

Patrick G. Saracino

PhD, CSCS, CISSN

General Information

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

2020 Ph.D., Florida State University, Tallahassee, FL.
Major: Exercise Physiology
Dissertation: *Effects of Pre-Sleep Whey vs. Plant-Based Protein Consumption on Muscle Recovery Following Damaging Morning Exercise*

2016 B.S., University of North Carolina Wilmington, Wilmington, NC.
Major: Exercise Science; Minors: Biology, Neuroscience
Cum Laude, Departmental Honors
Honors Thesis: *Effects of static stretching vs. dynamic warm-up on jump performance of high school aged football players.*

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 Founder and Director of Community Health and Performance Assessment

2024 – Current Tactic Leader for USC Upstate Strategic Plan (*Expand services and support for military and veteran students*)

2024 – Current Sports Performance Scientist, University of South Carolina Upstate Athletics

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	Engaged Research and Training at Upstate (<i>ER(Up)T</i>) Faculty Fellow, University of South Carolina Upstate
2024 – Current	Magellan Mentor, University of South Carolina Upstate
2023 – Current	Assistant Professor, Department of Human Performance and Health, University of South Carolina Upstate
2022 – 2023	College of Charleston, Visiting Assistant Professor, Department of Health & Human Performance
2016 – 2020	Research and Teaching Assistant, College of Health and Human Sciences, Florida State University

Honors and Awards

Reaching Greater Heights Award (2024-2025)

- *Awarded to individuals who have demonstrated excellence in course/curriculum/program design, teaching strategies, or student mentorship over the past year through innovation and/or cross-disciplinary or interdisciplinary collaboration. The recipient will also be able to demonstrate how they have increased the level of academic engagement of students.*

Student Organization Advisor of the Year (2024-2025)

Featured Faculty Member, College of Education, Human Performance, and Health (2025)

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, 2025)

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

Professionals in Nutrition for Exercise and Sport

National Strength and Conditioning Association

American College of Sports Medicine, Southeast

Graduate Teaching Experience

Independent Study (EXSC U799) USC Upstate

Research Methods in Exercise Science (EXSC U700) USC Upstate

Lab Techniques in Exercise Science (EXSC U760) USC Upstate

Special Topics in Exercise Science: Sports Nutrition (EXSC U798) USC Upstate

Neuromuscular and Endocrine Physiology (EXSC U765) USC Upstate

Nutrition and Exercise Performance (PET 5367) Florida State University

Teaching Assistant, Graduate level, August 2018 – December 2018

Undergraduate Teaching Experience

Honors: Independent Study in EXSC: Sports Nutrition Research (EXSC U498H) USC Upstate
 Honors: The Life of the Mind – Plugging in to my Community (HONS U101) USC Upstate
 Nutrition for Exercise Science (EXSC U459) USC Upstate
 Supervised Teaching in EXSC (EDPH U399) USC Upstate
 Honors: Sports Nutrition (HON U301) USC Upstate
 Sports Nutrition (EXSC U459) USC Upstate
 Essentials of Strength and Conditioning (EXSC U457) USC Upstate
 Essentials of Strength and Conditioning Lab (EXSC U457L) USC Upstate
 Exercise Physiology (EXSC U301) USC Upstate
 Exercise Physiology Lab (EXSC U301L) 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
 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*

New Course Development

Sports Nutrition (HON U301) USC Upstate
 Independent Study in Exercise Science (EXSC U498) USC Upstate
 Directed Undergraduate Research in Exercise Science (EXSC U599) USC Upstate
 Exercise and Sports Nutrition (EXSC 469) USC Upstate

Mentorship

Master's Students

Eberhardt, Hannah, *A Comparison of Dietary Habits and Sleep in Adolescent Female Gymnasts With and Without Low Energy Availability*

- *Awarded 1st place Master's poster, International Society of Sports Nutrition Annual Conference (2025)*
- *Awarded AG1-ISSN Student Scholarship*
- *Awarded AG1 Nutrition in Labs Student Sponsorship Award*

