

## PATRICK G. SARACINO

120 Convocation Way

Tallahassee, FL

910-465-6406

pgs16@my.fsu.edu

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### EDUCATION

**Doctor of Philosophy, Exercise Physiology**, *Anticipated May 2021*

Florida State University – Tallahassee, Florida

Current GPA: 3.698

Major Professor: Dr. Michael Ormsbee

**Bachelor of Science, Exercise Science** – *Cum Laude, May 2016*

University of North Carolina Wilmington, Wilmington, NC

Minors: Biology, Neuroscience

Major Professor: Dr. Lisa Sprod

### RESEARCH

*Effects of exercise on Redd1*. BS Gordon, Tallahassee, FL

- *Specific Laboratory Skills: Western Blot, rtPCR, Cell Culture*

*Effects of Pre-Sleep Animal or Plant-Based Protein Consumption on Muscle Recovery and Metabolism Following Exercise in Middle-Aged Men*. Ormsbee, MJ, Saracino PG, Tallahassee, FL

*January 2017 – Current*

- Specific laboratory skills: Phlebotomy, centrifuge, pipetting, YSI - Biochemistry Analyzer Enzyme-Linked Immunosorbent Assay (ELISA), Parvo Medics – TrueOne 2400 (RMR), Hologic Discovery Dual Energy X-Ray Absorptiometry (DXA), Biodex isokinetic dynamometer, Visual Analogue Scales, Thigh Circumference

*Effects of Vitamin D and Resistance Training in Mice* **Directed Independent Study**, J. Kim, Tallahassee, FL

*October 2017 – December 2017*

- Specific laboratory skills: Muscle biopsy, Polymerase Chain Reaction (PCR), Western Blot, pipetting, centrifuge

*The Effects of a Caffeine-Like Supplement, Teacrine®, on Muscular Strength and Endurance Performance in Resistance-Trained Men*. Ormsbee, MJ Tallahassee, FL

*January 2017 – Current*

- Specific laboratory skills: Tendo Power Analyzer, 1RM testing

*The Effects of Sleep on Inflammation and Performance During the Ultraman Florida Race*. Ormsbee, MJ, Tallahassee, FL

*January 2017-February 2017*

- Specific laboratory skills: ELISA, centrifuge, pipetting, VAS questionnaires, Fatigue Science actigraphy bands

*Adipose Lipolysis Unchanged by Pre-Exercise Carbohydrate Regardless of Glycemic Index.*

Baur, D, Ormsbee MJ, Tallahassee, FL

*September 2016 – November 2016*

- Specific laboratory skills: Microdialysis, Parvo medics – TrueOne 2400 (V<sub>O<sub>2</sub>max</sub>), YSI biochemistry analyzer, centrifuge, pipetting

*Structure of the Jellyfish Nerve Net* **Directed Independent Study**, Satterlie, RA, Wilmington, NC

*August 2015 – April 2016*

- Specific laboratory skills: Immunohistochemistry, thick sectioning of resin blocks, histochemical staining: Toluidine blue, Trichrome, light and fluorescent microscopy

*Effects of static stretching vs. dynamic warm-up protocols on jump performance in high school aged football players.* Wilmington, NC (Undergraduate Research)

*January 2015 – December 2015*

*Tracks and Trails*, Professor Shields, Wilmington, NC

*September 2014, September 2015*

## **PUBLICATIONS**

**Baur DA, Willingham BD, Smith KA, Kisiolek JN, Morrissey MC, Saracino PG, Ragland TJ, Ormsbee MJ.** Adipose Lipolysis Unchanged by Preexercise Carbohydrate regardless of Glycemic Index. *Med. Sci. Sport. Exerc.* (November 2017).

## **REFEREED PRESENTATIONS AT CONFERENCES**

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

Kisiolek, J. N., Smith, K. A., Baur, D. A., Willingham, B. D., Morrissey, M. C., Leyh, S. M., Saracino, P. G., & Ormsbee, M. J. (accepted). *The Effects of Sleep Time On Ultra-Endurance Triathlon Performance.* ACSM National Meeting, Minneapolis, May 2018

Smith, K. A., Kisiolek, J. N., Morrissey, M. C., Saracino, P. G., Willingham, B. D., Leyh, S. M., Baur, D. A., & Ormsbee, M. J. (accepted). *The Effect of Sleep On Systemic Inflammation During the Ultraman Triathlon*. ACSM National Meeting, Minneapolis, May 2018

