

CURRICULUM VITAE

GINA C. ZITO, PhD

CISSN Sports Nutrition Certified ~ AASDN Nutrition Specialist,
AFAA Personal Trainer

EDUCATION

Doctor of Philosophy-May 2022

GPA: 3.95

Exercise Physiology
University of Miami

Master of Science– December 2015

GPA: 3.96

Exercise Science with a Concentration in Strength and Conditioning
University of South Florida

Bachelor of Science – May 2013

GPA: 3.86

Exercise Science with a Concentration in Adult Fitness
University of Tampa

PROFESSIONAL EXPERIENCE

Clinical Trial Investigator

University of Miami, 2021-2022

- Conducted and coordinated registered clinical trial (NCT04974476) on the effects of either an onsite vs. livestreamed virtual fitness program on anthropometric measures, aerobic fitness, and vascular markers of cardiac risk in overweight/obese premenopausal women.
- Conducted Pulse Wave Analysis and Pulse Wave Velocity using SphygmoCor XCEL™
- Conducted Body Composition/Visceral Adipose Tissue Analysis using SECA mBCA 515™
- Conducted 24-hr Dietary Recalls and Nutritional Analysis using Nutritionist Pro Software™
- Conducted PACER test of Aerobic Capacity
- Designed and conducted High Intensity Interval Training Program for clinical trial
- Designed and conducted statistical analysis of data using SPSS software
- Recruited, trained, and supervised Research Assistants

Graduate Teaching Assistantship

University of Miami, 2016-Present

- Instruct undergraduate Kinesiology department courses including:
 - KIN 150- Nutrition for Health and Human Performance
 - KIN 235- Personal and Community Health
- Developed and created all course content for both courses: including syllabus, lectures, exams, assignments, and discussion posts.
- Perform other job-related duties as required.

Nutrition Specialist for Laboratory of Clinical and Applied Kinesiology

University of Miami, 2019- 2020

- Research assistant for investigation on the relationship of visceral adipose tissue, cardiovascular health, nutrition, and body fat percentage in pre-menopausal females
- Conducted 24-hr Dietary Recalls and Nutritional Analysis using Nutritionist Pro Software™
- Conducted Body Composition (including Visceral Adipose Tissue Analysis)

Researcher for Translational Health in Nutrition and Kinesiology (THINK) Program (Grant Number GR005314, Grant Amount \$100,000)

University of Miami, 2017- 2020

- Participated in a multidimensional funded curriculum designed to enhance health-related fitness and physical literacy against a backdrop of STEM education
- Created educational content and developed lesson plans and activities for program
- Taught health-related topics such as physical fitness, cardiac and skeletal muscle physiology, thermoregulation, and obesity prevention.
- Engaged students with hands-on laboratory activities related to the structure and function of the human body.
- Monitored structured free-play that enhance movement and motor skill acquisition that bring educational and clinical experiences together.

Personal Trainer & Nutrition Specialist

Tampa Bay & South Florida Area, 2012- Present

- Assess clients nutritional needs
- Create and implement nutritional programs for clients
- Apply fundamental exercise science principles to design fitness programs that help meet health and fitness goals

Exercise Specialist

University of South Florida, Physical Therapy and Rehabilitation Sciences, 2015-2016

- Conducted exercise testing and training procedures for a federally-funded injury prevention research trial.
- Assisted investigators with a wide range of clinical research activities, such as data collection, data entry, subject recruitment and enrollment, general research laboratory and office operations.
- Conducted supervised exercise training sessions at fire stations.
- Assisted with setting up exercise facilities, recruitment, screens, assessments, data management.

