

BRANDON M. MARCELLO, PhD

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PROFESSIONAL EXPERIENCE:

High-Performance Strategist

August 2014 – Present

Independent

- Provide high-level performance assessments and solutions for teams, companies, and organizations across a wide variety of topics.
- Recent clients include:
 - United States Department of Defense | Draper Laboratory
 - *Project Scope:* Non-Discipline Specific Human-Performance Assessment
 - *Project Scope:* Human-Performance Analytics and Data Visualization
 - Atlanta Braves
 - *Project Scope:* Performance Audit
 - *Project Scope:* Performance Nutrition
 - Oakland Raiders
 - *Project Scope:* Performance Nutrition
 - Fatigue Science
 - *Project Scope:* Provide sleep education to various professional teams in the NFL and MLB.
 - EQUINOX
 - *Project Scope:* Recovery, Regeneration, Programming Template Design, and Team Education.
 - *Equinox Health Advisory Board Member*
 - Chinese Olympic Committee
 - *Project Scope:* Programming and Training Implementation
 - San Jose Sharks
 - *Project Scope:* Performance Nutrition
 - United States Department of Defense
 - *Project Scope:* Independent Research Review Panel for Congressionally Directed Research
 - MLB Player
 - *Project Scope:* Performance Audit, and High-Performance Team Optimization & Coordination.
 - Heart Rate Inc. (VersaPulley)
 - *Project Scope:* Development of education for VersaPulley (eccentric overload) product.

Director of Sports Performance

December 2007 – August 2014

Stanford University

- Recruited and hired for new position within Stanford athletics to create the best and most efficacious sports performance experience for collegiate athletes in the nation.
- Act as chief administrator for the Sports Performance department including but not limited to budget oversight, facility design and equipment layout, staffing and management of personnel, staff development, and to direct sports performance strategy and methodology.

- Facilitate and oversee all athletic performance enhancement programs for the 35 varsity sport programs.
- Developed strategic plan for Stanford Athletics long-term high performance initiative including best-in-class facilities, capabilities, staffing, and more.
- Initiate cross-department collaboration with many of Stanford's academic departments, including, but not limited to Stanford sleep center, center for longevity, bio-engineering, Residential and dining enterprises, Stanford surgery, Hoover Institute, and neuroscience.
- Created the highly acclaimed Performance Based Dining concept that has been successfully implemented since 2011, and has received national media attention (See Sports Illustrated, November 7, 2011) and numerous awards.
- Co-founded campus-wide efforts such as and the Healthy Eating and Body Image Consortium.
- Continually evolve methodologies through research and innovation both within Stanford University, with industry partners, and other professionals.

Adjunct Professor

January 2013 – August 2014

Stanford University

- Asked to develop and teach an Introduction to Nutrition course within the DAPER Department at Stanford University.
- To date, I've taught the class four times and have received consistently high evaluations from students.

Director of Human Performance

June 2006 – August 2008

USA Softball

- Developed and implemented individual sport-specific strength, speed and conditioning programs for the USA Women's Olympic Softball team.
- Oversaw all aspects of athletic development throughout quadrennial plan.
- Collaborated with other members of the Performance Enhancement Team (PET) with respect to international team travel and performance.
- Directed base running strategy, and drills for National/Olympic team players.

Speed, Conditioning and Nutrition Coach

August 2003 – December 2007

Baylor University Women's Softball

Baylor University, Waco, TX

- Developed and implemented sport-specific speed and conditioning programs for the Baylor Women's Softball team while completing my PhD in sports nutrition.
- Designed and implemented position specific reconditioning, prehabilitation and rehabilitation programs.
- Planned in-season lifting schedules and strength strategies for team.
- Planned and executed nutritional strategies and in-season recovery workouts.
- Prescribed and implemented individual summer training programs for athletes who remained on-campus

Doctoral Research Assistant

August 2003 – December 2006

Exercise and Sport Nutrition Laboratory

Baylor University, Waco. TX

- Assisted in the data collection, analysis, and presentation of various research studied including but not limited to sport supplementation, exercise protocols and strength training methodologies.

- Developed a sports nutrition curriculum for all Baylor University athletes.
- Aided in the development of a training table for Baylor University athletics.
- Taught an undergraduate anatomy and physiology lab for students in the exercise science, athletic training and physical therapy tract.
- Taught an undergraduate class in the techniques of strength and conditioning, including curriculum preparation and evaluation.
- Served as athletic department liaison, coordinating exercise testing, and nutritional consulting with teams/athletes competing for Baylor University (NCAA Division I: Big 12 Conference).
- Developed curriculum and presentations for graduate-level planning and periodization course.
- Served as study coordinator for various strength training, biomechanics and sport supplementation research.

