

**Michael Raymond Perlet MS, CSCS**

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**EDUCATION**

- 2023-2027 **Ph.D. in Exercise Science and Performance Nutrition**  
University of South Alabama, Mobile, Alabama
- 2021-2023 **M.S. in Exercise Science and Sport Studies** GPA: 3.89  
Montclair State University, Montclair, New Jersey
- 2019-2021 **B.S. in Exercise Science** Magna Cum Laude, GPA: 3.84  
Montclair State University, Montclair, New Jersey
- 2015-2017 **A.S. in Business Administration**  
Rockland Community College, Suffern, New York

Relevant coursework: Cardiovascular Exercise Physiology, Neuromuscular Exercise Physiology, Applied Biomechanics, Applied Sport Physiology, Neuromotor Basis of Movement, Advanced Coaching Techniques.

**PROFESSIONAL EXPERIENCE**

- 2023-present University of South Alabama PhD Research Assistant  
Under supervision of Joshua L. Keller Ph.D.  
Worked in the integrative laboratory of exercise and applied physiology (iLEAP)  
Course Instructor: Personal Health, HS 262, First Aid, HS 170  
Teaching Assistant: Fitness Assessment–Exercise Prescription, KIN 479
- 2023-present Montclair State University Adjunct Professor  
Course Instructor: Leadership in Anaerobic Exercise, EXSC 234  
Course Instructor: Fitness Activities, PEMJ 131
- 2021-2023 Montclair State University Graduate Assistant  
Under supervision of Dr. Evan L. Matthews Ph.D.  
Worked in the exercise physiology laboratory
- 2021-2023 Montclair State University Primary Instructor on Record  
Leadership in Anaerobic Exercise, EXSC 234  
Fitness Activities, PEMJ 131

- 2022-present Owner  
Exercise Equals Life LLC, West Palm Beach, Florida  
Founder of the company. Chief educator, and educational content creator for the Applications of Basic Functional Movement Patterns Certification Course.  
Host of the weekly Exercise Equals Life podcast.
- 2022 Strength Coach  
Hackensack Meridian Fitness and Wellness, Maywood, New Jersey Performed formal intake evaluation and the Functional Movement Screen assessment on wide demographic of members. Designed individual exercise programs based on results, and discussion of client centered needs and goals.
- 2022 Final Examination Proctor for Occupational Therapy Students  
Dominican University, Orangeburg, New York  
Assessed students' ability to auscultate blood pressure and palpate pulse.
- 2021 Strength and Conditioning Internship  
Freak Strength Gym, Oakland, New Jersey  
Under supervision, trained Division I and professional NFL athletes to ensure adherence to the technical requirements of their prescribed exercises.
- 2021 Physical Therapy Aide  
Excel Physical Therapy, Montvale, New Jersey  
Assisted clients in an outpatient rehabilitation setting. Responsible for client adherence to clinical protocols, and administration of clinical assessments to achieve a high standard of care across a wide array of orthopedic, neurological, and neuromuscular conditions.
- 2020 Strength and Conditioning Internship  
Varsity House Gym, Orangeburg, New York  
Administered sport specific rehabilitation and strengthening exercises for elite high school and college athletes.

### **PROFESSIONAL CREDENTIALS**

2023-present Certified Strength and Conditioning Specialist (CSCS) – National Strength and Conditioning Association

### **PUBLICATIONS IN REFERED SCIENTIFIC JOURNALS**

1. **Perlet, M.**, Herren, J., Traylor, M., Bailey, M., Keller, J. Near-Infrared Spectroscopy Does Not Track Forearm Blood Flow During Venous Occlusion Plethysmography in Men or Women. *Applied Sciences*. April 2024. 14(8) 3205. <https://doi.org/10.3390/app14083205>
2. **Perlet, M.**, Matthews, E., Hosick, P., Licameli, N. Microvascular reactivity during a vascular occlusion test following blood flow restriction exercise. Accepted in *The Journal of Strength and Conditioning Research*.

3. Phillips, D., Paletta, S., **Perlet, M.** Maximum voluntary isometric contraction normalization error in drop jumps. In peer review.

### **BOOK PUBLICATIONS**

1. Perlet M. Blood Flow Restriction Exercise, Kindle Direct Publishing, 2024.
2. Perlet M. Serious Booty Gains, Kindle Direct Publishing, 2023.
3. Perlet M. Functional Fitness for Everyone, Kindle Direct Publishing, 2023.

