

PAUL BAKER

Email: pabaker@fsu.edu

Education

Doctor of Human Sciences (Emphasis in Nutrition)

Florida State University, Tallahassee, FL 2019-Current (Expected Graduation: 2023)

Department of Nutrition, Food & Exercise Sciences

Mentor: Dr. Claire Berryman

Cumulative GPA: 4.0

Master of Science in Exercise Physiology

University of Kentucky, Lexington, KY 2016-2018

Department of Kinesiology & Health Promotion

Mentor: Dr. Lance Bollinger

Cumulative GPA: 3.9

Bachelor of Science in Exercise Science

University of Kentucky, Lexington, KY 2013-2016

Department of Kinesiology

Major: Exercise Science

Cumulative GPA: 3.8

Academic Experience

Graduate Research Assistant

Florida State University, Tallahassee, FL – Dr. Claire Berryman

Dates of Employment: January 2019 -- Current

Graduate Assistant/Primary Lecturer

University of Kentucky Kinesiology and Health Promotion Department, Lexington KY

Dates of Employment: May 2017- May 2018

Life Fitness Teaching Assistant

University of Kentucky Kinesiology and Health Promotion Department, Lexington KY

Dates of Employment: August 2016 – August 2017

Research Assistant

University of Kentucky College of Human Health Sciences, Lexington KY

Dates of Employment: March 2015 – May 2016

Professional Experience

Fitness Staff/Personal Trainer

University of Kentucky MoveWell, Lexington KY

Dates of Employment: May 2017 – December 2018

Publications

Bollinger, L. Brantley, J. Tarlton, K., **Baker, P.**, & Abel, M., (2017). Construct Validity, Test-retest Reliability, and Repeatability of Performance Variables using a Flywheel Resistance Training Device. *Journal of Strength and Conditioning Research*.

Presentations

Presentations at National Conference:

Role of Skeletal Muscle Mass in Sex-Dependent Power Output During Flywheel Resistance Training.

NSCA National Conference. Indianapolis Indiana 2018

Presentations at Regional Conference:

Construct Validity, Test-retest Reliability, and Repeatability of Performance Variables using a Flywheel Resistance Training.

Southeast ACSM Conference. Chattanooga Tennessee 2018

Research Experience

- Research Assistant for Dr. Haley Bergstrom's lab studying the effects of Curcumin (August 2018-Current).
- Research Assistant for (Long, D. E., Peck, B. D., Martz, J. L., Tuggle, S. C., Bush, H. M., McGwin, G., ... & Peterson, C. A. (2017). Metformin to Augment Strength Training Effective Response in Seniors (MASTERS): study protocol for a randomized controlled trial. *Trials*, 18(1), 192.)
- Assisted with data collection for (Bergstrom, H. C., Byrd, M. T., Wallace, B. J., & Clasey, J. L. (2018). Examination of A Multi-Ingredient Pre-Workout Supplement on Total Volume of Resistance Exercise and Subsequent Strength and Power Performance. *Journal of strength and conditioning research*.)

- Assisted with data collection for (Byrd, M. T., Wallace, B. J., Clasey, J. L., & Bergstrom, H. C. (2018). Contributions of Lower Body Strength Parameters to Critical Power and Anaerobic Work Capacity. *Journal of strength and conditioning research*.)
- Independent Study with Dr. Haley Bergstrom on *Common Supplements for Resistance Trained Populations. Literature Review* (2014).

Primary Instructor Experience

KHP 240 Sports Nutrition

University of Kentucky, Lexington, KY, Spring 2018

KHP 120 Intro to Weight Training (5 sections)

University of Kentucky, Lexington, KY, Fall 2017/Spring 2017

KHP 110 Awesome Abs

University of Kentucky, Lexington, KY, Spring 2017

KHP 122 Badminton

University of Kentucky, Lexington, KY, Fall 2017

Guest Lecturing Experience

Nutrition and Hydration for Runners

KHP 350 Strength & Conditioning

University of Kentucky, Lexington, KY

- **Sprint Performance**
- **Physiology of Plyometrics**
- **Fatigue & Recovery Modalities**
- **Block Periodization**
- **Programming for Resistance Training**

KHP 120 Weight Training

University of Kentucky, Lexington, KY

- **Body Composition Manipulation by Diet and Exercise**
- **Physiology of Nutrition & Weight Training**
- **The Basic Aspects of Nutrition**

KHP 445 Intro to Tests and Measurements

University of Kentucky, Lexington, KY

- **Sport Performance Measures**

Laboratory Skills

Proficient in the following:

- Wingate
- Heart Rate Monitors
- Biodex
- Reading & Conducting EKG
- V02 Max
- Metabolic Analyzers
- Skinfold Caliper
- BIA
- Bod-Pod
- Blood Pressure
- Underwater Weighing
- Flywheel
- Critical Power and Velocity

Certifications

Certified Strength and Conditioning Specialist

National Strength and Conditioning Association, August 2018

High Performance Coaching Certificate

University of Kentucky Kinesiology and Health Promotion Department, July 2018

CPR AED Certification

Red Cross July 2018 - Present

Professional Memberships

National Strength and Conditioning Association
American Society of Nutrition

Mentoring

Independent Study – Caleb Voskuil

Academic Achievements

- Awarded Hackensmith Award (Outstanding Graduate Student KHP 2016-2017)
- Perfect Attendance during Entire Undergraduate Career at the University of Kentucky
- Awarded Hackensmith Award (Outstanding Undergraduate Student KHP 2014-2015)
- Awarded Bernard “Skeeter” Johnson Scholarship (2015)

- Article in the University of Kentucky's College of Education magazine (2014)
- Dean's List at the University of Kentucky (2013-Current)
- Awarded Kentucky Tradition Scholarship (2013-2016)
- Awarded Transfer Scholarship (2013-2016)