

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
- Laboratory Instructor for General Exercise Testing and Prescription (PET 3384), University of South Florida, 2012
- Laboratory Instructor for Clinical Exercise Testing and Prescription Laboratory (PET 4550), University of South Florida, 2011
- Weight Training (PEM 2131), University of South Florida, 2011-2012

GRADUATE COURSES

- Stress Management and Mental Performance (EDF 6938) University of South Florida, 2018
- Strength & Conditioning (PET6098) University of South Florida, 2017

GUEST LECTURES

- Body Composition (PET 6085), *Blood Flow Restriction Training and Hydration Strategies for the Combat Athlete*. University of South Florida, Spring 2015
- Sports Nutrition (PET 3361), *Hydration Strategies for the Combat Athlete*. University of South Florida, Fall 2015
- Applied Exercise Physiology (PET 4380), *Body Composition and ACSM Skinfold Method*. University of South Florida, Fall 2016
- Measurement and Evaluation in Physical Education (PET4510), *Body Composition and ACSM Skinfold Method*. University of South Florida, Spring 2015-2016

TEACHING ASSISTANT

- Professional Development in Physical Education II (PET 3013), University of South Florida, Spring 2013
- Curriculum and Instruction: Design and Content (PET 6443), University of South Florida, Spring 2013
- Personal Professional Development Seminar (PET 3010), University of South Florida, Spring 2013

- 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

ACADEMIC EXPERIENCE

Instructor I – Exercise Science

University of South Florida (2018-Present)

- Responsible for teaching 3000-6000 level undergraduate and graduate Exercise Science courses
- Active in research and the development of manuscripts for publication
- Served as a committee member for graduate student conducting thesis
- Responsible for coordination of exercise lab testing and equipment maintenance
- Served as the advisor for USF's Human Performance Club

Visiting Instructor – Exercise Science

University of South Florida (2017-Present)

- Responsible for teaching 3000-6000 level undergraduate and graduate Exercise Science courses
- Development and implemented new course curriculum at the graduate level (Mental Performance & Stress Management)
- Active in research and the development of manuscripts for publication
- Served as a committee member for graduate student conducting thesis

Adjunct Instructor / Graduate Assistant – Exercise Science

University of South Florida (2013-2017)

- Responsible for teaching 3000-4000 level undergraduate Exercise Science courses throughout the Fall, Spring, and as an adjunct during Summer semesters
- Mentored students from subsequent Exercise Science cohorts from 2013-2017
- Actively involved in research and subsequent publications in peer-reviewed journals

Principal Investigator/Research Coordinator – Exercise Science

University of South Florida (2014)

- Served as the Principal Investigator responsible for grant application, research design, recruiting, implementation, data analysis, and manuscript publication.
- Investigated the impact of Pre-Workout Supplementation on Strength and Power Performance
- Responsible for recruiting and overseeing research study staff

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
- Responsible for coordinating lab usage for both students and research participants.
- Responsible for maintenance, calibration, and troubleshooting lab equipment
- Experience with lab inventory and purchase orders
- Responsible for packaging and shipping blood samples and hazardous materials

Research Assistant – Exercise Science
University of South Florida (2011-2012)

- The Impact of Continuous and Discontinuous Cycle Exercise on Affect: An Examination of the Dual-Mode Model
- Aerobic Exercise and Nicotine Withdrawal
- Heat Stress Evaluation of Personal Cooling Systems
- The Hypertrophic Effects of Practical Vascular Blood Flow Restriction Training
- Resting Metabolic Rate Reliability Study
- The effects of thermogenic supplement on resting metabolic rate and hemodynamic variables in healthy females
- The effects of a fat loss supplement on resting metabolic rate and hemodynamic variables in resistance trained males

Instructor / Graduate Assistant – Exercise Science
University of South Florida (2011-2013)

- Responsible for teaching 1000-2000 level courses for the Exercise Science department
- Served as a teaching assistant for both Exercise Science and Physical Education departments

COMMITTEE EXPERIENCE

Committee Member for Graduate Theses – Honors College
University of South Florida (2017-2018)

- Responsible for guiding graduate students through the research process including the design, statistical analysis, and manuscript development of projects
- The Effects of Music Choice on Perceptual and Physiological Responses to Treadmill Exercise: USF Exercise Science Graduate Student
- Psychological Responses to High-Intensity Interval Training Exercise: A Comparison of Ungraded Jogging and Graded Walking: USF Exercise Science Graduate Student

Committee Member for Undergraduate Honors Theses – Honors College
University of South Florida (2013-2014)

- Responsible for guiding undergraduate students through the research process including the design, statistical analysis, and manuscript development of projects

- 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 salesmen nationwide annually
- Responsible for maintaining an international client base

Sports Coordinator

Central City YMCA, Tampa, FL (2000-2001)

- Directed and coached intramural sports and daily physical activities.
- Provided weight room instruction and guidelines for all new members

Site Director

Tampa Metro YMCA, Tampa, FL (1999-2000)

- Supervised all staff and participants assigned to the program
- Organized all activities, sports and field trips for participants

Instructor's Aid – Education

Hillsborough County School Board, Tampa, FL (1995-1999)

- Responsible for organizing sport and physical activities
- Tutored and mentored students enrolled in the program

