



## SUMMARY

- Over 400 published magazine articles in *Muscle and Fitness*, *Ironman*, *Flex*, *Muscular Development*, *Running Times*, *Men's Fitness*, *Max Sports Fitness*, etc.
- Over 40 scientific publications
- 8 Published Books (4 Pending)
- Several Book Chapters

## EDUCATION:

- 1980-84 B.S. - *Biology*, The American University, Washington, D.C.
- 1984-87 M.S. - *Exercise Physiology*, Kent State University, Kent, Ohio.
- 1988-93 Ph.D. - *Physiology*, University of Texas Southwestern Medical Center, Dallas, Texas.
- 1994-96 *Post-doctoral fellow* (NIH fellowship) - completed training as a fellow in *Endocrinology and Metabolism* at University of Texas Southwestern Medical Center, Department of Internal Medicine.

## BUSINESS:

- CEO and a Co-founder - International Society of Sports Nutrition ([www.theissn.org](http://www.theissn.org))
- Chief Science Office and Co-founder – Javalution Coffee Company ([www.javalution.com](http://www.javalution.com))
- The Performance Nutrition Radio show (webcast and podcast) ([www.pnshow.com](http://www.pnshow.com))
- The RunFast podcast ([www.runfastpodcast.com](http://www.runfastpodcast.com))
- Vice-President of New Business Development – Supplement Coach ([www.supplementcoach.com](http://www.supplementcoach.com))
- Adjunct Professor – Florida Atlantic University – teach graduate level *Sports Nutrition* course
- Adjunct Professor – Florida International University – teach *Ergogenic Aids* course
- Adjunct Professor – Touro International University

## WRITING:

- Free Lance Author/Writer* - (Ironman, Muscular Development, Muscle Media, Leading Edge, Fitness Rx for Men, Fitness Rx for Women, Energy, Men's Health, etc; 5 books published)
- Former Editor-in-Chief* – STRONG Research magazine

## HONORS/AWARDS:

- CEO and co-founder of the International Society of Sports Nutrition (ISSN)
- Certified Strength and Conditioning Specialist (CSCS)
- Fellow of the American College of Sports Medicine (1999 - )
- NSCA Research Achievement Award in Nutrition (2005)

Elected to the NSCA Board of Directors (2005-2008)

### **PAST POSITIONS:**

*Senior Manager* MET-Rx/Worldwide Sports Nutrition/Rexall Sundown (2001- 2003)  
*Adjunct Professor* Florida Atlantic University (2001 – 2002)  
*Assistant Professor* University of Delaware, Newark, DE (8/00 – 2/01)  
*Assistant Professor -* University of Nebraska, Kearney, NE (8/98 – 8/00)

### **UNIVERSITY TEACHING EXPERIENCE:**

*Anatomy & Physiology -* Eastfield Community College, Mesquite Texas  
 Brookhaven College, Dallas, Texas  
 Richland College, Richardson, Texas  
 Kent State University, Kent Ohio

*Exercise Physiology -* University of Nebraska-Kearney  
 University of Texas-Dallas  
 Texas Christian University, Forth Worth

*Gross Anatomy -* University of Nebraska-Kearney  
 University of Texas Southwestern Medical Center, Dallas TX

*General Physiology -* Kent State University, Kent Ohio

*Human Physiology -* University of Texas-Dallas

*Skeletal Muscle Physiology* University of Texas-Arlington

*Sports Nutrition* Florida Atlantic University, Boca Raton FL.

