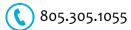
EDUCATION	
May 2007	Master of Arts – Kinesiology San Diego State University San Diego, CA
July 2004	Dietetic Internship Program University of Houston Houston, TX Rotation Sites: Houston Texans, MD Anderson Cancer Center, The Methodist Hospital, DaVita Dialysis.
Dec 2003	Bachelor of Science – Kinesiology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

TEACHING EXPERIENCE	
Sep 2016-Present	Adjunct Faculty – Kinesiology Department Point Loma Nazarene University San Diego, CA Courses Taught (Graduate): Sport & Exercise Nutrition for Peak Performance, Nutrition for Athletic Trainers
Sep 2014-Jun 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
Aug 2008-Dec 2009	Adjunct Instructor – Physical Education Department San Diego City College San Diego, CA Courses Taught (Community College): Nutrition for Fitness & Health
Sep 2005-May 2007	Teaching Associate – School of Exercise and Nutritional Science San Diego State University San Diego, CA Courses Taught (Undergraduate): Weight Training, Conditioning, Musculoskeletal Fitness





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Jun 2015-Present **Human Performance Dietitian**

Naval Special Warfare Center

Coronado, CA **KBR Contractor**

Feb 2013-Nov 2013 **Team Nutritionist**

Los Angeles Dodgers Major League Baseball Club

Los Angeles, CA

Feb 2007-Feb 2013 **Director of Strength & Conditioning**

Endurance Sport Coach

Rehab United Physical Therapy & Sports Performance Center

San Diego, CA

Registered Dietitian May 2005-Mar 2007

Kaiser Permanente

Inpatient and Outpatient Care

San Diego, CA

PUBLICATIONS

2023	Robinson J., Nitschke E., Tovar A., Mattar L., Gottesman K., Hamlett P., & Rozga M.
	(2023). Nutrition and physical activity interventions provided by nutrition and

exercise practitioners for the general population: an evidence-based practice guideline from the Academy of Nutrition and Dietetics and American Council on

Exercise. Journal of the Academy of Nutrition and Dietetics.

https://doi.org/10.1016/j.jand.2023.04.004

2022 Nitschke E., Gottesman K., Hamlett P., Mattar L., Robinson J., Tovar A., & Rozga M.

> (2022). Impact of nutrition and physical activity interventions provided by nutrition and exercise practitioners for the adult general population: A systematic review and

meta-analysis. Nutrients, 14(9):1729. https://doi.org/10.3390/nu14091729

2021 Robinson, J. (2021). Dietary Supplement Evaluation. Sports Nutrition Care Manual,

www.nutritioncaremanual.org/sports-nutrition-care

Rozga, M., Jones, K., Robinson, J., & Yahiro, A. (2021). Nutrition and physical activity interventions for the general population with and without cardiometabolic risk: A

scoping review. Public Health Nutrition, 1-19. doi:10.1017/S1368980021002184

Coleman, E. & Robinson, J (2017). Cardiovascular Nutrition and Fitness (RD67). 2017

www.ContinuingEducation.com

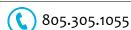
2015 Robinson, J. (2015). Fueling for Exercise and Recovery: How to Optimize

Carbohydrate Intake (RD33). www.ContinuingEducation.com

2008 Kern, M. & Robinson, J. (2008). Metabolic and performance effects of alanine

supplementation. Medicine & Science in Sports & Exercise, 40, S166.

2021





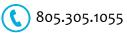
AWARDS

May 2023 Service Award

Collegiate and Professional Sports Dietetics Association (CPSDA)

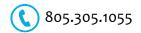
CREDENTIALS, CERTIFICATIONS & CERTIFICATES

Yr. Obtained	
2021	Certificate of Training in Obesity for Pediatrics and Adults Commission on Dietetic Registration
2020	Sport Nutrition Registry United State Olympic & Paralympic Committee (USOPC)
2020	Fitness Nutrition Specialist American Council on Exercise
2018	Tactical Strength and Conditioning Facilitator (TSAC-F) National Strength and Conditioning Association
2016	Weight Management Specialist American Council on Exercise
2011	Level 1 Triathlon Coach USA Triathlon
2009	Fellow of Applied Functional Science (FAFS) Gray Institute for Functional Transformation
2007	Board Certified Specialist in Sports Dietetics (CSSD) Commission on Dietetic Registration
2006	Level 1 Sports Performance Coach USA Weightlifting
2005	Registered Dietitian (RD) Commission on Dietetic Registration
2004	Certified Strength and Conditioning Specialist (CSCS) National Strength and Conditioning Association
2004	BLS American Red Cross



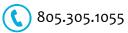


PRESENTATIONS	
Oct 2023	Performance Nutrition
	USA Swimming National Select Camp – Colorado Springs, CO
Oct 2023	Nutrition and Neurocognitive Recovery
	Human Performance and the Tactical Athlete, Mayo Clinic
Jun 2023	Performance Nutrition
	USA Swimming Zone Select Camp – San Diego, CA
Apr 2023	Hydration Assessment
	Collegiate and Professional Sports Dietitians Association
	Applied Performance Nutrition Webinar
Mar 2023	High Performance Nutrition
	California Academy of Nutrition and Dietetics – Virtual Webinar
Dec 2022	Better Together: Combining Fitness and Nutrition for Powerful Results
0.4.2022	American Council on Exercise – Live Webinar
Oct 2022	Nutrition and Physical Activity – Tailoring Interventions for Optimal Health Food & Nutrition Conference & Expo (FNCE) 2022
A 2022	
Apr 2022	Return to Performance – Implementing Nutrition and Dietary Supplement Protocols for Injuries California Academy of Nutrition and Dietetics – Annual Conference
Jul 2020	A Day in the Life of a Tactical Dietitian
	Collegiate and Professional Sports Dietitians Association
	Expert Session Live Webinar: https://bit.ly/3jFfVBi
Apr 2020	Tactical Nutrition: Fueling the Forces California Academy of Nutrition and Dietetics – Annual Conference
May 2010	·
May 2019	Metabolic Flexibility: Adaptations to Carbohydrate & Fat Manipulation Hawaii Academy of Nutrition and Dietetics – Annual Conference
Mar 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
Aug 2017	Low Carbohydrate Availability
	National Strength and Conditioning Association Southern California State Meeting
Λυσ 2017	
Aug 2017	Integrated Movement & Exercise Implementation American Council on Exercise
	Live Webinar: http://bit.ly/IntExImp