Group Fitness & Dance Instructor

DanceHIITUp, 2021-Present; Artistic Dance Center 2018-Present; Forever Aerial & Dance Miami 2016-2021; Shapes Fitness & LA Fitness, 2012-2014; Powerhouse Gym, 2011-2013; University of Tampa, 2010-2013

- Provide an adequate warm-up, exercise, and cool down and prepare appropriate equipment and music for each class
- Explain proper workout techniques and teach appropriate methods to strengthen specific muscles
- Assist patrons before and after class and maintain a positive exercise experience to participants
- Ensure that safety standards are met, and that department and facility policies are adhered to

Group Fitness Manager

Powerhouse Gym, 2011-2013

- Provided guidance to instructors to ensure they are running high quality group exercise programs
- Developed promotional materials for group fitness programs
- Point of contact between owners and instructor's communication, assessments, evaluations, and approvals
- Auditioned potential instructors and determined salary rates

CERTIFICATIONS

Certified Personal Trainer, Aerobics and Fitness Association of America (AFAA)

Certified Nutrition Specialist, American Academy of Sport Dietitians and Nutritionist (AASDN)

Certified Sports Nutritionist, International Society of Sports Nutrition (CISSN)

CPR & AED, American Heart Association

Certified Researcher (CITI), Institutional Review Board

TEACHING

Course Instructor

University of Miami:

- General Nutrition for Health and Performance (KIN 150). School of Education and Human Development. 2016-Present.
- Personal & Community Health (KIN 235). School of Education and Human Development Spring 2020.

Invited University Lectures

University of Miami

- Advance Nutrition for Health and Fitness (KIN 677). *The Effects of Artificial Sweetener on Weight Loss and Satiety*. School of Education and Human Development. Spring 2020.

University of South Florida

- Nutrition for Fitness and Sport (PET 3361). *Carbohydrates and Performance*. USF College of Physical Education. 2013.
- Nutrition for Fitness and Sport (PET 3361). *Protein and Performance*. USF College of Physical Education. 2014.
- Nutrition for Fitness and Sport (PET 3361). *Hydration and Performance*. USF College of Physical Education. 2014.

University of Tampa

- Dance and Rhythmic (ESC 400-K). *Dance Exercise and Counting Technicalities*. University of Tampa College of Health and Human Performance. 2013.
- Beginners Hip Hop, Urban and Funk (DAN 151-J). *Proper Stretches for Enhancing Flexibility in Dancers*. University of Tampa College of Speech, Theatre, and Dance. 2012.
- Beginning Tap Dance- (DAN 144-D). *Advanced Core Stability Training Methods*. University of Tampa College of Speech, Theatre, and Dance. 2012.

RESEARCH AND SCHOLARSHIP

Research Interests

Obesity prevention, women's health, cardiovascular Health, effects of exercise programs and nutritional interventions on metabolism, performance and physique enhancement (skeletal muscle hypertrophy and fat loss).

PUBLISHED MANUSCRIPTS

1. Perry A., Flanagan E., Velasquez C., Bolon K., **Zito G.**, Ahn S. "The Effects of a Science-Based Community Intervention on Health Outcomes in Minority Children: The Translational Health in Nutrition and Kinesiology Program." *Journal of Physical Activity and Health*. 18, 1074-1081, June 2021.
2. Perry A., Cruz, N., Flanagan E., Velasquez C., **Zito, G.** "A Pilot Study of Physical Fitness / Literacy in the Middle School Curriculum Using an Active Learning Paradigm: The THINK Program", *International Journal of Research in Health Sciences*, ;8(1):3-7, March 2020.
3. Campbell B, **Zito G.**, Colquhoun R, Martinez N, et al. "The effects of a single-dose thermogenic supplement on resting metabolic rate and hemodynamic variables in healthy females – a randomized, double-blind, placebo-controlled, cross-over trial". *Journal of the International Society of Sports Nutrition* 13:13, March 2016.
4. Campbell B, Colquhoun R, **Zito G.**, Martinez, N, et al. "The effects of a fat loss supplement on resting metabolic rate and hemodynamic variables in resistance trained males: a randomized, double-blind, placebo-controlled, cross-over trial". *Journal of the International Society of Sports Nutrition* 13:14, April 2016.
5. Lowery, RP, Joy, JM, Brown, LE, Oliveira de Souza, E, Wistocki, DR, Davis, GS, Naimo, MA, **Zito, GA**, Wilson, JM. "Effects of static stretching on 1-mile uphill run performance." *Journal of Strength and Conditioning Research*, 28(1)/161–16, January 2014.