### **RESEARCH PRESENTATIONS**

#### **National Strength and Conditioning Association**

1. Phillips, D., Paletta, S., **Perlet, M.** Maximum voluntary isometric contraction normalization error in drop jumps. *June 2023; Poster.*

#### **American College of Sports Medicine**

1. **Perlet, M.**, Herren, J., Traylor, M., Ransom, K., Batman, G., Bailey, M., Keller, J. Strain gauge plethysmography and near-infrared spectroscopy provide matching sex differences in reactive hyperemia. February 2024; *Poster.*
2. Ransom, K., Traylor, M., Batman, G., Keller, J., **Perlet, M.**, Herren, J., Bailey, M. Ischemic vasodilatory stimulus does not explain reactive hyperemia differences between pre- & post-menopausal women. February 2024; *Poster.*
3. Traylor, M., Ransom, K., Batman, G., **Perlet, M.**, Herren, J., Bailey, M., Hill, B., Keller, J. Identifying modifiable vascular risk factors and relationships to cognition across the lifespan. February 2024; *Thematic Poster.*
4. Bailey, M., Traylor, M., Ransom, K., Batman, G., **Perlet, M.**, Herren, J., Sucar-Marquez, J., Keller, J. Relationships between heart rate recovery and cardiovascular disease risk factors in adults across the lifespan. February 2024; *Thematic Poster.*
5. Herren, J., Traylor, M., Ransom, K., Batman, G., **Perlet, M.**, Bailey, M., Keller, J. Strength induced differences in vascular occlusion test responses in midlife and older adults. February 2024; *Poster.*
6. **Perlet, M.**, Hosick, P., Licameli, N., Matthews, E. Microvascular reactivity during a vascular occlusion test following blood flow restriction resistance exercise. November 2023; *Podium.*
7. Miller, L., **Perlet, M.**, Hosick, P., Licameli, N., Matthews, E. Heart rate variability following blood flow restriction exercise and traditional resistance exercise. November 2023; *Poster.*

### **PROFESSIONAL PRESENTATIONS**

#### **National Strength and Conditioning Association**

1. Blood flow restrictions applications to exercise, Washington state clinic 2024; *presented.*
2. Blood flow restrictions applications to exercise, Florida state clinic 2023; *accepted.*

## **PROFESSIONAL ORGANIZATIONS**

### **National Strength and Conditioning Association**

2023-present Leadership and Diversity Training Program

2022-present New Jersey State Advisory Board, Board Member

Assisted in strategic planning, organization, and logistical operations of two state clinics. Responsibilities included facilitating student poster presentations and acting as liaison to potential guest speakers and sponsors.

2019-present Student Member

### **American Physiological Society**

2023-present Career Opportunities in Physiology Committee, Committee Member

2021-present Student Member

### **American College of Sports Medicine**

2020-present Student Member

Volunteered at the Mid-Atlantic Regional Conference at Harrisburg, Pennsylvania in November 2022 and 2023. Responsible for setup and organization of electronics for speaker presentations and facilitating an open chain of communication with board members.

## **SERVICE**

2024 Reviewed "*The Next Four Years*" – book published by Angelo Gingerelli

2023-present Journal of Strength and Conditioning research – external reviewer

2022-present Strong New York – Fitness and Wellness Expo; annual – liaison

## **PROFESSIONAL GUEST APPEARANCES**

1. "Essential Movements for a Long and Healthy Life," The Art of Kings Podcast, 2023.

## **SCHOLARSHIPS, FELLOWSHIPS, & AWARDS**

2023 National Strength and Conditioning Association Foundation

**Challenge Scholarship:** Awarded to NSCA student members seeking graduate degree in a strength and conditioning-related field (\$2,000).

2023 American College of Sports Medicine – Mid-Atlantic Regional Chapter

**2023 ACSM's President's Cup:** Awarded to the best doctoral or master student presenter at the conference (\$400).

**2023 Master Student Investigator Award:** Awarded to the best master student presenter at the conference.

**2023 Master Student Investigator Award Finalist:** Awarded to all master student presenters at the conference.

2022 Alpha Lambda Epsilon Honor Society, Montclair State University, New Jersey

## **REFERENCES**

### **Academic**

Dr. Susana Juniu: Chairperson of Exercise Science and Physical Education, Montclair State University

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Dr. Joshua Keller: Assistant Professor of Exercise Science for the Department of Health, Kinesiology, and Sport, University of South Alabama

Email: [jkeller@southalabama.edu](mailto:jkeller@southalabama.edu)

Phone: 251-461-1616

Dr. Evan Matthews: Associate Professor of Exercise Science and Physical Education, Montclair State University

Email: [matthewse@montclair.edu](mailto:matthewse@montclair.edu)

Phone: 973-655-3948

Dr. Robert Horn: Associate Professor of Exercise Science and Physical Education, Montclair State University

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Dr. David Phillips: Assistant Professor of Kinesiology, Oregon State University

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Phone: 541-706-2114

**Professional**

Michael Bruneau: Associate Teaching Professor, Drexel University

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Linda Flynn: Director of College and Education of Human Services Career Services, Montclair State University

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