

CURRICULUM VITAE

NICHOLAS MARTINEZ, Ph.D

Instructor – Exercise Science

University of South Florida

EDUCATION

DEGREES

Doctor of Philosophy – 2017

Curriculum and Instruction

University of South Florida

Master of Arts – 2014

Physical Education

University of South Florida

Master of Science – 2013

Exercise Science

University of South Florida

Bachelor of Arts – 2011

Psychology

University of South Florida

CERTIFICATES

Graduate Certificate – 2016

Evaluation

University of South Florida

TEACHING EXPERIENCE

UNDERGRADUATE COURSES

- Nutrition for Fitness and Sport (PET3361) University of South Florida, 2017-2018
- Biomechanics (PET 3312), University of South Florida, 2014-2018
- Personal Wellness (HLP 2081), University of South Florida, 2018

- Physical Activity Epidemiology (PET 3364), University of South Florida, 2013-2017
- General Exercise Testing and Prescription (PET 3384), University of South Florida, 2014-2017
- Clinical Exercise Testing and Prescription (PET 4550), University of South Florida, 2013-2015, 2018
- Individualized Fitness/Wellness Programming (PET 4406), University of South Florida, 2013-2016
- Professional Development Seminar (PET 3314), University of South Florida, 2016
- Stress Management (PET 3211), University of South Florida, 2016
- Internships Fitness/Wellness (PET 4941), University of South Florida, 2015
- Tennis I (PEL 1341), University of South Florida, 2012-2014
- Introduction to Nutrition (HUN 2201), University of South Florida, 2012-2013
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- Senior Seminar in Physical Education (PET 4929), University of South Florida, Spring 2013
- Analysis of Teaching Physical Education (6716), University of South Florida, Fall 2012
- Curriculum and Instruction in Physical Education (PET 3421), University of South Florida, Fall 2012

PROFESSIONAL EXPERIENCE

Research Laboratory Coordinator – Health and Exercise Science Laboratory
University of South Florida (2012-2013)

- Served as co-principal investigator and lab coordinator for a USF funded research project examining the impact of high-intensity interval training on physiological and psychological responses in overweight and obese individuals
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- Impact of Continuous vs. Interval Exercise on Insulin Sensitivity in an Overweight, Insufficiently Active Population: Honors College Student and USF Medical Student
- Efficacy of FitMiss Burn™ as a Thermogenic Supplement and its Effect on Hemodynamic Variables Compared to other Thermogenic Supplements: Honors College Student and UF Medical Student
- The Impact of Pre-Workout supplementation on Strength and Power Production: Honors College Student and USF Exercise Science Student
- Female Resistance Training and the Effects on Body Composition and Strength Performance: Honors College Student and USF Exercise Science Student

TRAINING AND EXERCISE TESTING EXPERIENCE

Strength and Conditioning Coach – ITF Junior and ATP Professional Tennis

Hans Gildemeister Tennis, Tampa, FL (2013-2015)

- Program design and training for world ranked international tennis athletes competing in high-level competition and Grand Slam tournaments (US Open, Wimbledon, French Open, FED Cup, Nanjing Olympics)
- Travel programming for elite athlete competing in a South American tennis circuit to improve world ranking

Human Performance Coach – Professional Combat Sports

Top Rank Promotions, Banner Promotions, Titan Fighting Championships (2015-2016)

- Responsible for the design and implementation of strength and conditioning programming to optimize performance for world champion and prospect athletes
- Sports nutrition, weight loss/hydration strategies for contracted weight requirements

VO2max Test Technician – USF Athletics

University of South Florida Men's and Women's Soccer (2012-2014)

- Oxygen Consumption (VO2max) Testing

Assistant Strength and Conditioning Coach – Hillsborough County School Board

Chamberlain High School (2012)

- Chamberlain High School Football

Wingate Cycle Test Technician – USF Exercise Science

NHL Tampa Bay Lightning (2011)

- Anaerobic Power Testing (Wingate Cycle Test)

Group Fitness Instructor – Boxing for Fitness

Xtreme Fitness, Tampa, FL (2004-2007)

- Responsible for teaching group fitness classes

OTHER EXPERIENCE

Sales Representative

SamAsh.com, Tampa, FL (2001-2010)

- Ranked in the top 10% of sale (1) CID 1 61 0 Td[he 2010 4 Tw(0) 3.1(7) 10 Ranv(6) 461 do p t R % s d (2 i

5. Kilpatrick M, **Martinez N**, Little J, Jung M, Jones A, Price N, Lende D
Medicine and Science in Sports and
Exercise. (47)5:1038-1045. 2015.
6. Durrer C, Robinson E, Zhongxiao W, **Martinez N**, Hummell M, Jenkins N, Kilpatrick M,
Little J.
PLoS
One. DOI: 10.1371/journal.pone.0115860. 2015.
7. Greeley S, **Martinez N**, Campbell B.
Strength and Conditioning Journal. (35)2:63-65. 2013.

MANUSCRIPTS IN REVIEW

1. Campbell B, Woolf K, Carson-Phillips A, **Martinez N**. The impact of an individualized
worksite wellness program on cardiovascular disease risk factors and body composition.
Submitted to Journal of ET(O)ZdM(1 (m(1 (4 Tc 0.004 T5(h a)4 (e)3 ()Je. D)2 (I4 (e)3 en)-8 (ce1 (k f)1e)4

CERTIFICATIONS

American College of Sports Medicine

- Certified Exercise Physiologist

International Society of Sports Nutrition

- Certified Sports Nutritionist

National Posture Institute

- Certified Postural Specialist

HeartMath

- Certified HeartMath Practitioner

American Heart Association

- CPR/AED Healthcare Provider

TECHNICAL COMPETENCIES

- ACSM Testing and Prescription Guidelines (He8(1)-2 (i)S6 (d)2-1 (t)-2 (i)-2.1 (.004e8eTEC)2.MpecAED(

PROFESSIONAL SERVICE

ACADEMIC

- Responsible for the development of new course content at the graduate level. Designed and implemented a stress management and mental performance course to appeal to both health and wellness and strength and conditioning concentrations.
- Served as a committee member for graduate students completing a thesis project for a Master's Degree in Exercise Science.
- Experience with mentoring undergraduate and graduate students seeking advice in both their academic and professional careers.

PEER REVIEWER

- Journal of Sports Science and Medicine (November 2013)
- Journal of Strength and Conditioning Conference Abstracts (2012-2013)

OTHER SERVICES

- Development of a stress management and posture program as part of a comprehensive worksite wellness initiative for the Veteran's Administration located in Tampa, FL.

PROFESSIONAL AFFILIATIONS

- American College of Sports Medicine
- National Strength and Conditioning Association
- HeartMath Institute
- National Posture Institute
- International Society of Sports Nutrition