

JACOB MALACHI WILSON

CURRICULUM VITA

Department of Nutrition, Food, and Exercise Science

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EDUCATION

- 2006-Present PhD Exercise Physiology (concentration: nutritional regulation of skeletal muscle tissue morphology and function), Florida State University, Tallahassee, FL.
- 2006 Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association Certification Commission
- 2005-2006 M.S. Exercise Physiology, California State University, East Bay, CA
- 2003-04 B.S. Exercise Nutrition & Wellness, California State University, East Bay, CA. Summa Cum Laude, Dean's list

SELECTED EMPLOYMENT AND PROFESSIONAL EXPERIENCE

- 2010 – Present Assistant Professor of Exercise Science, University of Tampa Bay, Tampa Bay, FL
- 2009- Present Peer Review for Strength and Conditioning Journal
- 2008-Present Staff Writer, Ironman Magazine
- 2007-Present Teaching Assistant, Department of Nutrition, Food and Exercise Science, Florida State University, Tallahassee, FL
- 2006-Present Researcher Assistant, Skeletal Muscle Physiology Laboratories, Florida State University, Tallahassee, FL
- 2005-2006 Lecturer, Department of Kinesiology, California State University, East Bay, CA

2005-2006	Graduate Research Assistant, Department of Kinesiology, California State University, East Bay, CA
2005-2007	Research Consultant and Writer, Champion Nutrition
2001-Present	Researcher, Writer, and Editor, Journal of Hyperplasia Research, abcbodybuilding.com
2001-Present	President, Founder, abcbodybuilding.com

TECHNICAL SKILLS

- Skeletal Muscle Laboratory
 - Gene Expression & Protein Expression: RNA isolation, RT-PCR, Western blotting, gel electrophoresis
- Human Performance Assessment
 - VO2max testing
 - Strength assessment (dynamic, isokinetic, isometric)
 - Blood collection, processing, and assessment
 - Body Composition Assessment (e.g. skinfolds, bioelectrical impedance)
- Animal Research
 - Fischer 344 rats - surgery (muscle isolation), rat functionality testing (grip strength, incline plane, ladder climbing resistance training protocol)
 - C57 Mice – Strength and endurance assessment
 - Hamsters – muscle isolation
- Analytical Skills
 - Extensive experience in manuscript and grant proposal preparation

COURSES DEVELOPED

CSU East Bay - Adaptations to External Resistance training for Elite Athletic Populations.

COURSES TAUGHT

Florida State University 2009-Present

- Co-Instructor and Laboratory Coordinator Exercise Physiology PET 3380

2007-2008

- Exercise Physiology Laboratory (PET 3380)

CSU East Bay 2005-2006

- Motor Learning (KPE 3330)
- Exercise Physiology Laboratory (KPE3320)

GUEST LECTURE COURSES

Florida State University

- Skeletal Muscle Physiology (Hun6906)
- Nutrition and Sports (Pet 3550)
- Advanced Exercise Physiology (Pet 5355)
- Science of Nutrition (HUN1201)
- Anatomy and Physiology I (PET 3322)
- Anatomy and Physiology II (PET 3323)

CSU East Bay / CSU Hayward

- Sports Medicine (KPE 6650)
- Kinesiology of Measurement (KPE 3300)
- Motor Development (KPE 4340)
- Biomechanics (KPE 3310)
- Physical Education for Exceptional Individuals (KPE 4008)
- Exercise Stress (KPE 4615)
- Beginning Weight Training (KPE 1055)
- Intermediate Weight Training (KPE 2000)
- Advanced Weight Training (KPE 3500)
- Circuit Training (KPE 1011)

Tallahassee Community College

- Personal Training (PET 1770)

RESEARCH

PRIMARY INTERESTS

- The effects of amino acid feedings, and amino acid metabolites and resistance training on skeletal muscle tissue morphology (hypertrophy and sarcopenia), adipose tissue, strength, and function in young and aging populations.
- Nutritional variables which speed recovery following muscle damaging exercise.

REGIONAL ABSTRACT PRESENTATIONS

Ostarello, J.Z., **Wilson, J.M.**, Wilson, G.J. (2005). Muscle power enhances brain power. Western Society of Kinesiology and Wellness. Las Vegas, NV.

