

# Jeffrey Rothschild MS, RD, CSSD

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Registered Dietitian, Board-Certified Specialist in Sports Dietetics, ISAK Level-1 Anthropometrist

**PROFESSIONAL OBJECTIVE** - To do work that matters with people who care

## EDUCATION

- 2019- **PhD Candidate**, Auckland University of Technology, Sports Performance Research Institute New Zealand.  
Thesis: Pre-exercise nutrition interventions and adaptations to endurance training
- 2014 **M.S. Nutritional Science**, California State University, Los Angeles  
Thesis: Time-restricted feeding and risk of metabolic disease  
Courses include Biochemistry, Chemistry, Biology, Metabolism, and Food Science
- 2011 **Certificate Program in Fitness Instruction**, University of California, Los Angeles  
Courses include Exercise Physiology, Biomechanics, Anatomy, Exercise Program Design, and Exercise Testing
- 2000 **B.A. Music Production and Engineering**, Berklee College of Music, Boston

## PROFESSIONAL EXPERIENCE

### Academic

- 2018 – 2019 **Research Assistant** University of California, Los Angeles
- 2011 – 2017 **Part-time Faculty Member** California State University, Los Angeles
- 2016, 2018 **Teaching Assistant** University of Western States
- 2014 **Clinical Nutrition Intern** Cedars Sinai Medical Center, Los Angeles
- 2011 – 2015 **Assistant Tennis Coach** California State University, Los Angeles

### Other

- 2014 – present **Sports Dietitian** [www.EatSleep.fit](http://www.EatSleep.fit)
- 2014 – 2019 **Sports Dietitian** TriFit Performance Center, Santa Monica, CA
- 2018 – 2019 **United States Olympic Committee Sports Dietitian Registry**
- 2014 – 2017 **Researcher and Writer** Examine.com monthly research digest
- 2000-2010 **Music Recording and Mixing Engineer** Los Angeles, CA

## RESEARCH PUBLICATIONS

1. **Rothschild J**, Kilding A, Plews D. 2020. What should I eat before exercise? Pre-exercise nutrition and the response to endurance exercise: Current prospective and future directions. *Nutrients*.

2. Bestard M, **Rothschild J**, Crocker, G. 2020. Effect of low- and high-carbohydrate diets on swimming economy: a crossover study. *J Int Soc Sports Nutr*.
3. **Rothschild J**, Kilding A, Plews D. 2020. Prevalence and determinants of fasted training in endurance athletes: a survey analysis. *Int J Sport Nutr Exerc Metab*.
4. **Rothschild J**, Kilding A, Plews D. 2020. Pre-exercise nutrition habits and beliefs of endurance athletes vary by sex, competitive level and diet. *J Am Coll Nutr*
5. **Rothschild J**, Delcourt M, Maunder E, Plews D. 2020. Racing and Training Physiology of an Elite Ultra-Endurance Cyclist: Case Study of 2 Record-Setting Performances. *Int J Sports Physiol Perf*.
6. **Rothschild J**, Sheard A, Crocker G. 2020. Influence of a 2-km swim on the cycling over-duration relationship in triathletes. *J Strength Cond Res*.
7. **Rothschild J**, Bishop D. 2020. Effects of dietary supplements on adaptations to endurance training. *Sports Med* 50:25–53
8. Thomas C, **Rothschild J**, Earnest C, Blaisdell A. 2019. The effects of energy drink consumption on cognitive and physical performance in elite *League of Legends* players. *Sports* 7, 196.
9. **Rothschild J**, Crocker G. 2019. Effects of a 2-km swim on markers of cycling performance in elite age-group triathletes. *Sports* 7, 82.
10. **Rothschild J**, Earnest C. 2018. Dietary manipulations concurrent to endurance training. *J Funct Morphol Kinesiol* 3 (3): 41.
11. Earnest C, **Rothschild J**, Harnish C, Naderi, A. 2018. Metabolic adaptations to endurance training and nutrition strategies influencing performance. *Res Sports Med*, 27:2, 134-146.
12. **Rothschild J**, Rosentrater K, Onwulata C, Singh M, Menutti L, Jambazian P, Omary, MB. 2015. Influence of quinoa roasting on sensory and physicochemical properties of allergen-free, gluten-free cakes. *Int J Food Sci Technol* 50(8): 1873-1881.
13. **Rothschild J**, Lagakos W. 2015. Implications of enteral and parenteral feeding times: Considering a circadian picture. *J Parenter Enteral Nutr* 39 (3):266-270.
14. **Rothschild J**, Hoddy K, Jambazian P, Varady K. 2014. Time-restricted feeding and metabolic disease risk: A review of human and animal studies. *Nutrition Reviews* 72 (5): 308-318.
15. Omary MB, Fong C, **Rothschild J**, Finney P. 2012. Effects of Germination on the Nutritional Profile of Gluten-Free Cereals and Pseudocereals: A Review. *Cereal Chemistry* 89(1):1-14.