### **MEDIA/POPULAR PRESS**

Adjunct Health and Science Editor - *Muscle and Fitness* magazine  
 Writer - Regular contributor to *Muscle and Fitness*, *Flex*, *Muscle Media 2000*, *Let's Live* magazines  
 Radio - Dallas sports talk radio - frequent guest, substitute host for *Larry North's Get Fit* show  
 Television - cameo appearances on Larry North's *Get Fit* cable show and local news in Dallas Texas;  
 The Discovery Channel  
 CNN, Feb 2002  
 WTTE TV FOX, Columbus OH – Feb 22, 2002  
 OHIO NEWS Network, Columbus OH – Feb 22, 2002  
 WBFF-FOX, Baltimore MD – March 1, 2002  
 KPHO TV CBS, Phoenix AZ – March 8, 2002  
 KTVK TV, Phoenix AZ – March 8, 2002  
 KTCK AM (radio) – “The Train Station” with George DeJohn Dallas Tx, March 9, 2002  
 KGO-AM (radio)- "Joannie Greggains Fitness Show" San Francisco, Mar 16, 2002.  
 WAGA TV – Good Day Atlanta with Mark Bailey, Mar 25, 2002.  
 WUPN TV – Focus Atlanta with Keisha Williams, Mar 25, 2002  
 WVEE-FM (radio) – The Frank Ski Morning Show, Atlanta GA. Mar 26, 2002.

WGUN-AM (radio) – Atlanta Issues with Chris Edmunds, Mar 27, 2002.  
 Louisiana Radio Network (18 affiliates) "Louisiana Live" April 3, 2002.  
 Interview (print) – Health-e headlines, April 11, 2002.  
 Interview (print) Boston Globe, April 12, 2002.  
 Interview (print) Newsday, April 15<sup>th</sup>, 2002.  
 610 AM Ft Lauderdale – Phil Kaplan’s Mind and Muscle Hour, May 18<sup>th</sup>, 2002  
 Good Morning Texas, Dallas Texas – August 9, 2002.  
 WBNS-10 CBS Columbus, OH - February 23, 2005  
 KENS-5 CBS San Antonio, TX - February 17, 2005  
 KWGN- 2 WB Denver, CO - December 12, 2005  
 KUSA- 9 NBC Denver, CO - December 16, 2005  
 KWGN – 2 WB Denver, CO - December 16, 2005  
 KDVR – 31 FOX Denver, CO - December 15, 2005

#### **Ad Hoc Scientific Reviewer**

- Journal of Strength and Conditioning Research
- Journal of Applied Physiology
- Journal of Exercise Physiologyonline
- International Journal of Sport Nutrition
- Medicine and Science in Sports and Exercise
- Strength and Conditioning Journal

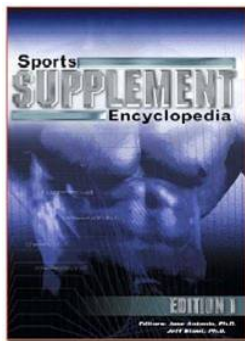
#### **PROFESSIONAL SOCIETIES**

- *International Society of Sports Nutrition*
- *American College of Sports Medicine*
- *American Physiological Society*
- *American Society of Exercise Physiologists*
- *National Strength and Conditioning Association*

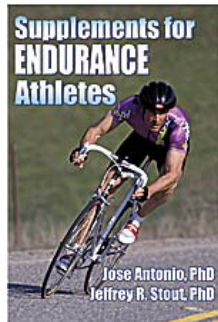
**BOOK(S)**



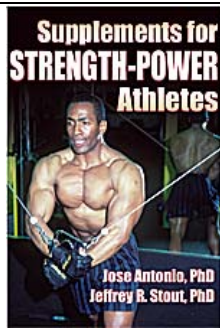
*Sports Supplements: A Complete Guide to Physique and Athletic Enhancement.* Editors: **Jose Antonio, Ph.D.** and Jeffrey Stout, Ph.D. Lippincott Williams & Wilkins 2000.



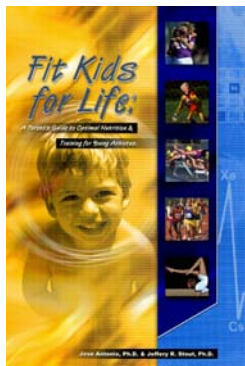
*Sports Supplement Encyclopedia.* Editors: **Jose Antonio, Ph.D.** and Jeffrey R. Stout, Ph.D. Nutricia Institute of Sports Science, 2002.