Wilson, J.M., Hornbuckle, L.M., Kingsley, J.D., St John, N., Mathis, R., Van Tassel, J., McMillan, V., Figueroa, A., & Panton, L.B. (2007). Effects of strength training and chiropractic therapy on symptoms of Fibromyalgia. Southeast Regional American College of Sports Medicine. Charlotte, NC.

Hornbuckle, L.M., **Wilson, J.M.**, Kingsley, J.D., St John, N., Mathis, R., Van Tassel, J., McMillan, V., Figueroa, A., & Panton, L.B. (2007). Effects of strength training and chiropractic therapy in women diagnosed with fibromyalgia. Southeast Regional American College of Sports Medicine. Charlotte, NC.

Wilson, J.M., Kim, J-S., Lee, S-R., Wilson, G.J., Sommer, B., Colon, J., Diah, T., Mendez, D., Kingsley, J.D., Panton, L.B. (2008). Acute timing effects of β -hydroxy β -methyl butyrate (HMB) supplementation on muscle strength and soreness. Southeast Regional American College of Sports Medicine. Birmingham, AL.

Murriet, J., Figueroa, A., **Wilson, J.M.**, Panton, L.B. (2008). The effects of high intensity weight training and interval training on metabolism in college aged females. Southeast Regional American College of Sports Medicine. Birmingham, AL.

Wilson, J.M., Kim, J-S., Lee, S-R., Wilson, G.J., Sommer, B., Colon, J., Diah, T., D. Mendez, Kingsley, J.D., Panton, L.B. (2009). Acute timing effects of β -hydroxy β -methyl butyrate (HMB) supplementation on serum indices of muscle damage. Southeast Regional American College of Sports Medicine. Birmingham, AL.

Wilson, J.M., and Broeder, C (2009). An overview of the nutritional challenges of maintaining muscle mass in older adults. Southeast Regional American College of Sports Medicine.

Birmingham, AL.

Park, Y-M., **Wilson, J.M.**, Lee, S-R., Henning, P.C., Arjmandi, B.H., Ugrinowitsch, C., Leonard, K.P., and Kim, J-S. (2010) β -hydroxyl- β -methylbutyrate (HMB) improves maximum strength in aged Sprague-Dawley female rats during 10-week resistance training. Southeast Regional American College of Sports Medicine. South Carolina

Lee, S-R, Park, Y-M., **Wilson, J.M.**, Henning, P.C., Zourdos, M.C., Bakhshalian, N., Ugrinowitsch, C., Park, B-S., Khamoui, A., Jo, E., and Kim, J-S. 2010 Effects of β -hydroxyl- β -methylbutyrate (HMB) on body composition in old sprague-dawley female rats during 10-week resistance training. Southeast Regional American College of Sports Medicine. South Carolina

Zourdos, M.C., C. Ugrinowitsch, **J.M. Wilson**, P.C. Henning, S-R. Lee, Y-M. Park, and J-S. Kim. 2010 Changing exercises between sessions does not prevent the repeated bout effect occurrence. Southeast Regional American College of Sports Medicine. South Carolina

Henning, P.C., **Wilson, J.M.**, Lee, S-R., Figueroa, A., Panton, L.B., Mendez, D., Zourdos, M.C., Park, Y-M., Hooshmand, S., Anaya, F.V., and Kim, J-S. 2010 Effects of 3 or 6 grams of β -hydroxy- β -methylbutyrate (HMB) on muscle damage and performance in elderly. Southeast Regional American College of Sports Medicine. South Carolina

NATIONAL ABSTRACTS

Wilson, J.M., Kingsley, J.D., Toole, T., Mengelkoch, L., and **Panton, L.B.** (2007). Measurement of functionality in individuals with chronic obstructive pulmonary disease utilizing the CS-PFP. *Medicine and Science in Sports and Exercise*, 39(5), S334. American College of Sports Medicine. New Orleans, LA.

Hornbuckle, L.M., Kingsley, J.D., **Wilson, J.**, St. John, N., Holmes, A., Mathis, R., Van Tassel, J., McMillan, V., Figueroa, A., and Panton, L. (2007). Effects of strength training and chiropractic therapy on functionality in women with fibromyalgia. *Medicine and Science in Sports and Exercise*, 39(5), S294. American College of Sports Medicine. New Orleans, LA.

