

JUSTIN ROBINSON, MA, RD, CSSD, CSCS, TSAC-F, FAFS

EDUCATION

- May 2007 **Master of Arts – Kinesiology**
San Diego State University
San Diego, CA
- July 2004 **Dietetic Internship Program**
University of Houston
Houston, TX
Rotation Sites: Houston Texans, MD Anderson Cancer Center,
The Methodist Hospital, DaVita Dialysis.
- Dec 2003 **Bachelor of Science – Kinesiology & Nutrition (Double Major)**
California Polytechnic State University
San Luis Obispo, CA

TEACHING EXPERIENCE

- Sep 2016-Present **Adjunct Faculty – Kinesiology Department**
Point Loma Nazarene University
San Diego, CA
Courses Taught (Graduate): Sport & Exercise Nutrition for Peak Performance,
Nutrition for Athletic Trainers
- Sep 2014-Jun 2015 **Adjunct Instructor – Kinesiology Department**
Pierce College Fort Steilacoom
Lakewood, WA
Courses Taught (Community College): Essentials of Fitness Training, Nutrition,
Kinesiology, Principles of Weight Management, Drugs in Sport, Client Care &
Marketing, Activity classes
- Aug 2008-Dec 2009 **Adjunct Instructor – Physical Education Department**
San Diego City College
San Diego, CA
Courses Taught (Community College): Nutrition for Fitness & Health
- Sep 2005-May 2007 **Teaching Associate – School of Exercise and Nutritional Science**
San Diego State University
San Diego, CA
Courses Taught (Undergraduate): Weight Training, Conditioning,
Musculoskeletal Fitness

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PROFESSIONAL EXPERIENCE

Jun 2015-Present	Human Performance Dietitian Naval Special Warfare Center Coronado, CA KBR Contractor
Feb 2013-Nov 2013	Team Nutritionist Los Angeles Dodgers Major League Baseball Club Los Angeles, CA
Feb 2007-Feb 2013	Director of Strength & Conditioning Endurance Sport Coach Rehab United Physical Therapy & Sports Performance Center San Diego, CA
May 2005-Mar 2007	Registered Dietitian Kaiser Permanente Inpatient and Outpatient Care San Diego, CA

PUBLICATIONS

2023	Robinson J., Nitschke E., Tovar A., Mattar L., Gottesman K., Hamlett P., & Rozga M. (2023). Nutrition and physical activity interventions provided by nutrition and exercise practitioners for the general population: an evidence-based practice guideline from the Academy of Nutrition and Dietetics and American Council on Exercise. <i>Journal of the Academy of Nutrition and Dietetics</i> . https://doi.org/10.1016/j.jand.2023.04.004
2022	Nitschke E., Gottesman K., Hamlett P., Mattar L., Robinson J., Tovar A., & Rozga M. (2022). Impact of nutrition and physical activity interventions provided by nutrition and exercise practitioners for the adult general population: A systematic review and meta-analysis. <i>Nutrients</i> , 14(9):1729. https://doi.org/10.3390/nu14091729
2021	Robinson, J. (2021). Dietary Supplement Evaluation. <i>Sports Nutrition Care Manual</i> , www.nutritioncaremanual.org/sports-nutrition-care
2021	Rozga, M., Jones, K., Robinson, J., & Yahiro, A. (2021). Nutrition and physical activity interventions for the general population with and without cardiometabolic risk: A scoping review. <i>Public Health Nutrition</i> , 1-19. doi:10.1017/S1368980021002184
2017	Coleman, E. & Robinson, J (2017). Cardiovascular Nutrition and Fitness (RD67). www.ContinuingEducation.com
2015	Robinson, J. (2015). Fueling for Exercise and Recovery: How to Optimize Carbohydrate Intake (RD33). www.ContinuingEducation.com
2008	Kern, M. & Robinson, J. (2008). Metabolic and performance effects of alanine supplementation. <i>Medicine & Science in Sports & Exercise</i> , 40, S166.

