

CURRICULUM VITAE

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Patrick M. Davitt

EDUCATION:

2013 - 2014	Postdoctoral Fellow: University of Connecticut
2006 - 2013	Ph.D., Nutritional Biochemistry and Physiology Rutgers University, New Brunswick, NJ Advisor: Shawn M. Arent (Exercise Physiology)
2005	B.A., Math / Science: Liberal Studies Rowan University, Glassboro, NJ

PROFESSIONAL MEMBERSHIPS:

- American College of Sports Medicine
 - Fellow
- National Strength and Conditioning Association
- American College of Sports Medicine-Greater New York Regional Chapter
 - Title: President, 2018; Treasurer, 2016

CERTIFICATIONS:

- Certified Strength and Conditioning Specialist (C.S.C.S.)
- Functional Movement Screening (FMS), level 1
- C.P.R with AED and first aid
- Phlebotomy Technician
- Exercise is Medicine (EIM) Ambassador
- CrossFit Level 1 Trainer (CF-L)

RELATED EMPLOYMENT EXPERIENCE

July 2023 – Present	Associate Professor: St. Joseph's University Chair, Department of Health Sciences
June 2022 – Present	Associate Professor: St. Joseph's University Program Director, Exercise Physiology
August 2021 – May 2022	Assistant Professor: University of the Sciences Program Director, Exercise Physiology
October 2020 – May 2022	Rutgers University Football: Team Nutritionist
August 2018 – August 2021	Assistant Professor: University of the Sciences Program Director, Health Science
September 2013 – August 2018	Assistant Professor: Mercy College
September 2012 – August 2013	Postdoctoral Fellow: University of Connecticut
April 2010 – May 2012	Rutgers H.O.P.E Nutrition Advocate Supervisor
September 2008 – August 2012	Supervisor, Rutgers Human Performance Laboratory

July 2008 – July 2012

Rutgers University Football: Team Nutritionist

-Meal design, planning, team fueling

August 2006 – May 2012

Teaching Assistant: Rutgers University

ACCOMPLISHMENTS AND AWARDS

- Milton Lev Memorial Faculty Research Fund Co-Recipient (2021) Comparing three resistance training protocols for strength gains in healthy adults (\$4,980)
- Bridge Funding Research Grant (2020) Ketone Efficacy for Tactical Operations (K.E.T.O.) (\$15,000)
- Milton Lev Memorial Faculty Research Fund Recipient (2019) Metabolic efficiency and perceived effort during simulated ruck march with or without a knee exoskeleton suit (\$5,000)
- Mercy College Summer Research Award (2018) The metabolic and physical differences of treadmill vs outdoor running (\$4,000)
- Mercy College Teaching Innovation Micro-grant (2017): Technology in the classroom – (\$1,366)
- Mercy College Teacher-Student Research Project (2017): “Varying Pack Weight and Energy Expenditure” (\$1,000)
- Mercy College (2017) Micro-grant for Teacher-Student Project: “Adventure Ropes Course for Cooperative Team Building” (\$3,595)
- Generation UCAN® Research grant award (2016) The effects of a single serving slow absorption carbohydrate source on fuel utilization and cognitive function in response to a sustained submaximal endurance run (\$14,100)
- Mercy College Faculty Development Grant Award (2016):” Health Related Physical Fitness Changes of First Responder Personnel: An 8-week Intervention” (\$1,250)
- ACSM (2016) Grant for ACSM-GNYRC “From Boston to New York: Bringing the Message Home” (\$1,200)
- Mercy College (2016) Micro-grant for Teacher-Student Project: “Adventure Obstacle Course for Collaborative Team Building” (\$1,250)
- Mercy College (2015) Micro-grant for Teaching Innovation. Bridging the gap between the classroom and practice: Preparing the students for the real world (\$2,400)
- Mercy College (2014) Faculty Development Grant Award: “The Effects of Isointensive, Isoenergetic Endurance Exercise on Postprandial Lipemia” (\$6,000)
- Mercy College (2014) Faculty Development Course Release Award
- Cambridge Isotope Laboratories (2013) Dinner Symposium. Poster Presentation Finalist
- Highest Scored Teaching Effectiveness/Course Quality Among Nutritional Science Teaching Assistants (Fall, 2007)
- Highest Scored Teaching Assistant for Rutgers SEBS. (Spring, 2007): Overall Course Quality and Outstanding Teaching Excellence