Wilson, J., Simons, J., Wilson, G., Theall, S. and Rodriquez, W. (2007). A test of self-efficacy and parameterization changes as possible explanations for the especial skills phenomenon at the 60.5 foot distance for highly experienced baseball pitchers. *Journal of Sport and Exercise Psychology*, 29(5),S140. North American Society for Psychology of Sport and Physical Activity. San Diego, CA.

Wilson, G., Simons, J., **Wilson, J.** and Rodriquez, W. (2007). The non-emergence of an especial skill: good is not enough. *Journal of Sport and Exercise Psychology*, 29(5),S140. North American Society for Psychology of Sport and Physical Activity. San Diego, CA.

Wilson, J.M., Kim, J-S., Lee, S-R., Wilson, G.J., Sommer, B., Colon, J., Diah, T., Mendez, D., Kingsley, J.D., Panton, L.B. (2008). Acute timing effects of β -hydroxy β -methyl butyrate (HMB) supplementation on muscle strength and soreness. *Medicine and Science in Sports and Exercise (Supp)* 39(5), S7. American College of Sports Medicine. Indianapolis, IN.

Murriet, J., Figueroa, A., **Wilson., J.M.**, Panton, L.B. (2008). Comparison Of Post-Exercise Resting Metabolic Rate After Thirty Minutes Of Intermittent Treadmill And Resistance Exercise. *Medicine and Science in Sports and Exercise (Supp)* 40(5):S26. American College of Sports Medicine. Indianapolis, IN.

Wilson, J.M., Hornbuckle, L.M., Kim, J-S., Sommer, B.A., Lee, S-R., Diah, T., Dalmeau, B., Mendez, D., Panton, L.B. (2008). The effects of static stretching on energy cost and endurance performance during treadmill running. *Medicine and Science in Sports and Exercise (Supp)* 40(5):S43. American College of Sports Medicine. Indianapolis, IN.

G.J. Wilson, **J.M. Wilson.** (2008). The Effects of HMB Supplementation on Muscle Tissue Structure & Function, Current & Future Research Implications. *(Supp)* 5(5):30. International Society of Sports Nutrition. Las Vegas, NV.

Wilson, J.M., Kim, J-S., Lee, S-R., Wilson, G.J., Sommer, B., Colon, J., Diah, T., Mendez, D., Kingsley, J.D., Panton, L.B. (2009). Acute timing effects of β -hydroxy β -methyl butyrate (HMB) supplementation on serum indices of muscle damage. *Medicine and Science in Sports and Exercise (Supp)* 41(5):509. Seattle, WA.

Lee, S-R., Archer, E.C., **Wilson, J.M.**, Leonard, K.P., Ugrinowitsch, C., Park, Y-M., Henning, P.C., Hooshmand, S., Neema, B., and Kim, J-S. (2009). DEXA-determined body composition differences between young and old rats are not sensitive enough to predict age-related strength and sensorimotor function decrements. *Medicine and Science in Sports and Exercise (Supp)* 41(5):483. Seattle, WA.

Archer, E.C. Grant, S., Arjmandi, B., Levenson, C., **Wilson, J.M.**, Leonard, K. P., Ugrinowitsch, C., and Kim, J-S (2009). The relationship between lean body mass, age, and anxiety-related behavior in F344 rats. *Medicine and Science in Sports and Exercise (Supp)* 41(5):3. Seattle, WA.

Sommer, B.A., **Wilson, J.M.**, Zourdos, M.C., Hornbuckle, L.M., Park, Y-M., Lee, S-R., Panton, L.B., and Kim, J-S. (2009). The effects of dynamic stretching on energy cost during a 30-minute time trial. *Medicine and Science in Sports and Exercise (Supp)* 41(5):87. Seattle, WA.

Zourdos, M.C., **Wilson, J.M.**, Sommer, B.A., Hornbuckle, L.M., Park, Y-M., Lee, S-R., Panton, L.B., and Kim, J-S. (2009). The effects of dynamic stretching on endurance performance during a 30-minute time trial. *Medicine and Science in Sports and Exercise (Supp)* 41(5):87. Seattle, WA.

