

VITA

Jason M. Cholewa, Ph.D., CSCS
Coastal Carolina University
Department of Kinesiology, Recreation and Sport Studies
Conway, SC 29528

EDUCATION

- Ph.D.** Exercise Physiology, *Springfield College, Springfield MA*
May, 2013
Dissertation: “Effects of Betaine on Strength, Power, Body Composition, and Homocysteine Thiolactone in Strength Trained Men”
Area of Concentration: Strength and Conditioning, Human Performance, and Metabolism
- M.S.** Exercise Physiology, *Springfield College, Springfield, MA*
August, 2011
Thesis: “Effects of Induced Metabolic Alkalosis on Shuttle Run Performance”
- B.A** Communications Studies, *University of Rhode Island, Kingston, RI*
December, 2004
Area of Focus: Marketing and Advertising

APPOINTMENTS

- 2013 – Present **Assistant Professor**
Department of Kinesiology, Recreation, and Sport Studies
Coastal Carolina University
Conway, SC 29528
- 2012 – 2013 **Lecturer**
Department of Kinesiology and Health Promotion
University of Kentucky
Lexington, KY 40506
- 2011 – 2012 **Adjunct Professor**
School of Human Services
Springfield College
Springfield, MA 01109
- 2009 – 2012 **Teaching Fellow**
School of Arts, Sciences, and Professional Development
Springfield College
Springfield, MA 01109

COURSES TAUGHT

Coastal Carolina University

EXSS 310	Exercise and Sport Nutrition
EXSS 350	Exercise Physiology
EXSS 415	Personal Fitness Leadership
EXSS 399	Independent Study in Exercise Science

University of Kentucky

KHP 210	Introduction to Fitness Application
KHP 240	Sports Nutrition
KHP 240DL	Sports Nutrition (Online)
KHP 350	Strength and Conditioning

Springfield College

HUSB 254v1	Human Biology (Online)
HUSB 254	Human Biology
HUSB 139	Hiking
BIOL 132	Anatomy and Physiology I (Laboratory)
BIOL 133	Anatomy and Physiology II (Laboratory)

RELATED PROFESSIONAL EXPERIENCE

- 2008 – Present **Owner, Coach**, *BR Physical Performance, Murrells Inlet SC*. Develop individualized, evidence-based best-practice nutrition and exercise programs for athletes globally.
- 2011 – 2012 **Strength Coach**, *Collegiate Bodybuilding Team, Springfield College, Springfield MA*. Developed periodized exercise and nutrition programs for 18-20 collegiate bodybuilders. Coached correct weight training technique. Conducted monthly body composition, girth measurements, and strength testing to evaluate program effectiveness. Assisted in the administration of postural and functional movement screens.
- 2008 – 2012 **Lab Assistant**, *Human Performance Research Laboratory, Springfield College, Springfield MA*. Assisted in measuring and collection of data for thesis and dissertations. Prepared and tested subjects for strength, endurance and anthropometrics; collected, processed and analyzed blood, distributed treatments; assisted in statistical analysis; edited and provided manuscript feedback.
- 2008 – 2010 **Program Consultant**, *Custom Built Personal Training, Bristol CT*. Researched and designed curriculum, taught classes for personal trainers. Topics included ethics; exercise testing and prescription based on NSCA guidelines; nutrition and nutritional supplement education; motivational techniques; and goal setting procedures.

LABORATORY AND TESTING SKILLS

Trained to use laboratory equipment to measure the following:

Analysis of force variables utilizing the Tendo Weightlifting Analysis Unit
Analysis of force variables utilizing the Keiser Power Rack
Analysis of force and vertical jump using the Probotic Just Jump! Mat
VO₂MAX
Air Plethysmography (BodPod)
Blood collection, processing, and assessment
Enzyme-linked immunosorbent assays (ELISA)
Gel electrophoresis

Experienced in conducting field tests for the following variables:

VO₂MAX via CosMed Gas Analyzer
Muscular fitness (Strength, Power, Endurance)
Speed and Agility
Mobility
Aerobic Capacity
Body composition
Muscle cross sectional area

SCHOLARSHIP

CURRENT RESEARCH

“Effects of Sport Nutrition Education on Dietary Intake, Nutrition Knowledge, Body Composition, and Performance Changes during preseason in NCAA Division I Female Athletes”

“Effects of Leg Press versus Squat Training on Measures of Strength and Physical Function in Young Adults”

PUBLICATIONS

Rossi, F., **Cholewa, J. M.**, et al. Lira, F. (2015) Impact of short and moderate rest intervals on the acute immunometabolic response to exhaustive strength exercise. *Journal of Strength and Conditioning Research*. [Manuscript Accepted for Publication].

