

---

**Jason M. Cholewa, Ph.D., CSCS | [jason.m.cholewa@gmail.com](mailto:jason.m.cholewa@gmail.com) | 860.884.5998**

## EDUCATION

<b>Springfield College</b> Springfield, MA	<b>Ph.D. Exercise Physiology</b> , May 2013 <i>Dissertation:</i> "Effects of Betaine on Strength, Power, Body Composition, and Homocysteine Thiollactone in Strength Trained Men" <i>Area of Concentration:</i> Strength and Conditioning, Human Performance, and Metabolism
<b>Springfield College</b> Springfield, MA	<b>M.S. Exercise Physiology</b> , August 2011 <i>Thesis:</i> "Effects of Induced Metabolic Alkalosis on Shuttle Run Performance"
<b>University of Rhode Island</b> Kingston, RI	<b>B.A. Communications Studies</b> , December 2004 <i>Area of Concentration:</i> Marketing and Advertising

---

## APPOINTMENTS

<b>Coastal Carolina University</b> Conway, SC	<b>Assistant Professor</b> , 2013 - Present Department of Kinesiology, Recreation, and Sport Studies
<b>University of Kentucky</b> Lexington, KY	<b>Lecturer</b> , 2012 - 2013 Department of Kinesiology and Health Promotion
<b>Springfield College</b> Springfield, MA	<b>Adjunct Professor</b> , 2011 - 2012 School of Human Services
<b>Springfield College</b> Springfield, MA	<b>Teaching Fellow</b> , 2009 - 2012 School of Arts, Sciences, and Professional Development

---

## COURSES TAUGHT

<b>Coastal Carolina University</b> EXSS 310 EXSS 350 EXSS 415 EXSS 399-01 EXSS 399-02	Exercise and Sport Nutrition Exercise Physiology Personal Fitness Leadership Independent Study in Exercise Science (Sport Nutrition Research) Independent Study in Exercise Science (Strength Training Research)
<b>University of Kentucky</b> KHP 210 KHP 240 KHP 240DL KHP 350	Introduction to Fitness Application Sports Nutrition Sports Nutrition (Online) Strength and Conditioning
<b>Springfield College</b> HUSB 254v1 HUSB 254 HUSB 139 BIOL 132 BIOL 133	Human Biology (Online) Human Biology Hiking Anatomy and Physiology I (Laboratory) Anatomy and Physiology II (Laboratory)

---

## RELATED PROFESSIONAL EXPERIENCE

<b>BR Physical Performance</b> Murrells Inlet, SC	<b>Owner/Coach</b> , 2008 - Present
<b>Springfield College</b> Springfield, MA	<b>Collegiate Bodybuilding Team Strength Coach</b> , 2011 - 2012
<b>Springfield College</b> Springfield, MA	<b>Human Performance Research Laboratory Assistant</b> , 2008 - 2012
<b>Custom Built Personal Training</b> Bristol, CT	<b>Program Consultant</b> , 2008 - 2010

---

## Research and Academic Support

- 2012** Biological material grant to study the effects of betaine supplementation on strength, body composition, and homocysteine thiolactone. Danisco Inc., \$250: Principal Investigator. [Funded]
- 2012** Research grant to fund biochemical assays for the determination of homocysteine thiolactone in urine samples following betaine supplementation. DuPont Nutrition and Health Inc., \$5,500: Principal Investigator. [Funded]
- 2013** Academic grant to sponsor an in-residence freshman Living and Learning Community to support student growth and retention within the Kinesiology program. University of Kentucky Resident Life, \$10,000 per Annum: Co-Developer. [Funded]
- 2013** Research grant to assess the effects of chronic betaine supplementation on arterial stiffness, functional performance, body composition, and growth hormones in the elderly. DuPont Nutrition and Health Inc., \$250,000: Principal Investigator. [Not Funded]
- 2013** Sponsorship grant to fund the publication of “Resistance Training as Physiotherapy for Cystic Fibrosis: A Review” in BioMed Research International. Cystic Fibrosis Foundation, \$1,500: Principal Investigator. [Not Funded].
- 2013** Professional Enhancement Grant to perform to pilot a study investigating the effects of acute betaine supplementation on strength and growth hormone in the elderly. Coastal Carolina University, \$6,000: Principal Investigator. [Not Funded].
- 2015** Biological material grant to study the effects of betaine supplementation on strength, body composition, and intracellular water in young and older adults. DuPont Nutrition and Health Inc., \$750 (Est.): Principal Investigator. [Funded]
- 2015** Professional Enhancement Grant to perform to pilot a study investigating the effects of acute betaine supplementation on strength and growth hormone in the elderly. Coastal Carolina University, \$3,900: Principal Investigator. [Funded].
- 2016** Skeletal muscle remodeling induced by blood flow restriction plus low-intensity strength training: The role of neutrophils/macrophages recruitment. São Paulo Research Foundation – FAPESP, BRL\$ 22,114: Co-Supervisor. [Approved].

