James Gegenheimer MS, RDN, LDN, CSCS

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# Education

**MS** University of South Florida, Exercise Science August 2022

Advisor: Dr. Samuel Buckner

**MS** Florida State University, Nutrition and Food Science April 2011

Advisor: Dr. Maria Spicer

**BS** Florida State University, Dietetics May 2009

# Professional Certifications

**Registered Dietitian April 21, 2011**

**Registration Number: 1004456**

**FL Licensed Dietitian**

**Licensure Number: ND 5988**

**Certified Strength and Conditioning Specialist (CSCS)**

**CSCS ID: 7248368496**

**CPR Certification: American Heart Association BLS for Healthcare Providers Program**

**eCard Code:** 225418586524

# Teaching Experience

**Keiser University**, Lakeland FL November 2014 to December 2024

**Full Time Faculty**, Master of Science in Clinical Nutrition

**ACEND Accredited Coordinated Program**

* Developed lectures, quizzes, exams, and homework assignments.
* Revised the syllabus and coursework to meet accreditation standards of KRDNs and CRDNs.
* Course List:
  + DIE 3213 Medical Nutrition Therapy I (Chronic Disease)
  + DIE 3246C Medical Nutrition Therapy II with Lab (Chronic Disease and Nutrition Focused Physical Assessment Techniques)
  + HUN 4445 Nutrition and Disease I (Acute Care with Enteral Nutrition)
  + HUN 4446 Nutrition and Disease II (Acute Care with Parenteral Nutrition)
  + PET 3361 Nutrition in Health and Exercise with Lab
  + DIE 4435C Nutrition Counseling and Communication with Lab (with counseling simulations)
  + HUN 3403 Lifecycle Nutrition
  + FOS 4041C Food Science
  + DIE 3125C Management of Dietary Systems
  + DIE 4365 Dietetics Management of Nutrition Program
  + DIE 4506 Seminar in Dietetics

**University of Tampa**, Tampa FL Jan 2022 to Present

**Adjunct**, Health Sciences and Human Performance

* Developed lectures, quizzes, exams, and homework assignments
* Course List:
  + HSC 627 Sports Supplements and Ergogenic Aids
  + HSC 637 Sports Nutrition

**Polk State College**, Winter Haven FL Aug 2023 to Present

**Adjunct**

* Developed lectures, quizzes, exams, and homework assignments
* Course List:
  + HUN 1201 Principles of Nutrition

**Tallahassee Community College**, Tallahassee FL Aug 2009 to October 2014

**Adjunct**

* Developed lectures, quizzes, exams, and homework assignments
* Course List:
  + HUN 1201 Principles of Nutrition
  + PEM 1101 Adult Fitness
  + PEM 1431 Introduction to Judo
  + PEM 1432 Intermediate Judo

# Other Work Experience

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| **Weight Watchers Clinic, Remote**  *Outpatient Dietitian (5/24 to Present)*   * Work with outpatient clients to support weight loss efforts with medically supervised weight loss * Develop content to educate members on weight loss techniques, strategies, and dietary options to improve adherence and success   **Strong for Life Co, Houston, Texas**  *Director of Nutrition Services (4/22 – 6/23)*   * Work with individual clients on meting nutrition goals including motivational interviewing and coaching * Training and onboarding new nutrition team members in team methodology and coaching skills   **USF Performance and Physique Enhancement Lab, Tampa, FL**  *Consulting Dietitian and Lab Staff (9/19 - Present)*   * Provide nutrition expertise as needed for study design * Work with subjects in the lab to ensure compliance with study guidelines * Monitor workouts for subject safety and supervision   **Heart of Florida, Haines City, FL**  *PRN Dietitian (2/18 – 10/20)*   * Provide Medical Nutrition Therapy for multiple patient populations including intensive care units, orthopedics, cardiovascular, internal medicine, and neurology.   **Bartow Regional Medical Center, Bartow, FL**  *PRN Dietitian (10/16 – 10/18)*   * Provided Medical Nutrition Therapy for multiple patient populations including intensive care units, orthopedics, cardiovascular, internal medicine, and neurology.   **Tallahassee Memorial Healthcare, Tallahassee, FL**  *Inpatient Clinical Dietitian (6/12 – 10/14)*   * Provided Medical Nutrition Therapy for multiple patient populations including intensive care units, orthopedics, cardiovascular, internal medicine, pediatrics, post operative, and neurology. * Participated in chart reviews and peer discussions of current best practices for medical nutrition therapy. |
| **Select Specialty Hospital, Tallahassee, FL**  *PRN Dietitian (5/11 – 10/14)*   * Provided Medical Nutrition Therapy for long term acute care patients including ventilated patient, parenteral nutrition, enteral nutrition, and wound care. * Participated in interdisciplinary team meetings for patient’s nutrition and discharge plan of care.   **John D. Archbold Memorial Hospital Thomasville, Georgia**  *Inpatient Dietitian (12/11 to 6/12)*   * Provided Medical Nutrition Therapy for multiple patient populations including orthopedics, inpatient rehabilitation, and medical surgical. * Participated in interdisciplinary team meetings for patients in the inpatient rehabilitation center.   **Capital Regional Medical Center, Tallahassee, Florida**  *Assistant Patient Services Manager (5/11 to 6/12)*   * Assisted patient service manager with resolving patient satisfaction concerns including patient’s nutritional safety needs. * Managed diet office and meal service system. * Provided Medical Nutrition Therapy coverage as needed.   **Florida Department of Education: Food and Nutrition Management Tallahassee, Florida**  *Clerk (7/9 – 2/10)*   * Worked alongside contracted researcher and Department of Food and Nutrition Management to gather information regarding food allergy policies in Florida school districts. * Research project to find reimbursable substitutes for milk based on new law/USDA policy regarding milk substitution.   **Nutrition and Health Associates, Tallahassee, Florida**  *Research Assistant (7/09 to 7/10)*   * Assisted textbook authors updating textbooks for new editions. * Compiled latest research for the 12th edition of Understanding Nutrition * (https://[www.cengagebrain.com/shop/en/US/storefront/US?cm](http://www.cengagebrain.com/shop/en/US/storefront/US?cm) d=catProductDetail). * Created original tables and figures for 12th edition textbook. |

