

BRANDON LEE

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[Doctoral Portfolio](#) | [LinkedIn](#) | [ORCID](#)

EXECUTIVE SUMMARY

Determined Doctor of Health Science (DHSc) and Registered Dietitian (RD) focused on strengthening the field of human performance science through leadership, research engagement, and evidence-based practice. An experienced practitioner, researcher, writer, and speaker with a proven ability to help athletes advance their health and performance capabilities. Always seeking opportunities to collaborate on interdisciplinary teams to achieve organizational goals and help athletes reach peak performance. Recognized for outstanding communication skills and leadership abilities.

SKILLS/ EXPERTISE

Evidence-Based Practice	Project Development	Growth Mindset
Public Speaking	Academic/Lay Writing	Democratic Leadership Style
Research Coordination	Contextual Intelligence	Interdisciplinary Collaboration

CLIFTON STRENGTHS

Learner	Focus	Relator	Intellection	Futuristic
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EDUCATION

Pennsylvania Western (PennWest) University DHSc, Department of Exercise, Health, and Sport Sciences Concentration: Health Science and Exercise Leadership Advisor: Dr. Marc Federico	California, PA August 2025
State University of New York (SUNY) Oneonta MS, Department of Human Ecology Major: Dietetics Advisor: Dr. Jennifer Bueche	Oneonta, NY May 2018
State University of New York (SUNY) Oneonta BS, Department of Human Ecology Major: Dietetics Advisor: Dr. Kirsten Hilpert	Oneonta, NY December 2016

PROFESSIONAL EXPERIENCE

Great American Publishing, Inc

Virtual

Freelance Contributor, Tactical Training & Conditioning

November 2024 – Present

- Develop engaging, evidence-based magazine articles to educate over 19,000 readers on health, nutrition, and human performance optimization for military and tactical readiness.
- Collaborate with Managing Sports Editor to generate publications that achieve organizational goals and fulfill editorial calendar.

U.S. Army Western Hemisphere Command (USAWHC)

Fort Drum, NY

Dietitian, Holistic Health and Fitness (H2F)

January 2024 – Present

- Provide nutrition services to 4,000+ Soldiers within the 10th Mountain Division, 2nd Brigade Combat Team (2BCT) to support the nutritional demands of any duty or combat position, accomplish the mission, and come home healthy.
- Collaborate with the H2F Nutrition Program Director to administer regular Go for Green® (G4G) and Military Nutrition Environment Assessment Tool (m-NEAT) food availability evaluations in dining facilities and other foodservice operations to improve the Soldier food environment and promote healthy options.
- Implement evidence-based teaching strategies to improve the effectiveness of the 2BCT ABCP, helping Soldiers lose weight and improving 2BCT compliance with Army Body Composition Standards (AR 600-9).
- Coordinate field nutrition research to improve military understanding of tactical performance and help Soldiers improve recovery and resiliency.
- Collaborate with the H2F interdisciplinary team, including PTs, OTs, ATs, Strength & Conditioning Specialists, and Cognitive Performance Specialists to improve and maintain Soldier readiness and lethality.

Samaritan Medical Center

Watertown, NY

Clinical Dietitian, Samaritan Keep Home

December 2023 - April 2024

- Delivered clinical nutrition services to Samaritan Keep Home 272-bed long-term care facility residents to improve quality of life and overall nutritional well-being.
- Implemented clinical tools and skills such as Mini Nutritional Assessment (MNA) and Nutrition Focused Physical Exams to identify, diagnose, and treat malnutrition.
- Coordinated with an interdisciplinary team of Social Workers, Registered Nurses, and Speech and Language Pathologists to determine the plan of care promoting the best outcomes for the residents and their families.
- Collaborated with the foodservice department to provide therapeutic and mechanically altered diets to specialized residents to improve health outcomes.

Houston Astros

Asheville, NC

Minor League Dietitian Apprentice, Sports Medicine & Performance

Feb. 2023 – Sept. 2024

- Delivered evidence-based nutrition services to 30 baseball players to optimize athletic performance, improve overall game readiness, and ensure player development.

- Managed a \$215,000 foodservice budget and developed high-performance menus to provide the team with 12 meals per week to promote health, athletic performance, and cultural accommodation.
- Developed and provided bi-weekly 15-minute presentations to educate athletes on carbohydrates, fad diets, hydration, nutrient timing, recovery nutrition, caffeine, and alcohol consumption to improve sports nutrition knowledge and promote healthy decision-making.
- Collaborated with the interdisciplinary Sports Medicine and Performance team, including the Head Coach, Strength and Conditioning Specialist, Athletic Trainer, and Mental Performance Coach, to develop periodized recovery plans and ensure effective and timely return-to-play protocols for injured athletes.
- Served as a research liaison for the nutrition team, providing research literacy education and organizing a library on human performance science to help the team implement recent, evidence-based literature.

