

Chester Sokolowski
Department of Nutrition, Food & Exercise Sciences
The Florida State University
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EDUCATION

- Exercise Physiology PhD, Florida State University, Tallahassee, FL** **2018-current**
- Major Advisor: Dr. Jeong-Su Kim
- Exercise Physiology MS Thesis, University of Georgia, Athens, GA** **2016-2018**
- Major Advisor: Dr. Ellen Evans
 - Graduate School GPA: 4.0
- B.S. Ed. Exercise and Sports Science, University of Georgia, Athens, GA** **2012-2016**
- Cumulative GPA: 3.77/4.00
 - National Society of College Scholars
 - Dean's List 2014, Presidential Scholar 2015 Spring
 - Exercise Science Major GPA: 4.0 GPA

RESEARCH EXPERIENCE

- Exploring How Protein Timing Impacts Body Composition and Performance** **Fall 2018-current**
- Research Assistant. Investigating the effects of protein intake timing in older adult males. Measuring physiological and performance differences after resistance training and nutrition intervention.
 - Proficiencies acquired: Executing resistance training intervention, resistance training program design, and assessment of training parameters.
- Exploring How Protein Intake Alters Muscle Quality** **(Thesis) Fall 2016-2018**
- Primary Investigator. Animal versus plant protein intake effects on muscle quality in young adults.
 - Proficiencies acquired: recruiting, communicating, and scheduling of research participants, analysis of dietary food logs, and data analysis (SPSS).
- Exploring How Protein Intake Alters Macronutrient Intake** **Fall 2016-2018**
- Writing secondary paper based on data from thesis detailing how differences in animal and plant protein intake can alter the consumption of other macronutrients and macronutrient subtypes.
 - Further experience gained in independent writing and research paper construction and formatting.
- Conducted Strong Bones Study for Simon Higgins PhD Dissertation** **Fall 2016-Fall 2018**
- Research Lead. Relationship between dietary composition, muscle performance outcomes, lifestyle factors, and bone strength.
 - Proficiencies acquired: operating, trouble shooting, and analyzing data from accelerometers, Biodex, leg rig, Vertec, diet analysis documents, DXA, and Qualtrics survey software.
- Gender Differences in Muscle Fatigue Study for Dr. Jarrod Call** **2015**
- Research Assistant.

PUBLICATIONS

1. Higgins, S., Sokolowski, C., Vishwanathan, M., Anderson, J., Schmidt, M.D., Lewis, R.D., & Evans, E.M. (2017). Predicting diaphyseal cortical bone status using measures of muscle force capacity. *Medicine and Science in Sports and Exercise*.

PUBLICATIONS (IN PREPARATION)

1. Higgins, S., Sokolowski, C., Vishwanathan, M., Schmidt, M., Lewis, R., Evans, E. (2018). Sex Specific, Muscular Pathways Mediate the Effect of Habitual Loading on Cortical Outcomes in Young Adults.
2. Sokolowski, C., Higgins, S., Vishwanathan, M., Schmidt, M., Lewis, R., Evans, E. (2018). Associations Among Dietary Protein Intake, Physical Activity, and Muscle Quality in Young Adults.
3. Sokolowski, C., Higgins, S., Vishwanathan, M., Schmidt, M., Lewis, R., Evans, E. (2018). Associations Among Dietary Protein Intake and Dietary Quality in Young Adults.

PROFESSIONAL AFFILIATIONS

- ACSM (student)

TEACHING EXPERIENCE

Teaching Assistant, PET Anatomy and Physiology II 3323C Fall 2018

- Assisted in delivery of main lecture course and delivered a lecture-based laboratory course.
- Topics covered: Anatomical structures and physiology of the muscular, nervous, blood, lymphatic, integumentary, and reproductive systems.
- Proficiencies acquired: Presentation skills, organizing and management of lecture materials and examinations for main professor, tissue dissection, and blood typing analysis.

Teaching Assistant, KINS Neuromuscular Physiology 4690 Fall 2017-Spring 2018

- Developed lab lectures, organized experimental protocols, and evaluated student performance.
- Topics covered: muscle architecture, length tension relationship, force and velocity, force frequency, electronic muscular stimulation, and exercise metabolism.
- Proficiencies acquired: Near infrared spectroscopy device, metabolic carts, electrical stimulation equipment, and EMG recording software.

Teaching Assistant, KINS Principles of Conditioning and Fitness 4640 Fall 2016-Spring 2018

- Developed lab lectures, created practical examinations, and managed curriculum scheduling.
- Topics covered: EKG, YMCA protocol/cardiorespiratory fitness, and ACSM muscular strength, endurance, balance, flexibility, and functional testing.
- Proficiencies acquired: online gradebook management and inventory and budgeting allotment.

Teaching Assistant, KINS Exercise Physiology 4630 Fall 2016-Fall 2017

- Translated lecture content into a laboratory setting, assisted with planning and modification of experimental protocols and curriculum.
- Topics covered: oxygen uptake, muscular strength, hormone and blood marker responses to exercise, blood glucose, blood pressure, and body composition.

Teaching Assistant, KINS Personal Training 3500 Fall 2015

- Designed and implemented laboratory protocols.
- Topics covered: NASM CPT certification and functional movement screening assessment.

Teaching Assistant, KINS Biomechanics 4200

Spring 2015

- Lead discussions and evaluated students by both written and physical examinations.

CERTIFICATIONS

CPR and AED Certification, UGA Ramsey Student Center, Athens, GA (current)

February 2014

National Academy of Sports Medicine Certified Personal Trainer

June 2014

WORK EXPERIENCE

Body Composition Consultant

Fall 2015-current

- Translate complex physiology, training, and nutrition concepts into an effective, holistic approach to health for clients ranging from athletes to clinical populations.

Exercise is Medicine Vice President, UGA Chapter

2016-2017

- Social media management, membership recruiting, scheduled, supervised, and coordinated events.

Center for Physical Activity and Health Group Fitness Advisor

Summer 2016-Spring 2018

- Lead a team of fellow students to develop tailored exercise protocols to improve the strength, balance, flexibility, and overall function of elderly clients.

Stegeman Coliseum, Observed under Josh Rucci (847-651-8514)

2014

- Knowledge acquired in areas of high level power, strength, hypertrophy, and stabilization training.

ACCOMPLISHMENTS

Applied and Received a Provisional Patent

2008-2015

- Registered successful science fair project “Sanitization Towel” under application 61/115,518 in the United States Patent and Trademark Office, U.S. Department of Commerce.

Margaret Kassouny NFES Scholarship Recipient

2018-2022

- The Florida State University Margaret Kassouny NFES Scholarship Recipient for the department of Nutrition, Food, and Exercise Sciences.

REFERENCES

- Dr. Ellen Evans. Professor, University of Georgia. emevans@uga.edu. (706)542-4395.
- Dr. Chris Mojock. Clinical Assistant Professor, University of Georgia. cmojock@uga.edu. (706)542-5374.
- Dr. Jeong-Su Kim. Professor and Graduate Program Director, Florida State University. Jkim6@fsu.edu. (850)644-4795.