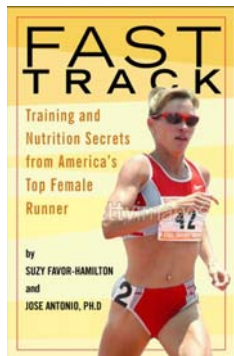
*Supplements for Endurance Athletes:* Authors: **Jose Antonio, Ph.D.** and Jeffrey R. Stout, Ph.D., Human Kinetics 2002



*Supplements for Strength-Power Athletes.* Authors: **Jose Antonio, Ph.D.** and Jeffrey R. Stout, Ph.D., Human Kinetics 2002



*Fit Kids-for-Life: A Parents Guide to Optimal Nutrition and Training for Young Athletes.* **Jose Antonio, Ph.D. &** Jeffrey R. Stout, Ph.D. North Bergen, NJ: Basic Health Publications, Inc. (2004).



*Fast Track: Training and Nutrition Secrets from America's Top Female Runner.* **Suzy Favor-Hamilton & Jose Antonio, Ph.D.,** Rodale (2004)



*Sustaining the Caffeine Advantage.* **Jose Antonio, Ph.D.** Basic Health Publications, Laguna Beach CA. 2005.



*Javalution – Fitness and Weight Loss Through Functional Coffee.* **Jose Antonio, Ph.D.** Basic Health Publications, Laguna Beach CA. 2005

*Double Play – Training and Nutrition Advice from the World's Experts in Baseball.* Bob Alejo, Jose Antonio, Ph.D. (in prep. Expected pub date: 2006; Basic Health Publications, Laguna Beach CA. 2005)

*Essentials of Sports Nutrition and Exercise.* Edited by Jose Antonio, Ph.D., Douglas Kalman, M.S., RD, Jeff Stout, Ph.D., Darryn Willoughby, Ph.D., Mike Greenwood, Ph.D., Richard Kreider, Ph.D. (in prep., expected pub. Date, 2006: publisher Humana Press)

*Essentials of Creatine in Sports.* Eds. Jeffrey R. Stout, Ph.D., Douglas Kalman, M.S., R.D., Jose Antonio, Ph.D. (in prep. expected pub. Date, 2007: publisher Humana Press)

*Essentials of Protein and Amino Acids in Sports.* Eds. Darryn Willoughby, Ph.D., Douglas Kalman, M.S., R.D., Jose Antonio, Ph.D. (in prep. expected pub. Date, 2007: publisher Humana Press)

*Training and Nutrition Secrets of Fitness & Figure Competitions.* Carla Sanchez, Jose Antonio, Ph.D. (in prep. Expected pub date: 2006)

**THESIS & DISSERTATION**

**Antonio, J.** (1987). The effects of combined strength and endurance training and its effects on strength gains. Thesis to fulfill part of the requirements for an M.S. degree at Kent State University. (Thesis advisor: Peter W.R. Lemon, Ph.D.).

**Antonio, J.** (1993). The adaptive response of avian skeletal muscle fibers to progressive stretch overload. Dissertation to fulfill part of the requirements for a Ph.D. degree at UT Southwestern Medical Center at Dallas. (Dissertation advisor: William J. Gonyea, Ph.D.).

