

Patrick G. Saracino, PhD

General Information

University Address: Human Performance and Health
College of Education, Human Performance, and Health
University of South Carolina Upstate
Health Education Complex 3017
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Professional Preparation

2020 Ph.D., Florida State University, Tallahassee, FL.
Major: Exercise Physiology

2016 B.S., University of North Carolina Wilmington, Wilmington, NC.
Major: Exercise Science; Minors: Biology, Neuroscience
Cum Laude, Departmental Honors

Professional Credentials

2022 – Current Certified Sports Nutritionist (CISSN) - International Society of Sports Nutrition

2019 – Current Basic Life Support and First Aid – American Heart Association

2016 – Current Certified Strength and Conditioning Specialist (CSCS) - National Strength and Conditioning Association (NSCA)

Professional Experience

2024 – Current Tactic Leader for USC Upstate Strategic Plan

2024 – Current Exercise and Sport Science Graduate Program Assessment Coordinator

2024 – Current Honors Program Coordinator, College of Education, Human Performance, and Health, University of South Carolina Upstate

2024 – Current ER(Up)T Faculty Fellow, University of South Carolina Upstate

2024 – Current Magellan Mentor, University of South Carolina Upstate

2023 – Current University of South Carolina Upstate, Assistant Professor, Department of Human Performance and Health

2022 – 2023 College of Charleston, Visiting Assistant Professor, Department of Health & Human Performance

Honors and Awards

Featured Article, International Journal of Sport Nutrition and Exercise Metabolism (2024)

Cold Ambient Temperature Does Not Alter Subcutaneous Abdominal Adipose Tissue Lipolysis and Blood Flow in Endurance-Trained Cyclists

CoEHPH Faculty Excellence in Teaching and Advising Award, Nominated (2024)

Recognized for Making a Difference, Student Nominated (2023)

Outstanding Teaching Assistant Award, Nominee (2018)

School of Health and Applied Human Sciences Outstanding Graduate (2016)

Omicron Delta Kappa – National Leadership Honor Society (2015)

Tau Sigma – National Honor Society (2014)

Current Professional Memberships

International Society of Sports Nutrition

National Strength and Conditioning Association

American College of Sports Medicine

Teaching Experience

Independent Study (EXSC 799) USC Upstate

Research Methods in Exercise Science (EXSC 700) USC Upstate

Lab Techniques in Exercise Science (EXSC 760) USC Upstate

Special Topics in Exercise Science: Sports Nutrition (EXSC 798) USC Upstate

Neuromuscular and Endocrine Physiology (EXSC 765) USC Upstate

Essentials of Strength and Conditioning (EXSC 457) USC Upstate

Essentials of Strength and Conditioning Lab (EXSC 457L) USC Upstate

Exercise Physiology (EXSC 301) USC Upstate

Exercise Physiology Lab (EXSC 301L) USC Upstate

Principles of Nutrition (HEAL 257) College of Charleston

Exercise Physiology Laboratory (EXSC 340L) College of Charleston

Neuromuscular Assessment and Exercise Prescription (EXSC 211) College of Charleston

Physical Conditioning & Weight Training (PEAC 115) College of Charleston

Nutrition and Exercise Performance (PET 5367) Florida State University

Teaching Assistant, Graduate level, *August 2018 – December 2018*

Exercise Testing and Prescription (PET 4551) Florida State University

Teaching Assistant, *January 2018 – May 2018*

Anatomy and Physiology I Laboratory (PET 3222L) Florida State University

Teaching Assistant, Instructor of Record, *August 2017 – May 2020*

Intermediary Metabolism of Nutrients II (HUN 3226) Florida State University

Teaching Assistant, *January 2017 – May 2017*

Anatomy and Physiology I Laboratory (EXS 216) University of North Carolina Wilmington

Teaching Assistant, *January 2016 – May 2016*

Mentorship

Master's Students

Brem, Toni

Napier, Kyle
Dos Santos, Nigel
Carter, Antonio
Chatman, Justen
Colannino, Haylee
Hannah, Brett
Saylor, Hannah