Henning, P.C. , **Wilson, J.M.**, Lee, S-R., Figueroa, A., Panton, L.B., Mendez, D., Zourdos, M.C., Park, Y-M., Hooshmand, S., Anaya, F.V., and Kim, J-S. (2009). Effects of 3 or 6 grams of β -

hydroxy- β -methylbutyrate (HMB) on muscle damage and performance in elderly. *Med. Sci. Sports. Exerc.* Baltimore, MD

Park, Y.M., Lee, S-R., **Wilson, J.M.**, Henning, P.C., Bakhshalian, N., Ugrinowitsch, C., Zourdos, M.C., Park, B.S., Jo, E., Khamoui, A.V. and Kim, J-S. (2009). Influence of β -hydroxy- β -methylbutyrate on body composition and neuromuscular function in old rats during resistance Training. *Med. Sci. Sports. Exerc.* Baltimore, MD

Kim, J-S., **Wilson, J.M.**, Lee, S-R., Henning, P.C., Park, Y-M., Zourdos, M.C., Ugrinowitsch, C., Grant, S.C., Panton, L.B., Rathmacher, J.A., and Arjmandi, B.H. (2009). Daily β -hydroxy- β -methylbutyrate (HMB) intake prevents a loss of lean/total body mass ratio during senescence. *Med. Sci. Sports. Exerc.* Baltimore, MD

Lee, S-R, **Wilson, J.M.**, Henning, P.C., Ugrinowitsch, C., Park, Y-M., Zourdos, M.C., Park, B-S., Khamoui, A.V., Jo, E., Grant, S.C., Panton, L.B., and Kim, J-S. (2009). β -hydroxy- β -methylbutyrate (HMB) improves relative grip strength and sensorimotor function in middle aged and old rats. *Med. Sci. Sports. Exerc.* Baltimore, MD

Zourdos, M.C., Ugrinowitsch, C., **Wilson, J.M.**, Henning, P.C., Lee, S-R., Park, Y-M., and Kim, J-S. (2009). Changing exercises between sessions does not prevent the repeated bout effect occurrence. *Med. Sci. Sports. Exerc.* Baltimore, MD

Wilson, J.M., Lee, S-R., Henning, P.C., Ugrinowitsch, C., Grant, S.C., Park, Y-M., Masad, I.S., Leonard, K.P., Zourdos, M.C., Bakhshalian, N., Panton, L.B., and Kim, J-S. β -hydroxy- β -methylbutyrate (HMB) decreases body fat in middle aged and old rats. *FASEB.* Anaheim, Ca

Kim, J-S., Park, Y-M., Lee, S-R., **Wilson, J.M.**, Henning, P.C., Masad, I.S., Ugrinowitsch, C., Arjmandi, B.H., and Grant, S.C. Effects of β -hydroxy- β -methylbutyrate (HMB) on myofiber dimension and myogenic response in old Sprague-Dawley female rats during 10-week resistance training. *FASEB.* Anaheim, CA

Park, Y-M., Lee, S-R., **Wilson, J.M.**, Henning, P.C., Ugrinowitsch, C., Zourdos, M.C., Grant, S.C., Arjmandi, B.H., Rathmacher, J.A., and Kim, J-S. Effects of β -hydroxy- β -methylbutyrate (HMB) on muscle IGF-I and MGF mRNA expression in aged female rats during 10-week resistance training. *FASEB.* Anaheim, CA

Masad, I.S., **Wilson, J.M.**, Lee, S-R., Park, Y-M, Henning, P.C., Arjmandi, B.H., Kim, J-S., and Grant, S.C. Diffusion tensor imaging to track changes in skeletal muscle architecture of sarcopenic rats. *ISMRM/ESMRMB.* Stockholm, Sweden

Masad, I.S., Park, Y-M., Lee, S-R., **Wilson, J.M.**, Henning, P.C., Arjmandi, B.H., Grant, S.C., and Kim, J-S. Effects of β -hydroxy- β -methylbutyrate (HMB) during resistance training on muscle fiber CSA and lean body mass in aged rats: a DTI and DEXA Study. *ISMRM/ESMRMB.* Stockholm, Sweden

PUBLICATIONS – REFEREED

Ostarello, J.Z., **Wilson, J.M.**, and Wilson, G.J. (2006). Muscle power enhances brain power: a paradigm for student success in kinesiology. *Western Society Review*. 5(1):1-3.

Wilson, J.M., and G.J., Wilson. (2006). Contemporary issues in protein requirements and consumption for resistance trained athletes. *Journal of the International Society of Sports Nutrition*. 3(1):7-27.

Wilson, G.J. and **J.M., Wilson**, Manninen, A. (2008). A mechanistic and practical examination of the effects of HMB on performance and body composition across varying levels of age, sex, and training experience. *Nutrition & Metabolism*. 5:1.