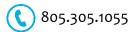
PRESENTATIONS (Cont.)	
Feb 2017	Nutrition Recommendations for Heart Health American Council on Exercise Live Webinar: https://bit.ly/33qlH47
Nov 2016	Supplement Sense: Sorting Through Pills, Powders, and Labels Stack.com (Live Webinar)
Jan 2016	3-D Approach to Finding Nutritional Balance American Council on Exercise Live Webinar
July 2015	Low-Carb vs. High-Carb Diets: Heart Health & Exercise Performance American Council on Exercise (Live Webinar)
Mar 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
Jun 2008, 2009, & 2010	Optimal Energy for the NFL San Diego Chargers – Rookie Camp



PODCAST INTERVIEWS	
Mar 2020	The Only Easy Day Was Yesterday # 34: Body Composition The Official Navy SEAL Podcast
Mar 2020	The Only Easy Day Was Yesterday # 33: Rest, Recovery, & Sleep The Official Navy SEAL Podcast
Mar 2020	The Only Easy Day Was Yesterday # 32: Protein Powders & Supplements The Official Navy SEAL Podcast
Jul 2018	The Only Easy Day Was Yesterday # 10: Nutrition The Official Navy SEAL Podcast

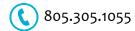
COMMITTEE WORK

2022-Present	Member: Council on Research Academy of Nutrition and Dietetic (AND)
2021, 2022, & 2023	Committee Member: Conference Planning Collegiate and Professional Sports Dietetics Association (CPSDA) Tactical Nutrition Summit San Diego, CA (2023) Charlotte, NC (2022) Virginia Beach, VA (2021)
2020	Diversity Equity and Inclusion Task Force California Academy of Nutrition and Dietetics (CAND)
2019 & 2018	Speaker Coordinator: Conference Planning Committee U.S. Special Operations Command Performance Nutrition Summit Colorado Springs, CO (2019) Virginia Beach, VA (2018)
2018-Present	Department of Defense Food and Nutrition Committee
2018-Present	Navy Human Performance Sub-Community Committee
2015	Speaker Selection and Vetting Committee Washington State Academy of Nutrition and Dietetics Annual Meeting Seattle, WA
2011-2013	Mueller College Professional Advisory Committee San Diego, CA





SERVICE PROJECTS	
2021-Present	Expert Panel Member: Dietary Approaches and Health Outcomes (DAHO) Academy of Nutrition and Dietetics (AND) Evidence Analysis Center (EAC)
2022-2023	Workgroup Chair: Nutrition and Physical Activity Guidelines Academy of Nutrition and Dietetics (AND) Evidence Analysis Center (EAC)
2021-2022	Expert Panel Member: <i>Nutrition and Physical Activity Systematic Review</i> Academy of Nutrition and Dietetics (AND) Evidence Analysis Center (EAC)
2021	Author: Sports Nutrition Care Manual, Dietary Supplement Evaluation Academy of Nutrition and Dietetics (AND)
2020	Content Editor, Assessment Developer: Tactical Professional Development Toolkit Collegiate and Professional Sports Dietetics Association (CPSDA)
2020	Content Advisor: Nutrition and Physical Activity Scoping Review Academy of Nutrition and Dietetics (AND) Evidence Analysis Library (EAL)
2019	Content Reviewer: Sports Nutrition Care Manual Academy of Nutrition and Dietetics (AND)
2018-Present	Content Developer: CSSD Examination Commission on Dietetic Registration (CDR)
2015	Content Reviewer: Weight Management Specialist Program American Council on Exercise (ACE)
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

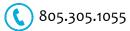




CONSULTING	
2019	Content Developer & Presenter American Council on Exercise – <i>Personal Trainer Manual</i> (version 6, 2020) Chapters: Nutrition for Health & Well-being; Considerations for Clients with Obesity.
2016-Present	Subject Matter Expert: Author & Presenter American Council on Exercise, Stack.com 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 (in-person and webinars).

PROFESSIONAL DEV	/ELOPIMENT

2022	The Low FODMAP Diet for Irritable Bowel Syndrome (IBS) Monash University
2020	Sport Physician's Toolkit Certificate World Anti-Doping Agency (WADA)
2020	Anti-Doping Education for the Health Professional Stanford University School of Medicine
2020	Culinary Nutrition Certificate of Training Academy of Nutrition and Dietetics
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)





PROFESSIONAL MEMBERSHIPS

2019-Present San Diego Academy of Nutrition and Dietetics (CANDSD)

2018-Present Sports and Human Performance Nutrition (SHPN)

Academy of Nutrition and Dietetics (AND) 2018-Present

2017-Present Professionals in Nutrition for Exercise and Sport (PINES)

Collegiate and Professional Sports Dietitians Association (CPSDA) 2013-Present

2007-Present USA Triathlon (USAT)

National Strength and Conditioning Association (NSCA) 2003-Present

USA Weightlifting (USAW) 2002-Present



