

# Curriculum Vitae

Shiloah Fuller/Kviatkovsky, M.S., CPT, TSAC-F  
Florida State University  
College of Human Sciences  
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## EDUCATION

**Doctor of Philosophy**, Exercise Physiology (In progress)  
Institute of Sport Sciences and Medicine, College of Human Sciences,  
Florida State University, Tallahassee, FL

**Master of Science**, Nutrition (2014)  
College of Health and Human Services, San Diego State University, San Diego, CA

**Master of Science**, Exercise Physiology (2014)  
College of Health and Human Services, San Diego State University, San Diego, CA

Didactic Program in Dietetics (2014)  
College of Health and Human Services, San Diego State University, San Diego, CA

**Bachelor of Science**, Kinesiology (2011)  
College of Health and Human Services, San Diego State University, San Diego, CA  
Emphasis: Pre-Physical Therapy

## PROFESSIONAL EXPERIENCE

2018-2019     **Teaching Associate, Florida State University**, College of Human Sciences,  
Tallahassee, FL.

Responsibilities: Creating curriculum, exams, assignments and lecturing for sport science undergraduate classes.

2017-2018     **Research Coordinator, Henry Jackson Foundation**, Defense and Veterans Brain  
Injury Center, Camp Pendleton, CA.

Responsibilities: Data curation and management; fixed assets and purchasing; data collection organization, management and staff scheduling; participant compensation; database development and management; participant tracking; transcranial doppler and other physiological assessments; coordinating communications between collaborators; dissemination of findings; and research protocol development, modifications and implementation.

2014-2017     **Leidos Research Scientist, Warfighter Performance**, Naval Health Research Center,  
San Diego, CA.

Responsibilities: Data curation and management, literature reviews and manuscript development, exercise testing, DXA scans, nutrition interviews and assessments, meal plan programs, exercise training programs, research protocol development and implementation, and intern supervision.

- 2013-2014     **Clinical Coordinator**, Scripps Center for Executive Health, Scripps Health Hospitals, La Jolla, CA.
- Responsibilities: Treadmill stress EKGs, pulmonary function tests, hearing tests, blood pressure, body composition measurements, reading and closing charts, ordering labs, managing schedule for doctor and patient rounds, cleaning and setting up patient rooms, and exercise consultations and prescriptions for patients.
- 2013-2014     **Teaching Associate**, School of Exercise & Nutritional Sciences, San Diego State University, San Diego, CA
- Responsibilities: Created and executed lectures and lab activities, assigned and graded assignments and exams, managed lab equipment and reagents, and designed class research projects. Lab instructor, Nutrition 302 L, Advanced Nutrition Laboratory (Spring 2013); Lab instructor, Nutrition 205 L, Introduction to Science of Food Laboratory (Spring 2014).
- 2012-2014     **Graduate Assistant**, SDSU Research Foundation, San Diego State University, San Diego, CA
- Responsibilities: Guest lecturing, grading and writing exams as well as other assignments and supplemental materials.
- 2011-2012     **Nutrition Project Assistant Coordinator**, Healthy Dining Finder, San Diego, CA
- Responsibilities: Writing weekly newsletters sent to clients and affiliates, design of branding and promotional materials for campaigns, sales calls to potential clients, and nutritional analysis and modifications of menus to meet Healthy Dining Menu criteria.

## RESEARCH METHODS

- Database curation and management (SPSS, Microsoft Excel)
- Nutrition assessment and interview
- Metabolic testing /VO<sub>2</sub> and ventilator threshold measurements (resting/exercise)
- Maximal strength administration and assessment (1-RM/ one repetition max)
- 12-lead electrocardiography (resting/exercise)
- Blood pressure measurement (resting/exercise)
- CORE blood pressure measurement
- Electrodermal activity (resting/exercise)
- Body temperature measurement (tympanic)
- Bone density (DXA)
- Body composition measurement (DXA, hydrostatic weighing, BodPod, and Skin calipers)
- Auditory test (Hearing booth)
- Pulmonary function measurement (Spirometry)
- Blood glucose and HbA<sub>1c</sub> measurement
- Blood lactate measurement (resting/exercise)
- Salivary sampling (passive drool and oral swab)
- Blood lipid measurement
- Transcranial Doppler (TCD)
- Carotid Intima Media Thickness (CIMT)

## **PROFESSIONAL SOCIETY MEMBERSHIP**

- 2012-present Academy of Nutrition and Dietetics (AND)
- 2012-present Sports, Cardiovascular, and Wellness Nutrition (SCAN)
- 2015-present American College of Sports Medicine (ACSM)
- 2015-present National Strength and Conditioning Association (NSCA)

## **COURSEWORK SUMMARY**

Biochemistry, Organic chemistry, Advanced Nutrition, Advanced Science of Food, Nutrition and Energy, Experimental Methods in Exercise and Nutrition, Research Evaluation in Exercise and Nutrition, Food Systems Management, Medical Nutrition Therapy, Pediatric and Geriatric Nutrition, Animal Physiology, Group Processes and Leadership, Advanced Exercise Physiology, Cardiopulmonary Therapy, Nutrition and Community Health, Pathophysiology of Physical Therapy Practice, Physiological Chemistry of Exercise.