Undergraduate Students

Holt, Joshua
Salas, Cecilia, ER(Up)T Scholar
Chapman, Karley, ER(Up)T Scholar
Wong, Keeley, Magellan Scholar, *The Effects of High Intensity EndlessRope Compared to Battle Rope Training on Physical Performance*
Noland, Russell
Pippen, Abigail
Eberhardt, Hannah, Student Research Assistantship, *Low Energy Availability Prevalence, Sleep Quality, and Dietary Habits in Female ROTC Cadets*

- Awarded 2nd place undergraduate poster, *International Society of Sports Nutrition Annual Conference (2024)*
- Awarded Student Research Assistantship Grant
- Awarded Best Student Oral Presentation in Health Sciences and Psychology, *SC Upstate Research Symposium (2024)*

Suero, Kristine
Rivera, Magdiel
Tien Cao-Nguyen, Auriah
Hussain, Rohan
Matamoros, Luis
Fraser, Madison
Webb, Spencer
Vandenbord, Ryan
Mahler, Raegan, Undergraduate Research Opportunity Program (UROP) *The effects of pre-sleep dairy or plant-based protein consumption on muscle recovery following damaging exercise in middle-aged men*
Hill, Emily
Rahl, Delaney

Publications

Eberhardt H, Brisebois M, Yeomans M, **Saracino P**. Physiological Responses to Acute Stationary Rope Climbing High Intensity Interval Training in Males and Females (*In Preparation*)

Saracino P, Eberhardt H, Brisebois M, Willingham B. Low Energy Availability Prevalence, Dietary Habits, and Sleep in Female ROTC Cadets (*In Preparation*)

Willingham B, Daou M, VanArsdale J, Thomas M, **Saracino P**. (2024) Energy Availability in Female Collegiate Beach Volleyball Athletes *J Strength Cond Res* 38(11)

Bach CW*, **Saracino PG***, Baur DA, Willingham BD, Ruby BC, Ormsbee MJ. (2024) Cold Ambient Temperature Does Not Alter Subcutaneous Abdominal Adipose Tissue Lipolysis and Blood Flow in Endurance-Trained Cyclists *Int J Sport Nutr Exerc Metab.* 34(3)

*Authors contributed equally to this work

Ormsbee MJ, **Saracino PG**, Morrissey MC, Donaldson J, Renteria L, McKune A. (2022) Pre-Sleep Protein Supplementation After an Acute Bout of Evening Resistance Exercise Does Not Improve Next Day Performance or Recovery in Physically Active Young Men *J Int Soc Sports Nutr* 19(1)

Kisiolek JN, Smith KA, Baur DA, Willingham BD, Morrissey MC, Leyh SM, **Saracino PG**, Mah CD, Ormsbee MJ. (2021) Sleep Duration Correlates with Performance in Ultra-Endurance Triathlon *Int J Sports Physiol Perform*

Williams JJ, Herron RL, Spradley B, **Saracino PG**. (2020) Postactivation Potentiation Effect of Heavy Sled Towing on Subsequent Sprints *J Strength Cond Res* 35(5)

Saracino PG, Saylor HE, Hanna B, Hickner RC, Kim J-S, Ormsbee MJ. (2020) Effects of Pre-Sleep Whey vs. Plant-Based Protein Consumption on Muscle Recovery Following Damaging Morning Exercise *Nutrients* 12(7)

Antonio J, Candow DG, Forbes SC, Ormsbee MJ, **Saracino PG**, Roberts J. (2020) Effects of Dietary Protein on Body Composition in Exercising Individuals *Nutrients* 12(6)

Smith KA, Kisiolek JN, Willingham BD, Morrissey MC, Leyh SM, **Saracino PG**, Baur DA, Cook MD, Ormsbee MJ. (2019) Ultra-Endurance Triathlon Performance and Markers of Whole-Body and Gut-Specific Inflammation *Eur J Appl Physiol* 120(2)

Cesareo KR, Mason JR, **Saracino PG**, Morrissey MC, Ormsbee MJ. (2019) The effects of a caffeine-like supplement, TeaCrine®, on muscular strength, endurance and power performance in resistance-trained men. *J Int Soc Sports Nutr* 16(1)

Saracino PG*, Rosetti LR*, Steiner JL, Gordon BS. (2019) Hormonal Regulation of Core Clock Gene Expression in Skeletal Muscle Following Acute Aerobic Exercise *Biochem Biophys Res Commun* 508(3)