**PEER-REVIEWED SCIENTIFIC PUBLICATIONS**

1. Bertocci, L.A., J.L. Fleckenstein, and **J. Antonio**. Human muscle fatigue after glycogen depletion: a <sup>31</sup>P magnetic resonance study. *Journal of Applied Physiology* 73(1): 75-81, 1992.
2. **Antonio, J.** and W.J. Gonyea. The role of muscle fiber hypertrophy and hyperplasia in intermittently stretched avian muscle. *Journal of Applied Physiology* 74(4): 1893-1898, 1993.
3. **Antonio, J.** and W.J. Gonyea. Progressive stretch overload of skeletal muscle results in hypertrophy before hyperplasia. *Journal of Applied Physiology*, 75(3): 1263-1271, 1993.
4. **Antonio, J.** and W.J. Gonyea. Skeletal muscle fiber hyperplasia. *Medicine and Science in Sports and Exercise* 25(12): 1333-1345, 1993.
5. **Antonio, J.** and W.J. Gonyea. Muscle fiber splitting in stretch-enlarged avian muscle. *Medicine and Science in Sports and Exercise* 26(8): 973-977, 1994.
6. **Antonio, J.** and W.J. Gonyea. Ring fibers express ventricular myosin in stretch overloaded quail muscle. *Acta Physiologica Scandinavica* 152: 429-430, 1994.
7. Street, C. and **J. Antonio**. Effects of growth hormone administration on muscle and viscera in rats undergoing compensatory hypertrophy. *Journal of Strength and Conditioning Research*. 19(3):144-147, 1996.
8. Street, C., **J. Antonio**, and D. Cudlipp. Androgen use by athletes: a reevaluation of the health risks. *Canadian Journal of Applied Physiology* 21(6):421-440, 1996.
9. Kalman, D., C.M. Colker, R. Stark, A. Minsch, I. Wilets, and **J. Antonio**. Effect of pyruvate supplementation on body composition and mood. *Current Therapeutic Research*. 59(11):793-802, 1998.
10. **Antonio, J.** and C. Street. Glutamine: a potentially useful supplement for athletes. *Canadian Journal of Applied Physiology*. 24(1):1-14, 1999.
11. **Antonio, J.**, D. Kalman, and C.M. Colker. Pyruvate: ergogenic aid and weight loss supplement? *Journal of the American Medical Athletic Association*. 12(4):13, 18, 1999.
12. **Antonio, J.**, C.M. Colker, G.C. Torina, Q. Shi, W. Brink, and D. Kalman. Effects of a standardized guggulsterone phosphate supplement on body composition in overweight adults: a pilot study. *Current Therapeutic Research*. 60(4):220-227, 1999.
13. Kalman, D., C.M. Colker, I. Wilets, J.B. Roufs, and **J. Antonio**. The effects of pyruvate supplementation on body composition in overweight individuals. *Nutrition*. 15:337-340, 1999.
14. **Antonio, J.**, C. Street, D. Kalman, and C.M. Colker. Dietary supplements used by athletes. *Journal of the American Medical Athletic Association*. 13(1):6-7, 1999.
15. **Antonio, J.** and M. Sanders. Effects of self-administered androstenedione on a young male bodybuilder: a single-subject study. *Current Therapeutic Research*. 60(9):486-492, 1999.
16. **Antonio, J.** and K. Reimers. Glutamine. *Olympic Coach*. 1999;9(4).
17. **Antonio, J.**, F.W. George, and J.D. Wilson. Effect of androgen administration on the androgen receptor in rat skeletal muscles. *Journal of Applied Physiology*. 87:2016-2019, 1999.
18. **Antonio, J.** Glutamine. *Strength & Conditioning Journal*. 21(6):17, 1999.
19. Sanders, M. and **J. Antonio**. Conditioning for submission fighting. *Strength & Conditioning Journal*. 21(5):42-45, 1999.