TEACHING RESPONSIBILITIES

Courses Taught

Foundations of Exercise Science	Exercise Physiology
Nutrition	Research Methods and Practicum
Sports Nutrition	Exercise Testing and Prescription
Health and Wellness	Exercise Prescription for Special Populations
Personal Training	Exercise Physiology Internship
Strength and Conditioning	Anatomy and Physiology

Prior Teaching (*Rutgers University*)

Systems Physiology Lecture Assistant	(July 2011 – August 2012)
Teaching Assistant: Systems Physiology Laboratory	(August 2008 – May 2012)
Teaching Assistant: Exercise Physiology Lab	(June 2008 - June 2009)
Teaching Assistant: Foods and Nutrition Lab	(August 2006 – May 2008)

PUBLICATIONS IN PEER REVIEWED JOURNALS

- **Davitt P.M.**, Saenz C., Hartman T., Barone P., Estremera S. Physiological Impact of a Single Serving Slow Absorption Carbohydrate on Metabolic, Hemodynamic, and Performance Markers in Endurance Athletes During a Bout of Exercise. *Journal of Strength and Conditioning Research*. (2021) May 1;35(5):1262-1272
- Fishman, K., McFadden, B.A., Pellegrino, J.K., Golem, D.L., **Davitt, P.M.**, Walker, A.J., Arent, S.M. (2019) Effects of Hatha Yoga and Resistance Exercise on Affect and State Anxiety in Women. *Translational Journal of the American College of Sports Medicine*. August; 4 (16), 119-126
- Golem, D.L., **Davitt, P.M.**, Arent, S.M. (2017) The effects of over-the-counter jaw-repositioning mouthguards on aerobic performance. *The Journal of Sports Medicine and Physical Fitness*. June; 57 (6), 865-871
- **Davitt, P.M.**, Henderson, G.C., Walker, A.J., Arent, S.M. (2017) Postprandial hormone response after endurance or resistance exercise in obese women. *Comparative Exercise Physiology*. August; 13 (4), 227 – 235
- Volek, J.S., Freidenreich, D.J., Saenz, C., Kunces, L.J., Creighton, B.C., Bartley, J.M., **Davitt, P.M.**, Munoz, C.X., Anderson, J.M., Maresh, C.M., Lee, E.C., Schuenke, M.D., Aerni, G., Kraemer, W.J., Phinney, S.D. (2016). Metabolic characteristics of keto-adapted ultra-endurance runners. *Metabolism*. March; 65 (3), 100-110
- Kraemer, W.J., Hatfield, D., Comstock, B., Fragala, M., **Davitt, P.M.**, Cortis, C., Wilson, J., Lee, E.C., Newton, R., Dunn-Lewis, C., Hakkinen, K., Szivak, T., Hooper, D., Flanagan, S., Looney, D., White, M., Volek, J., Maresh, C.M. (2014) Influence of hMB supplementation and resistance training on cytokine responses to resistance exercise. *Journal of the American College of Nutrition*. July-August; 33

(4), 247-255.

- **Davitt, P.M.**, Pellegrino, J., Schanzer, J., Tjionas, H., Arent, S.M. (2013) The effects of a combined resistance training and cardiovascular exercise program in college females: Does order matter? *The Journal of Strength and Conditioning Research*. December; 28 (7), 1937-1945.
- **Davitt, P.M.**, Arent, S.M., Tuazon, M.A., Golem, D.L., Henderson, G.C. (2013). Postprandial triglyceride and free fatty acid metabolism in obese women after either endurance or resistance exercise. *The Journal of Applied Physiology*, 114 (12), 1743-1754.
- Arent, S.M., **Davitt, P.**, Golem, D.L., Williams, C.A., McKeever, K.H., & Jaouhari, C. (2009). The effects of a post-workout nutraceutical drink on body composition, performance, and hormonal and biochemical responses in Division I college football players. *Comparative Exercise Physiology*, 6, 73-80.

