

Jenna B. Goulart

Doctoral Student Researcher, Neuromuscular Research Laboratory
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Education

University of Pittsburgh, *Department of Sports Medicine and Nutrition* Anticipated Graduation May 2027
Doctor of Philosophy in Rehabilitation Science
GPA: 4.0/ 4.0
Mentors: Dr. Bradley Nindl and Dr. Kristen Koltun

Texas A&M University, *College of Agriculture and Life Sciences* May 2023
Master of Science in Nutrition
GPA: 4.0/4.0
Advisor: Dr. Steve Riechman

Auburn University, *College of Human Sciences, Honors College* May 2021
Bachelor of Science in Nutrition and Dietetics, Leadership Studies Minor
Honors Scholar
GPA: 3.95/4.0

Research Experience

Doctoral Student Researcher, Texas A&M University Fall 2023- Present

- Lead and execute investigations involving bone adaptations to training (The BoBCAT Study), sex-hormone effects on bone homeostasis (ARMOR Study), and collaborate on bone and endocrine related projects related to aging, intermittent fasting, and anorexia nervosa.

Graduate Research Assistant, Texas A&M University Fall 2021- May 2023

- Managed, designed, and implemented research projects for the Nutrition, Vision, and Cognition Lab while utilizing lab skills such as DEXA, anthropometrics, blood draws, urine specific gravity, data collection and analysis, and wet lab skills to include ELISAs
- Analyzed data using SPSS and GraphPad to produce meaningful results from experiments and write manuscripts

Nutrition Undergraduate Research Fellow, Auburn University May 2020- May 2021

- Assisted the investigation of the research question: Does short term (2-weeks) consumption of a Western diet disrupt hippocampal circadian clock gene expression in a mouse model of diet-induced obesity
- Gained invaluable wet lab experience along with independent research techniques and skills

Undergraduate Research Assistant, Auburn University Fall 2019- May 2021

- Assisted the Greene Lab in carrying out the procedures of various studies pertaining to metabolic diseases

Teaching Experience

Graduate Teaching Assistant, Texas A&M University Fall 2021

- Assisted a senior lecturer in class design and execution
- Actively taught senior dietetic students DICAS preparation and professional development topics

Supplemental Instructor Anatomy and Physiology II, Auburn University Spring 2020- Fall 2020

- Led students to master content knowledge, make meaning from complex topics, and prepare for upcoming tests

Nutrition Peer Tutor, Auburn University Fall 2018- Fall 2019

- Designed review session material for upcoming exams and develop personalized curriculum

Relevant Skills

- Lab management
- REDCap
- SPSS and GraphPad Prism
- Dual Energy X-ray Absorptiometry
- Phlebotomy
- Cognitive testing
- Anthropometrics
- HR-pQCT
- Flow cytometry
- BIA
- qPCR
- ELISA
- Immunoblotting
- Immunostaining
- Blood processing
- Urine Specific Gravity

Honors

Phi Kappa Phi, 2019 – 2022

Auburn University Dean's List, 2017- 2021

Jewel Golden Eubanks '33 Human Sciences Endowed Scholarship, 2020-2021 Recipient

Jewel Golden Eubanks '33 Phi Kappa Phi Endowed Scholarship, 2020-2021 Recipient

Auburn University Board of Trustees Endowed Scholarship, 2019-2020 Recipient

Don Logan Endowed Scholarship Human Sciences, 2019-2020 Recipient

Johnston Industries Endowed Scholarship Human Sciences, 2019-2020 Recipient

Auburn University Spirit of Auburn Scholarship, 2017-2021 Recipient

Army ROTC National 4 Year Scholarship, 2017-2018 Recipient

Dr. T. McCliman Scholarship, Fall 2017 Recipient

Publications

Goulart, JB., Aitken, L. S., Siddiqui, S., Cuevas, M., Cardenas, J., Beathard, K. M., & Riechman, S. E. (2023). Nutrition, lifestyle, and cognitive performance in esports athletes. *Frontiers in Nutrition*, 10, 1120303. doi.org/10.3389/fnut.2023.1120303

