

Anthony Paradis, MA, MS, RDN, CSSD, CSCS, USAPL

Summary: Sports dietitian with >17 years of professional experience with D-1 athletics and private sports nutrition practice. Created and directed multiple successful nutrition initiatives and programs. Awarded national NCAA grant for work in sports nutrition education. Published first peer-reviewed manuscript on using models to create sports nutrition programs. Expert in working with interdisciplinary teams and creating and sustaining initiatives that result in measurable performance outcomes.

Education

University

- Ph.D. Education, Tennessee Tech University, started 2017 (discontinued)
- M.A. Education, Tennessee Tech University, 2020
- M.S. Nutrition Sciences, Texas Woman's University, 2016
- B.S. Nutrition Sciences, Texas Tech University, 2008

Certifications and Licenses

- RDN, Registered Dietitian Nutritionist, 2011
- CSSD, Certified Specialist in Sports Dietetics, 2016
- CSCS, Certified Strength and Conditioning Specialist, 2016
- USAPL, USA Powerlifting, Club Coach Certification, 2013
- CC, Competent Communicator Certification, Toastmasters International, 2013
- CPR, Red Cross, exp 2023

Experience and Qualifications

Director of Olympic Sports Nutrition, University of South Carolina Athletics

Columbia, SC

Sept. 2021-current

40hr/week

- Responsible for building a new Olympic sports nutrition program at the division 1 South Eastern Conference level.
- Nutritional intervention for specialized diets including recovery from traumatic brain injury, anti-inflammation diets, physical and cognitive performance diets, delivered in an outpatient setting.
- Planning, implementation, and evaluation of sports nutrition initiatives for the program, 18 different sports, and >490 individual athletes.
- Hired, managed, and trained, a diverse team including: assistant director, operations manager, and interns to accomplish the missions of sports nutrition.
- Work collaboratively with the rest of the performance team (strength coaches, psychologists, sports medicine, sports science) to create program policies and deliver holistic care for athletes.
- Oversight of >\$150,000 nutrition operations budget. Saved organization >\$20,000 in budget after first year in position.
- Created technical reports of measurable outcomes and goals to administration, teams, and support staff.

Anthony Paradis, MA, MS, RDN, CSSD, CSCS, USAPL

Director of Sports Nutrition and Instructor of Nutrition, Tennessee Tech University
Cookeville, TN

July 2016- July 2021

40hr/week

- Provided all athlete counseling, sports nutrition support and policies with teams, including team talks, product ordering, team menu planning, and athlete education for a program of >320 student-athletes.
- Implementation of a fueling station at the athletic training center staffed with nutrition assistants and trained, managed, and evaluated their performance.
- Managed the operations budget of \$20,000.
- Created a mobile fueling station via use of the campus food truck for our football team to support breakfast and post-practice nutrition needs.
- Screening and assessment for eating disorder, sleep index, energy needs, vitamin deficiency, body composition, food-insecurity, and eating patterns of athletes.
- Created first “Agriculture to Athlete” initiative cooperation between departments by growing our own food for the athletes.
- Implementation of an online nutrition and mental wellness course for student-athletes and awarded a \$20,000 grant from the NCAA for work in this area.
- Implementation of custom sports nutrition app for athletes and coaches to offer tele-health in addition to in-person counseling and education.

Sports Dietitian & Strength Coach, Private Practice; Food and Fitness LLC
Lewisville, TX

Aug. 2011- July 2016

40+ hr/week

- Created and developed a sports nutrition and training studio from the ground up.
- Grew business to 100s of clients, and managed an interdisciplinary team of two associate strength coaches, a chef, and a counselor for a holistic approach to service.
- 6-figure annual revenues. Highest revenue year >\$200,000.
- Hosted a sports nutrition internship site with local universities.
- Client list included high school athletes, collegiate football, reserve and retired military, professional cycling and hockey, competitive bodybuilders, and powerlifters.

Dietetic Intern, Texas Woman's University
Denton, TX

Dec. 2010- May 2011

- Intern rotations included working with professional sports dietitians for Texas Rangers, Houston Texans. Houston Ballet, and FC Dallas.
- 4-month hospital clinical rotation at Texas Health Harris Methodist Hospital.

Anthony Paradis, MA, MS, RDN, CSSD, CSCS, USAPL

- Worked in a variety of settings including WIC, clinical, long term care, community nutrition, food service, and sports.

