

MATTHEW DALEON PAHNKE

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EDUCATION

EXERCISE PHYSIOLOGY

THE UNIVERSITY OF TEXAS AT AUSTIN – Austin, Texas

M.A. Kinesiology – Sport Sciences and Nutrition focus (GPA: 3.56), May 2004

- Honor Societies: Kappa Delta Pi
- Thesis – Sodium and Fluid Balance in Ultra-Endurance Triathletes

Pursuing Ph.D. Kinesiology, August 2004 - Present

NORTHERN ILLINOIS UNIVERSITY – DeKalb, Illinois

Exercise Physiology Coursework, June 2002 – August 2002

HAROLD WASHINGTON COLLEGE – Chicago, Illinois

General Chemistry Coursework, January 2002 – May 2002

MALCOLM X COLLEGE – Chicago, Illinois

General Physiology Coursework, August 2001 – May 2002

BUSINESS

BRADLEY UNIVERSITY - Peoria, Illinois

BA in International Business, Spanish Minor (GPA: 3.84, *Summa cum laude*), August 1990 - May 1994

- Honor Societies: Beta Gamma Sigma, Phi Kappa Phi, Phi Eta Sigma, Honors Program
- Dean's List (all semesters), National Dean's List

UNIVERSIDAD DE GRANADA - Granada, Spain

Semester study-abroad program - Spring 1993

PROFESSIONAL AFFILIATIONS

American College of Sports Medicine, 2003 - present

American Physiological Society, 2004 - present

Beta Gamma Sigma – International Business Honor Society, 1993 - present

Kappa Delta Pi – International Honor Society in Education, 2003 - present

Texas Chapter of the American College of Sports Medicine, 2003 - present

TEACHING/RESEARCH ASSISTANTSHIPS

The Human Body, *Teaching Asst.*, Department of Biological Sciences, Fall 2004-Spring 2005

Lab Techniques for Sport Sciences, *Teaching Asst.*, Department of Kinesiology and Health Ed., Spring 2004

The Human Performance Laboratory, *Research Asst.*, 2003, Assisted with development of fluid and sodium balance model and sweat sodium testing techniques. Supervisor: Edward Coyle, Ph.D.

PROFESSIONAL EXPERIENCE

TRIHARDER MULTISPORTS LLC – Austin, TX

Owner, February 2002 – present

Assist endurance athletes in obtaining their performance goals through the combination of current sports science research and coaching principles.

THE UNIVERSITY OF TEXAS AT AUSTIN ATHLETICS DEPARTMENT

Consultant, October 2003 – December 2004

Perform performance testing and analysis for the UT-Austin Athletics Department.

ACE HARDWARE CORPORATION - Oak Brook, Illinois

International Associate Buyer, January 2001 – January 2002

Source and negotiate domestic and international programs for dissemination to retailers in 60+ countries.

Organize two product expositions per year that account for over \$5M in sales. Assist in the development of advertising campaigns for various international markets.

International Assistant Buyer, April 1999 – January 2001

Assistant International Marketing Manager, April 1998 - April 1999

International Customer Service Supervisor, November 1997 - April 1998

International Marketing Assistant/Customer Service Representative, May 1995 - November 1997