Wilson, J.M. and Flanagan, E. (2008). The effects of elastic energy in work, force, and power output. *Journal of Strength and Conditioning Research*. 22(5):1705-15.

Wilson, J.M. and G.J., Wilson. A practical approach to the taper. (2008). *The Strength and Conditioning Journal*. 20(2): 10-26.

White, J., **Wilson, J.M.**, Pantan, L.B. (2008). Effect of carbohydrate-protein supplement timing on acute exercise-induced muscle damage. *Journal of the International Society of Sports Nutrition*. 5(1):5.

Simons, J, **Wilson, J.M.**, Wilson, G., Theall, S. and Rodriguez, W. (2009) Challenges to cognitive bases for an especial motor skill at the regulation baseball pitching distance. *Research Quarterly of Exercise and Sport*. 80(3):469-79.

Pantan, L.B., Figueroa, A., Kingsley, J.D., Hornbuckle, L., **Wilson, J.**, St. John, N., Abood, D., Mathis, R.C., VanTassel, J., and McMillan, V. (2009). The effects of resistance training and chiropractic treatment in women with fibromyalgia. *Journal of Alternative and Complementary Medicine* 15(3):321-8.

Wilson, J.M., Kim, J-S., Lee, S-R., Wilson, G.J., Sommer, B., Colon, J., Diah, T., Mendez, D., Kingsley, J.D., Pantan, L.B. (2009) Acute and timing effects of beta-hydroxy-beta-methylbutyrate (HMB) on indirect markers of skeletal muscle damage. *Nutrition & Metabolism*. 4(6):6.

Kim, J-S., **Wilson, J.M.**, and Lee, S-R. Invited Review: Dietary implications on mechanisms of sarcopenia: roles of protein, amino acids, and antioxidants. *Journal of Nutritional Biochemistry*. 21(1):1-13.

Wilson, J. M., Hornbuckle, L. M., Kim, J-S., Sommer, B. A., Lee, S-R., Diah, T., Dalmeau, B., Mendez, D., and Panton, L. B. (2009). Effects of static stretching on energy cost and running endurance performance. *Journal of Strength and Conditioning Research*. Epub ahead of print.

Lorenneke, J, Wilson, G.J., **Wilson, J.M.** (2009) A mechanistic approach to blood flow occlusion. *International Journal of Sports Medicine*. Epub ahead of print.

Wilson, J.M., Wilson, G.J., Zourdos, M.C., Smith, A.E., Stout, J.R. (In Press) Invited Review: Beta-alanine supplementation improves aerobic and anaerobic indices of performance. *The Strength and Conditioning Journal*. In press.

BOOK CHAPTERS

Moffatt, R. J., **Wilson, J.M.**, Lawrence, T. (2009) Nutrition for resistance training in middle aged adults. In: *Nutrition and Exercise Concerns of Middle Age*. 353-397. CRC Press, Boca Raton, FL.

MANUSCRIPTS IN REVIEW

Zourdos, M.C., Wilson, J.M., Ugrinowitsch, C., Sommer, B.A., Lee, S-R., Park, Y-M., Henning, P.C., Hornbuckle, L.M., Naimo, M., Panton, L.B., and Kim, J-S. (2009). The effects of dynamic stretching on endurance performance and energy costs in trained runners. *Journal of Science and Medicine in Sport*.

De Sourza, E. O., Cainelli, L.F., Pires, F., **Wilson, J.M.**, Fanchini, E., Tricoli, V., Ugrinowitsch, C. Acute effect of a maximum strength and a strength endurance exercise bout on the subsequent aerobic exercise.

MANUSCRIPTS IN PROGRESS

Wilson, J.M., Simons, J., Wilson, G., & Rodriguez, W. The non-emergence of an especial skill: good is not enough.

Wilson, J.M., Zourdos, M.C., Ugrinowitch, C., Lee, S-R., Kim, J-S. Concurrent training a meta analysis.

Ugrinowitsch, C., Zourdos, M.C., Henning, P, Y-M., Park. **Wilson, J.M**, Kim, J-S. Effects of changing exercise selection on the repeated bout effect.

EXPERIMENTS IN PROGRESS

Kim, J.S., **Wilson, J.M.**, Mendez, D., Lee, S.R., Panton, L.B. et al. The dose dependent effects of HMB on indices of muscle damage and maximal voluntary strength in elderly individuals.