Personal Trainer, Texas Woman's University Fit & Rec Center

Denton, TX

August 2009- May 2011

20hr/week

- Programming, prescription, and execution of training programs for clients and groups.
- Responsible for exercise testing and evaluation of clients' progress.

Dietary Technician, Lewisville Medical Center

Lewisville, TX

Dec. 2008- Aug. 2009

30hr/week

- Supported dietitian and food production in a large hospital >180 beds.
- Gained experience in back-of-kitchen food production.

Grants/Publications

- **NCAA Innovations in Research**, "Food for Thought for Student Athletes" \$20,000. Primary Investigator. Funded. 2020.
- **"A Collegiate Sports Nutrition Logic Model for Program Development"** SCAN PULSE Sports Nutrition Journal. Published Fall 2020.
- **USDA's Women and Minorities in STEM Fields Grant Program**. Not funded. Co-Investigator. 2018.
- **TN Tech Office of Sustainability- Internal Grant**. \$1,000 for sustainable sports nutrition. Funded. 2017.
- **Effects of a 500 Mile Backpacking Journey on the Performance of a Competitive Powerlifter**. Published MS Thesis. 2016.

Courses Instructed at University

- HEC 1045- Sports Nutrition & Wellness for Athletes (developed)
- HEC 4940 - Nutrition for Sports and Wellness (developed)
- HEC 3201- Community Nutrition & Counseling
- HEC 1030 - Intro to Nutrition
- HEC 3290- Nutrition Through the Lifecycle
- HEC Sports Nutrition Practicum (developed)

Professional Organization Memberships and Positions

Anthony Paradis, MA, MS, RDN, CSSD, CSCS, USAPL

- Academy of Nutrition and Dietetics, current
- S.H.P.N. Sports Nutrition Practice Group, Volunteer Coordinator Chair, current
- C.P.S.D.A. Sports Nutrition Professional Group
- Tennessee Academy of Nutrition and Dietetics
- American Association of Family and Consumer Sciences, President 2018
- American Association of Family and Consumer Sciences, President Elect 2017
- Dallas Academy of Nutrition and Dietetics, Corporate Sponsorship Chair, 2014

Committees Chaired

- Faculty Senate, TnTech, 2019-2021
- External Advisory Committee to TnTech's MS program development, 2019
- Accreditation with AAFCS chair for TnTech, 2018

Selected Presentations at Conferences

- SCAND state meeting, Columbia SC, "Logic Model- Planning, Programming, and Evaluating Sports Nutrition and Wellness Programs." 2022.
- TAFCS state meeting, Cookeville TN, "Nutrition for Teachers." 2018.
- TN Department of Education, CTE course, "Nutrition Dual Credit for High School Students" 2017.
- Soaring High Professional Development, TnTech, "Mindless Eating. Subconscious Secrets to Healthier Bodies" 2016.
- TAND Spring Seminar, Dallas TX, "How Registered Dietitians and Personal Trainers Can Work Together" 2014.

Selected Conferences Attended

- SCAND State Meeting, Columbia, SC, 2022
- NSCA National Conference, Orlando, FL, 2021
- TAFCS State Conference, Nashville, TN, 2019
- NSCA State Conference, TN, 2018
- CPSDA Advanced Practice Workshop, Austin TX, 2018
- AAFCS National Conference, Dallas, TX, 2017
- AAFCS Leadership Council, Washington DC, 2017
- TN Academy of Nutrition and Dietetics state meeting, Nashville TN, 2016

Personal Sports Experience

Anthony Paradis, MA, MS, RDN, CSSD, CSCS, USAPL

- Tennessee state record holder in powerlifting with NASA, 2017
- Completed solo 500-mile consecutive hike on the Colorado Trail, 2015
- Texas state record holder in powerlifting with Natural Athlete Strength Association, 2015
- Powerlifting, World Association of Benchers and Deadlifters, National Qualifier, 2014
- Physique Competitor, National Gym Association, Competitor, 2014
- American Ninja Warrior, Competitor, 2012
- Wrestling, LISD, Varsity Wrestler, 2000-2004
- Baseball & Martial Arts, YMCA-high school

References

Additional references and letters of recommendation included with request. Please request permission before contacting my current directors.