

JACOB MALACHI WILSON

CURRICULUM VITA

Department of Nutrition, Food, and Exercise Science

100J Sandals building

Contact Number - (850) 656-9149

Email - jmw06x@fsu.edu

EDUCATION

- 2006-Present PhD Candidate Exercise Physiology, Florida State University, Tallahassee, Florida
- 2006 Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association Certification Commission
- 2005-2006 M.S. Kinesiology: Double Concentration - 1. Motor Learning / Sport and Exercise Psychology and 2. Exercise Physiology, California State University Eastbay (Thesis: "The especial skill phenomena present at the 60.5 foot distance in experienced baseball players.")
- 2003-04 B.S. (Summa Cum Laude honors, dean's list) Exercise Nutrition & Wellness. California State University Hayward, CA

SELECTED EMPLOYMENT AND PROFESSIONAL EXPERIENCE

- 2008 Staff writer for Ironman Magazine
- 2007-2008 Teaching Assistant
- 2006-2008 Senior Researcher Assistant Exercise Physiology Laboratories, FSU,
- 2006-07 Nutrition Consultant for entire athletic department of St. Mary's College
- 2004-2006 Graduate Research assistant; and lecturer in Undergraduate Department of Kinesiology, CSU Eastbay, CA
- 2005 Co-Developed Nutrition Plan as a companion for Nautilus Bowflex
- 2005-2007 Research consultant and writer for Champion Nutrition
- 2001-08 Researcher, Writer, & Editor of the Journal of Hyperplasia Research, abcbodybuilding.com
- President, abcbodybuilding.com

COURSES DEVELOPED

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

COURSES TOUGHT

Florida State University 2007-2008

- Exercise Physiology Laboratory

CSU Eastbay 2005-2006

- Motor learning
- Exercise Physiology Laboratory

COURSES GUEST LECTURED, OR SUBSTITUDED FOR

Florida State University

- Applied Exercise Physiology (Pet 3380)
- Nutrition and Sports (Pet 3550)
- Advanced Exercise Physiology (Pet 5355)

CSU Eastbay / CSU Hayward

- Sports Medicine (Graduate) Kinesiology of Measurement
- Kinesiology of Measurement laboratory
- Motor Learning
- Motor development
- Biomechanics
- Physical Education for exceptional individuals
- Exercise Stress
- Beginning weight training,
- Intermediate weight training
- Advanced weight training,
- Circuit Training.

Tallahassee Community College

- Exercise Prescription (Strength Training)

RESEARCH INTERESTS

Primary Interests

- The effects of resistance training, amino acid feedings, and amino acid metabolites on skeletal muscle tissue morphology (specifically factors which stimulate hypertrophy), adipose tissue, strength and function in young and aging populations.
- The underlying endocrine and local myogenic / mitogenic changes which drive the adaptations seen following resistance training.

In the fsu muscle laboratory we analyze in vitro mRNA and protein responses to various exercising and or nutritional interventions in skeletal muscle. We are also collaborating with the National High Fields Magnetic Laboratory to view in vivo changes in myofiber dimensions and metabolic capacity in young and old rats in response to aging, and exercise.

RESEARCH

ABSTRACT PRESENTATIONS

Regional

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

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. Presented at the Southeast Regional American College of Sports Medicine. Charlotte, N.C.

Hornbuckle, L.M., **Wilson, J.**, 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. Presented at the Southeast Regional American College of Sports Medicine. Charlotte, N.C.

J.M. Wilson, J-S. Kim, S-R. Lee, G.J. Wilson, B. Sommer, J. Colon, T., Diah, D. Mendez, J.D. Kingsley, L.B. Panton. FACSM Florida State Univ, Tallahassee, FL ACUTE TIMING EFFECTS OF β -HYDROXY β -METHYL BUTYRATE (HMB) SUPPLEMENTATION ON MUSCLE STRENGTH AND SORENESS. *Southeast Regional American College of Sports Medicine.* Birmingham, February, 2008

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

J.M. Wilson, J-S. Kim, S-R. Lee, G.J. Wilson, B. Sommer, J. Colon, T., Diah, D. Mendez, J.D. Kingsley, L.B. Panton. FACSM Florida State Univ, Tallahassee, FL 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, February, 2009

Wilson, J.M and Broeder, C. An Overview of the Nutritional Challenges of Maintaining Muscle Mass in Older Adults *Southeast Regional American College of Sports Medicine.*

Birmingham, February, 2009

National - Published

Wilson, J.M., Kingsley, J.D., Toole, T., Mengelkoch, L., & **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.