Beathard, KM., Georghiades, N., **Goulart, JB.,** Riviere, AJ., Sullivan, C., Mascarro, M., Riechman, SE (2023). The Impact of Nutrition on Visual Cognitive Performance in the Nutrition, Vision, and Cognition in Sport Study. *Front. Nutr.* 10:1208890. doi: 10.3389/fnut.2023.1208890

Goulart, JB., Aitken, L., Siddiqui, S., Cardenas, J., Riechman, S.E., & Beathard, K. (2022). Nutrition, Vision, and Cognition in Sport: E-Sport Gaming Athletes, *Current Developments in Nutrition*, Volume 6, Issue Supplement_1, June 2022, Page 789, https://doi.org/10.1093/cdn/nzac064.008

Straw CM., Riechman SE., Burbrink C., Kimc YJ., Brown RD., **Goulart JB.,** Aitken L., Siddiqui S., O'Reilly C., Uranga S., Beathard K., Cardenas J., Cuevas M., Floyd W, Badgujar Y. Temperature, Hydration and Performance Differences Between Artificial Turf and Natural Turf Grass during a Simulated Soccer Matches in a Hot Environment. (*manuscript in review*).

Beathard, KM., Culpepper, E., Georghiades, N., **Goulart, JB.,** Price, T., Shinnerer, L., Smith, SB., Talcott, ST., Talcott, SM., Walzem, RL., Riechman, SE. Nutrition, Vision, and Cognition in Health: Egg Study (IONHealth- Egg). (in preparation).

Schmidt-Combest, S.*, Mahmood, T.*, **Goulart, JB.,** Serna Hernandez, S., Castello Chicas, M.J., Riechman, S., Talcott, S.T., and Mertens-Talcott, S.U. The Effect of Daily Mango (*Mangifera indica* L.) Treated with Tannase and Supplemented with Probiotics Modulates Inflammation, Cognitive Function, and Gut Microbiota in Adolescents. (*manuscript in review*).

Goulart, JB., Coheley, L., Riechman, SE., Beathard, KM. The Role of Lutein, Zeaxanthin, and Fish Oil on Cognitive Function and Bone Health in Healthy Young Adults. (*manuscript in preparation*).

Goulart, JG., Beathard, KM., Riechman, SE., Nutrition, Vision, and Cognition in Sport: Reducing Cognitive Fatigue in Esport Athletes. (*manuscript in preparation*).

Conference Presentations

Goulart, JB., Forse, JN., Bird, MB., Patel, VJ., Kargl, CK., Lovalekar, M., Martin, BJ., Nindl, BC., Koltun, KJ., (2023, November 4-5). Changes in Bone Turnover Biomarkers in Men and Women During Marine Corps Officer Candidates School, [Poster Presentation]. American College of Sports Medicine Mid Atlantic Regional Conference.

Uranga, S., **Goulart, JB.,** Fluckey, JD., (2023, March 15-17). DEPTOR Overexpression Results in Decreased Anabolic mTOR Activity in C2C12 Myotubes, [Poster Presentation]. Advances in Skeletal Muscle Biology Conference.

Medina, K., Bodiford, J., Froberg, P., **Goulart, JB.,** Beathard, KM., Riechman, SE., (2023, March 20-24). Mental Perspectives in Gamers, [Poster Presentation]. Research Symposium, Texas A&M University.

Goulart, JB., Aitken, L., Siddiqui, S., Cardenas, J., Riechman, SE., & Beathard, KM. (2022, June 14-16). Nutrition, Vision, and Cognition in Sport: E-Sport Gaming Athletes, [Poster Presentation]. American Society of Nutrition 2022 Annual Meeting.

Goulart, JB., Hambreck, R., & Carter, H. (2019, November 1). Cultural Competency on College Campuses, [Presentation]. College of Liberal Arts Diversity Symposium, Auburn University.

Service

Scholarly Reviewer

- *Amino Acids*

2023

Nutrition Graduate Student Association Treasurer, Texas A&M University

Fall 2021- Spring 2022

- Maintained correct financial records for the organization and manage all funds in accordance with the annual budget
- Organized a graduate student research symposium while collaborating with faculty across various departments

Professional Memberships

American Society of Nutrition

Spring 2021- Present

American College of Sports Medicine

Spring 2022- Present

Academy of Nutrition and Dietetics

Fall 2019- Spring 2022