*Authors contributed equally to this work

Baur DA, Willingham BD, Smith KA, Kisiolek JN, Morrissey MC, **Saracino PG**, Ragland TJ, Ormsbee MJ. (2018) Adipose Lipolysis Unchanged by Preexercise Carbohydrate Regardless of Glycemic Index. *Med. Sci. Sport. Exerc.* 50(4)

Refereed Presentations at International Conferences

Saracino PG, Saylor HE, Hanna BR, Ormsbee MJ. *Effects of Pre-Sleep Animal vs. Plant-Based Protein Consumption on Inflammation and Muscle Recovery Following Damaging Exercise*. International Sport + Exercise Nutrition Conference, December 2019

Refereed Presentations at Conferences

Eberhardt H, Willingham B, Brisebois M, **Saracino P**. *Low Energy Availability Prevalence, Dietary Habits, and Sleep Quality in Female ROTC Cadets*. International Society of Sports Nutrition Annual Conference, June 2024

- Awarded 2nd place undergraduate poster

Eberhardt H, Brisebois M, **Saracino P**. *Low Energy Availability Prevalence, Sleep Quality, and Dietary Habits in Female ROTC Cadets*. SC Upstate Research Symposium, April 2024

- *Awarded Best Student Oral Presentation in Health Sciences and Psychology*

Thomas M, Daou M, **Saracino P**, Willingham B. *Energy Availability in Female Collegiate Beach Volleyball Athletes*. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, February 2023

Saracino P, Mason J, Maharaj A, Salvador J, Ormsbee MJ. *Physical Function, Cardiorespiratory Fitness, and Body Composition in Older Individuals*. ACSM National Meeting, Minneapolis, May 2018

Kisiolek JN, Smith KA, Baur DA, Willingham BD, Morrissey MC, Leyh SM, **Saracino PG**, Ormsbee MJ. *The Effects of Total Sleep Time on Ultra-Endurance Triathlon Performance*. ACSM National Meeting, Minneapolis, May 2018

Smith KA, Kisiolek JN, Morrissey MC, **Saracino PG**, Willingham BD, Leyh SM, Baur DA, Ormsbee MJ. *The Effect of Sleep on Systemic Inflammation During the Ultraman Triathlon*. ACSM National Meeting, Minneapolis, May 2018

Smith KA, Kisiolek JN, Morrissey MC, **Saracino PG**, Willingham BD, Leyh SM, Baur DA, Cook M, Ormsbee MJ. *Ultra-endurance Triathlon Performance and Markers of Whole-body and Gut-specific Inflammation*. ACSM National Meeting, Minneapolis, May 2018

Baur DA, Willingham BD, Smith KA, Kisiolek JN, Morrissey MC, Ragland TJ, **Saracino PG**, Ormsbee MJ. *No Lipolytic Suppression with Pre-Exercise Carbohydrate Regardless of its Glycemic*. ACSM National Meeting, Minneapolis, May 2018

Maharaj A, Jaime S, Mason J, **Saracino P**, Figueroa A. *Skeletal Muscle Oxygenation during Plantarflexion Exercise in Young-Old and Older-Old Adults*. Texas American College of Sports Medicine Annual Conference, March 2018

Saracino P, Todd C, Odom S, Sprod, L. *Effects of static stretching vs. dynamic warm-up on jump performance of high school aged football players*. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, February 2016

Saracino P, Todd C, Odom S, Sprod, L. *Effects of static stretching vs. dynamic warm-up on jump performance of high school aged football players*. State of North Carolina Undergraduate Research & Creativity Symposium, November 2015

Presentations

Salas C, Chapman K, **Saracino P**. *Acute Physiological Responses to EndlessRope HIIT*. ER(Up)T Research Showcase, USC Upstate, July 2024

Eberhardt H, **Saracino P**. *Physiological Responses to EndlessRope High Intensity Interval Training*. USC Summer Research Symposium, July 2024

Salas C, Eberhardt H, **Saracino P**. *Physiological Responses to EndlessRope High Intensity Interval Training in Males and Females*. USC Summer Research Symposium, July 2024

Ethics in Research. ER(Up)T Professional Development Series, USC Upstate, June 2024