Strength and Conditioning Assistant

August 2002 – May 2003

Louisiana State University, Baton Rouge, LA

- Assisted in the implementation and supervision of strength training programs a variety of sports, including: football, basketball, softball, golf, tennis, and soccer.
- Design and implementation of sport-specific speed development programs for women's softball.

Co-Founder

August 1999 – July 2002

EXOS (formerly Athletes' Performance)

Tempe, AZ

- Key player in the business development of the country's premier performance enhancement company. These duties include but were not limited to:
 - Securing of funds (public and private) to build the multi-million dollar facility.
 - Selection and ordering of equipment (exercise, therapy, recovery, nutrition, etc.).
 - Architectural design and build of the Athletes' Performance facility.
 - Hiring and evaluation of all staff members.
 - Allocation of funds and managing company's operating budget.
 - Development of the company's policies and procedures.
 - Brand development and marketing strategies.
- Designed, implemented and developed performance enhancement programs (e.g., strength, nutrition, movement, regeneration, etc.) for professional, elite athletes (e.g., Nomar Garciaparra, Kobe Bryant, Phil Mickelson, Mia Hamm, etc.) from numerous sports including: NBA, NHL, WTA, NFL, MLB, ATP Tour, PGA, LPGA, WUSA, WPSL.
- Instrumental in the development of the Athletes' Performance NFL combine preparation and MLB spring training preparation programs which are viewed as the "gold standard" in the NFL Combine Preparation industry, and have garnered national media attention.
- Executed various duties including, but not limited to, managing facility's day-to-day operations. Routine responsibilities included: scheduling, planning, budgeting and interviewing prospective employees.
- Ongoing research and development including the planning and conducting of staff educational seminars.

- Sponsorship contact, development and maintenance, including relationships with Arizona State University, adidas, and MET-Rx to name a few.
- Coordination of the internship program, including selection, evaluation, training, education, and the ongoing development of the undergraduate and graduate intern curriculum.
- Development of all presentations given by staff members at conferences and symposia.

Medical Staff

August 2000

*United States Olympic Swimming Trials
Indianapolis, IN*

- Assisted in the prevention of injuries for all athletes and coaches participating in the 2000 Olympic Trials.

Performance Specialist/Intern Coordinator

May 1998 – August 1999

*International Performance Institute/IMG Academies
Bradenton, FL*

- Training of professional, collegiate, amateur and Olympic athletes in the areas of strength, speed, power, nutrition, agility, flexibility, and movement within their sport.
- Assisted in the design, implementation and development of performance enhancement programs (strength, nutrition, movement, regeneration, etc.) for athletes participating in the NFL Combine Preparation and MLB Spring Training Preparation programs.
- Responsible for the selection and hiring of interns, as well as intern orientation, education, evaluation and delegation of duties
- Research, including the latest concepts in performance enhancement.

EDUCATION:

PhD, Exercise, Nutrition and Preventative Health (Sports Nutrition Emphasis)

Minor: Statistics

Baylor University

Waco, TX

Master of Science, Exercise Physiology

Marshall University

Huntington, WV

Bachelor of Arts, Exercise Science / Adult Fitness

Minor: Theatre Design and Technology

Marshall University

Huntington, WV

PUBLICATIONS AND RESEARCH:

Books

Marcello, B. & Kreider, R. *Basic Nutrition*. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). Exercise & Sport Nutrition: Principles, Promises, Science & Recommendations. Fitness Technologies Press, Santa Barbara, CA.

Taylor, L., **Marcello, B.**, & Kreider, R. *The Training Table*. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). Exercise & Sport Nutrition: Principles, Promises, Science & Recommendations. Fitness Technologies Press, Santa Barbara, CA.

Verstegen, M., & **Marcello, B.**, (2001). High-Performance Sports Conditioning. Chapter 8, *Coordination and Agility*. Human Kinetics, Illinois.

Verstegen, M., & **Marcello, B.**, (1999). Bollettieri Classic Tennis Handbook. Chapter 6, *IPI Training for Tennis*. Human Kinetics, Illinois.

Marcello, B., Nelson, J., & Suchecki, J. (1997). Body Conditioning with Weights: A Course Guide. Huntington, WV: Marshall University Press.

Published Articles

Marcello, B., (2014) Developing Proper Sleep Habits to Improve Athletic Performance. Training & Conditioning. Vol XXIV, No4.