## SCHOLARSHIP

**Current Research:** *Effects of betaine supplementation on performance and muscle growth in females*

**Publications:**

Santos, S., Gerosa-Neto, J., Inoue, D., Rossi, F.E., **Cholewa, J. M.**, Campus, E, Lira, F.S. (2017). Physiological response to 5km running in high-intensity intermittent and moderate continuous. *Journal of Human Kinetics*. [Accepted].

**Cholewa, J.M.**, Dardavet, D., Lima-Soares, F., Pessoa, K., Cardoza, M., Torres Cabido, C.E., Nicastro, H., Zia, Z., & Zanchi, N.E. (2017). Dietary protein and amino acids in the control of the muscle mass during immobilization and aging: Role of the MPS response. *Amino Acids*. [Accepted].

Rossi, F.E., Diniz, T., Neves, L., Fortaleza, AC., Gerosa-Neto, J., Inoue, D., Buonani, C., **Cholewa, J. M.**, Lira, F., & Freitas, I.F. (2017). The beneficial effects of Aerobic and Concurrent training on metabolic profile and body composition after detraining: a 1-y follow-up in postmenopausal women. *European Journal of Clinical Nutrition*. [In Press]

Rossi, F., Landreth, A., Beam, S., Jones, T., & **Cholewa, J. M.** (2017). Effects of Sport Nutrition Education on Dietary Intake, Nutrition Knowledge, Body Composition, and Performance in NCAA Division I Baseball Players. *Journal of Sport Science and Medicine*, 16:60-68.

Rossi, F.E., Schoenfeld, B., Krieger, J., Ocetnik, S., Young, D., & **Cholewa, J.M.** (2016). Strength, body composition, and functional outcomes in the squat versus leg press exercises. *Journal of Sports Medicine and Physical Fitness*. [In Press]

Rossi, F., Gerosa-Neto, J., Diniz, T.A., Freitas, I.F., Lira, F.A., & **Cholewa, J. M.** (2016). Impact of short and moderate rest intervals on acute blood lipid and PAI-1 response to exhaustive strength exercise. *Journal of Exercise Rehabilitation*, 12(6):559-566.

Agostinete, R., Rossi, F., Magalhaes, A. J., Rocha, A., Parmezzani, S., Gerosa-Neto, J., **Cholewa, J. M.**, & Lira, F. (2016). Immunometabolic responses after short and moderate rest intervals to strength exercise with and without similar total volume. *Frontiers in Physiology*, 7:444.

Gerosa-Neto, J., Rossi, F., **Cholewa, J. M.**, et al. Lira, F. (2016). Impact of Short and Moderate Rest Intervals on the Acute Immunometabolic Response to Exhaustive Strength Exercise: Part 2. *Journal of Strength and Conditioning Research*, 30(6): 1570-6.

Rossi, F., **Cholewa, J. M.**, Gerosa-Neto, J., Zanchi, N., Lira, F. (2016). Impact of Short and Moderate Rest Intervals on the Acute Immunometabolic Response to Exhaustive Strength Exercise: Part 1. *Journal of Strength and Conditioning Research*, 30(6): 1563-9.

