

### Education & Certifications

#### **University**

- Ph.D. coursework in Programming, Planning & Evaluation of Education Programs, Tennessee Tech University, 2017-2020.
- M.A. Curriculum and Instruction, 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, SCAN, 2016.
- CSCS, Certified Strength and Conditioning Specialist, NSCA, 2016.
- USAPL, USA Powerlifting, Club Coach Certification, 2013.
- CC, Competent Communicator, Toastmasters International, 2013.
- CPR & BLS, AHA, exp 2026.

### Professional Work Experience

#### **Army H2F P3T Program Analyst**

Fort Jackson Army Post, August 2024-current.

Salary: \$105,400. 40 hours/week. GS-13, Step 1.

- Work within the Army Center for Initial Military training to oversee data and evaluate the army-wide Pregnancy and Postpartum Performance (P3T) soldier holistic performance program.
- Determine performance metrics, operationalize data reporting, and create impact reports demonstrating ROI.
- Assist in reports to high level army leadership, advise on changes to regulation and policy, and work with installation-leadership to accomplish the mission of P3T.

#### **Army H2F Performance Dietitian**

Fort Jackson Army Post, April 2023-August 2024.

Salary: \$96,000. 40 hours/week. GS-12, Step 4.

- As a member of the nutrition domain team, shared responsibility for providing education and training to 165th Lightning Brigade of 2,000+ soldiers, 6 battalions, and 30 companies which include group and individual human performance consultations and nutrition program oversight of a diverse military population including pregnant and postpartum soldiers.
- Volunteered as a subject matter expert for educational briefs to P3T participants and served as an Exercise Leader for the P3T physical training program.
- Assisted in administration and management of H2F efforts with 10 strength coaches, 6 athletic trainers, 3 physical therapists, 2 cognitive performance specialists, 3 occupational therapists, 4 dietitians, and 2 chaplains of H2F and among the 165th and 193rd BDE.

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

9 Canal Place Way, Columbia, SC 29201. 214.636.2921 [anthonyparadis@gmail.com](mailto:anthonyparadis@gmail.com)

- Planned and co-developed nutrition health policies and SOPs for H2F nutrition and assisted in short and long term planning of nutrition initiatives.

**Chair of Sports and Human Performance Nutrition DPG**

The Academy of Nutrition and Dietetics, January 2022-current.

Salary: \$0 (volunteer). 15 hours/week

- As chairman (president) of the organization, managed and implemented the program and policies of the official performance nutrition Academy of Nutrition practice group of over 2,000 sports dietitian professional members.
- Managed executive leadership to problem solve and develop short and long-term programs of work for 14 different committees within the organization.
- Managed >\$100,000 budget and oversight of corporate contracts and facilities and equipment for in-person professional events. Successfully delivered the only profitable “Spring Symposium” annual scientific conference in the Academy of Nutrition and Dietetics in 2024.
- Routinely analyze systems and data within the organization to solve problems with data-driven insights to improve the organization.

**Director of Olympic Sports Nutrition**

University of South Carolina, August 2021- April 2023.

Salary: \$75,000. 40 hours/week.

- As program administrator, responsible for building a new Olympic sports nutrition program to provide nutrition education and training for over 490 Olympic athletes competing in the division-1, SEC level.
- Management, implementation, and analysis of over 20 sports nutrition initiatives on the program, team, and individual athlete level including individual and group consultations for sports performance and data driven evaluation of effectiveness of athlete’s diets and supplementation.
- Hired, managed, and supervised a diverse team, including an assistant director of sports nutrition, creation of a sports nutrition operations manager and over ten nutrition interns to accomplish the missions of sports nutrition.
- Resource management, budgeting, and equipment and evaluation of \$150,000 nutrition operations budget, developed and managed major contracting with vendors and suppliers, and co-responsibility of budget for human resources and staff development. Saved over \$30,000 in the first year for the program by reducing costs.

**Director of Sports Nutrition and Instructor of Nutrition**

Tennessee Tech University, July 2016- August 2021.

Salary: \$70,000. 40 hours/week.