Maharaj, A., Jaime, S., Mason, J., Saracino, P., Figueroa, A. (accepted). *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. (2016) *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

## **PRESENTATIONS**

*Effects of static stretching vs. dynamic warm-up protocols on jump performance in high school aged football players.*

- Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, February 2016
- State of North Carolina Undergraduate Research & Creativity Symposium, November 2015

## **TEACHING EXPERIENCE**

### **Teaching Assistant**

Exercise Testing and Prescription – PET 4551, undergraduate level

Florida State University, Nutrition, Food, and Exercise Sciences, January 2018 – May 2018

- Managed grades on Canvas
- Developed assessment materials
- Developed lecture materials

### **Teaching Assistant, Instructor of Record**

Anatomy and Physiology I Laboratory –PET 3222L, undergraduate level

Florida State University, Nutrition, Food, and Exercise Sciences, August 2017 – Current

- Developed course content
- Instructed students
- Created and administered assessments
- Managed gradebooks on Blackboard

### **Teaching Assistant**

Intermediary Metabolism of Nutrients II – HUN 3226, undergraduate level  
Florida State University, Nutrition, Food, and Exercise Sciences, *January 2017 – May 2017*

- Managed grades on Blackboard
- Created digital forms of exams for online administration through Blackboard
- Created exam questions

### **Teaching Assistant**

Anatomy and Physiology I Laboratory – EXS 216, undergraduate level  
University of North Carolina Wilmington, School of Health and Applied Human Sciences,  
*January 2016 – May 2016*

- Designed and edited online assignments
- Designed and instructed review sessions

## **PROFESSIONAL EXPERIENCE**

### **Strength Coach**

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

- Performed movement analysis testing
- Designed and implemented exercise programming to correct faulty movement patterns and achieve client goals

### **Internship**

Head Strength and Conditioning Coach, UNCW, *January 2016 – May 2016*

### **Strength Coach**

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

- Designed and instructed exercise programming for athletes and adults
- Conducted performance testing of athletes from elementary school to D1 Collegiate athletes

### **Personal Trainer**

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

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

- Designed exercise programming for clients
- Instructed clients on proper execution of exercise movements
- Provided nutritional guidance to clients
- Assisted clients with behavior change to promote a healthier lifestyle

## **PROFESSIONAL AFFILIATIONS AND HONORS**

Omicron Delta Kappa – National Leadership Honor Society, *January 2015 - Current*

Tau Sigma – National Honor Society, *September 2014 – Current*

**AWARDS**

School of Health and Applied Human Sciences Outstanding Graduate, *May 2016*

Outstanding Teaching Assistant Award, Nominee, *February 2018*

**GRANTS AWARDED**

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

*Effects of static stretching vs. dynamic warm-up protocols on jump performance in high school aged football players. CSURF Undergraduate Research Travel Award (\$1000)* 2016

*Effects of static stretching vs. dynamic warm-up protocols on jump performance in high school aged football players. Ann Sherman Skiba Undergraduate Fellowship (\$1250)* 2015

**GRANTS SUBMITTED**

*The effect of pre-sleep dairy- or plant-based protein consumption on muscle recovery and inflammation following resistance exercise in older men National Dairy Council, \$68374 (2018)*  
Ormsbee, MJ (PI) Hickner, RC (Co-PI) Saracino, PG (Co-PI)

**GRANTS REJECTED**

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

**CERTIFICATIONS**

**American Registry of Radiologic Technologists** – Limited X-ray Machine Operator, *February 2017 – February 2018*

**National Strength and Conditioning Association** – Certified Strength and Conditioning Specialist, *June 2016 – December 2017*

**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*

### **COMMUNITY AND SERVICE ACTIVITIES**

**Faculty Search Committee, Exercise Science**, *October 2015 – February 2016*

- Student representative for Faculty Search Committee, Biomechanics professor

**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 - Current*

- Oversee all operations related to the Club
- Maintained active status within the University
- Delegated responsibilities appropriately amongst the active officers to provide a meaningful experience for the active members, now exceeding 50 persons

**Alzheimer's Association** – Volunteer, *November 2015*

- Help set up and breakdown equipment for the Walk to End Alzheimer's
- Spread awareness and promote funding for Alzheimer's research

**Special Olympics Fall Games** – Volunteer, *October 2015*

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