Effects of Pre-Sleep Animal or Plant-Based Protein Consumption on Muscle Recovery and Metabolism Following Exercise in Middle-Aged Men. Nutrition, Food, and Exercise Sciences Seminar Series, Florida State University, October 2018

Guest Lectures

Special Topics in Sports Sciences, *Pre-Sleep Protein: Performance Considerations* 2020

Seminars

I-F.I.T., Fayetteville, NC, *Introduction to Powerlifting* 2022

Grants Funded

Physiological Responses in Canine Handlers During Search and Rescue Training 2024
USC Upstate Sponsored Awards and Research Support Mini-Grant (\$750)

Low Energy Availability Prevalence, Sleep Quality, and Dietary Habits in Female ROTC Cadets 2024
Student Research Assistantship – Summer (\$1,500)

The Effects of High Intensity Endless Rope Compared to Battle Rope Training on Physical Performance 2024
Magellan Mentor Award (\$3,000)
Magellan Scholars Award (\$2,500)

The Effects of EndlessRope High Intensity Interval Training on Cardiometabolic Health and Physical Fitness in Men and Women with Overweight and Obesity 2024
ER(Up)T Faculty Fellow Expansion (\$25,000)

Low Energy Availability Prevalence, Dietary Habits, and Sleep Quality in Female ROTC Cadets 2024
Research Initiative for Summer Engagement (\$6,000)

The Effects of High Intensity EndlessRope Compared to Battle Rope Training on Reaction Time and Physical Performance 2024
Axios, LLC (\$18,662), PI

Prevalence of Low Energy Availability in Female ROTC Cadets 2023
USC Upstate Sponsored Awards and Research Support Mini-Grant (\$700)

HEHP Professional Development, Spring (\$275) 2023

HEHP Professional Development, Fall (\$800) 2022

Pepper Institute on Aging and Public Policy Conference Travel Grant (\$1000) 2019

Congress of Graduate Students Conference Presentation Support Grant (\$500) 2019

Effects of pre-sleep animal or plant-based protein consumption on inflammatory markers following exercise in middle-aged men <i>Dymatize/Milk Specialties Global, (\$30,000)</i> <i>Ormsbee, MJ (PI) Saracino, PG (CO-PI)</i>	2018
Graduate Student Advisory Council Presentation Program (Travel Grant) (\$325)	2018
Congress of Graduate Students Conference Presentation Support Grant (\$200)	2018
Effects of pre-sleep animal or plant-based protein consumption on muscle recovery and metabolism following exercise in middle-aged men <i>Dymatize/Milk Specialties Global, (\$31,132.80)</i> <i>Ormsbee, MJ (PI) Saracino, PG (Co-PI)</i>	2018
Effects of static stretching vs. dynamic warm-up protocols on jump performance in high school aged football players <i>CSURF Undergraduate Research Travel Award (\$1,000)</i>	2016
Effects of static stretching vs. dynamic warm-up protocols on jump performance in high school aged football players <i>Ann Sherman Skiba Undergraduate Fellowship (\$1,250)</i>	2015

Grants Pending

Physical Demands in Women's Division 1 Collegiate Soccer Athletes <i>Magellan Mentor Award (\$3,000)</i> <i>Magellan Scholars Award (\$2,500)</i>	2024
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Grants Rejected

Physiological Response in Canine Handlers During Search and Rescue Training <i>Advanced Support for Innovative Research Excellence (\$15,000)</i>	2024
The Metabolic and Performance Effects of White Potato Ingestion Before and During a Duathlon Simulation <i>Alliance for Potato Research & Education, \$199,420</i> <i>Ormsbee, MJ (PI), Saracino, PG (Co-PI), Fuller SA (Co-PI)</i>	2020
White Potato Ingestion as Part of Normal Daily Intake on Physical Performance During High Intensity Functional Training <i>Alliance for Potato Research & Education, \$193,700</i> <i>Ormsbee, MJ (PI), Saracino, PG (Co-PI), Fuller SA (Co-PI)</i>	2020
The effects of pre-sleep dairy or plant-based protein consumption on muscle recovery following damaging exercise in middle-aged women <i>National Dairy Council, \$175,615</i> <i>Ormsbee, MJ (PI), Saracino, PG (Co-PI), Fuller SA (Co-PI)</i>	2019
Effects of pre-sleep whole-food vs. supplemental dairy protein on muscle and adipose reconditioning in middle-aged individuals after chronic exercise	2019