Inoue D.S., Panissa V.L., Monteiro P., Gerosa Neto J., Rossi F.E., Antunes B.M., Franchini E., **Cholewa J.M.**, Gobbo L.A., Lira F.S.. (2016). Immunometabolic Responses to Concurrent Training: The Effects of Exercise Order in Recreational Weight Lifters. *Journal of Strength and Conditioning Research*, 30(7): 1960-7.

Antunes, B. M., Rossi, F., **Cholewa, J. M.**, & Lira, F. (2016). Regular Physical Activity and Vascular Aging. *Current Pharmaceutical Design*, 22(24): 3715-29.

Zhi, X., Zanchi, N. E., Yan, Z., Yue-qin, Y., Hua-yu, S., **Cholewa, J. M.**, Ferreira-Guimarães, L., Naimo, M. A., Jun-Zhi, S., Quan-sheng, S. (2016). Hypertrophy-Promoting Effects of Leucine Supplementation and Moderate Intensity Aerobic Exercise in Pre-Senescent Mice. *Nutrients*.8(5): E246.

Zanchi, N. E., **Cholewa, J. M.**, Moreita, G. V., Veras, K., Almeida, F. N., Webber, T., Seixas, D., Lancha-Jr, A. H., de Oliveira Carvalho, C. G. (2015). Effects of Diacerein treatment on palmitate induced endoplasmic reticulum stress in INS1-E beta cells. *Journal of International Research in Medical and Pharmaceutical Sciences*, 5(4): 199-206.

**Cholewa, J. M.,** Jaffe D. J., Grannis D. G., Guimarães-Ferreira, L., Matthews, T. D., & Paolone, V. J. (2015). The Effects of Sodium Bicarbonate Supplementation on a Soccer Specific Conditioning Test in Division III Soccer Players. *Journal of Trainology*, 4(1): 19-24.

Silva, V., Azevedo, A.P., Duncan, M.J., Cordeiro, J.P., Siqueria-Filho, M.A., **Cholewa, J.M.,** Zanchi, N.E., Guimarães-Ferreira, L. (2014). Effects of exercise intensity on rating of perceived exertion during multiple sets in bench press to volitional failure. *Journal of Trainology*, 3(2): 41-46.

**Cholewa, J. M.,** Ferreira-Guimarães, L., & Zanchi, N. E. (2014). Effects of betaine on performance and body composition: A review of recent findings and potential mechanisms. *Amino Acids*, 46(8): 1785-1793.

Ferreira-Guimarães, L., **Cholewa, J. M.,** Niamo, M. A., Zhi, X., Magagnin, D., de Sa, R., Streck, E., Teixeira, T., & Zanchi, N. E. (2014). Synergistic Effects of Resistance Training and Protein Intake: Practical Aspects. *Nutrition*, 30(10): 1097-1103.

**Cholewa, J. M.,** Ferreira-Guimarães, L., Niamo, M. A., Zhi, X., de Sa, R., da Silva, M., Teixeira, T., & Zanchi, N. E. (2014). Basic models modeling resistance training: An update of the literature for basic scientists interested in study skeletal muscle hypertrophy. *Journal of Cellular Physiology*, 229(9): 1148-1156.

**Cholewa, J. M.,** Wyszczelska-Rokiel, M., Glowacki, R., Jakubowski, H., Matthews, T. D., Wood, R., Craig, S. A., & Paolone, V. J. (2013). Effects of Betaine Supplementation on Body Composition, Performance and Homocysteine Thiolactone. *Journal of the International Society of Sports Nutrition*, 10(39).

**Cholewa, J. M.,** & Paolone, V. J. (2012). Influence of Exercise on the Airway Epithelia in Cystic Fibrosis: A review. *Medicine and Science in Sports and Exercise*, 44(7):1219-26.

#### **Manuscripts in Review:**

Freitas, M.C., **Cholewa, J.M.,** Freire, R.V., Carmo, B.A., Bottan, J., Bratfich, M., Della Badniera, M.P., Goncalves, D.C., Caperuto, E.C., Lira, F.S., Rossi, F.E. (2017). Acute Capsaicin Supplementation Improves Resistance Training Performance in Trained Men. *Journal of Strength and Conditioning Research*.