Shultz R, Mooney K, Anderson S, **Marcello B**, Garza D, Matheson GO, Besier T. Functional movement screen: inter-rater and subject reliability. **Br J Sports Med**. 2011 Apr;45(4):374.

Marcello, B., (2011) From the Top Down. Training & Conditioning. Vol XXI, No2.

Kerksick CM, Wismann-Bunn J, Fogt D, Thomas AR, Taylor L, Campbell BI, Wilborn CD, Harvey T, Roberts MD, La Bounty P, Galbreath M, **Marcello B**, Rasmussen CJ, Kreider RB. Changes in weight loss, body composition and cardiovascular disease risk after altering macronutrient distributions during a regular exercise program in obese women **Nutrition Journal**. 9:59, 2010

Kerksick C, Thomas A, Campbell B, Taylor L, Wilborn C, **Marcello B**, Roberts M, Pfau E, Grimstvedt M, Opusunju J, Magrans-Courtney T, Rasmussen C, Wilson R, Kreider RB. Effects of a popular exercise and weight loss program on weight loss, body composition, energy expenditure and health in obese women. **Nutrition & Metabolism**. 14;6:23, 2009.

Kerksick CM, Wilborn CD, Campbell WI, Harvey TM, **Marcello BM**, Roberts MD, Parker AG, Byars AG, Greenwood LD, Almada AL, Kreider RB, Greenwood M. The effects of creatine monohydrate supplementation with and without D-pinitol on resistance training adaptations. **Journal of Strength and Conditioning Research**. 23(9), 2009.

Campbell B, Roberts M, Kerksick C, Wilborn C, **Marcello B**, Taylor L, Nassar E, Leutholtz B, Bowden R, Rasmussen C, Greenwood M, Kreider R. Pharmacokinetics, safety, and effects on

exercise performance of L-arginine alpha-ketoglutarate in trained adult men. **Nutrition.** (9):872-81, 2006.

Marcello, B., (2006). Improving your Speed from Home to 1st. Top Recruit Magazine.

Marcello, B., (2006). Quick tips for Hydration. Top Recruit Magazine.

Marcello, B., (2006). What if I don't have a weight room: Tips to Improve your Game. Top Recruit Magazine.

Wilborn CD, Kerksick CM, Campbell BI, Taylor LW, **Marcello BM**, Rasmussen CJ, Greenwood MC, Almada AL, Kreider RB. Effects of zinc magnesium aspartate (ZMA) supplementation on training adaptations and markers of anabolism and catabolism. **Journal of the International Society of Sports Nutrition.** 1(2):12-20, 2004.

Marcello, B., & Suchecki, J., (Fall 1997). Acupressure: A Complimentary Modality in Sports Medicine, USA Diving, 13-14; 26.

Published Abstracts (*Abstract Published in National | International Journals*)

Kreider RB, Kerksick C, Thomas A, Rasmussen C, Wilborn C, Campbell B, Harvey T, La Bounty P, Galbreath M, **Marcello B**, Wismann J, Ferreira M, Li R, Parker A, Sharp K. Effects of increased levels of energy intake after hypocaloric dieting on body mass, body composition, and resting energy expenditure in obese females. **Nutrition and Metabolism.** 2006.

Kerksick C, Thomas A, Rasmussen C, Wilborn C, Campbell B, Harvey T, La Bounty P, Galbreath M, **Marcello B**, Wismann J, Ferreira M, Li R, Parker A, Sharp K, Kreider RB. Acute effects of ingesting a high carbohydrate and high protein hypocaloric diets on body mass, body composition, and resting energy expenditure in obese females. **Nutrition and Metabolism.** 2006.

Rasmussen C, M Galbreath, B Campbell, **B Marcello**, J Beckham, J Opusunju, T Harvey, C Kerksick, P LaBounty, L. Taylor, E Nassar, S Ounpraseuth, M. Greenwood, R Wilson & R Kreider (Sponsor: D Willoughby). Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program I: Body composition & bone density. **FASEB J. LB92, 2006.**

Wilborn C, J Beckham, T Harvey, C Kerksick, P LaBounty, **B Marcello**, J Wismann, C. Moulton, M. Roberts, B Campbell, C. Rasmussen, & R Kreider (Sponsor: D Willoughby). Assessment of resting energy expenditure using a portable hand held analyzer vs. stationary unit. **FASEB J. LB92-93, 2006.**

La Bounty P, C Wilborn, **B Marcello**, B Campbell, M Faries, J Shim, C Rasmussen & R Kreider (Sponsor: D Willoughby). Analysis of exercise intensities of women using the Curves® hydraulic training equipment. **FASEB J. LB93, 2006.**