MANUSCRIPTS IN REVIEW

- Reznik Dolins, K., Davitt, P.M. (*IN REVIEW*). Fueling and Hydration Practices of an Elite Ultra-Endurance Runner: A Case Report. *Journal of the Academy of Nutrition and Dietetics*

CHAPTERS IN BOOKS AND COLLECTIONS

- **Davitt, P.M.** Acai, in Health Professional's Guide to Dietary Supplements. (2021) – In Press
- **Davitt, P.M.**, Klein, D. Phosphorus, in Health Professional's Guide to Dietary Supplements. (2021) – In Press
- McKeever, K.H., Arent, S.M., & **Davitt, P.M.** Endocrine and immune responses to exercise and training. In D.R. Hodgson, K.H. McKeever, C.M. McGowan (Eds.). *The Athletic Horse: Principles and Practice of Equine Sports Medicine* (2nd ed.). Amsterdam: Elsevier. (2013)

ABSTRACTS PUBLISHED

- **Davitt, P.M.** (2020) Cognitive Response and Motor Speed Before and After A Sustained Endurance Run. *Medicine & Science in Sports & Exercise* in Vol. 52, No. 7S, July 2020.
- **Davitt, P.M.**, Hartman, T., Barone, P., Grassano, J., Maraziti, C., Troncosco, J., Estremera, S. (2019) Energy metabolism with or without slow or rapid absorption carbohydrate in trained endurance runners. *Medicine & Science in Sports & Exercise, Volume 51 - 1 6S*
- **Davitt, P.M.**, Hartman, T., Estremera, S., Barone, P., Grassano, J., Muy, G., Akers-Goodwin, O., Marrero, A., Mel, A. (2017) The Effects of Isointensive, Isoenergetic

Endurance Exercise on Postprandial Lipid Metabolism. *Medicine & Science in Sports & Exercise*, Volume 49-Supplement 1 5S

- Saenz, C., Freidenreich, D.J., Kunces, L.J., Bartley, J.M., Creighton, B.C., Aerni, G.A., Anderson, J.M., **Davitt, P.M.**, Munoz, C.X., Lee E.C., Opiyo, S.O., Maresh, C.M., Kraemer, W.J., Volek, J.S. (2016) Skeletal Muscle Gene Expression In Elite Ultra-endurance Athletes Habitually Consuming Very Low-carbohydrate or High-carbohydrate Diets. *Medicine & Science in Sports & Exercise*, Volume 48:5, supplement 1
- **Davitt, P.M.**, Saenz, C., Freidenreich, D.J., Kunces, L.J., Apicella, J.M., Creighton, B.C., Aerni, G.A., Anderson, J.A., Maresh, C.M., Kraemer, W.J., Volek, J.S. (2015) Maximal Fat Oxidation In High-level Ultra-marathon Runners Habitually Consuming Very Low-carbohydrate And High-carbohydrate Diets. *Medicine & Science in Sports & Exercise*, Volume 47:5 Supplement
- Saenz, Catherine; Freidenreich, Daniel J.; Kunces, Laura J.; Bartley, Jenna M.; Creighton, Brent C.; Hooper, David R.; Munoz, Colleen X.; **Davitt, Patrick M.**; Aerni, Giselle A.; Anderson, Jeffrey M.; Maresh, Carl M. FACSM; Kraemer, William J. FACSM; Volek, Jeff S.. Resting And Endurance Exercise-induced Testosterone Responses In Elite Ultra-runners Habitually Consuming Low-carbohydrate And High-carbohydrate Diets: 311 Board #162 May 27, 11. *Medicine & Science in Sports & Exercise* 47(5S):p 75-76, May 2015.
- **Davitt, P.M.**, Arent, S.M., Henderson, G.C. (2013) Postprandial fatty acid trafficking in obese women after either endurance or resistance exercise. *FASEB J*.
- **Davitt, P.M.**, Henderson, G.C., Arent, S.M. (2013) Acute Post-Exercise Endocrine Response During the Postprandial Period in Obese Women. *Medicine & Science in Sports & Exercise*, 45.
- **Davitt, P.M.**, Arent, S.M., Henderson, G.C. (2012). Acute Effects of Resistance Exercise vs. Endurance Exercise on Postprandial Fuel Partitioning. *Medicine & Science in Sports & Exercise*, 44.
- Arent, S.M., **Davitt, P.M.**, Henderson, G.C. (2012). Acute Effects of Resistance Exercise vs. Endurance Exercise on Exogenous Fat Oxidation in Obese Women. *Medicine & Science in Sports & Exercise*, 44.
- Golem, D.L., **Davitt, P.**, Jaouhari, C., Arent, S.M. (2011). The effects of a proprietary ergogenic supplement on recovery and performance in resistance trained males. *Medicine & Science in Sports & Exercise*, 43, S429.
- Golem, D.L., **Davitt, P.**, Jaouhari, C., Page, E., Shin, A., Arent, S. (2011). The Effects of a Proprietary Ergogenic Supplement on Strength, Body Composition, Sleep, and Mood in Resistance-Trained Males. *Journal of Strength and Conditioning Research*, 25, S41-S42.

