CURRICULUM VITAE

**Amanda Finn**

5th Year Ph.D. Student in Nutrition Sciences

The University of Alabama at Birmingham

arfinn@uab.edu

EDUCATION

**University of Alabama at Birmingham (UAB)** 2021-present

*In progress: Ph.D. in Nutrition Sciences*

**University of Alabama at Birmingham** 2021-2024

*Master of Science in Nutrition Sciences, Research Track*

**California State University, Long Beach (CSULB)** 2019-2021

*Bachelor of Science. Kinesiology: Exercise Science*

**College of the Canyons** 2017-2019

*Associate in Arts for Transfer: Kinesiology*

PUBLICATIONS

**Finn, A.,** Cedillo, Y., Aukan, M., Gower, B., Martins, C. (2025). Glucose-dependent insulinotropic polypeptide and glucagon after weight loss induced by diet or bariatric surgery. *Obesity*, (accepted 08/25, is being processed by journal)

Alvarado, F., Valenzuela, K. A., **Finn, A.,** Avila, E. L., Crussemeyer, J. A., & Nakajima, M. (2022). The Biomechanical Effects of Percussive Therapy Treatment on Jump Performance. *International journal of exercise science*, *15*(1), 994–1006.

HONORS AND SCHOLARSHIPS

**Honors/Awards**

UAB Department of Nutrition Sciences Trainee of the Year December 2024

The Obesity Society George A. Bray Master’s Thesis Award September 2024

B.S. Degree Honor- Magna Cum Laude May 2021

College of the Canyons Student-Athlete Award November 2018

**Scholarships/Funding**

Research! America Civic Engagement Microgrant December 2024

W. Timothy Garvey Endowed Scholarship November 2023

Predoctoral Training Award in Obesity-Related Research (T32) July 2022

UAB Graduate Research Fellowship March 2021

Building Infrastructure Leading to Diversity Research Fellowship June 2020

College of the Canyons Student Government Scholarship April 2018

PRESENTATIONS AND POSTERS

Shape

**American Society for Nutrition 2025**

**Finn, A.,** Cedillo, Y., Aukan, M., Gower, B., Martins, C. Glucose-dependent insulinotropic polypeptide and glucagon after weight loss induced by diet or bariatric surgery. Poster presentation at the American Society for Nutrition conference, Orlando, FL. June 2025.

**UAB Department of Nutrition Sciences 3-Minute Thesis Competition**

**Finn, A.** 3-minute oral presentation of dissertation project. Placed 3rd overall in September 2024 and 2023.

**Obesity Week 2023**

**Finn, A.** Fernandez, J., Goss, A., Gower, B. Postchallenge Insulin Responses as Predictors of Fat Loss. Poster presentation at Obesity Week, Dallas, TX. October 2023.

**UAB School of Health Professions Research Day 2023**

**Finn, A.,** Fernandez, J., Goss, A., Gower, B. MS Proposal: Postprandial Insulin Response Indices and Dietary Macronutrient Composition as Predictive Biomarkers for Fat Loss. Poster session for the University of Alabama at Birmingham graduate trainees. April 2023.

**University of Southern California Summer Research Presentation**

**Finn, A.,** Hernandez, R., Pyatak, E. The Relationship Between Location and Blood Glucose Levels in Type 1 Diabetes During COVID-19.VirtualPowerPoint presentation through the University of Southern California Summer Program in Diabetes and Obesity Research (SPIDOR). August 2021.

**CSULB Student Research Competition**

**Finn, A.,** &Schick, E. Lose Weight, but Make it ‘Grammable: An Observational Analysis of Weight Loss Hashtags Using the Instagram Graph API. VirtualPowerPoint presentation for student research competition. March 2021.

**CSULB Summer Symposium**

**Finn, A**., & Schick, E. Zero Calories, Zero Problems? An Analysis of Sucralose and Its Effect on GLP-1 Release in Healthy Humans. Poster presented at a virtual research symposium through the Building Infrastructure Leading to Diversity (BUILD) program. July 2020.

LABORATORY ACTIVITIES

**Metabolism Core Laboratory** August 2022-December 2024

Doctoral student under Barbara Gower, Ph.D., within the Department of Nutrition Sciences at UAB.

* Indirect calorimetry (Cosmed) and bioelectrical impedance (Seca) data collection.
* Physical Activity Laboratory maximal and submaximal exercise testing.
* Hormone and metabolite analysis in the Metabolism Core laboratory (TOSOH II, RANDOX).

**Movement Science Laboratory** Fall 2019-June 2020

Undergraduate research assistant (CSULB) under Kevin Valenzuela, Ph.D., and Fany Alvarado, M.S.

Project: The Effects ofPercussive Therapy (TheragunTM) On Range of Motion and Athletic Performance.

* + Recorded range of motion data, prepared motion capture markers for use on participants, and developed the timing protocol used for each data collection.
  + Corrected anatomical marker trajectories using Qualisys Track Manager software.

**Physiology of Exercise and Sports Laboratory** Fall 2019-March 2020

Undergraduate research assistant (CSULB) under Kurt Escobar, Ph.D., and Alec Wallace, M.S.