Wagstaff, Ehrial
 Green, Andre
 Brem, Toni, Student Research Assistantship, *The Effect of Match Location on Pre-Competition Hydration Status in DI Women's Soccer Athletes*
 Napier, Kyle
 Dos Santos, Nigel
 Carter, Antonio

Chatman, Justen
 Colannino, Haylee
 Hannah, Brett
 Saylor, Hannah

Undergraduate Students

Sanders, Caden, Student Research Assistantship (pending), *Effects of Low Dose Caffeine on Cognitive and Physical Performance*

Noll, Savannah, Magellan Scholar, *A Comparison of Hydration Status in NCAA Division I Women's Soccer Starters and Nonstarters*

- *Awarded Best Student Poster Presentation in Health Sciences, SC Upstate Research Symposium, Comparing Physical Demands of NCAA Division I Women's Soccer Athletes by Playing Position*

Holt, Joshua

Salas, Cecilia, ER(Up)T Scholar

- Upstate 7 Recipient
- Supervised Teaching in Exercise Science, Spring 2025

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 Best Student Oral Presentation in Health Sciences and Psychology, SC Upstate Research Symposium (2024)*
- *Teaching Assistant, EXSC U301L, Spring 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

Yeomans M, Sanchez XG, **Saracino P**. The Influence of Strength and Muscle Activation Patterns on Gait Mechanics in Response to Different Load Carriage, Gait Speed, and Incline During Treadmill Running Between Males and Females (*Study Ongoing*)

Saracino P, Yeomans M, Salas C, Ormsbee M. Battle Rope Compared to Rope Climbing Ergometer High Intensity Interval Training on Reaction Time, Body Composition, and Physical Performance (*In Preparation*)

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

Eberhardt H, Willingham B, Brisebois M, **Saracino P. (2025)** Low Energy Availability Prevalence, Dietary Habits, and Sleep in Female ROTC Cadets *Int J Exerc Sci.*

Cited: Read:

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)*

Cited: 4 Read: 35

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

Cited: Read: 81

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)*

Cited: 19 Read: 261

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*

Cited: 16 Read: 201

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)*

Cited: 15 Read: 354

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)*

Cited: 33 Read: 466

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)*

Cited: 47 Read: 913

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)*

Cited: 27 Read: 204

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)*

Cited: 36 Read: 375

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

Cited: 46 Read: 41

Baur DA, Willingham BD, Smith KA, Kisiolk 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)

Cited: 7

Read: 596

Total Citations: 251, Total Read: 3,673

*Article metrics updated 13 Sept 2025

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

Sanders C, Yeomans MA, **Saracino PG**. *Comparing Caffeine, Methylxanthine, and Theacrine with Low- and Moderate-Dose Caffeine on Cognitive and Physical Performance*. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, February 2026 (Submitted)

Noll SJ, Brem TL, Yeomans MA, **Saracino PG**. *The Effect of Starting Status On Hydration In Division I Women's Soccer Athletes*. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, February 2026 (Submitted)

Sanchez XG, Fairchild K, Hudson E, **Saracino PG**, Yeomans MA. *Nonlinear Gait Analysis During Military Load Carriage*. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, February 2026 (Submitted)

Brem TL, Noll SJ, **Saracino PG**. *The Effect of Match Location on Hydration Status in Division I Women's Soccer Athletes*. International Society of Sports Nutrition Annual Conference, June 2025

Brem TL, Noll SJ, **Saracino PG**. *The Effect of Match Location on Hydration Status in Division I Women's Soccer Athletes*. International Society of Sports Nutrition Annual Conference, June 2025

- ISSN Data Blitz Oral Presentation

Eberhardt HK, Ormsbee MJ, **Saracino PG**. *A Comparison of Dietary Habits and Sleep in Adolescent Female Gymnasts With and Without Low Energy Availability*. International Society of Sports Nutrition Annual Conference, June 2025