- Arent, S.M., **Davitt, P.M.**, Gallo, D., Facchine, D., D'Andrea, C. (2010). The effects of an acute bout of static vs. dynamic stretching on performance in college soccer players. *Journal of Strength and Conditioning Research*, 24, 1.
- **Davitt, P.M.**, Schanzer, J., Tjionas, H., Pellegrino, J., Jaouhari, C.A., Arent, S.M. (2010). The effects of a combined resistance training and cardiovascular exercise program in college females: Does order matter? *Journal of Strength and Conditioning Research*, 24, 1.
- Pellegrino, J., Fishman, K., Epstein, M., **Davitt, P.**, Alderman, B.A., Arent, S.M. (2008). Differential affective responses to acute hatha yoga and moderate intensity resistance training. *Medicine & Science in Sports & Exercise*, 40, S17.

MANUSCRIPTS IN PREPARATION

- Arent, S.M., **Davitt, P.M.**, Gallo, D., Facchine, D., D'Andrea, C. The effects of an acute bout of static vs. dynamic stretching on performance in college soccer players.
- Ketogenic Diets and Athletics: Review Paper
- The effect of isointensive, isoenergetic exercise on postprandial lipid metabolism
- Energy expenditure differences under varied pack weights
- 8RM Bench Press: Traditional vs. Hanging Band Unstable Load
- Reaction time, mental task and motor speed before and after a sustained endurance run

REFEREED AND INVITED PRESENTATIONS TO SCHOLARLY AND PROFESSIONAL GROUPS

NATIONAL PRESENTATIONS

- **Davitt, P.M.**, Hartman, T., Barone, P., Grassano, J., **Maraziti, C.**, **Troncosco, J.**, Estremera, S. (2019) Energy metabolism with or without slow or rapid absorption carbohydrate in trained endurance runners. Presenter at 66th Annual Meeting of the American College of Sports Medicine, Orlando, FL
- **Davitt, P.M.**, Hartman, T., Estremera, S., Barone, P., Grassano, J., Muy, G., Akers-Goodwin, O., Marrero, A., Mel, A. (2017) The Effects of Isointensive, Isoenergetic Endurance Exercise on Postprandial Lipid Metabolism. Poster presented at 64th Annual Meeting of the American College of Sports Medicine, Denver, CO