Project: The Impact of Six Weeks of Intermittent Fasting, With and Without Aerobic Exercise, on Serum BDNF and Cognitive Performance in Young Adult Males.

* Interpreted real-time data from the Cosmed Quark CPET metabolic cart to ensure the participants met the VO2 max test criteria.

SCIENTIFIC TRAINING PROGRAMS

**National Science Policy Network Writing Course** March 2025-April 2025

6-week science policy writing course offered through the National Science Policy Network. Taught by Tepring Piquado, PhD.

* Engaged in weekly lectures and writing assignments on op-eds, position letters, and issue briefs.

**Data and Analytics for Research Training** August 2023-November 2023

Program from the Children's Hospital of Philadelphia, an NIH R25-funded educational program for biomedical researchers.

* Engaged in self-directed and cohort-based learning in data science techniques, including instruction in R and Bash.
* Learned fundamentals of promoting rigor and reproducibility in research, including proper data management and version control.

**Summer Program in Diabetes and Obesity Research** June 2021-August 2021

NIH/NIDDK funded summer program

University of Southern California Keck School of Medicine

Project: Function and Emotion in Everyday Life with Type 1 Diabetes (FEEL-T1D). Award Number: 1R01DK121298-01. Principle Investigator: Beth Pyatak, Ph.D.

* Analyzed and organized G.P.S. coordinate data from participants. Worked with Quantum Geospatial Information System software for data visualization.
* Assisted with participant compliance checks during the 2-week intervention.
* Attended lectures through the Keck School of Medicine about diabetes, obesity, COVID-19, biostatistics, and professional development.

**Building Infrastructure Leading to Diversity** June 2020-June 2021

NIH funded research fellowship

California State University, Long Beach

Mentor: Evan E. Schick, Ph.D.

Duties:

* Created a Python script that searched the Instagram Graph Application Programming Interface for hashtags related to weight loss to analyze caption content. Captions were analyzed via QDA Miner Lite software.
  + - Proposed a study focused on examining glucose-dependent insulinotropic polypeptide and insulin responses to sucralose before and after a 10-day low carbohydrate diet. Study was approved by the CSULB Institutional Review Board. COVID-19 restrictions prevented the study from occurring.

VOLUNTEER EXPERIENCES

American Society for Nutrition Obesity GEM Leadership Team Fall 2025

Scientist Network Advancing Policy Member Summer 2025-present

Science Policy and Advocacy Network at UAB Vice President Summer 2024-present

MAGIC City Community Nutrition Committee Spring 2024-present

Undergraduate Research Experience Committee Member Fall 2023

Slovensky Series Lecture Advisory Committee Member Summer 2023

National Science & Technology Medals Foundation inSTEM Mentor Fall 2022-Spring 2025

UAB Undergraduate Research Oral Presentation Judge December 2021/2022

UAB Scientist Serving Society Volunteer Fall 2021

OTHER MEDIA APPEARANCES

Shape

Finn, A. (2025, June 5). In Defense of Education. *Santa Clarita Valley Signal*. https://signalscv.com/2025/06/amanda-finn-in-defense-of-education/

Escobar, K. (Host). (2025, April). Research, Health, and Students Under Threat [Video podcast episode]. In *Firme Physiology* Youtube.

Escobar, K. (Host). (2025, January). Is Healthy Obesity Real? | Metabolic Health & Nutrition Misinformation w/ Amanda Finn MS PhD Student [Video podcast episode]. In *Firme Physiology* Youtube.

Flores, J.P. (Host). (2020, September). Community College to Four-Year: Amanda Finn (No. 3) [Audio podcast episode]. In *From where does it STEM?* Spotify.

PROFESSIONAL SKILLS

Experienced in R, Excel, and SAS.

Fluent in Spanish.

REFERENCES

1. Barbara Gower, Ph.D.

Professor and Department Chair

Department of Nutrition Sciences at the University of Alabama at Birmingham

Email: [bgower@uab.edu](mailto:bgower@uab.edu)

Tel: (205) 934-4087

*Reference as primary mentor at UAB (MS and PhD).*

2. Paula Chandler-Laney, Ph.D.

Associate Professor

Department of Nutrition Sciences at the University of Alabama at Birmingham

Email: [pchandle@uab.edu](mailto:pchandle@uab.edu)

Tel: (205) 934-0809

*Reference as Director of Ph.D. program.*

3. José Fernández, Ph.D.

Professor and Vice Chair for Education

Department of Nutrition Sciences at the University of Alabama at Birmingham

Email: [jose@uab.edu](mailto:jose@uab.edu)

Tel: (205-934-2029)

*Reference as secondary mentor at UAB (MS).*

4. Evan E. Schick, Ph.D., CSCS

Associate Professor of Exercise Physiology

Department of Kinesiology, California State University Long Beach

Email: [Evan.schick@csulb.edu](mailto:Evan.schick@csulb.edu)

Tel: 562-985-4590

*Reference for professional experience as a BUILD research fellow.*