

# JUSTIN ROBINSON, MA, RD, CSSD, CSCS, TSAC-F, FAFS

jrobins1@pointloma.edu

---

## EDUCATION

- December 2003      **Bachelor of Science – Kinesiology & Nutrition** (Double Major)  
California Polytechnic State University  
San Luis Obispo, CA
- July 2004      **Dietetic Internship**  
University of Houston  
Houston, TX  
**Rotation Sites:** Houston Texans, MD Anderson Cancer Center,  
The Methodist Hospital, DaVita Dialysis.
- May 2007      **Master of Arts – Kinesiology**  
San Diego State University  
San Diego, CA

## TEACHING EXPERIENCE

- September 2016-Present      **Adjunct Faculty, Kinesiology Department – Graduate Program**  
Point Loma Nazarene University  
San Diego, CA  
**Courses Taught:** Sport & Exercise Nutrition for Peak Performance
- September 2014-June 2015      **Adjunct Instructor, Kinesiology Department**  
Pierce College Fort Steilacoom  
Lakewood, WA  
**Courses Taught:** Nutrition, Kinesiology Essentials of Fitness Training,  
Principles of Weight Management, Drugs in Sport, Client Care &  
Marketing, and activity classes
- August 2008-December 2009      **Adjunct Instructor, Physical Education Department**  
San Diego City College  
San Diego, CA  
**Courses Taught:** Nutrition for Fitness & Health
- September 2005-May 2007      **Teaching Associate, School of Exercise and Nutritional Science**  
San Diego State University  
San Diego, CA  
**Courses Taught:** Weight Training, Musculoskeletal Fitness, and  
Conditioning.

## RESEARCH EXPERIENCE

- September 2006-May 2007      ***The Effects of Alanine as Ergogenic Aid for Endurance Performance***  
Graduate Thesis, San Diego State University

## PUBLICATIONS

- May 2008      ***Metabolic and Performance Effects of Alanine Supplementation***  
*Medicine & Science in Sports & Exercise*, Supplement, May 2008

# JUSTIN ROBINSON, MA, RD, CSSD, CSCS, TSAC-F, FAFS

jrobins1@pointloma.edu

---

## PROFESSIONAL EXPERIENCE

June 2015-Present	<b>Human Performance Dietitian</b> <b>U.S. Navy</b> Coronado, CA (Contracted Position through EXOS)
February 2013-November 2013	<b>Team Nutritionist</b> Los Angeles Dodgers Major League Baseball Club Los Angeles, CA (Contracted Position through EXOS)
February 2007-February 2013	<b>Director of Strength &amp; Conditioning</b> <b>Endurance Sport Coach</b> Rehab United Physical Therapy & Sports Performance Center San Diego, CA
May 2005-March 2007	<b>Registered Dietitian</b> Kaiser Permanente San Diego, CA

## CERTIFICATIONS

2004-Present	<b>Certified Strength and Conditioning Specialist (CSCS)</b> National Strength and Conditioning Association
2005-Present	<b>Registered Dietitian (RD)</b> Commission on Dietetic Registration
2006-Present	<b>Level 1 Sports Performance Coach</b> USA Weightlifting
2007-Present	<b>Board Certified Specialist in Sports Dietetics (CSSD)</b> Commission on Dietetic Registration
2009-Present	<b>Fellow of Applied Functional Science (FAFS)</b> Gray Institute for Functional Transformation
2011-Present	<b>Level 1 Coach</b> USA Triathlon
2016-Present	<b>CRP/AED</b> Military Training Network
2016-Present	<b>Weight Management Specialist</b> American Council on Exercise
2018-Present	<b>Tactical Strength and Conditioning Facilitator (TSAC-F)</b> National Strength and Conditioning Association
2018-Present	<b>Food Handler Certificate</b> Learn 2 Serve