Zanchi, N. E., **Cholewa, J. M.**, Moreita, G. V., Veras, K., Almeida, F. N., Webber, T., Seixas, D., Lancha-Jr, A. H., de Oliveira Carvalho, C. G. (2015). Effects of Diacerein treatment on palmitate induced endoplasmic reticulum stress in INS1-E beta cells. *Journal of International Research in Medical and Pharmaceutical Sciences*. [Manuscript Accepted for Publication].

Cholewa, J. M., Jaffe D. J., Grannis D. G., Guimarães-Ferreira, L., Matthews, T. D., & Paolone, V. J. (2015). The Effects of Sodium Bicarbonate Supplementation on a Soccer Specific Conditioning Test in Division III Soccer Players. *Journal of Trainology*, 4(1): 19-24.

Silva, V., Azevedo, A.P., Duncan, M.J., Cordeiro, J.P., Siqueria-Filho, M.A., **Cholewa, J.M.**, Zanchi, N.E., Guimarães-Ferreira, L. (2014). Effects of exercise intensity on rating of perceived exertion during multiple sets in bench press to volitional failure. *Journal of Trainology*, 3(2): 41-46.

Cholewa, J. M., Ferreira-Guimarães, L., & Zanchi, N. E. (2014). Effects of betaine on performance and body composition: A review of recent findings and potential mechanisms. *Amino Acids*, 46(8): 1785-1793.

Ferreira-Guimarães, L., **Cholewa, J. M.**, Niamo, M. A., Zhi, X., Magagnin, D., de Sa, R., Streck, E., Teixeira, T., & Zanchi, N. E. (2014). Synergistic Effects of Resistance Training and Protein Intake: Practical Aspects. *Nutrition*, 30(10): 1097-1103.

Cholewa, J. M., Ferreira-Guimarães, L., Niamo, M. A., Zhi, X., de Sa, R., da Silva, M., Teixeira, T., & Zanchi, N. E. (2014). Basic models modeling resistance training: An update of the literature for basic scientists interested in study skeletal muscle hypertrophy. *Journal of Cellular Physiology*, 229(9): 1148-1156.

Cholewa, J. M., Wyszczelska-Rokiel, M., Glowacki, R., Jakubowski, H., Matthews, T. D., Wood, R., Craig, S. A., & Paolone, V. J. (2013). Effects of Betaine Supplementation on Body Composition, Performance and Homocysteine Thiolactone. *Journal of the International Society of Sports Nutrition*, 10(39).

Cholewa, J. M., & Paolone, V. J. (2012). Influence of Exercise on the Airway Epithelia in Cystic Fibrosis: A review. *Medicine and Science in Sports and Exercise*, 44(7):1219-26.

MANUSCRIPTS IN REVIEW

Rossi, F., **Cholewa, J. M.**, et al. Lira, F. Immunometabolic responses to concurrent training: Effects of exercise order. *Journal of Strength and Conditioning Research*. [Manuscript in Review].

Inoue, D., Goncalves-Panissa, V., Monteiro, P., Neto, J., Rossi, F., Caperuto, E. **Cholewa, J. M.**, Lira, F. (2015). Caffeine consumption does not improve performance in concurrent strength but increases TNF- α . *The Journal of Sports Medicine and Physical Fitness*. [Manuscript in Review].

Zhi, X., Zanchi, N. E., Yan, Z., Yue-qin, Y., Hua-yu, S., **Cholewa, J. M.**, Ferreira-Guimarães, L., Naimo, M. A., Jun-Zhi, S., Quan-sheng, S. (2015) Moderate Aerobic Exercise in Combination with Leucine Supplementation Attenuate Fast-twitch Muscle Atrophy in Pre-senile mice. *Amino Acids*. [Manuscript in Review].