- **Davitt, P.M.**, Saenz, C., Freidenreich, D.J., Kunces, L.J., Apicella, J.M., Creighton, B.C., Aerni, G.A., Anderson, J.A., Maresh, C.M., Kraemer, W.J., Volek, J.S. (2015) Maximal Fat Oxidation In High-level Ultra-marathon Runners Habitually Consuming Very Low-carbohydrate And High-carbohydrate Diets. Presented at the 62nd Annual Meeting of the American College of Sports Medicine, San Diego, CA.
- **Davitt, P.M.**, Arent, S.M., Henderson, G.C. (2013) Postprandial fatty acid trafficking in obese women after either endurance or resistance exercise. Paper presented at the Annual Meeting of Experimental Biology. Boston, MA.
- **Davitt, P.M.**, Henderson, G.C., Arent, S.M. (2013) Acute Post-Exercise Endocrine Response During the Postprandial Period in Obese Women. Paper presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
- **Davitt, P.M.**, Arent, S.M., Henderson, G.C. (2012). Acute Effects of Resistance Exercise vs. Endurance Exercise on Postprandial Fuel Partitioning. Paper presented at the 59th Annual Meeting of the American College of Sports Medicine, San Francisco, CA.
- Arent, S.M., **Davitt, P.M.**, Henderson, G.C. (2012). Acute Effects of Resistance Exercise vs. Endurance Exercise on Exogenous Fat Oxidation in Obese Women. Paper presented at the 59th Annual Meeting of the American College of Sports Medicine, San Francisco, CA.
- Golem, D.L., **Davitt, P.**, Jaouhari, C., Arent, S.M. (2011). The effects of a proprietary ergogenic supplement on recovery and performance in resistance trained males. Paper presented at the 58th Annual Meeting of the American College of Sports Medicine, Denver, CO.
- Golem, D.L., **Davitt, P.**, Jaouhari, C., Page, E., Shin, A., Arent, S.M. (July 2010). The effects of a proprietary ergogenic supplement on strength, body composition, sleep, and mood in resistance-trained males. Paper presented at the 33rd Annual Meeting of the National Strength and Conditioning Association, Orlando, FL.
- Arent, S.M., **Davitt, P.M.**, Gallo, D., Facchine, D., D'Andrea, C. (July 2009). The effects of an acute bout of static vs. dynamic stretching on performance in college soccer players. Paper presented at the 32nd Annual Meeting of the National Strength & Conditioning Association, Las Vegas, NV.
- **Davitt, P.M.**, Schanzer, J., Tjionas, H., Pellegrino, J., Jaouhari, C.A., Arent, S.M. (July 2009). The effects of a combined resistance training and cardiovascular exercise program in college females: Does order matter? Paper presented at the 32nd Annual Meeting: The National Strength & Conditioning Association, Las Vegas, NV

