand more about the body so that he could better help his clients. So, he began pursuing his Doctorate of Physical Therapy at Mercy College, which he obtained in 2017.

Ryan has excelled in the program thus far, which earned him the opportunity to become a graduate teaching assistant for a human anatomy cadaver lab. This allows him to affect others beyond the scale of one-on-one training ? which is still his favorite thing to do and what he considers an escape from his other responsibilities. He has years of experience working with a diverse clientele but hopes to keep improving his skills and abilities so that he can continue providing superior fitness service to anybody - from young athletes trying to go pro to older adults with complex diseases.

Education

B.S. Movement Science, University of Michigan
Doctorate of Physical Therapy, Mercy College

Certifications

American College of Sports Medicine Health and Fitness Specialist (ACSM-HFS)
National Academy of Sports Medicine Corrective Exercise Specialist (NASM-CES)
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.

Functional Anatomy I (Brent Brookbush, DPT, PT, MS, PES, CES, CSCS, ACSM H/FS)

Functional Anatomy II (Brent Brookbush, DPT, PT, MS, PES, CES, CSCS, ACSM H/FS)

Advancements in Program Design I (Brent Brookbush, DPT, PT, MS, PES, CES, CSCS, ACSM H/FS)

Advancements in Program Design II (Brent Brookbush, DPT, PT, MS, PES, CES, CSCS, ACSM H/FS)

Muay Thai Techniques (Brandon Levi)

Speed, Agility and Quickness for Sport and Life (Nick Gehling, MES, CPT)

Effects of Coaching Style on Performance (Meaghan Shea, MA, CSCS, MES)

Scoliosis and Schroth (Ariel Flug, PT, DPT, BSSPT)