Santos, S., Gerosa-Neto, J., Inoue, D., Rossi, F.E., **Cholewa, J. M.**, Campus, E, Lira, F.S. (2015). Physiological response to 5km running in high-intensity intermittent and moderate continuous. *International Journal of Sports Medicine*. [Manuscript in Review].

MANUSCRIPTS IN PREPARATION

Cholewa, J. M., et al. Effects of Sport Nutrition Education on Dietary Intake, Nutrition Knowledge, Body Composition, and Performance in NCAA Division I Baseball Players. [Manuscript in Preparation].

Cholewa, J. M., Ferreira-Guimarães, L., Naimo, M. A., & Zanchi, N. E. Mapping Leucine Circuitry: From simple amino acid to complex cell biology. *Journal of Cellular Physiology*. [Manuscript in Preparation].

Cholewa, J.M., Rossi F., Barreiro, J., & Grannis, D.J. Resistance Training as Physiotherapy for Cystic Fibrosis: A Review. *Medicine and Science in Sports and Exercise*. [Manuscript in Preparation].

BOOK CHAPTERS

Ferreira-Guimarães, L., **Cholewa, J. M.**, Furigo, I. C., Bolivar-Pedrosos, J., & Zanchi N. E. (2015). An Overview on Leucine Metabolites Alpha-Ketoisocaproate (KIC) and Beta-Hydroxy-Beta-Methyl Butyrate (HMB) in Skeletal Muscle Function and Sports Performance. *Leucine: Biology, Consumption, and Benefits*. Biochemistry Research Trends: Nova Publishers, 978-1-63482-633-4

ABSTRACTS

Cholewa, J. M., Landreth, A., Jones, T., Beam, S., MacDonald, C. (2015). The effects of a sports nutrition education intervention on nutritional status, sport nutrition knowledge, body composition, and performance in NCAA Division I baseball players. *Journal of the International Society of Sports Nutrition*, 12(Suppl 1) [Accepted for publication].

MacDonald, C., Sato, S., Carter, C., Lamont, H., Sands, W., Stone, M., Israel, M., Gentles, J., **Cholewa, J. M.**, Garner, J., Ramsey, M., Hornsby, G. (2014). Differences in SEMG between Normal Squats and Accentuated Eccentric Loaded Squats in Competitive Collegiate Weightlifters. *International Society of Biomechanics in Sports: The International Conference on Biomechanics in Sports*, 32.

Cholewa, J. M., Wood, R., Matthews, T. D., Craig, S. A., & Paolone V. P. (2013). Betaine Supplementation Improves Body Composition and Homocysteine Thiolactone in Strength Trained Men. *Medicine and Science in Sports and Exercise*, 45(Suppl 5).

Cholewa, J. M., & Paolone, V. J. (2011). Mechanisms Underlying Exercise-Induced Improvements in Respiratory Function in Cystic Fibrosis. *Medicine and Science in Sports and Exercise*, 43(Suppl 1), 463-464.

RESEARCH AND ACADEMIC SUPPORT

- 2012 – Biological material grant to study the effects of betaine supplementation on strength, body composition, and homocysteine thiolactone. Danisco Inc., \$250: Principal Investigator. [Funded]
- 2012 – Research grant to fund biochemical assays for the determination of homocysteine thiolactone in urine samples following betaine supplementation. DuPont Nutrition and Health Inc., \$5,500: Principal Investigator. [Funded]
- 2013 – Academic grant to sponsor an in-residence freshman Living and Learning Community to support student growth and retention within the Kinesiology program. University of Kentucky Resident Life, \$10,000 per Annum: Co-Developer. [Funded]
- 2013 – Research grant to assess the effects of chronic betaine supplementation on functional performance, body composition, and growth hormones in the elderly. DuPont Nutrition and Health Inc., \$250,000: Principal Investigator. [Not Funded]
- 2013 – Sponsorship grant to fund the publication of “Resistance Training as Physiotherapy for Cystic Fibrosis: A Review” in BioMed Research International. Boomer Easiason Foundation, \$1,500: Principal Investigator. [Not Funded].
- 2013 – Professional Enhancement Grant to perform to pilot a study investigating the effects of acute betaine supplementation on strength and growth hormone in the elderly. Coastal Carolina University, \$6,000: Principal Investigator. [Not Funded].
- 2013 – Sponsorship grant to fund the publication of “Resistance Training as Physiotherapy for Cystic Fibrosis: A Review” in BioMed Research International. Cystic Fibrosis Foundation, \$1,500: Principal Investigator. [Not Funded].
- 2015 – Biological material grant to study the effects of betaine supplementation on strength, body composition, and intracellular water in young and older adults. DuPont Nutrition and Health Inc., \$750: Principal Investigator. [In Review]