PUBLICATIONS AND ABSTRACTS

PEER REVIEWED JOURNAL PUBLICATIONS

1. **Martinez N**, Campbell B, Franek M, Buchanan L, Colquhoun R. *The effect of acute pre-workout supplementation on power and strength performance*. Journal of the International Society of Sports Nutrition. 13:29. 2016.
2. Campbell B, Zito G, Colquhoun R, **Martinez N**, Kendall K, Buchanan L, Lehn M, Johnson M, St. Louis C, Smith Y, Cloer B, Pingel A. *The effects of a single-dose thermogenic supplement on resting metabolic rate and hemodynamic variables in healthy females – a randomized, double-blind, placebo-controlled, cross-over trial*. Journal of the International Society of Sports Nutrition. 13(13). 2016.
3. Campbell B, Colquhoun R, Zito G, **Martinez N**, Kendall K, Buchanan L, Lehn M, Johnson M, St. Louis C, Smith Y, Cloer B. *The effects of a fat loss supplement on resting metabolic rate and hemodynamic variables in resistance trained males: a randomized, double-blind, placebo-controlled, cross-over trial*. Journal of the International Society of Sports Nutrition. 13:14. 2016.
4. **Martinez N**, Kilpatrick M, Salomon K, Jung M, Little J. *Affective and enjoyment responses to high-intensity interval training in overweight-to-obese and insufficiently active adults*. Journal of Sport and Exercise Psychology. (37)2:138-149. 2015.

5. Kilpatrick M, **Martinez N**, Little J, Jung M, Jones A, Price N, Lende D. *Impact of high-intensity interval duration on perceived exertion*. *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. *Differential impact of acute high-intensity exercise on circulating endothelial microparticles and insulin resistance between overweight/obese males and females*. *PLoS One*. DOI: 10.1371/journal.pone.0115860. 2015.
7. Greeley S, **Martinez N**, Campbell B. *The impact of high-intensity interval training on metabolic syndrome*. *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 Exercise Science and Fitness*.

ABSTRACTS

1. Campbell B, O'Halloran J, **Martinez N**, Theilen N, and Wilson J, and Kilpatrick M. The Effects of Practical Vascular Blood Flow Restriction Training on Maximal Muscular Strength. *Journal of Strength & Conditioning Research*. 28(12):S35, December 2014.
2. Zito G, Campbell B, Colquhoun R, **Martinez N**, Buchanan L, Lehn M, Johnson M, St Louis C, Smith Y, Cloer B, Pingel A. The effects of a fat loss supplement on resting metabolic rate and hemodynamic variables in healthy females: preliminary results. *Journal of the International Society of Sports Nutrition*, 11(Suppl 1):P1 (December 2014).
3. O'Halloran J, Campbell B, **Martinez N**, O'Connor S, Fuentes J, Theilen N, Wilson J, and Kilpatrick M. The effects of practical vascular blood flow restriction training on skeletal muscle hypertrophy. *Journal of the International Society of Sports Nutrition*, 11(Suppl 1):P18 (December 2014).
4. Campbell B, Zito G, Colquhoun R, **Martinez N**, St Louis C, Johnson M, Buchanan L, Lehn M, Smith Y, Cloer B, Raines K. Inter and intra-day test-retest reliability of the Cosmed FitMate Pro™ indirect calorimeter for resting metabolic rate. *Journal of the International Society of Sports Nutrition*, 11(Suppl 1):P46 (December 2014).
5. Colquhoun R, Campbell B, Zito G, **Martinez N**, Buchanan L, Lehn M, Johnson M, St Louis C, Smith Y, Cloer B, Pingel A. The effects of a thermogenic supplement on resting metabolic rate in healthy males: preliminary results. *Journal of the International Society of Sports Nutrition*, 11(Suppl 1):P47 (December 2014).
6. **Martinez N**, Kilpatrick M, Price N, Buchanan L, Robles M, Rubio A. Perceptual responses to high-intensity interval training in overweight and sedentary individuals. *American College of Medicine Annual Meeting*. 2014.
7. Kilpatrick M, **Martinez N**. Exertional responses to high-intensity interval training in overweight adults. *American College of Medicine Annual Meeting*. 2014.
8. **Martinez N**, Kilpatrick M, Greeley S. A Comparison of interval training and continuous exercise on enjoyment. *American College of Medicine Annual Meeting*. 2013.

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 (Healthy and Special Populations)
- Blood lipid and glucose finger stick and analysis
- Blood pipette and centrifuge
- Anaerobic Power Testing (Vertical jump, Long Jump)
- Anaerobic Capacity Testing (Wingate, 20 and 40-meter sprint)
- Lactate Testing
- Agility and Speed Testing (T Test)
- Body Composition Assessment (Skinfolds, Bioelectrical impedance)
- Cardiopulmonary/ECG Exercise Testing
- Statistical Analyses (SPSS Software, SAS)
- Nutritional Analysis
- Strength Testing (Dynamometer, 1RM)
- Submaximal Testing (Cooper, Rockport)
- VO2max Testing (Metabolic Gas Exchange)
- BodyMetrix Academic (CSA, Body Fat Percentage)
- HeartMath Coherence Testing (EmWave Software)

ACHIEVEMENTS AND HONORS

- Pi Gamma Mu International Honor Society
- Phi Sigma Theta National Honor Society
- Tau Sigma Honor Society

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