## **ACADEMIC AND PROFESSIONAL AWARDS**

- 2014 William H. Schutte Memorial Scholarship
- 2014 Pearl Koch & Margot Pollak Memorial Scholarship

## **CERTIFICATIONS**

- 2013 BLS by AHA
- 2014 National Council on Strength & Fitness (NCSF) Certified Personal Trainer (CPT)
- 2015 National Strength and Conditioning Association (NSCA) Tactical Strength and Conditioning Facilitator (TSAC-F)

## **TEACHING EXPERIENCE**

- 2013 **Advanced Nutrition Laboratory**, Dietetics and Nutrition Program, Department of Exercise and Nutritional Sciences, San Diego State University, San Diego, CA.
- 2014 **Introduction to Science of Food Laboratory**, Dietetics and Nutrition Program, Department of Exercise and Nutritional Sciences, San Diego State University, San Diego, CA.

## **TECHNICAL WRITING EXPERIENCE**

EDA data collection instructions, EDA data analysis instructions, database management instructions, maximal oxygen consumption stress test script and instructions, laboratory set up for data collection instructions.

## **PUBLICATIONS**

### *Published Abstracts*

**Kviatkovsky, S.A.**, Hernández, L.M., Taylor, M.K. Does-dependent increases in electrodermal activity during exercise in military men: Absolute versus relative workloads. (2017). *Medicine and Science in Sports and Exercise*, 49(5S).

Taylor, M.K., Hernández, L.M., **Kviatkovsky, S.A.**, Schoenherr, M.R., Stone, M.S., Sargent, P. The “Yin and Yang” of the adrenal and gonadal systems in elite military men. (2017). *Medicine and Science in Sports and Exercise*, 49(5S).

**Fuller, S.A.**, Hernández, L.M., Stone, M., Taylor, M.K. Dose-dependent increases in electrodermal activity during a graded exercise test in military men. (2016). *Medicine and Science in Sports and Exercise*, 48(5S).

Hernández, L.M., **Fuller, S.A.**, Stone, M., Carpenter, J., Taylor, M.K. Catabolic/anabolic hormone and inflammatory marker responses to a graded exercise test in military men. (2016). *Medicine and Science in Sports and Exercise*, 48(5S).

Hernández, L.M., **Fuller, S.A.**, Sargent, P., Padilla, G.A., Harris, E.R., Taylor, M.K. Cortisol awakening response in elite military men: demographic and biobehavioral correlates. (2015). *Medicine and Science in Sports and Exercise*, 47(5S).

Taylor, M.K., Sargent, P., Hernández, L.M., **Fuller, S.A.**, Padilla, G.A., Harris, E.R. Cortisol awakening response in elite military men: establishment of summary parameters and stability of repeated sampling. (2015). *Medicine and Science in Sports and Exercise*, 47(5S).

### ***Published Manuscripts***

Hernández, L.M., Markwald, R.R., **Kviatkovsky, S.A.**, Perry, L.N., Taylor, M.K. Morning cortisol is associated with stress and sleep in elite military men: a brief report. (2018). *Mil Med*, doi: 10.1093/milmed/usy047.

Levy, S.L., Thralls, K.J., **Kviatkovsky, S.A.** (2018). Validity and reliability of a portable balance tracking system, BTrackS, in older adults. *Journal of Geriatric Physical Therapy*, 41(2): 102-107.

Taylor, M.K., Hernández, L.M., **Kviatkovsky, S.A.**, Schoenherr, M., Stone, M., Sargent, P. The “Yin and Yang” of hypothalamic-pituitary-adrenal and hypothalamic-pituitary-gonadal systems in elite military men. (2017). *Stress*, 20(3): 258-264.

Gaylis, J.B., Levy, S.S., **Kviatkovsky, S.**, DeHamer, R., Hong, M.Y. Relationships between physical activity, food choices, gender and BMI in Southern California teenagers. (2017). *Int J Adolesc Med Health*, doi: 10.1515/ijamh-2017-0067.

Taylor, M.K., **Kviatkovsky, S.A.**, Hernández, L.M., Sargent, P., Segal, S.K., Granger, D.A. (2016). Anabolic hormone profiles in elite military men. *Steroids*, 110: 41-8.

Taylor, M.K., Hernández, L.M., **Fuller, S.A.**, Sargent, P., Padilla, G.A., Harris, E.R. Cortisol awakening response in elite military men: summary parameters, stability measurement, and effect of compliance. (2016). *Military Medicine*, 181, X:X.

### ***Published Technical Reports***

Stump, J., Reitter, B., Kawamura, C., Basnight, H., Palmer, D., Yohnke, C., Fancher, W., Fellman, S., Tripp, M., Mayo, J., Anderson, R., Tucker, A., Sevier, S., Mansueti, A., Despot, B., Munroe, C., Anderson, S., Egly, S., Hernández, L.M., **Kviatkovsky, S.A.**, Padilla, G.A., Schoenherr, M.R., Coffin, S.D., Laver, D.C., Haluch, K.A., Wolf, A.J., Marzano, S., Bailie, J.M., Webb-Murphy, J.A., Soutiere, S.E., Sessoms, P.H., Taylor, M.K. (2018). EOD Warrior-Athlete Working

Group II: Forging the Future of the EOD Warrior-Athlete Training Program. *Naval Health Research Center Report No. 18-03.*