C Wilborn, T Harvey, P LaBounty, **B Marcello**, B Campbell, C Kerksick, T Magrans, C Rasmussen, M Greenwood, D Willoughby, R Kreider. Long-Term effects of the Curves® fitness & weight loss program: Training Adaptations. **FASEB J. LBA:57, 2005.**

Campbell, B, Kerksick, C, Wilborn, C, **Marcello, B**, La Bounty, P, Harvey, T, Taylor, L, Galbreath, M, Rasmussen, C, Greenwood, M, and Kreider, R. Assessment of a Learning Curve for The Wingate Anaerobic Test. **Journal of Strength and Conditioning Research 19(4) 2005**

M. Greenwood, C. Kerksick, C. Wilborn, T. Harvey, J. Baer, **B. Marcello**, B. Campbell, L. Taylor, T. Vacanti, D. Rohle, C. Mulligan, L. Greenwood, A. Byars and A. Almada. The Effects of Varying Types of Creatine on Two Strength Measures and Body Composition. **Journal of Strength and Conditioning Research 19(4) 2005**

M. Greenwood, C. Kerksick, C. Wilborn, T. Harvey, J. Baer, **B. Marcello**, B. Campbell, L. Taylor, T. Vacanti, D. Rohle, C. Mulligan, L. Greenwood, A. Byars and A. Almada. Influence of Varying Creatine Formulations on Safety Issues Regarding Whole Body Creatine Retention. **Journal of Strength and Conditioning Research 19(4) 2005**

C. Kerksick, M. Greenwood, C. Wilborn, T. Harvey, J. Baer, **B. Marcello**, B. Campbell, L. Taylor, T. Vacanti, D. Rohle, C. Mulligan, L. Greenwood, A. Byars and A. Almada. The Effects of Creatine and Creatine with D-Pinitol on Markers of Health. **Journal of Strength and Conditioning Research 19(4) 2005**

R. Kreider, FACSM, C. Rasmussen, C. Kerksick, B. Campbell, J. Bauer, B. Slonacker, C. Wilborn, A. Thomas, T. Magrans, **B. Marcello**, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, M. Greenwood, R. Wilson (2004). Effects of the Curves® Fitness & Weight Loss Program on Weight Loss and Resting Energy Expenditure. **Medicine and Science in Sports and Exercise 36(5), S80, 2004**

M. Greenwood, R. Kreider, FACSM, C. Rasmussen, C. Kerksick, B. Leutholtz, T. Magrans, **B. Marcello**, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S., B. Campbell, B. Slonaker, J. Bauer, Emily Pfau, Megan Grimstedt, C. Wilborn, A. Thomas, Ounpraseuth, P. Casey, R. Wilson (2004). Effects of the Curves® Fitness Program on Muscular Strength, Muscular Endurance, and Maximal Aerobic Capacity. **Medicine and Science in Sports and Exercise 36(5), S80, 2004**

C. Rasmussen, R. Kreider, FACSM, C. Kerksick, B. Campbell, B. Slonaker, M. Greenwood, J. Baer, E. Pfau, M. Grimstedt, C. Wilborn, A. Thomas, L. Autrey, T. Magrans, **B. Marcello**, C. Mulligan, D. Rohle, L. Taylor, A. Vacanti, S. Ounpraseuth, P. Casey, R. Wilson (2004). Effects of the Curves® Fitness and Weight Loss Program on Markers of Health. **Medicine and Science in Sports and Exercise 36(5), S80, 2004**

C. Wilborn, B. Campbell, A. Thomas, B. Slonaker, T. Vacanti, **B. Marcello**, J. Baer, C. Kerksick, C. Rasmussen, M. Greenwood, S. Ounpraseuth, P. Casey, R. Wilson, R. Kreider & C.P. Earnest (sponsor). Effects of Methoxyisoflavone, Ecdysterone, and Sulfo-Polysaccharide (CSP3) Supplementation During Training on Body Composition and Training Adaptation. **FASEB Journal 18: LB 439, 2004**

B. Campbell, A. Thomas, B. Slonaker, T. Vacanti, **B. Marcello**, C. Wilborn, C. Kerksick, C. Rasmussen, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider & C.P. Earnest (sponsor). Effects of Zinc Magnesium-Aspartate (ZMA) Supplementation During Training on Body Composition and Training Adaptations. Annual Experimental Biology Meeting. **FASEB Journal 18: LB 441, 2004**