Hornbuckle, L.M., Kingsley, J.D. **Wilson, J.**, St. John, N., Holmes, A., Mathis, R, Van Tassel, J., McMillan, V., Figueroa, A., & 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.

Wilson, J., Simons, J, Wilson, G., Theall, S. & Rodriguez, 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. NASPSPA Conference. California, San Diego.

Wilson, G., Simons, J., **Wilson, J.** & Rodriguez, W. (2007). The Non-Emergence of an Especial Skill: Good is Not Enough. Journal of Sport and Exercise Psychology. NASPSPA Conference. California, San Diego.

J.M. Wilson, J-S. Kim, S-R. Lee, G.J. Wilson, B. Sommer, J. Colon, T., Diah, D. Mendez, J.D. Kingsley, L.B. Panton. FACSM Florida State Univ, Tallahassee, FL ACUTE TIMING EFFECTS OF β -HYDROXY β -METHYL BUTYRATE (HMB) SUPPLEMENTATION ON MUSCLE STRENGTH AND SORENESS. *Medicine and Science in Sports and Exercise (Supp)*

Murriet, J., Figueroa, A., **Wilson, J.M.**, Panton, L.B. The effects of high intensity weight training and interval training on metabolism. *Medicine and Science in Sports and Exercise (Supp)* 208

Wilson, J.M., L.M. Hornbuckle, J-S. Kim, B.A. Sommer, S-R. Lee, T. Diah, B. Dalmeau, D. Mendez, L.B. Panton, FACSM Florida State Univ, Tallahassee, FL (To be presented in June) THE EFFECTS OF STATIC STRETCHING ON ENERGY COST AND ENDURANCE PERFORMANCE DURING TREADMILL RUNNING *Medicine and Science in Sports and Exercise (Supp)*2008

G.J. Wilson, **J.M. Wilson**. HMB Current and Future Directions, Florida State Univ, Tallahassee, FL International Society of Sports Nutrition Annual Conference, Las Vegas 2009

J.M. Wilson, J-S. Kim, S-R. Lee, G.J. Wilson, B. Sommer, J. Colon, T., Diah, D. Mendez, J.D. Kingsley, L.B. Panton. FACSM Florida State Univ, Tallahassee, FL 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)*2009

Lee, S-R., E.C. Archer, **J.M. Wilson**, K.P. Leonard, C. Ugrinowitsch, Y-M. Park, P.C. Henning, S. Hooshmand, B. Neema, and J-S. Kim, Florida State University, Tallahassee, FL 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)*2009

Archer, E.C. S. Grant, B. Arjmandi, C. Levenson, **J.M. Wilson**, K. P. Leonard, C. Ugrinowitsch, and J-S. Kim, Florida State University, Tallahassee, FL THE RELATIONSHIP BETWEEN LEAN BODY MASS, AGE, AND ANXIETY-RELATED BEHAVIOR

IN F344 RATS. *Medicine and Science in Sports and Exercise (Supp)*2009

Sommer, B.A., **J.M. Wilson**, M.C. Zourdos, L.M. Hornbuckle, Y-M. Park, S-R. Lee, L.B. Panton, FACSM, and J-S. Kim. THE EFFECTS OF DYNAMIC STRETCHING ON ENERGY COST DURING A 30-MINUTE TIME TRIAL *Medicine and Science in Sports and Exercise (Supp)*2009

Zourdos, M.C., **J.M. Wilson**, B.A. Sommer, L.M. Hornbuckle, Y-M. Park, S-R. Lee, L.B. Panton, FACSM, and J-S Kim. Florida State University, Tallahassee, FL THE EFFECTS OF DYNAMIC STRETCHING ON ENDURANCE PERFORMANCE DURING A 30-MINUTE TIME TRIAL *Medicine and Science in Sports and Exercise (Supp)*2009

PUBLICATIONS – REFEREED

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

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.
<http://www.sportsnutritionociety.org/site/pdf/JISSN-3-1-7-27-06.pdf>

Wilson, G.J. and **J.M. Wilson**, Manninen, A. 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* 2008, 5:1 Achieved: **Highly accessed** designation.
<http://www.ncbi.nlm.nih.gov/pubmed/18173841?dopt=Abstract>

Wilson, J.M. and Flanagan, E. (2008). The effects of elastic energy in work, force, and power output. *Journal of Strength and Conditioning Research: In Press (To be published in July)*

