

Nicole R. Stob, Ph.D., CSCS

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QUALIFICATIONS SUMMARY

- Experienced and effective collegiate educator of diverse student populations
 - Proven track record of strong writing skills for both the scientific and lay populations
 - Strong ability to effectively engaging students in both traditional and online environments
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PROFESSIONAL EXPERIENCE

University of Colorado, Boulder, CO – Assistant Teaching Professor **August 2017 – present**

- Deliver dynamic and informative undergraduate-level lectures in lower- and upper-level nutrition courses in face-to-face, online, and hybrid formats
- Supervise undergraduate independent study projects
- Counsel students regarding career paths in nutrition and wellness
- Advise the Nutrition Buffs (University of Colorado nutrition club)
- Lead the Nutrition Professionals, a group of individuals doing nutrition-related work on the CU campus

University of Colorado, Boulder, CO – Adjunct Instructor **August 2012 – May 2017**

- Delivered dynamic and informative undergraduate-level lectures in nutrition science as well as online instruction
- Counseled students regarding career paths in nutrition and wellness

Colorado Community Colleges Online, Denver, CO - Adjunct Instructor **January 2011 – July 2017**

- Presented and conducted online nutrition courses for students from all Colorado Community Colleges

Metropolitan State University of Denver, Denver, CO – Affiliate Instructor **August 2013 – May 2017**

- Facilitated upper-level online sports nutrition courses for undergraduate students.

South University, Savannah, GA – Adjunct Instructor **June 2012 – December 2012**

- Delivered online nutrition courses for health professions students and consistently receive superior student reviews

South University, Savannah, GA - Assistant Professor **September 2009 – May 2012**

- Delivered online nutrition courses for health professions students and consistently receive superior student reviews
- Managed ~25 adjunct faculty and oversaw their courses and performance
- Developed and modified new and existing nutrition courses including both course structure and content

Metropolitan State College of Denver, Denver, CO - Adjunct Instructor **January 2008 - December 2009**

- Delivered dynamic and informative undergraduate-level lectures in nutrition science and consistently received superior student reviews
- Presented and conducted interesting and engaging online nutrition science courses

University of Colorado, Denver, CO - Postdoctoral Fellow **August 2006 - September 2009**

- Spearheaded a project investigating the influence of suction lipectomy on human adipose tissue gene expression
- Performed wet lab techniques (Western blots, ELISA, RNA isolation) on human adipose tissue

University of Colorado, Boulder, CO - Postdoctoral Fellow **July 2004 – July 2006**

- Directed a research team in performing sophisticated clinical and biochemical research investigating the role of the beta-adrenergic sympathetic nervous system in energy expenditure
- Performed wet lab techniques (Western blots, ELISA) on human skeletal muscle

- Set up a functioning biochemistry laboratory

Colorado State University, Fort Collins, CO

August 1999 - May 2004

Graduate Teaching Assistant –

Departments of FSHN & Health and Exercise Science

- Instructed undergraduate-level courses in nutrition science for classes of 150+ students and consistently received superior student reviews
- Taught undergraduate courses including activity classes and exercise physiology laboratories

EDUCATION

- **Ph.D., Nutrition Science**, Colorado State University, Fort Collins, CO, 2004
 - **M.S., Exercise Physiology**, Colorado State University, Fort Collins, CO, 2000
 - **B.A., Nutrition Science**, College of St. Benedict, St. Joseph, MN, 1998
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PUBLICATIONS

Rehrer, C. W., Karimpour-Fard, A., Hernandez, T. L., Law, C. K., Stob, N. R., Hunter, L. E., & Eckel, R. H. (2012). Regional differences in subcutaneous adipose tissue gene expression. *Obesity*, 20(11), 2168-2173.

Hernandez, T. L., Kittelson, J. M., Law, C. K., Ketch, L. L., Stob, N. R., Lindstrom, R. C., ... & Eckel, R. H. (2011). Fat redistribution following suction lipectomy: defense of body fat and patterns of restoration. *Obesity*, 19(7), 1388-1395.

Donahoo, W. T., Stob, N. R., Ammon, S., Levin, N., & Eckel, R. H. (2011). Leptin increases skeletal muscle lipoprotein lipase and postprandial lipid metabolism in mice. *Metabolism*, 60(3), 438-443.

Cornier, M. A., Dabelea, D., Hernandez, T. L., Lindstrom, R. C., Steig, A. J., Stob, N. R., ... & Eckel, R. H. (2008). The metabolic syndrome. *Endocrine reviews*, 29(7), 777-822.

Stob, N. R., Seals, D. R., Jensen, J., Van Baak, M. A., Steig, A. J., Lindstrom, R. C., ... & Bell, C. (2007). Increased thermogenic responsiveness to intravenous β -adrenergic stimulation in habitually exercising humans is not related to skeletal muscle β 2-adrenergic receptor density. *Experimental physiology*, 92(5), 823-830.

Stob, N. R., Bell, C., van Baak, M. A., & Seals, D. R. (2007). Thermic effect of food and β -adrenergic thermogenic responsiveness in habitually exercising and sedentary healthy adult humans. *Journal of Applied Physiology*, 103(2), 616-622.

Bell, C., Stob, N. R., & Seals, D. R. (2006). Thermogenic responsiveness to β -adrenergic stimulation is augmented in exercising versus sedentary adults: role of oxidative stress. *The Journal of physiology*, 570(3), 629-635.

Bell, C., Stob, N. R., & Seals, D. R. (2006). Thermogenic responsiveness to nonspecific β -adrenergic stimulation is not related to genetic variation in codon 16 of the β 2-adrenergic receptor. *American Journal of Physiology-Endocrinology and Metabolism*, 290(4), E703-E707.

Calsbeek, D. J., Thompson, T. L., Dahl, J. A., Stob, N. R., Brozinick Jr, J. T., Hill, J. O., & Hickey, M. S. (2002). Metabolic and anthropometric factors related to skeletal muscle UCP3 gene expression in healthy human adults. *American Journal of Physiology-Endocrinology and Metabolism*, 283(4), E631-E637.