Zia, Z., **Cholewa, J.M.,** Zhao, Y., Yang, Y., Su, Q., & Zanchi, N.E. (2017). Potential Treatment for Sarcopenia: Exercise and Leucine-Based Multimodal Intervention – A mini review. *Frontiers in Physiology*.

Inoue, D., Goncalves-Panissa, V., Monteiro, P., Neto, J., Rossi, F., Caperuto, E. **Cholewa, J. M.,** Lira, F. (2016). Caffeine consumption does not improve performance in concurrent strength but increases TNF- $\alpha$ : a pilot study. *Journal of Human Nutrition and Dietetics*.

#### **Manuscripts in Preparation:**

**Cholewa, J. M.,** Hewins, A., Gallo, S., Micensky, A., DeAngelis, C., Carnery, C., Norton, L., Campbell, B., Conlin, L., & Rossi, F. E. (2016). The Effects of Moderate- versus High-Load Training on Body Composition, Muscle Growth, and Performance in College Aged Females.

**Cholewa, J. M.,** Ferreira-Guimarães, L., Naimo, M. A., & Zanchi, N. E. (2016). Leucine: From simple amino acid to complex cell biology.

**Cholewa, J.M.**, Rossi F., & Barreiro, J. (2016). Resistance Training as Physiotherapy for Cystic Fibrosis: A Review.

**Book Chapters:** Ferreira-Guimarães, L., **Cholewa, J. M.**, Furigo, I. C., Bolivar-Pedrosos, J., & Zanchi N. E. (2015). Leucine: Biology, Consumption and Benefits: *An Overview on Leucine Metabolites Alpha-Ketoisocaproate (KIC) and Beta-Hydroxy-Beta-Methyl Butyrate (HMB) in Skeletal Muscle Function and Sports Performance*, Publisher: Nova Publishers, Editors: Sophia R. Newman. 978-1-63482-633-4

**Abstracts:** **Cholewa, J.M.**, Godwin, A., Cervenka, A., Moye, R., Micenski, A., MacDonald, C., Zinchenko, A., Atalag, O., & Henselmans, M. (2016). Anthropometrical Determinants of Deadlift Variant Performance. *Center for Excellence in Sport Science and Coaching Education*. ePub. Available at: <http://www.sportscienceed.com/conference-papers.html>

MacDonald, C.J., Lamond, H.S., Smith, J.C., **Cholewa, J.C.**, Suppe, A.M., Gentles, J.A., & Hurlbert, L.D. (2016). The Relationship of Body Composition to Countermovement Vertical Jump Characteristics across Loaded Conditions. *Center for Excellence in Sport Science and Coaching Education*. ePub. Available at: <http://www.sportscienceed.com/conference-papers.html>

Rossi, F.E., Gerosa-Neto, J., Aparecido-Diniz, T., Forte-Freitas, I., **Cholewa, J.M.** & Lira, FE. (2016). Ereito do Intervalo de Recuperacao Apos Exercicio de Forca no Inibidor do Ativador do Plasminogenio do Tipo 1 e Perfil Lipidico em Adultos Saudaveis. *VI Congresso Brasileiro de Metabolismo, Nutricao e Exercicio*.

**Cholewa, J. M.**, Hewins, A., Gallo, S., Micensky, A., DeAngelis, C., Carnery, C., Norton, L., Campbell, B., Conlin, L., & Rossi, F. E. (2016). The Effects of Moderate- versus High-Load Training on Body Composition, Muscle Growth, and Performance in College Aged Females. *Journal of the International Society of Sports Nutrition*, 13(Suppl 1):P55.