PRESENTATIONS

- “The effects of a sports nutrition education intervention on nutritional status, sport nutrition knowledge, body composition, and performance in NCAA Division I baseball players” – *The International Society of Sports Nutrition Annual Conference*, Austin, TX, June 2015. Poster Presentation.
- “Resistance training, sport nutrition, and sport supplementation” – a presentation to the *Temple University Exercise Science Association*, Philadelphia, PA, March 12, 2015.
- “Betaine supplementation, sport nutrition, and resistance training” – *Physique Science Radio*, Tampa, FL, February 9th, 2015. Interview.

- “Applied Sport Nutrition Interventions in College Athletics” – *Iron Radio*, Minneapolis, MN, February 7th, 2015. Interview.
- “Sport Supplements: How do we know what really works?” – *One Talk One Time*, College of Science, Coastal Carolina University, November 10, 2014.
- “Effects of Betaine Supplementation on Performance and Body Composition” – *Super Human Radio*, Louisville, KY, July 2014. Interview.
- “Practical Application – Synergistic Effects of Resistance Training and Protein Supplementation” – *Super Human Radio*, Louisville, KY, June 2014. Interview.
- “Nutrition Tips for Active Seniors” – *Waccamaw Sports Classic*, Coastal Carolina University, April, 2014.
- “Betaine Supplementation Improves Body Composition and Homocysteine Thiollactone in Strength Trained Men” – *National Convention of the American College of Sports Medicine*, Indianapolis, IN, May 2013. Poster Presentation.
- “Effects of Betaine Supplementation on Strength, Body Composition, and Homocysteine Thiollactone” – *Southeast Regional Convention of the American College of Sports Medicine*, Greenville, SC, February 2013. Oral Communication.
- “Effects of Betaine on Body Composition, Performance, and Homocysteine Thiollactone” – *University of Kentucky, Department of Muscle Physiology*, January 2013.
- “Effects of Trenbolone and Estrogen in a Simulated Cattle Feedlot Run off Holding Pond on Bullfrog Tadpole Growth and Development” – *Springfield College, Department of Arts and Sciences*, May 2012.
- “Mechanisms Underlying Exercise-Induced Improvements in Respiratory Function in Cystic Fibrosis” – *National Convention of the American College of Sports Medicine*, Denver CO, May 2011. Poster Presentation.
- “Mechanisms Underlying Exercise-Induced Improvements in Respiratory Function in Cystic Fibrosis” – *World Congress for Exercise is Medicine*, Denver CO, May 2011. Poster Presentation.
- “Child Bodybuilding: How Jacked Is Your Kid?” – *Bloomberg Business Week*, July 14, 2011. Interview.
- “Sports Nutrition” – A round table discussion, *Springfield College*, May 2011.
- “Exercise Testing and Prescription in NIH Conditions: AIDS and Cancer” – *Springfield College, Department of Exercise Science and Sports Studies*, April 2011.

“Chronic Fatigue Syndrome and Fibromyalgia: Pathophysiology and Pathogenesis” – *Springfield College, Department of Exercise Science and Sports Studies*, April 2010.

“Esophageal Cancer: Diagnosis and Pathology” – *Springfield College, Department of Arts and Sciences*, December 2009.

“Gene Expression and Exercise Metabolism: The role of *GLUT4*” – *Springfield College, Department of Exercise Science and Sports Studies*, November 2009.

“Sympathomimetic Chemical Supplementation and Cardiovascular Function” – *Springfield College, Department of Exercise Science and Sports Studies*, October 2009.

