

Jessica L. Watson, MS, RD, CSSD, LD/N

Florida State University Doctoral Student
College of Human Sciences, Food Science
| Curriculum Vitae

Experience

Performance Dietitian — Naval Special Warfare Group THREE (NSWG-3) Nov. 2016 — Current
Performance Dietitian for NSWG-3's Human Performance Program. Mission is to improve Operator readiness and longevity by assessing and implementing individualized meal and hydration procedures prior to and during deployment or training situations and to improve the rate of recovery through nutrition strategies upon arrival back to the Command. Currently aiding in a physiology surveillance and nutrition recovery research grant involving NSWG-3 Operators with Naval Health Research Center and Dr. Karen Kelly, PhD (estimated completion date: Summer 2018).

*Adjunct Lecturer- University of Hawai'i at Mānoa Food Science and Human Nutrition Department
Aug 2017-Current*

Adjunct Lecturer for Field Experience (FSHN 492).

Director of Sports Nutrition/Lecturer — Michigan State University Dec. 2014 — Nov. 2016

Developed and lead Michigan State University's first sports nutrition program, Spartans Fuel. Primary duty was to develop and oversee nutrition services and program budgeting for 800 athletes across 23 sports. Oversaw 30 undergraduate interns' volunteer hours in the Spartans Fuel fueling stations and events. Coordinated travel meal and fueling logistics for all 23 sports. Taught Field Experience in Nutrition for Michigan State University's Food and Nutrition Department during the Fall 2016.

Assistant Sports Dietitian/ Fellowship — University of Tennessee May 2014 — Dec. 2014

Fellowship and Assistant Sports Dietitian. Responsibilities included game day meal planning, assistance during games and fall training camp practice to provide adequate nutrition for performance, Medical Nutrition Therapy for athletes with specialized needs and individual and group nutrition education.

Education

East Tennessee State University — M.S., Dietetic Internship Aug. 2012 — May 2014 Masters of Science in Clinical Nutrition 3.99 GPA

Awarded Graduate Assistantship under Director of the ETSU Undergraduate Nutrition Program
Conducted nutrition counseling for ETSU's athletic program under Dr. William Clark, PhD, RD

East Tennessee State University — B.S. Aug. 2012 — May 2014 Baccalaureate of Science in Nutrition and Foods 3.66 GPA President of Student Dietetic Association 2010-2012 Held position as catering associate for Morrison's Healthcare at Franklin Woods Community Hospital. Over 200 hours logged as volunteer cook with "The Rock", a community led after school dinner and care program.

Communication and Leadership

2018-2019 Recipient of the Florida State University Florence Smith McAllister Scholarship

Special Operations Command (SOCOM) Culinary Committee Board Member Committee purpose is to assess and implement on-the-market food and hydration products that will improve Operator performance during field or undersea operations. Committee also tasked with assessing and effecting Congress policy for military dining facilities.

USA Hockey Performance Dietitian Conducts unpaid monthly video telephone conference education and discussions to teams of youth athletes in the 18 and under, 16 and under and 14 and under conferences. Nutrition education and aide also provided to coaches and parents of the athletes.

Presenter on Sleep Supplements at the 2017 Special Operations Command Food and Nutrition Summit

Member of the Collegiate and Professional Sports Dietetic Association (CPSDA)

Certifications

Registered Dietitian, ID: 86012244 Certified Specialist in Sports Dietetics, Exp: 02/2022 BLS CPR for Healthcare Providers, Exp: 08/2018