# Publications

## Abstracts

Broeckel J, Brooks A, Phillips K, Mastrofini G, **Gegenheimer J**, Parks A, Lafontant K, Korte S, Gonzalez A, Ericksen S, Gutierrez S, Monahan S, Cortes A, Campbell B (2022). Comparison of macronutrient-based tracking vs. intuitive eating for increasing protein intakes in females initiating a resistance training program. Presented at the *19th International Society of Sports Nutrition National Conference,* Ft. Lauderdale, Florida, June 17.

Siedler M, Humphries M, Lamadrid P, Mastrofini G, **Gegenheimer J**, Ibrahim A, Brooks A, Smith T, Tinsley G, Campbell B (2021). Baseline anthropometric, dietary intake, and behavioral variables do not predict study completion or fat loss success in young, resistance-trained females undergoing a dietary intervention. **Journal of the International Society of Sports Nutrition**, 19:(sup1), 1-69.

Brooks A, Siedler MR, Humphries MN, Ford S, Smith S, Korte S, **Gegenheimer J**, Fay N, Dubie C, Clarke S, Reyes J, Pane O, Espinal M, Mathas D, Quint J, Campbell B. The effect of 2-weeks of intense caloric restriction on resting metabolic rate in resistance-trained

individuals. **Journal of the International Society of Sports Nutrition**, 17:59:A7 (November 2020).

Siedler M, Trexler ET, Humphries M, Lamadrid P, Waddell B, Ford S, SanFilippo G, Callahan K, **Gegenheimer** J, Reyes J, Pane O, Klahr D, Espinal M, Urrita M, Campbell B. The effect of moderate intermittent versus continuous energy restriction on body composition and resting metabolic rate in resistance-trained females: A randomized controlled trial. **Journal of the International Society of Sports Nutrition**, 17:59:A8 (November 2020).

# Presentations and Invited Lectures

**Personal Training and Nutrition- A Legal Perspective (September 2011)**

* Lecture examining and clarifying the rules and regulations for nutrition counseling and practice of dietetics in the state of Florida for personal training students.

**Dietary Strategies to Support Muscle Gain and Enhance Fat Loss (March 2020)**

* Lecture through USF Physique Science Club to general public focusing on gaining and maintenance muscle mass through hypertrophy and weight reduction mesocycles.

# Laboratory Skills

**Resting Metabolic Rate**

* Familiar with use and operation of Parvo Medics TrueOne 2400 for RMR testing.
* Familiar with use and operation of KORR Medical Technologies CardioCoach for RMR testing.

**Body Composition**

* Familiar with use of BodyMetrix B Mode ultrasound device for the assessment of body composition.
* Familiar with use of Lange calipers for the assessment of body composition.
* Familiar with InBody 570 for the assessment of body composition.

# Professional Affiliations

Academy of Nutrition and Dietetics, 2010-Present

National Strength and Conditioning Association, 2019-Present

# Awards

**Lou and Roseanne Bowers Scholarship Fund**

* Awarded to students majoring in Physical Education and Exercise Science who demonstrate merit.

# Professional Service

**Peer Reviewer (July 2020 – present) Journal of the International Society of Sports Nutrition**

* Review submitted articles for publication in the premier journal of the International Society of Sports Nutrition.

# Internship Experiences

**Sanford MMA (August 2020 – December 2020)**

* Supervise and conduct strength and conditioning training sessions for MMA athletes
* Professional athlete data analysis.
* Organizing and cataloging digital files.