- Awarded 1st place Master's poster

Eberhardt HK, Ormsbee MJ, **Saracino PG**. *A Comparison of Dietary Habits and Sleep in Adolescent Female Gymnasts With and Without Low Energy Availability*. International Society of Sports Nutrition Annual Conference, June 2025

- ISSN Data Blitz Oral Presentation

Eberhardt HK, Ormsbee MJ, **Saracino PG**. *Micronutrient Intake, Meal Distribution, and Subjective Sleep in Adolescent Female Gymnasts*. ACSM National Meeting, Atlanta, May 2025

Sanchez XG, Salas CD, **Saracino PG**, Yeomans MA. *Battle Rope Compared to Rope Climbing Ergometer High Intensity Interval Training on Neuromuscular Control and Peak Force Production*. SC Upstate Research Symposium, April 2025

Salas CD, Yeomans MA, Sanchez XG, **Saracino PG**. *Battle Rope Compared to Rope Climbing Ergometer High Intensity Interval Training on Physical Performance*. SC Upstate Research Symposium, April 2025

Brem TL, Noll SJ, Yeomans MA, **Saracino PG**. *The Physical Demands of NCAA Division I Women's Soccer Athletes by Match Outcome*. SC Upstate Research Symposium, April 2025

Noll SJ, Brem TL, Yeomans MA, **Saracino PG**. *Comparing Physical Demands of NCAA Division I Women's Soccer Athletes by Playing Position*. SC Upstate Research Symposium, April 2025

- *Awarded Best Student Poster Presentation, Health Sciences*

Salas CD, Eberhardt HK, **Saracino PG**. *Comparison of Accelerometer Placement on Physical Activity and Sleep in Female Army ROTC Cadets*. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, February 2025

- *Thematic Poster: Health & Fitness in Tactical Occupations*

Eberhardt HK, Brisebois MF, Ormsbee MJ, **Saracino PG**. *A Sex Comparison of Acute Physiological Responses to Rope Climbing High Intensity Interval Training*. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, February 2025

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

- *ISSN Data Blitz Oral Presentation*

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

Eberhardt H, Ormsbee M, **Saracino P**. *Low Energy Availability Prevalence, Sleep Quality, and Dietary Habits in Adolescent Female Gymnasts*. College of Education, Health, and Human Sciences Graduate Research Showcase, March 2025

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

Saracino P. *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

Army ROTC, *Fuel for Success: Nutrition and Dietary Supplement Considerations for ROTC* 2025

USC Upstate Women's Soccer, *Hydration in Collegiate Soccer Athletes*, January 2025

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

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

Seminars/Workshops Given

NIH SCINBRE, USC Upstate, <i>Intersection between Exercise Science and Biomedical Research</i>	2025
I-F.I.T., Fayetteville, NC, <i>Introduction to Powerlifting</i>	2022

Grants Funded

Low Energy Availability Prevalence, Dietary Habits, and Sleep in Female ROTC Cadets <i>Teaching and Productive Scholarship (TAPS) – Fall (\$500)</i>	2025
A Comparison of Dietary Habits and Sleep in Adolescent Female Gymnasts With and Without Low Energy Availability <i>Teaching and Productive Scholarship (TAPS) – Summer (\$1750)</i>	2025
The Effect of Match Location on Pre-Competition Hydration Status in DI Women’s Soccer Athletes <i>CoEHPH Student Travel Support – Summer (\$500)</i>	2025
The Effect of Match Location on Pre-Competition Hydration Status in DI Women’s Soccer Athletes <i>Student Travel Grant – Summer (\$750)</i>	2025
The Effect of Match Location on Pre-Competition Hydration Status in DI Women’s Soccer Athletes <i>Student Research Assistantship – Summer (\$1,500)</i>	2025
A Comparison of Hydration Status in NCAA Division I Women’s Soccer Starters and Nonstarters <i>Magellan Mentor Award (\$3,000)</i> <i>Magellan Scholars Award (\$2,500)</i>	2025
Physiological Responses, Hydration Status, and Dietary Habits in Search and Rescue Canine Handlers <i>Research Initiative for Summer Engagement (\$6,000)</i>	2025
Hydration Status in Division I Collegiate Athletes <i>USC Upstate Sponsored Awards and Research Support Mini-Grant (\$750)</i>	2025
Physiological Responses in Canine Handlers During Search and Rescue Training <i>USC Upstate Sponsored Awards and Research Support Mini-Grant (\$750)</i>	2024
Low Energy Availability Prevalence, Sleep Quality, and Dietary Habits in Female ROTC Cadets <i>Teaching and Productive Scholarship (TAPS) – Summer (\$1750)</i>	2024
Low Energy Availability Prevalence, Sleep Quality, and Dietary Habits in Female ROTC Cadets	2024