University of California, Davis (UC Davis)

Davis, CA

Assistant Specialist, Obesity and Metabolism Unit

September 2019 – February 2023

- Coordinated study design and development of two human nutrition research studies focused on the DGA and biomarkers of pulse (beans, peas, and lentils) consumption to improve public health.
- Initiated two IRB applications/approvals and monitored for continuing review and modification requirements to ensure the research project's institutional and ethical compliance.
- Managed all human subject research activities to ensure scientific integrity, ethical compliance, and participant retention.
- Organized weekly meetings among the interdisciplinary team of Principal Investigator, Biochemistry/Physiology Researchers, Registered Dietitian, Lab Technicians, and support staff to establish research progress, determine recruitment strategies, and maintain effective lines of effort.
- Co-instructed NUTR 192 internship course and oversaw the scheduling, mentoring, and learning development of five student nutrition interns to help students explore dietetics research and develop professionally.

NutraCo

Poughkeepsie, NY

Registered Dietitian, Samaritan Keep Home

May 2018 – July 2019

- Delivered clinical nutrition services to 160-bed long-term care and rehabilitation facility residents to improve quality of life and overall nutritional well-being.
- Conducted nutrition care process to provide comprehensive nutrition assessments, accurate nutritional diagnoses, effective health interventions, and timely monitoring practices to reduce resident morbidity and improve overall wellness.
- Accurately documented resident nutritional status via MDS 3.0 (Section K) and the RAI to ensure department reimbursement for nutrition services rendered.

- Partnered with a 20-member interdisciplinary research team including Physical Therapists, Occupational Therapists, Speech-language Pathologists, and Registered Nurses to determine the plan of care promoting the best outcomes for the residents and their families.
- Collaborated with the foodservice department to provide therapeutic and mechanically altered diets to specialized residents to improve health outcomes.

Dutchess Community College

Poughkeepsie, NY

Adjunct Instructor, Allied Health and Biological Sciences Department August 2018 – May 2019

Course: WFE 103: Wellness and Fitness (Lab)

- Educated 20+ students on concepts in cardiovascular and other components of fitness, nutrition, weight management, and stress management to improve foundational health.
- Developed active learning activities to improve learner motivation and retention and create significant learning experiences.
- Developed feedback/grading metrics to evaluate student's understanding of course content and application in daily living.
- Collaborated with Exercise Science Department faculty and staff (e.g., Professors and Fitness Center Director) for the successful execution of lab activities.

PUBLICATIONS

Peer-reviewed Journals

Lee, B. (2025). Blood biomarkers of overtraining syndrome. *Personal Training Quarterly*, 12(1), 26-30.

Lee, B. (2024). Low energy availability (LEA) in male athletes: A review of the literature. *The Sport Journal*. <https://thesportjournal.org/article/low-energy-availability-lea-in-male-athletes-a-review-of-the-literature/>

Online Publications

Lee, B. (2025, November 18). Six dimensions of wellness—Create a healthy foundation for life. Human Performance Resources By CHAMP. <https://hprc-online.blogspot.com/2025/11/six-dimensions-of-wellnesscreate.html>

Lee, B. (2025, January 17). Technology in tactical nutrition. *Tactical Training & Conditioning*. <https://www.nxtbook.com/greatamericanmediaservices/TAC/winter-2025/index.php#/p/16>

Lee, B. (2024, July 5). Teaching nutrition effectively: Consider the learner's motivation and understanding. *Nutrition Communicator*. <https://www.nutritioncommunicator.com/post/teaching-nutrition-effectively-consider-the-learner-s-motivation-understanding>

Lee, B. (2024, June 28). Teaching nutrition effectively: Consider the learner's readiness and situation. *Nutrition Communicator*.

<https://www.nutritioncommunicator.com/post/teaching-nutrition-effectively-consider-the-learner-s-readiness-situation>

- Lee, B.** (2024, June 21). Teaching nutrition effectively: Consider the learner's autonomy and experience. *Nutrition Communicator*.
<https://www.nutritioncommunicator.com/post/teaching-nutrition-effectively-consider-the-learner-s-autonomy-experience>
- Lee, B.** (2024, June 21). Detecting and preventing low energy availability in male tactical athletes. *Human Performance Resources By CHAMP*. <https://hprc-online.blogspot.com/2024/06/detecting-and-preventing-low-energy.html>
- Lee, B.** (2024, April 11). Adopt a growth mindset for focus and performance. *Human Performance Resources By CHAMP*. <https://hprc-online.blogspot.com/2024/04/adopt-growth-mindset-for-focus-and.html>
- Lee, B.** (2023, March 29). Emerging career opportunity: Report on novel performance and sport scientist certification. *SHPN Expeditions*. <https://www.eatrightstore.org/dpg-and-mig-products/shpn/shpn-expeditions-spring-2023-newsletter>