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.**, Panton, L.B. (2008) Effect of Carbohydrate-Protein Supplement Timing on Acute Exercise-Induced Muscle Damage. *Journal of the International Society of Sports Nutrition*. Achieved **Highly accessed**
<http://www.jissn.com/content/5/1/5>

Simons, J, **Wilson, J.M.**, Wilson, G., Theall, S. & Rodriguez, W. 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. *Research Quarterly of Exercise and Sport (Accepted, In Press)*

Panton, L.B., Figueroa, A., Kingsley, J.D., Hornbuckle, L., **Wilson, J.**, St. John, N., Abood, D., Mathis, R.C., VanTassel, J., & McMillan, V. (2008). The effects of resistance training and chiropractic treatment in women with Fibromyalgia. *Journal of Alternative and Complementary Medicine (Accepted, In Press)*

Book Chapters

Moffatt, R. J., **Wilson, J.M.**, Lawrence, T. Nutrition for resistance training in middle aged adults. In: Nutrition for middle aged adults. TF-CRC (In Press)

Manuscripts in Review

Wilson, G.J., **Wilson, J.M.**, Kim, J-S. The influence of Training and Genetics on Muscle Fiber Type Shifting. European Journal of Applied Physiology

Lorenneke, J, G.J., Wilson, Wilson, J.M. A Mechanistic Approach to Occlusion Training. European Journal of Applied Physiology

Wilson, J.M., L.M. Hornbuckle, J-S. Kim, B.A. Sommer, S-R. Lee, T. Diah, B. Dalmeau, D. Mendez, L.B. Panton THE EFFECTS OF STATIC STRETCHING ON ENERGY COST AND ENDURANCE PERFORMANCE DURING TREADMILL RUNNING, MSSE

Wilson, J.M., J-S. Kim, S-R. Lee, G.J. Wilson, B. Sommer, J. Colon, T., Diah, D. Mendez, J.D. Kingsley, L.B. Panton. FACSM Florida State Univ, Tallahassee, FL Acute and Timing Effects of an HMB supplement on indicators of muscle damage. *Nutrition & Metabolism*.

Manuscripts in Progress

Kim, J-S., **Wilson, J.M.**, Lee, S-R The Nutritional Mechanisms Which underlie Sarcopenia (An Invited Review) Nutritional Biochemistry Journal

Wilson, J.M., Simons, J., Wilson, G., & Rodriguez, W. (2007). The Non-Emergence of an Especial Skill: Good is Not Enough.

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.

Kim, J.S., Grant, S., **Wilson, J.M.**, Archer, E. Lee, S.R., In vivo NMR analysis of sarcopenia and impaired regeneration.

THE EFFECTS OF DYNAMIC STRETCHING ON ENERGY COST AND PERFORMANCE DURING A 60-MINUTE TIME TRIAL

Sommer, B.A., J.M. Wilson, M.C. Zourdos, L.M. Hornbuckle, Y-M. Park, S-R. Lee, L.B. Panton, FACSM, and J-S. Kim. Florida State University, Tallahassee, FL

NON REFEREED PUBLICATIONS

Magazines

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

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

Wilson, G.J., Wilson, J. (2008). The HMB Contraversy. Ironman Magazine. [October].

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

Wilson, J., **Wilson, G.J.** (2008). Leucine supplementation for the Masters Level Athlete. Ironman Magazine. December.

Wilson, J., **Wilson, G.J.** (2008). The Science Behind Maximizing Cardio for Fat Metabolism Part I – HIIT vs. Long Duration Cardio. [In press].

Wilson, J., **Wilson, G.J.** (2008). The Science Behind Maximizing Cardio for Fat Metabolism Part II – Non exercise activity induced thermogenesis. [In press].

SELECTED ONLINE PUBLICATIONS – NON-REFEREED

Wilson, J.M. (2004) Association / Dissociation Theory *Journal of Hyperplasia Research*. 4: <http://www.abcbodybuilding.com/associationstrategies.pdf>

Wilson, G.J., and **J.M., Wilson.** (2005). Slow acting hormones and their role in fuel use during exercise. *Journal of Hyperplasia Research*.
<http://www.abcbodybuilding.com/Nutrientpartitioningpart2.pdf>

J.M., Wilson. and Wilson, G.J. (2005). Analysis of nutrient use during low, moderate, and high intensity exercise. *Journal of Hyperplasia Research*.
<http://www.abcbodybuilding.com/Nutrientpartitioningpart3.pdf>