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AWARDS

May 2023 **Service Award**
Collegiate and Professional Sports Dietetics Association (CPSDA)

CREDENTIALS, CERTIFICATIONS & CERTIFICATES

Yr. Obtained

2021	Certificate of Training in Obesity for Pediatrics and Adults Commission on Dietetic Registration
2020	Sport Nutrition Registry United State Olympic & Paralympic Committee (USOPC)
2020	Fitness Nutrition Specialist American Council on Exercise
2018	Tactical Strength and Conditioning Facilitator (TSAC-F) National Strength and Conditioning Association
2016	Weight Management Specialist American Council on Exercise
2011	Level 1 Triathlon Coach USA Triathlon
2009	Fellow of Applied Functional Science (FAFS) Gray Institute for Functional Transformation
2007	Board Certified Specialist in Sports Dietetics (CSSD) Commission on Dietetic Registration
2006	Level 1 Sports Performance Coach USA Weightlifting
2005	Registered Dietitian (RD) Commission on Dietetic Registration
2004	Certified Strength and Conditioning Specialist (CSCS) National Strength and Conditioning Association
2004	BLS American Red Cross

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PRESENTATIONS

- Oct 2023 **Performance Nutrition**
USA Swimming National Select Camp – Colorado Springs, CO
- Oct 2023 **Nutrition and Neurocognitive Recovery**
Human Performance and the Tactical Athlete, Mayo Clinic
- Jun 2023 **Performance Nutrition**
USA Swimming Zone Select Camp – San Diego, CA
- Apr 2023 **Hydration Assessment**
Collegiate and Professional Sports Dietitians Association
Applied Performance Nutrition Webinar
- Mar 2023 **High Performance Nutrition**
California Academy of Nutrition and Dietetics – Virtual Webinar
- Dec 2022 **Better Together: Combining Fitness and Nutrition for Powerful Results**
American Council on Exercise – Live Webinar
- Oct 2022 **Nutrition and Physical Activity – Tailoring Interventions for Optimal Health**
Food & Nutrition Conference & Expo (FNCE) 2022
- Apr 2022 **Return to Performance – Implementing Nutrition and Dietary Supplement Protocols for Injuries**
California Academy of Nutrition and Dietetics – Annual Conference
- Jul 2020 **A Day in the Life of a Tactical Dietitian**
Collegiate and Professional Sports Dietitians Association
Expert Session Live Webinar: <https://bit.ly/3jFfVBi>
- Apr 2020 **Tactical Nutrition: Fueling the Forces**
California Academy of Nutrition and Dietetics – Annual Conference
- May 2019 **Metabolic Flexibility: Adaptations to Carbohydrate & Fat Manipulation**
Hawaii Academy of Nutrition and Dietetics – Annual Conference
- Mar 2019 **Fitness Nutrition: The Experts Weigh In**
American Council on Exercise
Live Webinar: <http://bit.ly/NutrPanel>
- July 2018 **Coaching Nutritional Behavior Change**
American Council on Exercise
Live Webinar: <http://bit.ly/NutrBehavior>
- May 2018 **Tactical Nutrition: Fueling the Warfighter**
Collegiate and Professional Sports Dietitians Association
Annual Conference
- Aug 2017 **Low Carbohydrate Availability**
National Strength and Conditioning Association
Southern California State Meeting
- Aug 2017 **Integrated Movement & Exercise Implementation**
American Council on Exercise
Live Webinar: <http://bit.ly/IntExImp>

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PRESENTATIONS (Cont.)

Feb 2017	<i>Nutrition Recommendations for Heart Health</i> American Council on Exercise Live Webinar: https://bit.ly/33qIH47
Nov 2016	<i>Supplement Sense: Sorting Through Pills, Powders, and Labels</i> Stack.com (Live Webinar)
Jan 2016	<i>3-D Approach to Finding Nutritional Balance</i> American Council on Exercise Live Webinar
July 2015	<i>Low-Carb vs. High-Carb Diets: Heart Health & Exercise Performance</i> American Council on Exercise (Live Webinar)
Mar 2015	<i>Functional Mobility & Stability for Triathletes</i> USA Triathlon Pacific Northwest – Spring Seminar
May 2012	<i>Everyone is an Athlete</i> Hawaii Academy of Nutrition and Dietetics – Annual Conference
Jun 2008, 2009, & 2010	<i>Optimal Energy for the NFL</i> San Diego Chargers – Rookie Camp



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PODCAST INTERVIEWS

Mar 2020	<i>The Only Easy Day Was Yesterday # 34: Body Composition</i> The Official Navy SEAL Podcast
Mar 2020	<i>The Only Easy Day Was Yesterday # 33: Rest, Recovery, & Sleep</i> The Official Navy SEAL Podcast
Mar 2020	<i>The Only Easy Day Was Yesterday # 32: Protein Powders & Supplements</i> The Official Navy SEAL Podcast
Jul 2018	<i>The Only Easy Day Was Yesterday # 10: Nutrition</i> The Official Navy SEAL Podcast