- As program administrator, provided all athlete counseling, sports nutrition support and policies with teams, including team education, product ordering, team menu planning, food demos, grocery store tours, and athlete education for a program of >320 student-athletes.

*References available upon request*

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- Implementation of a fueling station at the athletic training center and staffed, trained, and evaluated a team of over five nutrition assistants. Managed the operations budget of ~\$20,000, nutrition resources, equipment, and corporate contracts.
- Created, implemented, and evaluated short and long-term programs of work for over 11 sports teams annually.
- Developed health policies for screening and assessment for eating disorder, sleep index, energy needs, vitamin deficiency, body composition, food-insecurity, and eating patterns of >350 athletes.
- Tracked and managed athlete data and KPIs for analysis and data driven improvements.
- Implementation of custom sports nutrition data app for athletes and coaches to offer tele-health in addition to in-person counseling and education. Awarded first NCAA research grant to TNTECH and \$20,000 for work in this area.

**Sports Dietitian & Strength Coach- Private Practice**

Food and Fitness LLC, July 2011-July 2016.

Salary: \$ dependent on revenue of business. 40 hours/week.

- Routine tasks as business owner included monitoring and analysis of business effectiveness, management of a budget and contracts, management of staff, and creating of business policies and standard operating procedures.
- Direction and oversight of marketing, operations, and business development led to 6-figure annual revenues. Highest revenue year >\$200,000.
- Host for sports nutrition internship site with local university and training of >20 professional interns.

Selected Grants & Publications

- Sports Nutrition- A Handbook for Professionals. 6ed. 2017. Textbook. Editor.
- Elevating Sports Nutrition- Nutrition Program Building Guide for Dietitians, Athletic Trainers, and Strength Coaches. 2022. Book. Author.
- *NCAA Innovations in Research, "Food for Thought for Student Athletes"* \$20,000. Research Grant. Primary Investigator. Funded. 2020.
- *"A Collegiate Sports Nutrition Logic Model for Program Development"* SCAN PULSE Sports Nutrition Journal. Published Fall 2020.

Selected Professional Organization Memberships and Positions

- S.H.P.N. Sports Nutrition & Human Performance Practice Group. Chair-Elect, current.
- Academy of Nutrition and Dietetics. Member, current.
- American Professional and Sports Dietitians Professional Group. Member, 2021.
- Tennessee Association of Family and Consumer Sciences, President 2018.

*References available upon request*

### Selected Committees Chaired

- SHPN Annual Spring Symposium Committee, 2023-2024.
- Faculty Senate, TnTech, 2019-2021.
- External Advisory Committee to TnTech's master's program development, 2019.

### Selected Courses Instructed at University

- HEC 1045- Sports Nutrition & Wellness for Athletes (developed)
- HEC 3201- Community Nutrition & Counseling
- HEC 3290- Nutrition Through the Lifecycle

### Selected Presentations at Professional Conferences

- Army H2F Symposium, Newport News, VA, "Elevating Tactical Nutrition: A Model for Planning, Programming, and Evaluating H2F Nutrition Initiatives" 2024.
- NSCA SC State Clinic "Improving Athlete Power and Speed with Sports Nutrition" 2023.
- SCAND state meeting, Columbia SC, "Logic Model- Planning, Programming, and Evaluating Sports Nutrition and Wellness Programs." 2022.
- 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

- FNCE National Nutrition conference, Denver, CO, 2023.
- SHPN Spring Symposium sports nutrition conference, Houston, TX, 2022.
- NSCA National Conference, Orlando, FL, 2021.
- CPSDA Advanced Practice Workshop, Austin TX, 2018.
- AAFCS Leadership Council, Washington DC, 2017.

### Selected Personal Sports Experience

- 2nd Place: Army Strongman competition, Ft. Jackson, SC, 2023.
- Tennessee & Texas state record holder in powerlifting with NASA, 2015. 2017.
- Completed solo 500-mile consecutive hike on the Colorado Trail, 2015.
- American Ninja Warrior, Competitor, 2012.
- Wrestling, LISD, Varsity Wrestler, 2000-2004.