Wilson, J.M., Ugrinowitsch, C., Grant, S., Lee, S.R., Kim, J.S. Effects of HMB supplementation throughout senescence on the expression of mitogenic and myogenic regulatory factors.

Ugrinowitsch, C., **Wilson, J.M.**, Grant, S., Lee, S.R., Kim, J.S., Effects of HMB supplementation throughout senescence on MR determined myofiber dimensions in F344 rats.

Park, Y-M., Ugrinowitsch, C., **Wilson, J.M.**, Lee, S-R., Leonard, K., Kim, J-S. The effects of an HMB supplement on markers of regeneration following an acute resistance training bout in CD57 rats.

SELECTED NON REFEREED PUBLICATIONS

Norton, L.E., Wilson, G.J., **Wilson, J.** (2008). Occlusion Training. Ironman Magazine. April.

Wilson, J., (2008). Testosterone as a Mediator of Muscle Tissue Growth. Fitness and Physique Magazine. Summer.

Wilson, J., Wilson, G.J. (2008). Periodization Part I: History and Physiological Basis. Fitness and Physique Magazine. Fall.

Wilson, J. Wilson, G.J. (2008). GH Surge. Ironman Magazine. September.

Wilson, G.J., **Wilson, J.** (2008). The HMB Controversy. Ironman Magazine. October.

Wilson, G.J., **Wilson, J.** (2008). Application of the Taper for Peak Performance. Ironman Magazine. November.

Wilson, J., Wilson, G.J. (2009). Leucine Supplementation for the Masters Level Athlete. Ironman Magazine. January.

Wilson, J., Wilson, G.J. (2009). The Science Behind Maximizing Cardio for Fat Metabolism Part I – HIIT vs. Long Duration Cardio. February.

Wilson, J., Wilson, G.J. (2009). The Science Behind Maximizing Cardio for Fat Metabolism Part II – Non Exercise Activity Induced Thermogenesis. March.

Wilson, J., Wilson, G.J. (2009). Insulin Resistance in the Older Athlete and its Effects on Hypertrophy. March.

Wilson, G.J., **Wilson, J.** (2009). ACTIVE RECOVERY. [May].

Wilson, G.J., **Wilson, J.** (2009). Goal Setting for the Bodybuilder. [June].

Wilson, J., (2009). Periodization Part II: Division of a Training Cycle. Fitness and Physique Magazine. Summer.

Wilson, J., (2009). Acute Training Variables Part I: Exercise Intensity and Rest Periods. Natural Muscle. [June]

Wilson, J., (2009). Acute Training Variables Part II: Frequency and Contraction Velocity. [June].

Wilson, J., (2009). Acute Training Variables Part III: Exercise Order. [June].

GRANTS

- CSU EAST BAY Graduate Student Grant (2005): Funding: \$ 3,102
- Metabolic Technologies Inc (2007). – Partial funding of experiment covering the cost of supplementation (~\$1,000): “The acute and timing effects of HMB on indices of muscle damage and maximal voluntary strength in college aged males.” – Primary Investigator
- Research Initiation Award 2007 - \$8, 000: “Advances in characterization of sarcopenic skeletal muscles using most current MR imaging and spectroscopy techniques “ – Doctoral Student Research Assistant
- Metabolic Technologies Inc (2007). – Partial funding of experiment covering the cost of supplementation (~\$ 1,000): “The dose dependent effects of HMB on indices of muscle damage and maximal voluntary strength in elderly individuals.” – CO-Investigator

SELECTED SCHOLARSHIPS, AWARDS AND CERTIFICATIONS

2009 Sandals Research Fellowship

2008 Research and Creativity Award for The Effects of Static Stretching on Energy Cost and Endurance Performance During a 60 minute time trial

2006-2008 College of Human Sciences Doctoral Research Fellowship

2006 CSCS, National Strength and Conditioning Association

2004-2005

- CSU EAST BAY Kinesiology Teaching and Research Assistantship 2005
- Joe Morgan Scholarship for Kinesiology Department 2005
- Summa Cum Laude Honors Graduate
- Graduated with Kinesiology Department's Outstanding Student Award for the class of 2005

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

ACSM American College of Sports Medicine

APS American Physiology Society

NSCA National Strength and Conditioning Association

ISSN International Society of Sports Nutrition