20. **Antonio, J.**, J. Uelman, R. Rodriguez, and C. Earnest. The effects of a tribulus terrestris on body composition and exercise performance in resistance-trained males. *International Journal of Sport Nutrition*. 10(2):208-215, 2000.
21. **Antonio, J.**, M Sanders, L Ehler, J Uelmen, J Raether, and J Stout. The effects of exercise training and amino acid supplementation on body composition and physical performance in untrained women. *Nutrition*. 16(11/12):1043-1046, 2000.
22. Street, C. and **J. Antonio**. Steroids from Mexico: Educating the strength and conditioning community. *Journal of Strength and Conditioning Research*. 14(3):289-294, 2000.
23. **Antonio, J.** Non-uniform response of skeletal muscle to heavy resistance training: can bodybuilders induce regional muscle hypertrophy? *Journal of Strength and Conditioning Research*. 14(1):102-113, 2000.
24. Vierck, J., B. O'Reilly, K. Hossner, **J. Antonio**, K. Byrne, L. Bucci, and M. Dodson. Satellite cell regulation following myotrauma caused by resistance exercise. *Cell Biology International*, 24:263-72 2000.
25. Van Gammeren, D., D. Falk, and **J. Antonio**. The effects of supplementation with 19-Nor-4-Androstene-3,17-dione and 19-Nor-4-Androstene-3,17-diol on body composition and athletic performance in weight-trained male athletes. *European Journal of Applied Physiology*. 84:426-431, 2001.
26. Raether, J. M. Sanders, and **J. Antonio**. Extreme sports: Snowboarding. . in press. *Strength and Conditioning Research*.
27. Raether, J. M. Sanders, and **J. Antonio**. Sport-specific conditioning for the rodeo athlete. *Strength and Conditioning Research*. 22(4):31-34, 2000.
28. Colker CM, **J Antonio**, and D Kalman` The metabolism of orally ingested 19-nor-4-androstene-3,17-dione and 19-nor-4-androstene-3,17-diol in healthy, resistance-trained, adult males. *Journal of Strength and Conditioning Research*. 15:144-147, 2001.
29. **Antonio, J.**, M Sanders, D V Gammeren. The effects of bovine colostrum supplementation on body composition and exercise performance in active men and women. *Nutrition*. 17:243-7, 2001.
30. **Antonio, J.**, M. Sanders, D. Kalman, D. Woodgate, and C. Street. The effects of high-dose glutamine ingestion on weightlifting performance. *Journal of Strength and Conditioning Research*. Feb;16(1):157-160, 2002.
31. D Van Gammeren, D Falk, and **J Antonio**. The effects of four weeks of ribose supplementation on body composition and exercise performance in healthy, young, male recreational bodybuilders: a double-blind, placebo-controlled trial. *Current Therapeutic Research*. 63:486-495, 2002.
32. Ziegenfuss T.N., Rogers M., Lowery L., Mullins N., Mendel R., **Antonio J.**, and Lemon P. (2002). Effect of creatine loading on anaerobic performance and skeletal muscle volume in NCAA division I athletes. *Nutrition* 18:397-402, 2002.
33. Chromiak JA, **Antonio J.** Use of amino acids as growth hormone-releasing agents by athletes. *Nutrition*. 2002 Jul;18(7-8):657-61.
34. Van Gammeren, D., D. Falk, and **J. Antonio**. Effects of norandrostenedione and norandrostenediol in resistance-trained men. 2002 *Nutrition*. 18:734-737.
35. **Antonio, J.** Sports Supplements Column – Essential Amino Acids, *Strength and Conditioning Journal*, 25(3), June 2003.
36. **Antonio, J.** Policosanol, *Strength & Conditioning Journal*, 25(4), Aug 2003
37. **Antonio, J.** Fast and Slow Proteins. *Strength & Conditioning Journal*, 25(6), Dec 2003

38. **Antonio, J.** Creatine loading and maintenance dosage. *Strength & Conditioning Journal* 26(1), Feb. 2004
39. Kalman DS, **Antonio J**, Kreider RB. The relative safety of ephedra compared with other herbal products. *Ann Intern Med.* 2003 Jun 17;138(12):1006; author reply 1006-7.
40. **Antonio J.** Not all calories are created equal. *Strength & Conditioning Journal*, 26(4):62-63, August 2004.
41. Kreider, R., Almada A, **Antonio J.**, et al. ISSN Exercise & Sport Nutrition Review: Research and Recommendations. *Sports Nutrition Review Journal*. 1(1):1-44, 2004. [www.sportsnutritionssociety.org](http://www.sportsnutritionssociety.org)
42. Dodson M, Fernyhough M, Antonio J, Bucci L. Commentary: New Ideas: Ordinary is Extraordinary. *Sports Nutrition Review Journal*. 1 (1):67-68, 2004. [www.sportsnutritionssociety.org](http://www.sportsnutritionssociety.org)
43. **Antonio, J.** Caffeine- the forgotten ergogenic aid. *Strength & Conditioning Journal*. 26(6):2-3, 2004.
44. Fernyhough M.E., Bucci L.R., Hausman G.J., **Antonio J.**, Vierk J.L., Dodson M.V. Gaining a solid grip on adipogenesis. *Tissue Cell*. 2005 Aug;37(4):335-8.
45. Mendel RW, Blegen M, Cheatham C, **Antonio J**, Ziegenfuss T. Effects of creatine on thermoregulatory responses while exercising in the heat. *Nutrition*. 2005 Mar;21(3):301-7.
46. **Antonio, J.** Body weight and protein. *Strength and Conditioning Journal*. 28(3):28-29, 2006.