CoEHPH Student Travel Support – Summer (\$500)

Low Energy Availability Prevalence, Sleep Quality, and Dietary Habits in Female ROTC Cadets 2024
Student Travel Grant – Summer (\$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 2018
Dymatize/Milk Specialties Global, (\$30,000)
Ormsbee, MJ (PI) Saracino, PG (CO-PI)

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 2018
Dymatize/Milk Specialties Global, (\$31,132.80)
Ormsbee, MJ (PI) Saracino, PG (Co-PI)

Effects of static stretching vs. dynamic warm-up protocols on jump performance in high school aged football players 2016
CSURF Undergraduate Research Travel Award (\$1,000)

Effects of static stretching vs. dynamic warm-up protocols on jump performance in high school aged football players 2015
Ann Sherman Skiba Undergraduate Fellowship (\$1,250)

Grants Pending

Enhancing Search and Rescue Operations through Behavioral Modeling, Cognitive Insights, and Decision-Making Frameworks 2025
National Science Foundation (\$1,367,835)
 Role: Co-PI

Effects of Low Dose Caffeine on Cognitive and Physical Performance 2025
Student Research Assistantship – Spring 2026 (\$1,500)

Grants Declined

Hydration Status in Division I Women's Soccer Starters Compared to Non-Starters 2025
Student Research Assistantship – Fall (\$1,500)
 ▪ *Funding declined due to being awarded the Magellan Scholar grant for this project.*

Reaction Time and Performance Changes Across the Competitive Season in Women's Division I Collegiate Athletes 2025
National Strength and Conditioning Association Young Investigator Award (\$24,000)

Physical Demands and Thermal Responses in Search and Rescue Canine Handlers 2025
National Strength and Conditioning Association Directed Research Grant (\$25,000)

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

Physiological Response in Canine Handlers During Search and Rescue Training 2024
Advanced Support for Innovative Research Excellence (\$15,000)

The Metabolic and Performance Effects of White Potato Ingestion Before and During a Duathlon Simulation 2020
Alliance for Potato Research & Education, \$199,420
Ormsbee, MJ (PI), Saracino, PG (Co-PI), Fuller SA (Co-PI)

White Potato Ingestion as Part of Normal Daily Intake on Physical Performance During High Intensity Functional Training 2020
Alliance for Potato Research & Education, \$193,700
Ormsbee, MJ (PI), Saracino, PG (Co-PI), Fuller SA (Co-PI)

The effects of pre-sleep dairy or plant-based protein consumption on muscle recovery 2019

following damaging exercise in middle-aged women

National Dairy Council, \$175,615

Ormsbee, MJ (PI), Saracino, PG (Co-PI), Fuller SA (Co-PI)

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 and Seminars Attended

Incorporating Technology into Hydration Self-Assessments 2025

FDA Inspections of GMP Facilities: How to Be Inspection Ready 2025

GCP for Clinical Trials with Investigational Drugs and Biologics (ICH Focus) 2025