REGIONAL PRESENTATIONS (INVITED TALKS) AND OTHER FEATURED ARTICLES/INTERVIEWS

- Sports Illustrated Deutschland, featured expert: “The Tech Revolution” (2023) <https://www.sportsillustrated.de/football/basketball/fussball/die-tech-revolution-wie-winzige-details-ueber-sieg-und-niederlage>
- Invited guest lecture: Columbia University, MS/RD Sports nutrition guest: “Carbohydrate Conundrum”
- Inside Nutrition Podcast with Bob Seebohar and Dina Griffin (2022) <https://podcasters.spotify.com/pod/show/insidesportsnutrition/episodes/Low-Carb-vs--High-Carb-with-Dr--Patrick-Davitt---Ep--49-e1q3eso/a-a8poah8>
- Invited guest interview podcast: Trail Runner Nation: Episode 579: Keep Your Gut and Brain Happy (2022) <https://bit.ly/3S5GXU7>
- NJ Judiciary Probation Wellness Speaker: “The Wellness Conundrum: What the Health?” (2021)
- Drexel University Nutritional Sciences Seminar series invited research speaker. (2021) “The Athletic Energy Conundrum: Feed the Burn”
- Invited Speaker to Board of Directors (Generation UCAN): “Superstarch utilization throughout a 3-hr treadmill run” (2021)
- NJ Judiciary Probation Wellness Speaker: “Sleep, The underappreciated necessity for life, productivity and happiness” (2020)
- Newspaper article expert opinion: “How to work out in the heat during the pandemic” (2020) <https://bit.ly/3i5DIPE>
- Invited Speaker for
- Newspaper article expert opinion: “Should I wear a mask while running and exercising outside?” (2020) <https://bit.ly/3m4iApR>
- Invited Guest Presenter, Drexel ARMY ROTC. (2020) “Sports Nutrition for the Tactical Athlete”
- [Virtual 2020 STEM Research Conference](#). University of the Sciences, the Franklin Institute and the Ed Snider Youth Hockey Foundation, Faculty Talk by Dr. Patrick Davitt: "Preparation for success: from the laboratory to the field". Presentation found here: <https://drive.google.com/file/d/1Kd0YIHlmiHMeKrAdyDMePl-LUXnYHxyj/view>
- Invited guest interview podcast: IMTalk (Everything Ironman):Episode 713 (2020) <https://podcasts.apple.com/us/podcast/imtalk/id143250328?i=1000470700518>
- Greater New York Regional Chapter – ACSM, invited presenter. (2019) “The Ultraendurance Athlete: Everything From Training to Competition”
- Invited Speaker, Drexel Medical Physician and Fellow research meeting: “Ultraendurance racing: nutrition, training and fitness” (2019)
- New England ACSM Annual Meeting, invited presenter. (2019) “Carbs or no Carbs: The Great Debate”
- Greater New York Regional Chapter – ACSM, invited presenter. (2019) “The Deconditioned First Responder and the Need for Strength & Conditioning Specialists”
- National Geographic Online Article, featured expert. (2018) “This Unlikely Ultramarathoner Is Fueled by Science, Obsession, and a Love of the Struggle” <https://www.nationalgeographic.com/adventure/features/ultramarathon-runner-science-obsession-pain-culture/>

- Outside Magazine Online Article, featured expert. (2017) “Are Endurance Athletes More Susceptible to Diabetes?” <https://www.outsideonline.com/2201466/are-endurance-athletes-more-susceptible-getting-diabetes>
- Top Featured Expert in Men’s Running Magazine. (2016) “Is a High-Fat/Low-Carb Diet Best for Runners?” <http://mensrunninguk.co.uk/top-feature/high-fat-diet-runners/>
- Medscape website, featured expertise interview. (2015) Title: High-Carb vs Low-Carb Diet: Which Is Better for Athletes? <http://www.medscape.com/viewarticle/855436>
- Medscape website, blogpost featured spotlight. (2015). Title: Endurance Runners on Low-Carb Diet Burn Fat. <http://www.medscape.com/viewarticle/846278>
- Sports without injury blog featured research. (2015) Title: A LOW-CARB DIETS FOR ATHLETES? <http://sportswithoutinjury.com/a-low-carb-diets-for-athletes/>
- Runner’s World Online Website Interview Blogpost. (2015) Title: Adapting to Burn Fat as Fuel. <http://www.runnersworld.com/sweat-science/adapting-to-burn-fat-as-fuel>
- Invited Polar Electro guest blog post writer for ACSM Certification blog website: The Art of pacing. (2014) <http://certification.acsm.org/blog/2014/december/the-art-of-pacing>
- American College of Sports Medicine-Greater New York Regional Chapter Spring Symposium: Exercise Science Student Bowl, Invited Judge (2015,2016, 2017)
- American College of Sports Medicine-Greater New York Regional Chapter Annual Symposium Invited Presentation: Nutritional Ketosis: Maximizing Endurance Performance Through Enhanced Fat Utilization (2014)
- Invited guest speaker: Theses and Dissertations compared to Scientific Articles (2013). University of Connecticut
- Presentation: Community Nutrition Outreach: Low-fat dairy presentation at Teen Hub Center in New Brunswick, NJ (2011)
- Nutritional Consultant for Project Hospitality: 2011 Employee Wellness Fair
- Sports Nutrition presentation to Army ROTC: Impact of pre/post-workout nutrition and hydration importance, (2011)
- 2009 January Health Services Conference Presenter: Current Exercise Guidelines for Health, Fitness, and Weight Loss
- Guest Instructor for Systems Physiology Lecture: Menstruation and Female Reproduction. Rutgers University