C. Kerksick, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, **B. Marcello**, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, M. Greenwood, R. Wilson, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program I: Body Composition. **FASEB Journal 18: LB 277, 2004**

Thomas, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, **B. Marcello**, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program II: Resting Energy Expenditure. **FASEB Journal 18: LB 278, 2004**

Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, **B. Marcello**, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program III: Training Adaptations. **FASEB Journal 18: LB 279, 2004**

Slonaker, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, E. Pfau, M. Grimstvedt, C. Wilborn, **B. Marcello**, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program IV: Health Markers. **FASEB Journal 18: LB 280, 2004**

Vacanti, L. Taylor, C. Mulligan, D. Rohle, D. Fogt, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, **B. Marcello**, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program V: Relationship of Leptin to Weight Loss. **FASEB Journal 18: LB 281, 2004**

C Mulligan, D. Fogt, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, **B. Marcello**, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program VI: Insulin Sensitivity. **FASEB Journal 18: LB 282, 2004**

R. Bowden, B. Lanning, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, **B. Marcello**, D. Fogt, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program VII: Quality of Life. **FASEB Journal 18: LB 283, 2004**

Lanning, R. Bowden, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, **B. Marcello**, D. Fogt, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program VIII: Body Image. Exercise & Sport Nutrition Lab, Center for Exercise, Nutrition & Preventive Health Research, Baylor University, Waco, TX 76798-7313. **FASEB Journal 18: LB 284, 2004**

Taylor L, Mulligan C, Rohle D, Vacanti A, Fogt D, Rasmussen C, Kerksick C, Magrans T, Campbell B, Baer J, Slonaker B, Wilborn C, Thomas A, **Marcello B**, Pfau E, Grimstvedt M, Opusunju J, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Kreider R. Analysis of the safety of the Curves™ fitness and weight loss program high protein diets. **Journal of the International Society of Sport Nutrition. 1(1) 2004**

Campbell B, Baer J, Roberts M, Vacanti T, **Marcello B**, Thomas A, Kerksick C, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on body composition and training adaptations. **Journal of the International Society of Sport Nutrition. 1(1) 2004**

Vacanti T, Campbell B, Baer J, Roberts M, **Marcello B**, Thomas A, Kerksick C, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on markers of catabolism and health status. **Journal of the International Society of Sport Nutrition. 1(1) 2004**

Nassar El, Bowden RG, Campbell B, Vacanti T, Kerksick C, Baer J, Roberts M, **Marcello B**, Thomas A, Taylor L, Wilborn C, Rasmussen C, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on quality of life. **Journal of the International Society of Sport Nutrition. 1(1) 2004**

Wilborn C, J. Baer, B. Campbell, A. Thomas, B. Slonaker, T. Vacanti, **B. Marcello**, C. Kerksick, C. Rasmussen, L. Taylor, C. Mulligan, D. Rohle, D. Fogt, R. Wilson, M. Greenwood, R. Kreider. Effects of ZMA supplementation on the relationship of zinc and magnesium to body composition, strength, sprint performance, and metabolic and hormonal profiles. **Journal of the International Society of Sport Nutrition. 1(1) 2004**

Professional Presentations (*Abstract Published in Regional Journal / Conference Proceeding*)

Campbell B, Forsyth A, Myers B, Elkins A, Parker B, Gomez B, **Marcello B**, La Bounty P, Wilborn C. The Effects of Fat-Free vs. Fat-Containing Chocolate Milk Ingestion on Body Composition in Collegiate Softball Players. **Annual National Strength and Conditioning Association Conference.** Las Vegas, Nevada. 2011

B. Campbell, A. Thomas, B. Slonaker, T. Vacanti, **B. Marcello**, C. Wilborn, C. Kerksick, C. Rasmussen, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider & C.P. Earnest (sponsor). Effects of Zinc Magnesium-Aspartate (ZMA) Supplementation During Training on Body Composition and Training Adaptations. **Annual Experimental Biology Meeting.** Washington D.C. 2004

C. Wilborn, B. Campbell, A. Thomas, B. Slonaker, T. Vacanti, **B. Marcello**, J. Baer, C. Kerksick, C. Rasmussen, M. Greenwood, S. Ounpraseuth, P. Casey, R. Wilson, R. Kreider & C.P. Earnest (sponsor). Effects of Methoxyisoflavone, Ecdysterone, and Sulfo-Polysaccharide (CSP3) Supplementation During Training on Body Composition and Training Adaptation. **Annual Experimental Biology Meeting.** Washington D.C. 2004