## PRESENTATIONS

June 2008	<b><i>Optimal Energy for the NFL</i></b> San Diego Chargers – Rookie Camp
June 2009	<b><i>Optimal Energy for the NFL</i></b> San Diego Chargers – Rookie Camp
June 2010	<b><i>Optimal Energy for the NFL</i></b> San Diego Chargers – Rookie Camp
May 2012	<b><i>Everyone is an Athlete</i></b> Hawaii Academy of Nutrition and Dietetics – Annual Spring Conference
March 2015	<b><i>Functional Mobility &amp; Stability for Triathletes</i></b> USA Triathlon Pacific Northwest – Spring Seminar
July 2015	<b><i>Low-Carbohydrate vs. High-Carbohydrate Diets: Heart Health &amp; Exercise Performance</i></b> American Council on Exercise (Live Webinar)
January 2016	<b><i>3-D Approach to Finding Nutritional Balance</i></b> American Council on Exercise (Live Webinar)
November 2016	<b><i>Supplement Sense: Sorting Through Pills, Powders, and Labels</i></b> Stack.com (Live Online Webinar)
February 2017	<b><i>Nutrition Recommendations for Heart Health</i></b> American Council on Exercise (Live Webinar)
August 2017	<b><i>Low Carbohydrate Availability</i></b> National Strength and Conditioning Association Southern California State Meeting
August 2017	<b><i>Integrated Movement &amp; Exercise Implementation</i></b> American Council on Exercise (Live Webinar)
May 2018	<b><i>Tactical Nutrition: Fueling the Warfighter</i></b> Collegiate and Professional Sports Dietitians Association Annual Conference
July 2018	<b><i>Coaching Nutritional Behavior Change</i></b> American Council on Exercise (Live Webinar)
March 2019 (Scheduled)	<b><i>Nutrition Expert Panel</i></b> American Council on Exercise (Live Webinar)

# JUSTIN ROBINSON, MA, RD, CSSD, CSCS, TSAC-F, FAFS

jrobins1@pointloma.edu

---

## CONSULTING EXPERIENCE

January 2011-Present

### **Nutrition Educator**

San Diego State University Foundation, WIC Dietetic Internship  
Developing education material for internship program; Presenting  
Registered Dietitian examination review lectures (live and webinars).

February 2016-Present

### **Subject Matter Expert: Author & Presenter**

American Council on Exercise, Stack.com  
Developing live media content (webinars, live courses) and online  
content (articles and blogs).

## PROJECTS

2009 & 2015

### **Author/Contributor: SCAN Fact Sheets**

Sports Cardiovascular and Wellness Nutritionists (SCAN)

2015

### **Course Content Editor: *Fueling for Exercise and Recovery***

OnCourse Learning (ContinuingEducation.com)

2015

### **Content Reviewer: Weight Management Specialist Program**

American Council on Exercise (ACE)

2017

### **Course Content Editor: *Cardiovascular Health***

OnCourse Learning (ContinuingEducation.com)

2018

### **Subject Matter Expert: CSSD Exam Content Development**

Commission on Dietetic Registration (CDR)

## COMMITTEE WORK

2011-2013

### **Mueller College Professional Advisory Committee Member**

San Diego, CA

2012

### **Volunteer Coordinator – Bike Course**

International Triathlon Union (ITU) San Diego Triathlon  
San Diego, CA

2015

### **Speaker Selection/Vetting Committee**

Washington State Academy of Nutrition and Dietetics Annual Meeting  
Seattle, WA

2018

### **Planning Committee, Speaker Coordinator**

U.S. Special Operations Command Performance Nutrition Summit  
Virginia Beach, VA

# JUSTIN ROBINSON, MA, RD, CSSD, CSCS, TSAC-F, FAFS

jrobins1@pointloma.edu

---

## RECENT COURSEWORK

2018	<b>Joint Advanced Nutrition and Dietetics Course (24 CPEUs)</b> US Military-Baylor University Graduate Program in Nutrition
2018	<b>Design and Innovation Basic Course (40 CPEUs)</b> Joint Special Operations University (JSOU)

## PROFESSIONAL MEMBERSHIPS

2002-Present	USA Weightlifting (USAW)
2003-Present	National Strength and Conditioning Association (NSCA)
2007-Present	USA Triathlon (USAT)
2013-Present	Collegiate and Professional Sports Dietitians Association (CPSDA)
2017-Present	Professionals in Nutrition for Exercise and Sport (PINES)