“Personal Training: Ethics, Exercise Testing and Prescription, Goal Setting, and Nutrition” – *Custom Built Personal Training, Bristol CT*, May 2009.

“Sprinters and Jumpers: A 12 week Periodized Strength and Conditioning Program” – *Springfield College, Department of Exercise Science and Sports Studies*, November 2008.

“Steroid use Dangers in Adolescents and Teens” – *Norwich Public Schools, Norwich CT*, Academic Year of 2005-2006.

SERVICE

GRADUATE STUDENTS MENTORED

Fabricio Rossi. Doctoral candidate and visiting scholar from Presidente Prudente, Sao Paulo, BR.
Research Focus: *Resistance Training Adaptation and the Immunometabolic Response.*

INTERNATIONAL SOCIETY OF SPORTS NUTRITION

JISSN Associate Editor, 2015 – Present

Event Organizer: *ISSN Workshop at Coastal Carolina University*, Conway SC. March 19, 2016.

UNIVERSITY SERVICE

2015 – Coastal Carolina Bike Committee, Outdoor Recreation, Coastal Carolina University

2015 – Social Media Director, Department Service, Exercise Science and Sport Studies, Coastal Carolina University

2014 – Lecturer Search Committee, Exercise Science and Sport Studies, Coastal Carolina University

2014 – University Wide Student Success Committee, Coastal Carolina University

2014 – KRSS Faculty Evaluation Rubric Review, Kinesiology and Sport Science, Coastal Carolina University

2014 – Social Media Director, Department Service, Exercise Science and Sport Studies, Coastal Carolina University

2013 – Freshman Retention Committee, University Service, Coastal Carolina University

2013 – Website Committee, Department Service, Department of Kinesiology, Recreation, and Sport Studies, Coastal Carolina University

2013 – Social Media Director, Department Service, Exercise Science and Sport Studies, Coastal Carolina University

2013 – Living Learning Community Committee, Department Service, Department of Kinesiology and Health Promotion, University of Kentucky

2012 – Library Committee, College Service, College of Education, University of Kentucky

2012 – After Office Hours, College Service, Department of Resident Life, University of Kentucky

PEER REVIEW

2013 – Ad hoc Peer Review, *International Journal of Nanomedicine*

2014 – Ad hoc Peer Review, *Amino Acids*

2014 – Ad hoc Peer Review, *Nutrition Journal*

2014 – Ad hoc Peer Review, *SciTechnol*

2014 – Ad hoc Peer Review, *Journal of Sport Sciences*

2014 – Ad hoc Peer Review, *International Journal of Medical Sciences*

2014 – Ad hoc Peer Review, *Perceptual & Motor Skills*

2014 – Ad hoc Peer Review, *International Journal of Molecular Sciences*

2015 – Ad hoc Peer Review, *MAHPERD*

2015 – Ad hoc Peer Review, *Perceptual & Motor Skills*

2015 – Ad hoc Peer Review, *Journal of Strength and Conditioning Research*

2015 – Ad hoc Peer Review, *Journal of the International Society of Sports Nutrition*

NON-PEER REVIEWED OUTREACH

Get Up and Move – Exercise Improves Memory and Health in Old Age. Prime Times Magazine, Fall, 2014.

Where's the beef? Prime Times Magazine, June, 2014.

Hydration Concerns for MMA Training. Fighters Only Magazine. March, 2013.

Prolonged Sitting is Bad for Your Health – And Business. Business Superstar Magazine,
<http://www.business-superstar.com/words-of-wisdom/get-up-stand-up/>. February, 2013.

Promoting Good Health for Mortgage Bankers. Mortgage Orb Magazine,
http://www.mortgageorb.com/e107_plugins/content/content.php?cat.6527 January, 2012.

The Importance of Colonic Commensurate Microbiota and Probiotic Supplementation: An Invited Scientific Review. GenoMyx.Com. October, 2011.

PROFESSIONAL ASSOCIATIONS

International Society of Sports Nutrition
Member

National Strength and Conditioning Association
Member, Certified Strength and Conditioning Specialist

American College of Sports Medicine
Member, Contributing Author to ACSM Professionals against Doping in Sports