



***Jeremy Levine***

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#### ***BACKGROUND***

Mr. Jeremy Levine is one of the foremost military functional performance experts in the United States. Mr. Levine is a former United States Marine and professional athlete and holds a B.S. in Exercise Science, with an Emphasis on Sports Medicine. Mr. Levine has over fifteen years of collective experience working with amateur, collegiate, and professional athletes, including 11 years of full-time, hands on experience with conventional and special operations forces in the area of operationally focused strength and conditioning, functional exercise program development/evaluation, injury prevention, and strength training equipment/operational nutrition research and development. Mr. Levine developed and implemented the concept of mission-essential education, operationally focused functional training, operational nutrition strategies, and injury prevention for military special operations within the Naval Special Warfare Community (SEAL Teams) in December 1995. He served full time in the position of the Naval Special Warfare Community Physical Training advisor under Commander, Naval Special Warfare Command working directly for the Admiral through January 2002. During his tenure at the Naval Special Warfare Command, Mr. Levine developed curriculum, courses of instruction, evaluated injury trends, physical demands, operations, and physical training throughout the entire Naval Special Warfare Community comprised of ten SEAL Teams, four Special Boat Units, Basic Underwater Demolition/SEAL (BUD/S) Training, and Special Warfare Combatant Crewmen (SWCC) Training. Mr. Levine continues to advise and work with the US Navy SEAL Teams and their operators. He has also worked with countless military operational forces and training environments. These additional environments include US Army Infantry Units, US Marine Corps, US Air Force Special Tactics, US Army Special Forces units, the United States Navy Senior Enlisted Academy, the US Navy Dive and Salvage Training Center, US Air Marshals, US Secret Service, and military units abroad. Mr. Levine has been successful at reducing injury rates, lost duty days, and increasing physical fitness and performance levels throughout the communities he advises.

Mr. Levine was responsible for the development of several functional physical performance training curriculums and seminars which include:

(1) **Special Operations Physical Training Leaders Course**© This “train the trainer” approach teaches physical training leaders how to implement and follow detailed operationally specific functional physical training programs designed for implementation at the Individual, Squad, Platoon, and Command level for injury prevention and operational skill performance enhancement.

(2) **Certified Military Physical Training Specialist**© (**CMPTS**) A nationally recognized 5 day intensive instruction program designed for physical training program coordinators and instructors. Students receive in depth theoretical knowledge and hands on skill development in military physical training leadership, program design, and population/MOS specific functional program application. Each student receives a functional training deployment kit and manuals of instruction.

(3) **Fitness Fundamentals Course**© The Fitness Fundamentals Course is a 3-day basic physical training, facility awareness, and basic functional exercise technique course. The curriculum is designed to expose the physical fitness novice in proper equipment use, spotting techniques, basic exercise equipment set-up and application to the military individual and unit level environment. Each student is instructed on basic theoretical knowledge and comprehensive application skills.

(4) **Operator Physical Evaluation Course**© (**OPEC**) The Operator Physical Evaluation Course© (OPEC) is a five-day, physical evaluation, individual performance, and functional physical training education course. OPEC provides and develops a Functional Portrait™ - a comprehensive report of your present state of movement related function and physical fitness through a series of component and global tests. Attendees also receive a custom, software driven exercise prescription ExRx™ to correct imbalances and improve overall total body performance. OPEC has three critical elements; Testing, Teaching, and Training with daily functional physical training. Each student receives a functional training deployment kit and manuals of instruction.

(5) **High Altitude Training Seminar**© (**HATS**) HATS introduces operational personnel to altitude physiology and training, while developing an understanding of the challenges of high physical exertion at altitude, medical considerations, nutritional /hydration requirements, and acclimatization programs.. The scope of the seminar will provide information for deploying elements to prepare for altitude, altitude adaptation, acclimatization training plans, strategies for dealing with altitude, and overall benefits of altitude training for altitude and sea level environments. Included are physiologic screening, blood profiling, and hands on equipment training and environment specific exposure for altitude preparation and training.

**(6) Advanced Functional Skills Training Seminar© (ASTS2, ASTS3 & ASTS5)** The 2, 3, and 5 Day Advanced Functional Skills Training© (AST) seminars are designed for physical training program coordinators, instructors, leaders, and educators. The curriculum is 100% hands-on and designed to teach advanced functional exercise training techniques and integrated skill transfer training to enhance a trainers tool box of skill and knowledge while giving valuable cutting edge continuing education.

Mr. Levine's functional specific training principles and applications were founded and developed based on a proven team approach atmosphere to integrate specialized physical training, performance enhancement, and injury prevention programs. Mr. Levine is a nationally recognized speaker, an honored recipient of several citations of excellence from US military commands for his achievements in physical training and program excellence. He is currently Director of Training for Summit Life Systems Government Division overseeing all military and Government performance and educational programs.