PUBLISHED ABSTRACTS AND PRESENTATIONS

1. **Zito, G.** Perry, A. "Comparison of an Onsite vs. Virtual Fitness Program on Anthropometric Measures, Aerobic Fitness, and Vascular Markers of Cardiac Risk in Overweight/Obese Premenopausal Women." Presented at the 4th Annual Sports Medicine Institute Research Day, May 2022, Coral Gables, Florida.
2. Cruz, N, Flanagan E, **Zito, G**, Perry, A. "The Effects of a Pilot Translational Health In-School Program on Physical Fitness and Health Outcomes: *Medicine & Science in Sports & Exercise*. 51. 836-837. Presented at American College of Sports Medicine, June 2019. Orlando, Florida.

3. **Zito G**, Campbell B, Colquhoun R, Martinez N, Buchanan L, Lehn M, Johnson M, St Louis C, Smith Y, Cloer B, Pingel A. The effects of a fat loss supplement on resting metabolic rate and hemodynamic variables in healthy females: preliminary results. Presented at the International Society of Sports Nutrition Annual Conference, June 2014, Clearwater, FL.
4. Campbell B, **Zito G**, Colquhoun R, Martinez N, St Louis C, Johnson M, Buchanan L, Lehn M, Smith Y, Cloer B, Raines K. Inter and intra-day test-retest reliability of the Cosmed FitMate Pro™ indirect calorimeter for resting metabolic rate. Presented at the International Society of Sports Nutrition Annual Conference, June 2014, Clearwater, FL.
5. Colquhoun R, Campbell B, **Zito G**, Martinez N, Buchanan L, Lehn M, Johnson M, St Louis C, Smith Y, Cloer B, Pingel A. Presented at the International Society of Sports Nutrition Annual Conference, 2014, June 2014, FL.

Served as Research Assistant or Exercise Specialist

1. John M. Mayer. Worksite exercise interventions for low back injury prevention in firefighters. Sponsor: US Department of Homeland Security, Federal Emergency Management Agency, Assistance to Firefighters Grant Program, FY 2013 Fire Prevention and Safety Grants (EMW-2013-FP-00723). Total Amount Funded: total award including 5% match from private donor: \$1,332,106 (\$898,656 direct, \$433,450 indirect). **Exercise Specialist**
2. Kilpatrick, MW, Martinez, N, Little, JP, Jung, ME, Jones, AM, Price, NW, Lende, DH. (2014). Impact of High-Intensity Interval Training on Perceived Exertion. *Medicine and Science in Sports and Exercise*. **Research Assistant**
3. Effects of Various Warm-Up Devices and Rest Period Lengths on Batting Velocity and Acceleration of Intercollegiate Baseball Players. JM. Wilson (PI). **Research Assistant**

Grant Applications/Proposal of Funding

- School of Education and Human Performance Research Support **Awarded \$1,200**
- The Acute Effects of Fit Miss Burn™ on Resting Metabolic Rate. Submitted to MusclePharm/International Society of Sports Nutrition Educational Research Grant. Role on project = Principal Investigator. **Awarded \$675.00**. Project Period 4/01/14 – 12/31/14.
- The effects of Concurrent training in non-resistance trained females. Submitted to the *National Strength and Conditioning Association*, 2014. Principal Investigator. Requested **\$4,625** (not funded).
- The Effects of Arnold Iron Cuts™ on Resting Metabolic Rate. Role on project = Co-Investigator. **Awarded \$675.00**. Project Period 4/01/14 – 12/31/14.
- The Effects of Arnold Iron Cuts™ on Resting Metabolic Rate. Submitted to MusclePharm/International Society of Sports Nutrition Educational Research Grant. Role on project = Co-Investigator. **Awarded \$675.00**. Project Period 4/01/14 – 12/31/14.
- The Impact of MusclePharm Assault™ on Upper and Lower Body Power. Submitted to MusclePharm/International Society of Sports Nutrition Educational Research Grant. **Awarded \$900.00**. Project Period 4/01/14 – 12/31/14.