National Dairy Council, \$318,162
Ormsbee, MJ (PI), Fuller SA (Co-PI), Saracino, PG (Co-PI)

The effect of pre-sleep dairy- or plant-based protein consumption on muscle recovery and inflammation following resistance exercise in older men 2018
National Dairy Council, \$68,374
Ormsbee, MJ (PI) Hickner, RC (Co-PI) Saracino, PG (Co-PI)

Effects of pre-sleep animal or plant-based protein consumption on muscle recovery and metabolism following exercise in middle-aged men 2017
National Dairy Council, \$124,225
Ormsbee, MJ (PI) Saracino, PG (Co-PI)

Workshops Attended

Duke Sports Performance Winter Clinic 2023
NSCA SC State Clinic 2023
Workshop on Proteomics and Metabolomics, Translational Science Laboratory, College of Medicine, Florida State University 2018

Professional Service

USC Upstate Strategic Plan, Tactic Leader (3.2.e), 2024 - Current
SEACSM Reviewer, 2024
Graduate Program Assessment Coordinator, EXSC, Sept 2024 - Current
The Honor Society of Phi Kappa Phi, Treasurer, July 2024 - Current
CoEHPH Honors Program Coordinator, May 2024 - Current
Faculty Excellence Committee, Member, USC Upstate, April 2024 – Current
USC Upstate Barbell Club, USC Upstate, Advisor, May 2024 - Current
Exercise Science Club, Founder and President, Advisor, January 2024 - Current
CoEHPH Appeals Committee, Member, USC Upstate August 2023 - Current
Veteran & Military Student Services, Faculty Mentor, College of Charleston, September 2022 – May 2023
Health & Human Performance Communications Committee, Member, College of Charleston, August 2022 – May 2023
UNCW Faculty Search Committee (Biomechanics), Exercise Science, October 2015 – February 2016

- Student representative

Community Service

Pat Tillman Honor Run, Charleston, April 2023

- Coordinated volunteer team with Exercise Science and Veteran Students (CofC)

Charleston 9/11 Heroes Ruck/Run, September 2022

- Coordinated volunteer team with Exercise Science and Veteran Students (CofC)

Fayetteville Spartan Trifecta Event Weekend May 2022
Fayetteville Animal Protection Services September 2021 – June 2022
Firecracker 5k July 2019
Red Hills Triathlon April 2019
Youth Triathlon Series September 2016
Exercise Science Student Association

- Public Relations Officer, *Fall 2015*
- PPD Beach to Battleship Volunteer, *October 2014*
- Organized Adopt-A-Family Volunteer event, *November 2015*

UNCW Barbell Club – President, Founder, *August 2014 – May 2016*

Alzheimer’s Association – Volunteer, *November 2015*

Special Olympics Fall Games – Volunteer, *October 2015*

The Miracle League, Wilmington, NC – Volunteer, *March 2015, October 2015*

Professional Experience Not Reported Elsewhere

Strength Coach

Seriously Strong Training, Tallahassee, FL, *January 2017 – May 2017*

Strength and Conditioning Internship

University of North Carolina Wilmington, *January 2016 – May 2016*

Strength Coach

Storm Strength & Fitness, Wilmington, NC, *March 2015 – March 2016*

Personal Trainer

Gold’s Gym, Wilmington, NC, *November 2012 - March 2015*

Louisville Athletic Club, Louisville, KY, *March 2012 – September 2012*

Certifications Not Reported Elsewhere

American Registry of Radiologic Technologists – Limited X-ray Machine Operator (DEXA), *February 2017 – February 2022*

American College of Sports Medicine – Certified Personal Trainer, *December 2011 - December 2017*

American Red Cross – First Aid, CPR, AED, *December 2012 - April 2018*

USA Weightlifting – Sports Performance Coach, *September 2015 - September 2016*

International Youth Conditioning Association – High School Strength and Conditioning Specialist, *September 2014 - September 2016*

National Exercise and Sports Trainers Association – Sports Injury Specialist, *August 2015 -Lifetime*