SERVICES PROVIDED

- Rutgers University Football Team Nutritionist (Fall, 2020-Summer, 2022)
- Faculty Research Mentor: Pacing and Performance in CrossFit
Alair Brock, Sam Naftulin, Mabry Brintzenhoff, 2021-Present
- Faculty Research Mentor: Stair Climbing Efficiency
Elizabeth Kahan, Christopher Didomenico, Jack Wang, Nicholas Angelucci, 2021-Present
- Faculty Research Mentor: Ketone Efficacy in Tactical Officers (KETO)
Brandon Gildea, Kylie Heath, Mary Donovan, Matthew Herbert, Stephen Blanchard,

2021-Present

- Faculty Research Mentor: Validity and Reliability of the Rower Ergometer VO2max. Travis McCurdy, Nicholas Calci, Patrick Carr, Christopher Trulis, 2020-2021
- Faculty Research Mentor: Traditional Bench Press vs Hanging Band Technique for 8RM. Arav Shah, Melvin Itty, 2020-2021
- Faculty Research Mentor: Energy Expenditure Under Various Pack Weights During Submaximal Endurance Exercise. Alisha Thomas, Krina Patel, Kristina Chiev, Christian Hong, 2020-2021
- Greater New York Regional Chapter-American College of Sports Medicine (GNYRC-ACSM) **President, 2018**
- Mercy College Institutional Review Board (IRB) Member, **2016-Present**
- Mercy College CAAHEP Accreditation Task Force, **2016-2017**
 - Obtained successful program accreditation – Spring 2017
- Greater New York Regional Chapter-American College of Sports Medicine (GNYRC-ACSM) Executive Committee member, Elected Treasurer, **2016**
- Associate Editor, the Journal of Strength and Conditioning Research, **2015-present**
- Greater New York Regional Chapter-American College of Sports Medicine (GNYRC-ACSM) Student Committee member, **2014 – present**
- Greater New York Regional Chapter-American College of Sports Medicine (GNYRC-ACSM) Research Committee member, **2014 – present**
- Greater New York Regional Chapter-American College of Sports Medicine (GNYRC-ACSM) Nominations Committee member, **2014 – present**
- Conference Session Moderator, **2014**. Dr. Shawn Arent: Integrating Training, Nutrition, and Technology for Optimizing Performance in Soccer and Power- Endurance Sports. *ISSN sponsored*, 1st Annual Rutgers Human Performance Conference
- Invited Scientific Abstract Reviewer, **2014** Annual Conference of the National Strength and Conditioning Association, Las Vegas, NV
- 2013 Mercy College Health Fair: Bronx, NY
- Scientific Abstract Reviewer, **2013** Annual Conference of the National Strength and Conditioning Association, Indianapolis, IN

Journal Reviewer

- Associate Editor/journal reviewer: Journal of Strength and Conditioning Research (2013-Present)
- Journal of Human Movement (2018-Present)
- Journal of the American College of Nutrition (2013-Present)
- Journal for the International Society of Sports Nutrition (2015-Present)
- Comparative Exercise Physiology (2014-Present)
- Frontiers in Veterinary Science (2021-Present)
- Journal of Biomed Research (2021–Present)
- Plos-One Open-Source Journal (2015 – Present)
- Volunteer: 28th Annual SCAN symposium, Baltimore, MD (2012)
- Graduate Supervisor, Human Performance Laboratory (2008-2013)
- Rutgers University Gymnastics Team Dietary consultation (2012)

- Nutritional Mentor: Rutgers Football Sports Nutrition Mentorship for nutrition undergraduates interested in sports nutrition (2011-2012)
 - Dylan Klein, Samantha Nuzio
- North Jersey Regional Science Fair Judge (2009)
- Nutrition Counseling and Communications course mentor: Jonathan Yam, Stephanie Roguso, and Desiree Conners. (Fall, 2007)