

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

Jrobins1@pointloma.edu

EDUCATION

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

TEACHING EXPERIENCE

- September 2016-Present **Adjunct Faculty – Kinesiology Department**
Point Loma Nazarene University
San Diego, CA
Courses Taught (Graduate): Nutrition for Athletic Trainers,
Sport & Exercise Nutrition for Peak Performance
- September 2014-June 2015 **Adjunct Instructor – Kinesiology Department**
Pierce College Fort Steilacoom
Lakewood, WA
Courses Taught (Community College): Essentials of Fitness Training,
Nutrition, Kinesiology, Principles of Weight Management, Drugs in Sport,
Client Care & Marketing, activity classes
- August 2008-December 2009 **Adjunct Instructor – Physical Education Department**
San Diego City College
San Diego, CA
Courses Taught (Community College): 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 (Undergraduate): Weight Training, Musculoskeletal Fitness,
Conditioning

RESEARCH

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

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PUBLICATIONS

- 2017 Coleman, E. & Robinson, J. Cardiovascular Nutrition and Fitness (RD67). ContinuingEducation.com
- 2015 Robinson, J. (2015). Fueling for Exercise and Recovery: How to Optimize Carbohydrate Intake (RD33). ContinuingEducation.com
- 2008 Kern, M. & Robinson, J. (2008). Metabolic and performance effects of alanine supplementation. *Medicine & Science in Sports & Exercise*, 40, S166.

PRESENTATIONS

- April 2020 **Tactical Nutrition: Fueling the Forces**
California Academy of Nutrition and Dietetics – Annual Conference
- May 2019 **Metabolic Flexibility: Adaptations to Carbohydrate & Fat Manipulation**
Hawaii Academy of Nutrition and Dietetics – Annual Conference
- March 2019 **Fitness Nutrition: The Experts Weigh In**
American Council on Exercise (Live Webinar) <http://bit.ly/NutrPanel>
- July 2018 **Coaching Nutritional Behavior Change**
American Council on Exercise (Live Webinar) <http://bit.ly/NutrBehavior>
- May 2018 **Tactical Nutrition: Fueling the Warfighter**
Collegiate and Professional Sports Dietitians Association
Annual Conference
- August 2017 **Low Carbohydrate Availability**
National Strength and Conditioning Association
Southern California State Meeting
- August 2017 **Integrated Movement & Exercise Implementation**
American Council on Exercise (Live Webinar) <http://bit.ly/IntExImp>
- February 2017 **Nutrition Recommendations for Heart Health**
American Council on Exercise (Live Webinar) <http://bit.ly/3DNutrition>
- November 2016 **Supplement Sense: Sorting Through Pills, Powders, and Labels**
Stack.com (Live Webinar)
- January 2016 **3-D Approach to Finding Nutritional Balance**
American Council on Exercise (Live Webinar) <http://bit.ly/3DNutrition>
- July 2015 **Low-Carbohydrate vs. High-Carbohydrate Diets: Heart Health & Exercise Performance**
American Council on Exercise (Live Webinar)
- March 2015 **Functional Mobility & Stability for Triathletes**
USA Triathlon Pacific Northwest – Spring Seminar
- May 2012 **Everyone is an Athlete**
Hawaii Academy of Nutrition and Dietetics – Annual Conference
- June 2008, 2009, & 2010 **Optimal Energy for the NFL**
San Diego Chargers – Rookie Camp

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PROFESSIONAL EXPERIENCE

June 2015-Present

Human Performance Dietitian

U.S. Navy (Contractor)
Coronado, CA

February 2013-November 2013

Team Nutritionist

Los Angeles Dodgers Major League Baseball Club
Los Angeles, CA

February 2007-February 2013

Director of Strength & Conditioning

Endurance Sport Coach

Rehab United Physical Therapy & Sports Performance Center
San Diego, CA

May 2005-March 2007

Registered Dietitian

Kaiser Permanente
Inpatient and Outpatient Care
San Diego, CA

CONSULTING PROJECTS

2019

Content Developer & Presenter

American Council on Exercise – *Personal Trainer Manual v6* (2020 release)
Chapters: Nutrition for Health and Well-being; Considerations for Clients with Obesity.

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).

2011-2018

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).

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CREDENTIALS & CERTIFICATIONS

2020-Present	Fitness Nutrition Specialist American Council on Exercise
2018-Present	Tactical Strength and Conditioning Facilitator (TSAC-F) National Strength and Conditioning Association
2018-Present	Food Handler Certificate Learn 2 Serve
2016-Present	Weight Management Specialist American Council on Exercise
2011-Present	Level 1 Triathlon Coach USA Triathlon
2009-Present	Fellow of Applied Functional Science (FAFS) Gray Institute for Functional Transformation
2007-Present	Board Certified Specialist in Sports Dietetics (CSSD) Commission on Dietetic Registration
2006-Present	Level 1 Sports Performance Coach USA Weightlifting
2005-Present	Registered Dietitian (RD) Commission on Dietetic Registration
2004-Present	Certified Strength and Conditioning Specialist (CSCS) National Strength and Conditioning Association
2004-Present	BLS American Red Cross

RECENT PROFESSIONAL DEVELOPMENT

2020	Culinary Nutrition Certificate Commission on Dietetic Association
2020	Design Fundamentals Joint Special Operations University (JSOU)
2018	Joint Advanced Nutrition and Dietetics Course US Military-Baylor University Graduate Program in Nutrition
2018	Design and Innovation Basic Course Joint Special Operations University (JSOU)

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SERVICE PROJECTS & COMMITTEES

2020	Content Editor, Assessment Developer: <i>Tactical Professional Development Toolkit</i> Collegiate and Professional Sports Dietetics Association
2020	Content Advisor: <i>Nutrition and Physical Activity – Scoping Review</i> Academy of Nutrition and Dietetics
2019	Content Reviewer: <i>Sports Nutrition Care Manual</i> Academy of Nutrition and Dietetics
2018-Present	Content Developer: CSSD Examination Commission on Dietetic Registration (CDR)
2018-Present	Member: Navy Human Performance Sub-Community Committee
2015	Content Reviewer: Weight Management Specialist Program American Council on Exercise (ACE)
2015	Member: Speaker Selection and Vetting Committee Washington State Academy of Nutrition and Dietetics Annual Meeting Seattle, WA
2015 & 2009	Author, Reviewer: SCAN Fact Sheets Sports Cardiovascular and Wellness Nutritionists (SCAN)
2012	Volunteer Coordinator: Bike Course International Triathlon Union (ITU) San Diego Triathlon San Diego, CA
2011-2013	Member: Mueller College Professional Advisory Committee San Diego, CA

PROFESSIONAL MEMBERSHIPS

2019-Present	San Diego Academy of Nutrition and Dietetics (CANDSD)
2018-Present	Sports, Cardiovascular and Wellness Nutrition (SCAN)
2018-Present	California Academy of Nutrition and Dietetics (CAND)
2018-Present	Academy of Nutrition and Dietetics (AND)
2017-Present	Professionals in Nutrition for Exercise and Sport (PINES)
2013-Present	Collegiate and Professional Sports Dietitians Association (CPSDA)
2007-Present	USA Triathlon (USAT)
2003-Present	National Strength and Conditioning Association (NSCA)
2002-Present	USA Weightlifting (USAW)