Campbell B, Baer J, Roberts M, Vacanti T, **Marcello B**, Thomas A, Kerksick C, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on body composition and training adaptations. **Annual International Society of Sports Nutrition Meeting.** Las Vegas, Nevada. 2004

Vacanti T, Campbell B, Baer J, Roberts M, **Marcello B**, Thomas A, Kerksick C, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on markers of catabolism and health status. **Annual International Society of Sports Nutrition Meeting.** Las Vegas, Nevada. 2004

Nassar, El, Bowden RG, Campbell B, Vacanti T, Kerksick C, Baer J, Roberts M, **Marcello B**, Thomas A, Taylor L, Wilborn C, Rasmussen C, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on quality of life. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, Nevada. 2004

C. Wilborn, J. Baer, B. Campbell, A. Thomas, B. Slonaker, T. Vacanti, **B. Marcello**, C. Kerksick, C. Rasmussen, L. Taylor, C. Mulligan, D. Rohle, D. Fogt, R. Wilson, M. Greenwood, R. Kreider. Effects of ZMA supplementation on the relationship of zinc and magnesium to body composition, strength, sprint performance, and metabolic and hormonal profiles. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, Nevada. 2004

SPEAKING | LECTURES | PRESENTATIONS:

2017 – Invited Presenter, Perform Better Functional 3-Day Training Summit (Providence)
Topic: *All Things Stability*

2017 – Invited Presenter, NSCA Tactical Conference (Orlando, FL)
Topic: *Stability Training in Tactical and Combat Settings*

2017 – Invited Presenter, Perform Better 1-Day Learn By Doing (Baltimore, MD, Phoenix, AZ)
Topic: *Stability Training in the High-Performance Setting*

2017 – Sponsored Presenter, NSCAA (National Soccer Coaches Association of America) National Convention
Topic: *Sleep for High-Performance*

2016 – Sponsored Presenter, Huskers Performance Symposium
Topic: *Sleep for High-Performance*

2016 – Invited Presenter, Equinox High Performance Living Symposium
Topic: *Recovery & Regeneration*

2016 – Invited Presenter, Equinox High Performance Living Summit
Topic: *Living a High-Performance Life*

2016 – Invited Presenter, Perform Better Functional 3-Day Training Summit (Providence)
Topic: *Movement 101: The Fundamentals of Linear, Lateral, and Multi-Directional Speed*

2016 – Invited Presenter, American Thoracic Society International Conference
Topic: *Improving Sleep in Athletes*

2016 – Sponsored Presenter, Seattle Sounders Sports Science Weekend
Topic: *High-Performance Nutrition*

2016 – Invited Presenter, STANCE
Topic: *Nutrition for Life and Performance*

2015 – Invited Presenter, Perform Better 1-Day Learn By Doing (Fairlawn, NJ)
Topic: *Movement 101: The Fundamentals of Linear, Lateral, and Multi-Directional Speed*

- 2015 – Invited Presenter, Equinox PT Education
Topics: *Breathing for Wellness & Performance*
Precovery, Recovery & Regeneration
- 2015 – Invited Presenter, International Performance Training Summit (Beijing, China)
Topics: *Breathing for Wellness & Performance*
High-Performance Planning for Multiple Sports
- 2015 – Invited Presenter, Huangcun Training Base Coaches Education (Guangzhou, China)
Topic: *Precovery, Recovery & Regeneration*
- 2015 – Invited Presenter, Perform Better Functional 3-Day Training Summit (Munich, Germany)
Topic: *Planning & Periodization: Faults and Fixes*
- 2015 – Invited Presenter, Perform Better Functional 3-Day Training Summit (Providence)
Topic: *Planning & Periodization: Faults and Fixes*
- 2015 – Invited Presenter, Perform Better 1-Day Learn By Doing (Seattle)
Topic: *ESD (Energy System Development)*
- 2015 – Sponsored Presenter, Seattle Sounders Sports Science Weekend
Topic: *Recovery and Regeneration*
- 2015 – Sponsored Presenter, TACSM Conference
Topic: *Nutrition: Viewing the Whole Topic Differently*
- 2015 – Invited Presenter, KEISER Power Summit
Topic: *Developing Power Across Multiple Planes*
- 2015 – Invited Presenter, Perform Better 1-Day Learn By Doing (San Francisco)
Topic: *ESD (Energy System Development)*
- 2015 – Sponsored Presenter, NSCA Coaches Conference
Topic: *Recovery and Regeneration*
- 2014 – Invited Presenter, Perform Better 1-Day Learn By Doing (Fairlawn, NJ)
Topic: *ESD (Energy System Development)*
- 2014 – Invited Presenter, Equinox High Performance Living Summit
Topic: *Breathing Essentials for Performance and Well-Being*
- 2014 – Invited Presenter, Los Gatos Rowing Club
Topic: *Performance Fueling*
- 2014 – Invited Presenter, Big Data and Performance Training for Team Sports (Beijing, China)
Topics: *Data and Performance Enhancement for NCAA Programs*
Performance & Injury Prevention for the Female Athlete
- 2014 – Keynote Speaker, Functional Training Summit