J.M., Wilson. and Wilson, G.J. (2005). Direct comparisons of fuel use during low, moderate, and high intensity exercises. *Journal of Hyperplasia Research*.
<http://www.abcbodybuilding.com/Nutrientpartitioningpart12.pdf>

J.M., Wilson. and Wilson, G.J. . (2005). Specificity part III: Theoretical rationales for the specificity of movement control. *Journal of Hyperplasia Research*. 5: <http://www.abcbodybuilding.com/specificitymovement.pdf>

J.M., Wilson. and Wilson, G.J. (2005). Periodization Part 3 – Traditional and Non-Traditional Periodization. *Journal of Hyperplasia Research*. 5: <http://www.abcbodybuilding.com/periodization3.pdf>

J.M., Wilson. and Wilson, G.J. (2005). Tapering part I - Two factor theory. *Journal of Hyperplasia Research*. 5 <http://www.abcbodybuilding.com/taper1.pdf>

Wilson, J.M. (2006) Leucine's General Effects on Muscle Growth and Protein Balance *Journal of Hyperplasia Research*. 6: <http://www.abcbodybuilding.com/leucine1.php>

Wilson, J.M. (2006) Leucine's Effects and Interaction with Insulin and Muscle Growth *Journal of Hyperplasia Research*. 6: <http://www.abcbodybuilding.com/leucine2.php>

Wilson, J.M. (2006) The Interaction Between Leucine and Exercise on Muscle Growth *Journal of Hyperplasia Research*. 6: <http://www.abcbodybuilding.com/leucine3.php>

Wilson, J.M. (2006) The Role of Leucine and Anabolic Resistance *Journal of Hyperplasia Research*. 6: <http://www.abcbodybuilding.com/leucine4.php>

- Wilson, J.M.** (2006) The Effects of Leucine and Fat Metabolism *Journal of Hyperplasia Research*. 6: <http://www.abcbodybuilding.com/leucine5.php>
- Wilson, J.M.** (2006) Leucine - Practical Applications *Journal of Hyperplasia Research*. 6: <http://www.abcbodybuilding.com/leucine6.php>
- Wilson, J.M.** (2007) Testosterone as a Mediator of Muscle Tissue Growth. *Journal of Hyperplasia Research*. 7: <http://www.abcbodybuilding.com/testosterone.pdf>
- Wilson, J.M.** (2007) The Ultimate Scientific Guide to Neural Adaptations to Exercise *Journal of Hyperplasia Research*. 7: <http://www.abcbodybuilding.com/neuraladaptations.pdf>
- Wilson, J.M.** (2008) Acute Training Variables Part I: Muscle Action. *Journal of Hyperplasia Research*. 8: <http://www.abcbodybuilding.com/acutepart2muscleaction.pdf>
- Wilson, J.M.** (2008) Acute Training Variables Part II: Training Intensity *Journal of Hyperplasia Research*. 8: <http://www.abcbodybuilding.com/acutepart3intensity.pdf>
- Wilson, J.M.** (2008) Acute Training Variables Part III: Optimal Resting Intervals Intensity *Journal of Hyperplasia Research*. 8: <http://www.abcbodybuilding.com/acutepart4restperiodlength.pdf>
- Wilson, J.M.** (2008) Acute Training Variables Part IV: Training Volume *Journal of Hyperplasia Research*. 8: <http://www.abcbodybuilding.com/acutepart5volume.pdf>
- Wilson, J.M.** (2008) Acute Training Variables Part V: Exercise Selection and Order *Journal of Hyperplasia Research*. 8: <http://www.abcbodybuilding.com/acutepart6selectionandorder.pdf>
- Wilson, J.M.** and G.J. Wilson (2008) Acute Training Variables Part VI: Repetition Velocity and Training Frequency *Journal of Hyperplasia Research*. 8: <http://www.abcbodybuilding.com/acutepart7velocityfrequency.pdf>

Grants

- CSUEASTBAY Graduate Student Grant (2005): Funding: \$ 3, 102
- Metabolic Technologies Inc (2007). – Partial funding of experiment covering the cost of supplementation (roughly \$ 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 (roughly \$ 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

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

- CSUEASTBAY Kinesiology Teaching and Research Assistantship 2005
- Joe Morgan Scholarship for Kinesiology Department 2005
- Summa Cum Laude Honors Graduate (Designated as graduating in the top 1 percentile of the CSU College graduating students)
- Graduated with Kinesiology Department's Outstanding Student Award for the class of 2005
- Dean's List all Quarters – CSU Eastbay, CA

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**