

# **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( 64461 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