

JUSTIN ROBINSON, MA, RD, CSSD, FAFS, CSCS

justin.robinson.rd@gmail.com

WORK HISTORY

- Feb 13-Present* *EXOS (Formerly Athletes' Performance)*
Human Performance Dietitian: I assess dietary and supplementation practices, body composition and overall health of tactical athletes; Present educational briefs and workshops; Provide nutritional counseling for optimal training, job performance, recovery, weight management, hydration, travel and supplementation; Prepare and recommended appropriate pre-, during-, and post-exercise fluids and snacks; Develop educational resources and materials; Coordinate nutritional care as a member of a multidisciplinary Sports Medicine team.
Contracted Positions:
- Jun 15-Present* **US Navy:** Naval Special Warfare, Coronado, CA.
- Feb 13-Oct 13* **Los Angeles Dodgers:** Team nutritionist for Major League Baseball Club. My additional responsibilities included assisting the Performance Chef with meal preparation. During team travel, I supported the Performance Nutritionist at the EXOS Los Angeles Facility.
- Sep 14-Jun 15* *Pierce College Fort Steilacoom – Lakewood, WA*
Adjunct Faculty: I taught Nutrition, Essentials of Weight Management, Kinesiology, Drugs & Sport, Client Care & Marketing, as well as activity classes.
- Mar 07-Feb 13* *Rehab United Physical Therapy and Sports Performance Center – San Diego, CA*
Director of Strength & Conditioning: I designed and implemented athletic conditioning and injury prevention programs and was responsible for nutritional assessment, counseling and education of diverse clients. My additional responsibilities included directing internship program, creating monthly newsletter, marketing and business development.
Endurance Sport Coach: I developed daily programming for individual clients and groups competing in endurance sports (running, cycling and triathlon); Created complimentary educational material including handouts, web content and videos; Presented injury prevention and nutrition seminars to running and triathlon clubs.
- Aug 08-Dec 09* *San Diego City College – San Diego, CA*
Adjunct Instructor: I taught the practical and theoretical applications of nutrition as it relates to health, fitness and sport performance. **Courses:** Nutrition for Fitness and Health, part of the Health Fitness Specialist curriculum.
- Sep 05-May 07* *San Diego State University – San Diego, CA*
Teaching Associate: I taught the practical applications of sport performance improvement, exercise science and physiology. **Courses:** Intermediate Weight Training, Musculoskeletal Fitness, Beginning Conditioning.
- May 05-Mar 07* *Kaiser Permanente – San Diego, CA*
Registered Dietitian: I collaborated with physicians, nurses, pharmacists to provide Medical Nutrition Therapy to patients in a 300-bed medical center. As an out-patient Dietitian, I provided nutrition education to members and caretakers in clinics.

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CONSULTING & PROJECT EXPERIENCE

- Feb 14-Present **American Council on Exercise, Stack.com, Greatist.com**
Contributing Expert: I develop print and media content for sports performance, nutrition and fitness websites.
- Jun 14-Present **Nutrition Dimension**
Content Editor: Nutrition Dimension delivers accredited continuing education to health professionals, including Registered Dietitians. I update printed continuing education modules. **Contributions:** Sport Nutrition, Cardiovascular Health.
- Jan 11-Present **San Diego State University Foundation, WIC Dietetic Internship – San Diego, CA**
Educator: I develop education material for Dietetic Interns and present lectures during orientation and Registered Dietitian examination review. **Domains:** Clinical Nutrition, Nutrition Assessment.
- Dec 08-Jan 14 **MS Rockstars Training and Fundraising Program – National Multiple Sclerosis Society**
Coach: As a volunteer coach, I design comprehensive training programs for half marathon and marathon participants (walk-runners to elite athletes); Collaborate with coaches nationwide to ensure proper implementation of training programs.

EDUCATION

- May 07 **San Diego State University – San Diego, CA**
Master of Arts: **Kinesiology**
Thesis: *Metabolic and Performance Influences of Alanine Supplementation in Cyclists*
- Jul 04 **University of Houston – Houston, TX**
Dietetic Internship Program
Completed over 1,000 applied hours in Community Nutrition, Medical Nutrition Therapy and Food Systems Management; Rotation sites included: Houston Texans, The Methodist Hospital, DaVita Dialysis, MD Anderson Cancer Center.
- Dec 03 **California Polytechnic State University – San Luis Obispo, CA**
Bachelor of Science: **Kinesiology & Nutrition** Double Major

CREDENTIALS & CERTIFICATIONS

- **Registered Dietitian Nutritionist:** *Commission on Dietetic Registration*
- **Board Certified Specialist in Sports Dietetics:** *Commission on Dietetic Registration*
- **Certified Strength & Conditioning Specialist:** *National Strength & Conditioning Association*
- **Fellow of Applied Functional Science:** *Gray Institute for Functional Transformation*
- **Level 1 Sports Performance Coach:** *USA Weightlifting*
- **Level 1 Coach:** *USA Triathlon*
- **CRP/AED:** *American Red Cross*
- **Department of Defense:** Security Clearance

PROFESSIONAL MEMBERSHIPS

- Collegiate and Professional Sports Dietitians Association (CPSDA)
- National Strength & Conditioning Association (NSCA)
- USA Weightlifting (USAW)
- USA Triathlon (USAT)