PRESENTATIONS

Speaker

- Lee, B.** (2025). *Setting the foundation: The science of fueling* [Conference session]. Buffalo Niagara Medical Campus (BNMC) 5th Annual Food AS Medicine Symposium, Buffalo, NY, United States.
- Lee, B.** (2025). *Andragogical strategies for nutrition education and counseling: Connecting theory to application* [Conference session]. New York State (NYS) Academy of Nutrition and Dietetics (AND) Annual Meeting and Expo (AME) 2025, Schenectady, NY, United States.
- Lee, B.** (2025). *Low energy availability: Assessment and prevention practices to ensure athlete health and performance* [Conference session]. National Strength and Conditioning Association® New York State Clinic, Lake Placid, NY, United States.
- Lee, B.** (2022). *Cultivating a growth mindset: The path toward continuous improvement* [Conference session]. 2022 Food & Nutrition Conference & Expo™, Orlando, FL, United States. <https://www.eatrightstore.org/product-type/online-learning/cultivating-a-growth-mindset-the-path-toward-continuous-improvement>

Moderator

Herbert, A., Mainord, O., Anderson, J., Fioretti, N., & Connell, S. (2025, February 21). *Interdisciplinary collaboration in sports performance* [Virtual Panel]. National Exercise Trainers Association Virtual Fit Fest. <https://www.netafit.org/workshop/interdisciplinary-collaboration-in-sports-performance-2/>

Ayesta, A. & Werner, J. (2022, November 9). *Navigating Tik Tok: It's time to expand your nutrition reach* [Virtual Webinar]. California Academy of Nutrition and Dietetics. <https://dietitian.org/navigating-tiktok-its-time-to-expand-your-nutrition-reach-sponsored-by-real-california-milk-available-until-11-9-2025/>

INVITED LECTURES

Lee, B. (2025, March). *Overtraining syndrome: A multifaceted health and performance phenomenon*. [Undergraduate lecture]. Pennsylvania Western University Global Online.

Adams, C. & **Lee, B.** (2024, October). *Career in tactical nutrition*. [Undergraduate lecture]. State University of New York (SUNY) Oneonta.

Lee, B. (2024, September). *Relative energy deficiency in sport (RED-S): Psychological and physiological impacts on athlete health and performance*. [Graduate lecture]. Pennsylvania Western University Global Online.

Lee, B. (2023, May). *Cultivating a growth mindset in occupational therapy education*. [Graduate lecture]. Cedar Crest College.

Lee, B. (2023, January). *Cultivating a growth mindset: Dietetic supervised practice*. [Graduate lecture]. Cedar Crest College.

Lee, B. (2021, October). *Developing sound nutrition research methodology*. [Graduate lecture]. University of the Pacific, Sacramento, CA.

Lee, B. (2019, March). *Career as a registered dietitian*. [Undergraduate lecture]. Dutchess Community College, Poughkeepsie, NY.

CERTIFICATIONS

CITI Social and Behavioral Investigators and Research Study Team	July 2025 - Present
CITI Responsible Conduct of Research (RCR)	July 2025 - Present
CITI Biomedical Investigators and Research Study Team	July 2025 - Present
ServSafe Food Protection Manager	January 2025 - Present
American Red Cross Basic Life Support (BLS)	December 2024 - Present
Board Certified Specialist in Sports Dietetics (CSSD [®])	June 2024 - Present

CITI Biomedical Research Support Staff	February 2024 - Present
CITI Biomedical Researchers and Staff	January 2023 - Present
Certified Clinical Research Professional (CCRP®)	December 2021 - Present
Registered Dietitian (RD®)	August 2018 - Present

SPECIALIZED TRAINING

FY25 Joints Advanced Nutrition and Dietetics Symposium (JANDS)	September 2025
ASPDA Leadership Excellence and Administrative Development Summit	July 2025
U.S. Army Civilian Education System (CES) Intermediate Program	April 2025

HONORS & AWARDS

Fellow of the Academy of Nutrition and Dietetics (FAND)	2025
Department of the Army, Civilian of the Quarter	2025
CDR Commission on Dietetic Registration Leadership Award	2024
ASPDA Professional Development Scholarship	2024

ACADEMIC SERVICE

Doctor of Health Science (DHSc) Advisory Panel, PennWest University	October 2025 - Present
Sports Performance Advisory Board, PennWest University	July 2025 - Present
Oneonta DPD Program Advisory Committee, SUNY Oneonta	May 2021

LEADERSHIP

VP of Communications, California Academy of Nutrition and Dietetics	2022
Communications Committee Chair, Cultures of Gender and Age	2020-2022

PROFESSIONAL AFFILIATIONS

Authors Guild	2025 – Present
National Strength and Conditioning Association	2023 – Present
American Sports and Performance Dietitians Association (ASPDA)	2022 – Present
Sports and Human Performance Nutrition Dietetic Practice Group	2022 – Present
Research Dietetic Practice Group	2021 – Present
Society of Clinical Research Associates	2021 – Present
Academy of Nutrition and Dietetics	2015 – Present