COMMITTEE WORK

2022-Present	Member: Council on Research Academy of Nutrition and Dietetic (AND)
2021, 2022, & 2023	Committee Member: Conference Planning Collegiate and Professional Sports Dietetics Association (CPSDA) Tactical Nutrition Summit San Diego, CA (2023) Charlotte, NC (2022) Virginia Beach, VA (2021)
2020	Diversity Equity and Inclusion Task Force California Academy of Nutrition and Dietetics (CAND)
2019 & 2018	Speaker Coordinator: Conference Planning Committee U.S. Special Operations Command Performance Nutrition Summit Colorado Springs, CO (2019) Virginia Beach, VA (2018)
2018-Present	Department of Defense Food and Nutrition Committee
2018-Present	Navy Human Performance Sub-Community Committee
2015	Speaker Selection and Vetting Committee Washington State Academy of Nutrition and Dietetics Annual Meeting Seattle, WA
2011-2013	Mueller College Professional Advisory Committee San Diego, CA

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SERVICE PROJECTS

2021-Present	Expert Panel Member: Dietary Approaches and Health Outcomes (DAHO) Academy of Nutrition and Dietetics (AND) Evidence Analysis Center (EAC)
2022-2023	Workgroup Chair: <i>Nutrition and Physical Activity Guidelines</i> Academy of Nutrition and Dietetics (AND) Evidence Analysis Center (EAC)
2021-2022	Expert Panel Member: <i>Nutrition and Physical Activity Systematic Review</i> Academy of Nutrition and Dietetics (AND) Evidence Analysis Center (EAC)
2021	Author: <i>Sports Nutrition Care Manual, Dietary Supplement Evaluation</i> Academy of Nutrition and Dietetics (AND)
2020	Content Editor, Assessment Developer: <i>Tactical Professional Development Toolkit</i> Collegiate and Professional Sports Dietetics Association (CPSDA)
2020	Content Advisor: <i>Nutrition and Physical Activity Scoping Review</i> Academy of Nutrition and Dietetics (AND) Evidence Analysis Library (EAL)
2019	Content Reviewer: <i>Sports Nutrition Care Manual</i> Academy of Nutrition and Dietetics (AND)
2018-Present	Content Developer: CSSD Examination Commission on Dietetic Registration (CDR)
2015	Content Reviewer: Weight Management Specialist Program American Council on Exercise (ACE)
2015 & 2009	Author, Reviewer: SCAN Fact Sheets Sports Cardiovascular and Wellness Nutritionists (SCAN)
2012	Volunteer Coordinator: Bike Course International Triathlon Union (ITU) San Diego Triathlon San Diego, CA

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CONSULTING

- 2019 **Content Developer & Presenter**
American Council on Exercise – *Personal Trainer Manual* (version 6, 2020)
Chapters: Nutrition for Health & Well-being; Considerations for Clients with Obesity.
- 2016-Present **Subject Matter Expert: Author & Presenter**
American Council on Exercise, Stack.com
Developing live media content (webinars, live courses) and online content (articles and blogs).
- 2011-2018 **Nutrition Educator**
San Diego State University Foundation, WIC Dietetic Internship
Developing education material for internship program; Presenting Registered Dietitian examination review lectures (in-person and webinars).

PROFESSIONAL DEVELOPMENT

- 2022 **The Low FODMAP Diet for Irritable Bowel Syndrome (IBS)**
Monash University
- 2020 **Sport Physician's Toolkit Certificate**
World Anti-Doping Agency (WADA)
- 2020 **Anti-Doping Education for the Health Professional**
Stanford University School of Medicine
- 2020 **Culinary Nutrition Certificate of Training**
Academy of Nutrition and Dietetics
- 2020 **Design Fundamentals**
Joint Special Operations University (JSOU)
- 2018 **Joint Advanced Nutrition and Dietetics Course**
US Military-Baylor University Graduate Program in Nutrition
- 2018 **Design and Innovation Basic Course**
Joint Special Operations University (JSOU)

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PROFESSIONAL MEMBERSHIPS

2019-Present	San Diego Academy of Nutrition and Dietetics (CANDSD)
2018-Present	Sports and Human Performance Nutrition (SHPN)
2018-Present	Academy of Nutrition and Dietetics (AND)
2017-Present	Professionals in Nutrition for Exercise and Sport (PINES)
2013-Present	Collegiate and Professional Sports Dietitians Association (CPSDA)
2007-Present	USA Triathlon (USAT)
2003-Present	National Strength and Conditioning Association (NSCA)
2002-Present	USA Weightlifting (USAW)