**Cholewa, J.M.**, Rossi, F.E., Jones, T., & MacDonald, C.J. (2015). The Effect of Fall and Spring Competitive Seasons on Body Composition and Performance-Variables in NCAA Division I Baseball Players. *Center for Excellence in Sport Science and Coach Education*. ePub. Available at: <http://www.sportscienceed.com/conference-papers.html>

Rossi, F.E., Shamah, L., Fleming, A., Durham, K., Christiano, B., Woods, S., & **Cholewa, J.M.** (2015). Relationship between nutritional knowledge, body composition, dietary intake and power in female athletes. *Center for Excellence in Sport Science and Coach Education*. ePub. Available at: <http://www.sportscienceed.com/conference-papers.html>

MacDonald, C.J., Smith, J.C., Lamont, H.S., **Cholewa, J.M.**, Suppe, A.M., & DePompeis, R.J. (2015). A comparison of countermovement vertical jump characteristics between jump conditions in a recreationally trained population: A hypothesis generation study. *Center for Excellence in Sport Science and Coach Education*. ePub. Available at: <http://www.sportscienceed.com/conference-papers.html>

Santos CC, Gerosa-Neto J., Inoue DS, Rossi FE., **Cholewa JM.**, Campos ZE., & Lira, FE. (2015). Physiological responses to 5-km running performance in high-intensity intermittent and moderate-intensity continuous exercise. *I Congresso Brasileiro de Educacao Fisica*.

**Cholewa, J. M.**, Landreth, A., Jones, T., Beam, S., MacDonald, C. (2015). The effects of a sports nutrition education intervention on nutritional status, sport nutrition knowledge, body composition, and performance in NCAA Division I baseball players. *Journal of the International Society of Sports Nutrition*, 12(Suppl 1).

MacDonald, C., Sato, S., Carter, C., Lamont, H., Sands, W., Stone, M., Israel, M., Gentles, J., **Cholewa, J. M.**, Garner, J., Ramsey, M., Hornsby, G. (2014). Differences in SEMG

between Normal Squats and Accentuated Eccentric Loaded Squats in Competitive Collegiate Weightlifters. *International Society of Biomechanics in Sports: The International Conference on Biomechanics in Sports*, 32:77-80.

**Cholewa, J. M.**, Wood, R., Matthews, T. D., Craig, S. A., & Paolone V. P. (2013). Betaine Supplementation Improves Body Composition and Homocysteine Thiolactone in Strength Trained Men. *Medicine and Science in Sports and Exercise*, 45(Suppl 5).

**Cholewa, J. M.**, & Paolone, V. J. (2011). Mechanisms Underlying Exercise-Induced Improvements in Respiratory Function in Cystic Fibrosis. *Medicine and Science in Sports and Exercise*, 43(Suppl 1), 463-464.

**Invited Presentations:** “The Effects of Moderate- versus High-Load Training on Body Composition, Muscle Growth, and Performance in College Aged Females” *International Society of Sports Nutrition National Conference*, June 2016, Clearwater, FL.

“Pre-Workout Supplements: Hyped Up or Just Plain Hype” *International Society of Sports Nutrition Regional Workshop*, March 2016, Conway, SC.

“The High Performance Model: Application and Research with Collegiate Baseball” *International Society of Sports Nutrition Regional Workshop*, March 2016, Conway, SC. (Co-Presenter).

**Presentations:** “Anthropometrical Determinants of Deadlift Variant Performance.” *Center for Excellence in Coaching and Sport Science College’s Annual Conference*, December, 2016, Johnson City, TN. Poster Presentation.

“The Effect of Fall and Spring Competitive Seasons on Body Composition and Performance-Variables in NCAA Division I Baseball Players” *Center for Excellence in Coaching and Sport Science College’s Annual Conference*, December, 2015, Johnson City, TN. Poster Presentation.

“Relationship between nutritional knowledge, body composition, dietary intake and power in female athletes” – *Center for Excellence in Coaching and Sport Science College’s Annual Conference*, December, 2015, Johnson City, TN. Poster Presentation.

“The effects of a sports nutrition education intervention on nutritional status, sport nutrition knowledge, body composition, and performance in NCAA Division I baseball players” – *The International Society of Sports Nutrition Annual Conference*, Austin, TX, June 2015. Poster Presentation.

“Betaine Supplementation Improves Body Composition and Homocysteine Thiolactone in Strength Trained Men” – *National Convention of the American College of Sports Medicine*, Indianapolis, IN, May 2013. Poster Presentation.