Technical Competencies

- Body Composition Assessment (SECA, skinfolds, bioelectrical impedance)
- SphygmoCor® XCEL (pulse wave analysis/pulse wave velocity)
- Energy Expenditure and Substrate Utilization (indirect calorimetry)
- Strength Testing (isotonic, isokinetic)

- Dynamometer Testing (Grip Strength) (Jackson System Strength Testing)
- Anaerobic Power Testing (vertical jump)
- Anaerobic Capacity Testing (Wingate, 40-meter sprint)
- Data Entry/Basic Statistical Analyses (SPSS Software)
- Maximal Aerobic Capacity Testing (VO₂ max testing)
- Submaximal Aerobic Capacity Testing
- Blood Pressure Measurements (Manual, Automatic)
- Flexibility Assessment (Sit and Reach, goniometer)
- Electromyography (EMG) Measurements
- Practical Field Assessment (Vertical Jump, 2-min walk test, shuttle run test, etc.)

ACADEMIC SCHOLARSHIPS

- **University of Miami School of Education and Human Development Scholarship**
-University of Miami, 2016—Present
- **Barbara Marks Scholarship**
-University of Miami 2016-2021
- **University of Tampa Presidential Scholarship**
-University of Tampa, 2010-2013

ACHIEVEMENTS AND PROFESSIONAL HONORS

- **American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Outstanding Major of the Year Award in Exercise Science**
- University of Tampa, 2013
- **Magna Cum Laude Latin Honors Graduate**
-University of Tampa, 2013
- **University of Tampa Honors Program Inductee**
-University of Tampa, 2010-2013
- **University of Tampa Dean's List**
-University of Tampa, 2011-2013
- **Phi Kappa Phi Inductee**
-University of Tampa, 2012

Professional Development

Preparing for College Teaching— Academy for Teaching and Learning Excellence (ATLE)
University of South Florida, Co-Curricular Credits earned, 2015.

- Designed and build a course from scratch
- Delivered lectures and presentations effectively and
- Facilitated a discussion that includes all participants
- Managed student behavior through effective policies and expectations
- Discussed teaching methods and pedagogical choices at the highest levels

Continuing Education Workshops – American Fitness Aerobic Association (AFAA) & National Academy of Sports Medicine (NASM)

- *Training the Brain: The Neuroscience of Aerobic Exercise*- course for certified professionals that is designed to review how aerobic exercise improves the anatomy of the brain, cognitive ability, and emotional well-being. AFAA, 2020.
- *Making Every Client a Success: A Tool Kit for Behavior Change*- course for certified professionals designed to what helps people make better choices and act in ways that are consistent with their goals and values. 2020.
- *Mental Toughness*: course for certified professionals designed to review key aspects of psychological strength for fitness and sport and how mental toughness helps to provide greater awareness and effectiveness in getting performance results by keeping the mind engaged, responsive, resilient, and strong under pressure. 2020.
- *The Nature of Metabolism*– course for AFAA certified professionals exploring the process of metabolism, including the key hormones involved in weight loss regulation. 2015.
- *Nutrition for Professionals*- course for AFAA certified professionals that is designed to provide fitness professionals with the information they need to help themselves and their clients win with good nutrition. Learned the approach a registered dietitian/board certified specialist in sports dietetics takes to help active people fuel their bodies optimally and achieve a desired body weight. 2012.
- *Mind-Body Fitness*- course for AFAA certified professionals on the main components of well-defined goals, a positive attitude and visualization. 2012.
- *Integrated Flexibility Training*- course for NASM certified professionals on the multiple components of flexibility and how to effectively incorporated flexibility training into a typical fitness training program. 2016.
- *Mind-Body Fitness*- course for AFAA certified professionals on the main components of the mind-body fitness curriculum: well-defined goals, a positive attitude and visualization. 2012.