Sports Nutrition Symposium (July/Aug) 2025

- From Insight to Implementation: Behavioral Approaches to Athlete Nutrition

- Low Energy Availability in Athletes: Current Knowledge and Insights from a Pilot Trial in Collegiate Athletes

- Sustaining high performance: detecting allostatic overload and what to do about it

Grant Planning for Wearable-Based Research: Insights and Best Practices 2025

Engineering Food for Warfighter Nutrition 2025

Special Operations Nutrition Optimization 2025

Sports Medicine Institute Strength and Conditioning Symposium 2025

Power and Implications of the AI Revolution 2025

Duke Sports Performance Winter Clinic 2023

NSCA SC State Clinic 2023

Workshop on Proteomics and Metabolomics, Translational Science Laboratory, 2018

College of Medicine, Florida State University

Professional Service

Faculty Search Committee (Marketing), member, USC Upstate, *Summer 2025 - Current*

Student Veterans Association, USC Upstate, Advisor, *April 2025 - Current*

Grant Review Committee, USC, *Oct 2024 - Current*

Community Health and Performance Assessment, Founder and Director, *Fall 2024 - Current*

CoEHPH Dean Search Committee, member, USC Upstate, *Fall 2024 – Spring 2025*

USC Upstate Strategic Plan, Tactic Leader (3.2.e; services and support for military and veteran students), *Fall 2024 - Current*

Abstract Reviewer, Southeast American College of Sports Medicine, *2024, 2025*
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, Founder and 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, *Sept 2022 – May 2023*
Health & Human Performance Communications Committee, Member, College of Charleston, *Aug 2022 – May 2023*
UNCW Faculty Search Committee (Biomechanics), Exercise Science, *Oct 2015 – Feb 2016*

- Student representative

Exercise Science Student Association

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

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

Journal Peer-Review

- International Journal of Exercise Science

Community Service

Tour de Paws, *Oct 2025*

- Coordinated volunteer team with HONS 101 students (USC Upstate)

Spartanburg Humane Society, *Sept 2025 – Current*
Asheville Spartan Event Weekend, *Aug 2025*
Spartanburg Emergency Management, Consultant, *May 2025 - Current*
Carolinas Spartan Trifecta Event Weekend, *Nov 2024*

- Coordinated volunteer team with Exercise and Sport Science students (USC Upstate)

Hurricane Helene Relief, *Oct 2024*

- Coordinated supplies drive through United Way Piedmont for those impacted by the storm

Pat Tillman Honor Run, Charleston, *April 2023*

- Coordinated volunteer team with exercise science and veteran students (CofC)

Charleston 9/11 Heroes Ruck/Run, *Sept 2022*

- Coordinated volunteer team with exercise science and veteran students (CofC)

Fayetteville Spartan Trifecta Event Weekend *May 2022*
Fayetteville Animal Protection Services *Sept 2021 – June 2022*
Firecracker 5k *July 2019*
Red Hills Triathlon *April 2019*
Youth Triathlon Series *Sept 2016*
Alzheimer’s Association – Volunteer, *Nov 2015*
Special Olympics Fall Games – Volunteer, *Oct 2015*
The Miracle League, Wilmington, NC – Volunteer, *March 2015, Oct 2015*

Professional Experience Not Reported Elsewhere

Consultant

Kreipke Research & Consulting, *Sept 2025-Current*

- Provide consultation on dietary supplement formulation, including literature review and claims substantiation to support product innovation and reformulation.

Evolt, *July 2023*

- Provide expertise to review and update dietary supplement ingredient recommendations based on health and fitness goals.

Vici Supplements, LLC, *July-Aug 2018*

- Comprehensively review literature of dietary supplement ingredients to provide claims substantiation and science-backed recommendations in support of new product innovation and product reformulation.

Strength Coach

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

Strength and Conditioning Internship

University of North Carolina Wilmington, *Jan 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 – Sept 2012*

Certifications Not Reported Elsewhere

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

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

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

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

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

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