“Effects of Betaine Supplementation on Strength, Body Composition, and Homocysteine Thiolactone” – *Southeast Regional Convention of the American College of Sports Medicine*, Greenville, SC, February 2013. Oral Communication.

“Effects of Betaine on Body Composition, Performance, and Homocysteine Thiolactone” – *University of Kentucky, Department of Muscle Physiology*, January 2013.

“Effects of Trenbolone and Estrogen in a Simulated Cattle Feedlot Run off Holding Pond on Bullfrog Tadpole Growth and Development” – *Springfield College, Department of Arts and Sciences*, May 2012. Poster Presentation.

“Mechanisms Underlying Exercise-Induced Improvements in Respiratory Function in Cystic Fibrosis” – *National Convention of the American College of Sports Medicine*, Denver CO, May 2011. Poster Presentation.

“Mechanisms Underlying Exercise-Induced Improvements in Respiratory Function in Cystic Fibrosis” – *World Congress for Exercise is Medicine*, Denver CO, May 2011. Poster Presentation.

### Graduate Student

**Mentorships:** **Fabricio Rossi.** Doctoral candidate and visiting scholar from Presidente Prudente, Sao Paulo, Br. Research Focus: *Resistance Training Adaptation and the Immunometabolic Response*. 05/2016 - 04/2017

### Undergraduate Intern Student

**Mentorships:** **Amy Hewins.** Coastal Carolina University Research Assistant: *Effects of Moderate vs. Heavy Load Resistance Training in Healthy Young Women*. 01/2016 - 05/2016  
**Amanda Cervenka.** Coastal Carolina University Research Assistant: *Effects of Betaine Supplementation on Body Composition and Strength in Healthy Young Women*. 01/2017 – 05/2017  
**Karley Barreno.** Coastal Carolina University Research Assistant: *Effects of Betaine Supplementation on Body Composition and Strength in Healthy Young Women*. 01/2017 – 05/2017  
**Kayla Broom.** Coastal Carolina University Research Assistant: *Effects of Betaine Supplementation on Body Composition and Strength in Healthy Young Women*. 01/2017 – 05/2017  
**Taylor Cicholski.** Coastal Carolina University Research Assistant: *Effects of Betaine Supplementation on Body Composition and Strength in Healthy Young Women*. 01/2017 – 05/2017  
**Andrea Hudson.** Coastal Carolina University Research Assistant: *Effects of Betaine Supplementation on Body Composition and Strength in Healthy Young Women*. 01/2017 – 05/2017  
**McKenzie Barch.** Coastal Carolina University Research Assistant: *Effects of Betaine Supplementation on Body Composition and Strength in Healthy Young Women*. 01/2017 – 05/2017

---

## PROFESSIONAL SERVICE

**International Society of Sports Nutrition:** *JISSN Associate Editor*, 2015 - Present

### Articles in the Press:

*The Secret to Toned Muscles: It's not just cardio.* Progressions Magazine, Fall 2016.

*Get Up and Move – Exercise Improves Memory and Health in Old Age.* Prime Times Magazine, Fall, 2014.

*Where's the beef?* Prime Times Magazine, Jun. 2014.

*Hydration Concerns for MMA Training.* Fighters Only Magazine. Mar. 2013.

*Prolonged Sitting is bad for Your Health – And Business.* Business Superstar Magazine, <http://www.business-superstar.com/words-of-wisdom/get-up-stand-up/>. Feb. 2013.

*Promoting Good Health for Mortgage Bankers.* Mortgage Orb Magazine, [http://www.mortgageorb.com/e107\\_plugins/content/content.php?cat.6527](http://www.mortgageorb.com/e107_plugins/content/content.php?cat.6527) Jan. 2012.

### Community

**Presentations:** “Strength Training for Young Women: Contrasts Between Popular Notions and the Scientific Consensus” – *Iron Radio*, Minneapolis, MN, January 7<sup>th</sup>, 2017. Interview.

“Strength Training for Females – Do you even lift?” – *One Talk, One Time*, College of Science, Coastal Carolina University, November, 2016.

“Programming for Hypertrophy” – *The Biolayne Foundation VIP Clinic*, Tampa, FL, August, 2016.