- 2014 – Invited Presenter, Perform Better Functional 3-Day Training Summit
Topic: *Programming Pre & Post: Examining Which Can Enhance or Hinder Your Training and Methods*
- 2014 – Invited Presenter, NSCA Coaches Conference
Topic: *Considerations when Training the Female Athlete*
- 2014 – Invited Lecturer, Graduate Course (San Jose State University)
Topic: *Advancements in Sports Performance and Sports Medicine*
- 2014 – Invited Presenter, Healthy Eating Seminar, Stanford University
Topic: *Nutrition Basics*
- 2014 – Invited Presenter, Stanford BeWell Workshop
Topic: *Sports Nutrition*
- 2013 – Invited Presenter, Gatorade youth NBA camp
Topic: *Game-Day Nutrition*
- 2013 – Invited Presenter, Texas A&M University, Seminar (Kinesiology Diversification: Investigating Our Professional Spectrum Through Research & Application)
Topic: *One of Many Professional and Methodological Scientific Journeys*
- 2013 – Invited Presenter, Perform Better Functional 3-Day Training Summit
Topic: *Breathing: Is it that Impactful to Performance or Just a Bunch of Hot Air?*
- 2013 – Invited Presenter, International Society of Sports Nutrition National Conference
Topic: *Nutritional Strategies for Performance: Stanford University*
- 2013 – Invited Presenter, Deer Park Strength and Conditioning Clinic
Topic: *Training the Female Athlete*
- 2013 – Invited Presenter, TIPS (Team to Improve Productivity) @ Stanford
Topic: *The Multi-Disciplinary Approach to Improving Performance*
- 2013 – Invited Panelist, Sigma Gamma Rho Sorority
Topic: *Fad Diets, Healthy Eating and General Nutrition*
- 2013 – Invited Lecturer, Stanford School of Medicine
Topic: *Fueling Optimal Health*
- 2012 – Invited Presenter, NFCA National Convention
Topic: *Why Injuries are on the Rise and What to do About Them*
- 2012 – Invited Presenter, Los Gatos Rowing Club
Topic: *Performance Fueling*
- 2012 – Invited Presenter, Perform Better Functional 3-Day Training Summit

Topic: *Gender Differences: Thing to Consider when Training the Female Athlete/Client*

2012 – Invited Lecturer, Graduate Course (San Jose State University)

Topic: *Shoulder injury and prevention*

2012 – Invited Lecturer, Graduate Course (San Jose State University)

Topic: *Performance Related Nutrition & Supplementation*

2012 – Invited Lecturer, Stanford School of Medicine

Topic: *A Physician's Guide to Nutrition*

2012 – Invited Presenter, World Softball Coaches Convention

Topics: *Nutrition for Softball*

Strength Training for Hitters

Warm-Up

2012 – Invited Presenter, Homerun Softball Coached Clinic

Topics: *Gender Differences and Training*

Nutrition for Softball

Defensive Speed

2011 – Invited Lecturer, Graduate Course (San Jose State University)

Topic: *Recovery & Regeneration Techniques*

2010 – Invited Presenter, Homerun Softball Coaches Clinic.