Sport Nutrition Certificate (SNC) Modalities – AASDN

- *Post-Secondary Education Teaching Methods*. 2014
- *Intermediate Level Biochemistry*. 2014
- *Alternative Medicine*. 2014

Continuing Education Workshops – SCW Florida Mania- Fitness Pro Convention

- Core Training: Have We Been Doing it Wrong all Along? 2012.
- Exercises That Prevent Lower Back Pain. 2012.
- Tabata Bootcamp. 2012.

SERVICE

NATIONAL/PROFESSIONAL LEADERSHIP INVOLVEMENT

- **Student Representative.** Board of Directors for the International Society of Sports Nutrition (2013-2017).
- **Manuscript Reviewer.** Journal of Sport and Health Science. 2015-2018
- **Nutrition Chair.** Forming Healthy Individuals Together (FHIT). 2011-2013.

ACADEMIC SEMINARS

University of South Florida & University of Tampa Community Presentations

- **The Anatomy and Conditioning of the Core: University of South Florida's Educational Series.** USF Recreation Center, Tampa, FL, 2011.
- **Proteins on a Budget.** University of Tampa Resident's Hall, Tampa, FL. 2013.
- **The Healthy Way to Lose Weight.** Delta Sigma Theta Sorority. University of Tampa, FL. 2013.
- **How Many Calories Should you be Consuming?** Delta Sigma Theta Sorority. University of Tampa, FL. 2013.
- **Fast, Easy, and Dorm-Friendly Meals.** University of Tampa Residence Hall, FL. 2012.
- **Essential Nutrients and Healthy Lifestyle Changes.** Spartan Slimdown, University of Tampa, FL., 2011.
- **The Basics of Macronutrients.** Health & Wellness Fair. University of Tampa, 2011.
- **Alcohol and Performance.** Health and Wellness Fair, University of Tampa, FL. 2011.

Professional Conferences Attended

- 4th Annual Sports Medicine Institute Research Day, 2022.
- Gatorade Sports Science Institute XP Meeting, 2021.
- International Society of Sports Nutrition Annual Conference, 2014-2017.
- SCW Fitness Education Mania Convention, 2012.

Current Memberships in Professional Societies

- The Obesity Society (TOS)
- American College of Sports Medicine (ACSM)
- International Society of Sports Nutrition (ISSN)
- American Education Research Association (AERA)
- American Academy of Sport Dietitians and Nutritionist (AASDN)

Community Involvement

- **Volunteer Performer.** Teal Recovery Project. 2016
- **Volunteer Dance Instructor.** International Multicultural Celebration. Macfarlane Park Elementary Magnet School, Tampa, FL. 2015.
- **Volunteer Instructor and Coordinator.** Party in Pink Zumbathon for Breast Cancer. University of Tampa, Tampa, FL. 2011-2013.

- **Volunteer Instructor.** Dance for a Cure: Children's Cancer Charity Zumbathon. The Dallas Bull, Tampa, FL. 2012.
- **Volunteer Nutrition Specialist and Instructor.** Great American Teach-In. School District of Hillsborough County. Tampa, FL. 2012.
- **Volunteer Instructor-** Sweat for Sandy Zumbathon. Ybor City. 2012.
- **Volunteer.** Caminiti Exceptional Center. Tampa, FL. 2012.
- **Volunteer.** All Peoples Life Centers Volunteer, Tampa FL. 2012.
- **Volunteer Dance Instructor.** Salsa and Bachata Night. Residents Assistance of Urso Hall. Tampa, FL, 2012.
- **Volunteer.** Martin Luther King's Service Day. University of Tampa. Tampa, FL. 2010.
- **Dance Coach.** East Street Dance Team. East Street Elementary school. Hicksville, NY, 2004-2010.