“Steroids in fitness and sports” – *Department of Physical Education, Health and Recreation, HED 210 Drugs and Health, Eastern Washington University*, May, 2016.

“Nutrition Strategies to Optimize Body Composition for the Active Older Adult” – *Fit 4 Everyone*, Conway, SC, May, 2016.

“Nutritional Strategies to Optimize Body Composition: From the everyday warrior to the elite athlete” – *Just Performance Fitness*, Plainfield, CT, November 2015.

“Nutritional Strategies to Optimize Body Composition: From the everyday warrior to the elite athlete” – *Velocity Sports Performance*, Norwood, MA, November 2015.

“Nutritional Strategies to Optimize Body Composition” – *Coastal Carolina University Fitness Club*, October, 2015, Conway, SC.

“The Power of Strength Training” – *One Talk One Time*, College of Science, Coastal Carolina University, October, 2015.

“Nutrition Strategies to Optimize Body Composition for the Active Older Adult” – *Fit 4 Everyone*, Conway, SC, September, 2015.

“Resistance training, sport nutrition, sport supplementation, and the fitness field” – *Temple University Exercise Science Association*, Philadelphia, PA, March 12 and October 2, 2015.

“Betaine supplementation, sport nutrition, and resistance training” – *Physique Science Radio*, Tampa, FL, February 9<sup>th</sup>, 2015. Interview.

“Applied Sport Nutrition Interventions in College Athletics” – *Iron Radio*, Minneapolis, MN, February 7<sup>th</sup>, 2015. Interview.

“Sport Supplements: How do we know what really works?” – *One Talk One Time*, College of Science, Coastal Carolina University, November 10, 2014.

“Effects of Betaine Supplementation on Performance and Body Composition” – *Super Human Radio*, Louisville, KY, July 2014. Interview.

“Practical Application – Synergistic Effects of Resistance Training and Protein Supplementation” – *Super Human Radio*, Louisville, KY, June 2014. Interview.

“Nutrition Tips for Active Seniors” – *Waccamaw Sports Classic*, Conway SC, April, 2014.

“Personal Training: Ethics, Exercise Testing and Prescription, Goal Setting, and Nutrition” – *Custom Built Personal Training*, Bristol CT, May 2009.

“Steroid use Dangers in Adolescents and Teens” – *Norwich Public Schools*, Norwich CT, Academic Year of 2005-2006.



**Peer Review:**

2013	Ad hoc Peer Review, <i>International Journal of Nanomedicine</i>
2014	Ad hoc Peer Review, <i>Amino Acids</i>
2014	Ad hoc Peer Review, <i>Nutrition Journal</i>
2014	Ad hoc Peer Review, <i>SciTechnol</i>
2014	Ad hoc Peer Review, <i>Journal of Sport Sciences</i>
2014	Ad hoc Peer Review, <i>International Journal of Medical Sciences</i>
2014	Ad hoc Peer Review, <i>Perceptual &amp; Motor Skills</i>
2014	Ad hoc Peer Review, <i>International Journal of Molecular Sciences</i>
2015	Ad hoc Peer Review, <i>MAHPERD</i>
2015	Ad hoc Peer Review, <i>Perceptual &amp; Motor Skills</i>
2015	Ad hoc Peer Review, <i>Journal of Strength and Conditioning Research</i>
2015	Ad hoc Peer Review, <i>Journal of the International Society of Sports Nutrition</i>
2016	Ad hoc Peer Review, <i>Journal of the International Society of Sports Nutrition</i>
2016	Ad hoc Peer Review, <i>Biochimie</i>
2017	Ad hoc Peer Review, <i>Journal of the International Society of Sports Nutrition</i>

---

**PROFESSIONAL ASSOCIATIONS**

International Society of Sports Nutrition: *Member, Associate Editor*

National Strength and Conditioning Association: *Member, Certified Strength and Conditioning Specialist*

American College of Sports Medicine: *Member, Contributing Author to ACSM Professionals against Doping in Sports*

---

**REFERENCES AVAILABLE UPON REQUEST**