## ORAL CONFERENCE PRESENTATIONS

1. *Nutrition for Triathlon* presented at International Society of Sports Nutrition 2018
2. *Career Session – Panelist* at Southwest ACSM Annual Conference 2018
3. *Time-restricted feeding and metabolic disease risk* presented at Ancestral Health Symposium 2013
4. *Effect of Roasting on Pasting Properties of Quinoa* presented at Institute of Food Technologists 2012

## POSTER PRESENTATIONS

1. *Effect of a 2-km swim on the cycling power-duration relationship* ACSM annual conference 2020.
2. *Effect of a 2-km swim on the cycling power-duration relationship* SW-ACSM annual conference 2019.
3. *Nutritional, Chemical and Functional Properties of Quinoa* American Association of Cereal Chemists 2013
4. *Pasting Properties and Total Sugars of Germinated Quinoa* American Association of Cereal Chemists 2013
5. *Effect of Roasting on Pasting Properties of Quinoa* Institute of Food Technologists 2012

## MASTER'S STUDENT COMMITTEE MEMBER

1. Merry Bestard – 2019-2020 "The effects of low and high carbohydrate diets on swimming economy in trained swimmers", California State University, Los Angeles
2. Casey Thomas – 2018-2018 "Mental fatigue in elite eSports athletes", California State University, Los Angeles

## CONTINUING EDUCATION

2020	<b>Harvard X Online</b> – Data Science: R Basics, Data Science: Visualization
2018	<b>Harvard X Online</b> – Cell Biology: Mitochondria with Professor Robert Lue
2018	<b>MIT Online</b> – Fundamentals of Biology with Professor Eric Lander
2017	<b>Udemy Online</b> – Statistics for Data Analysis using Excel, Microsoft Excel Advanced Formulas and Functions, Data Analysis in SPSS: Inferential Statistics

## ADDITIONAL LABORATORY EXPERIENCE

1. **University of California, Los Angeles**  
Lab of Dr. Michael Faneslow (August 2018 – February 2019) – This laboratory uses rat and mouse models with site specific pharmacological manipulations, focal brain lesions and genetic modifications. I work with a PhD student investigating the effects of glucose on stress responses in rats and have assisted in daily animal care (feeding and weighing animals), behavioral interventions, and biochemical analyses including measurement of glycogen, Western blotting, and ELISA assays.
2. **University of Illinois, Chicago**  
Lab of Dr. Krista Varady (summer 2013) – This laboratory conducts research in human subjects undergoing various intermittent fasting regimens. Responsibilities included chemical analysis of LDL-cholesterol particle size, dietary analysis of food logs, weighing and measuring food for participants, and assisting with weekly weigh-ins.

## SCHOLARSHIPS AND GRANT AWARDS

1. Auckland University of Technology Vice-chancellor's scholarship
2. 2020 GNC Nutritional Research Grant

## TEACHING EXPERIENCE

### *Instructor of Record*

#### **California State University, Los Angeles**

1. NTRS 4300 – Sports Nutrition (Fall 2014, Fall 2015, Fall 2017)
2. KIN 102F – Tennis (Spring 2011, Fall 2011, Winter 2012, Spring 2012, Spring 2013)
3. KIN 101b – Weight Training (Spring 2011, Fall 2011, Winter 2012, Fall 2012, Winter 2013)
4. KIN 101d – Jogging (Winter 2013)

### *Teaching Assistant*

#### **California State University, Los Angeles**

1. FST 320 – Food Science (Fall 2012)

#### **University of Western States**

1. Sports Nutrition and Exercise Metabolism (Fall 2016, Fall 2018)

## AWARDS

### *As a Collegiate Tennis Coach*

1. 2015 ITA 'Assistant Coach of the Year' award for the NCAA-II West region
2. 2013 ITA 'Assistant Coach of the Year' award for the NCAA-II West region

### *As a Recording Engineer*

1. 2008 Brit Awards Winner – Single of the Year – Take That
2. 2008 Brit Awards Nominee – Album of the Year – Take That
3. 2007 Brit Awards Winner – Single of the Year – Take That
4. 2014 Grammy Nominee - Best Pop Vocal Album – Lana Del Rey
5. 2010 Grammy Nominee - Best Pop Vocal Album – Colbie Caillat
6. 2010 Grammy Nominee – Best Pop Performance – Bon Jovi
7. 2008 Grammy Nominee – Best Pop Vocal Album – Bon Jovi
8. 2007 Grammy Winner – Best Country Collaboration – Bon Jovi
9. 2007 Grammy Nominee – Best Pop Collaboration with Vocals – Sheryl Crow and Sting
10. 2007 Grammy Nominee – Best Country Performance – The Wreckers
11. 2006 Grammy Winner – Best Female Pop Vocal Album – Kelly Clarkson
12. 2006 Grammy Nominee – Best Female Pop Vocal – Sheryl Crow
13. 2006 Grammy Nominee – Best Pop Vocal Album – Sheryl Crow
14. 2005 Grammy Nominee – Best Female Pop Vocal – Sheryl Crow

15. 2005 Grammy Nominee – Best solo Rock Vocal – Melissa Etheridge
16. 2004 Grammy Nominee – Best Female Rock Vocal – Michelle Branch

#### **CERTIFICATIONS & PROFESSIONAL ACTIVITIES**

1. Registered Dietitian, 2014 - present
2. Certified Specialist in Sports Dietetics, 2017 – present
3. ISAK Level 1 Anthropometrist, 2018 - present
4. Ad Hoc reviewer for *Nutrients* (IF 4.196), *Journal of the International Society of Sports Nutrition* (IF 3.135), and *PLOS ONE* (IF 2.766), 2017 - present
5. NSCA Certified Strength and Conditioning Specialist, 2011- present
6. USA Weightlifting Level 1 Sport Performance Coach, 2011 - 2016
7. Adult CPR/AED, 2011 – present