Topics: *Warm-Up*

Strength Training

Common Questions Relating to Training the Female Athlete

2008 - Invited Presenter, NFCA National Convention

Topic: *Pre-Convention Seminar*

Developing the Prepared Athlete through Strength & Conditioning

2008 - Invited Presenter, USA Coaches Clinic

Topics: *Warm-Up*

Strength and Conditioning for Softball

2007 - Invited Presenter, NFCA National Convention

Topic: *Strength and Conditioning for Hitters and Slappers*

2006 - Invited Presenter, NFCA Coaches College

Topics: *Nutrition for the Softball*

Speed School for Fielders

Power Training for Hitters and Pitchers

2006 - Invited Presenter, Mike Candrea Coaches Clinic

Topics: *Offensive Speed Development*

Softball Specific Speed

- 2005 – Invited Presenter, NFCA National Convention
Topics: *Conditioning for the Softball*
Building the Perfect Pitcher through Strength and Conditioning
- 2005 – Invited Presenter, NFCA Coaches College
Topic: *Strength Training*
Dynamic Warm-Up
Linear Speed Development
- 2003 – Invited Lecturer, Undergraduate course (Baylor University): Strength and Conditioning. Topic: *Nutrition for Athletic Performance*
- 2003 – Invited Lecturer, Undergraduate course (Baylor University): Strength and Conditioning. Topic: *Speed Development*
- 2002 – Invited Speaker, ESPN Performance Roundtable
- 2002 – Invited Presenter, USA Coaches Clinic (Football and Volleyball)
Topics: *Speed For the Multi-Directional Athlete*
Complementing your Strength and Conditioning Program
- 2001 – Invited Presenter, True to the Athlete Coaches Clinic
Topics: *Enhancing Athletic Performance through Proper Warm-Up*
Developing Explosive Power
- 2001 – Invited Presenter, A Healthy Return; Profit Potential in Medical Based Fitness Centers
Topic: *The Performance Enhancement Industry*
- 2001 – Invited Presenter, NFCA National Convention
Topic: *Dynamic Warm-Up for the Softball Athlete*
- 2001 – Invited Presenter, Girls, Women's in Sport Week (Arizona State University)
Topic: *Training for the Former Athlete*
- 2000 – Invited Presenter, True to the Athlete Coaches Clinic
Topics: *Start and Acceleration*
Speed for Softball
- 2000 – Invited Speaker, adidas: Training for Sport Tour
(Boston, Las Vegas, South Bend, Pasadena, Los Angeles, New York & Chicago)
- 1997 – Invited Presenter, WVAPHERD Conference
Topic: *Alternative Sports Medicine*
- 1996 – Invited Lecturer, Graduate course (Marshall University): Women in Sport
Topic: *Eating Disorders and the Female Athlete*

OTHER CONSULTING:

adidas America	Minnesota Twins
adidas International	Mount San Antonio College
ARC of Kansas City	New York/New Jersey Juggernauts
Athletic and Therapeutic Institute	New Zealand National Sports Commission
Arizona State University	Nike
Baylor University	Northwestern University
Brown University	Purdue University
California State University at Fullerton	Samford University
Empire Sports Academy	Seattle Mariners
EQUINOX	Seattle Rowing Club
ESPN	Stephen F. Austin University
The Florida State University	Under Armour
Functional Performance 1/1	University of Florida
GAP Inc.	University of Washington
Louisiana State University	

TEACHING EXPERIENCE:

Introduction to Nutrition: Stanford University (Winter '13-August '14)

Guest lecturer: Classes relating to performance (Women in Sports, Performance in Sports, Exercise Physiology): Stanford University (Fall '07-Present).

Tutor for anatomy, physiology, exercise physiology, biology and nutritional biochemistry: Stanford University (Fall '07-Present).

Undergraduate Anatomy and Physiology Lab: Baylor University (Fall '03-Fall '07).

Developed curriculum and presentations for graduate level Planning and Periodization (Spring '05).

Techniques of Strength and Conditioning: Baylor University (Fall '05).

Arizona State University (Department of Intercollegiate Athletics): Tutored Anatomy and Physiology, and Exercise Science curriculum to student athletes attending the university, 2000-2001.

Undergraduate Anatomy and Physiology: Marshall University (Fall '96-Spring '98).

Undergraduate Exercise Physiology: Marshall University. Topics include: Cardiovascular system, muscle physiology, and respiratory system (Fall '96, Fall '97).

Undergraduate Sports Injury Control and Management Lab: Marshall University. Topic; Isokinetic leg strength (Fall '97).

Undergraduate Kinesiology: Marshall University. Topics; Bones and bone landmarks, Muscle origin, insertion, innervation and function (Spring '97).

ORGANIZATIONAL AFFILIATIONS:

Member: U.S.A. Weightlifting

Member: National Strength and Conditioning Association

Member: International Society of Sports Nutritionists

CERTIFICATIONS:

PES (Performance Enhancement Specialist) certified by the National Academy of Sports Medicine (NASM)

CES (Corrective Exercise Specialist) certified by the NASM

NCSA certified strength and conditioning specialist (CSCS)

NCSA registered strength and conditioning coach emeritus (RSCC*E)

United States Weightlifting Certification Level 1 Club Coach (USAW)

United States Weightlifting Certified Sports Performance Coach (USAW-SP)

FMS (Functional Movement Screen) Certified

C. P. R./AED Health Care Provide certified by the American Red Cross

First Aid certified by the American Red Cross