The Laboratory of Exercise and Sports Nutrition operated by Tianou Zhang is seeking a motivated, ambitious, and innovative research assistant(s) who would like to gain experience with exercise and sports nutrition research. The research conducted in the lab focuses on projects related to exercise physiology and the science of digestion, absorption, and metabolism of sport nutritional content.

Research assistant responsibilities include participation in current studies by actively researching articles, assisting in experimental protocols, and working closely with other team members and projects.

One of the current projects being explored by graduate student is the effect of extra virgin olive and exercise on an atherogenic diet induced rats on skeletal muscle metabolism. In this project the use a bioplex-200 will help analyze multiple biochemical markers all at once and produce data that will give the researcher results to identify the findings. The used of western blots may also be used in this lab. This protocol allows the researcher to identify specific protein(s) of interest. Other tools include a flow cytometer, which quantifies cells in blood along with other lab work.

The objective is to not only to assist students and faculty with research but also to promote the student’s knowledge, training, and skills to seek a career in exercise and sports nutrition research, if choosing to do so.

2. Indicate the most appropriate person(s) to contact within your facility/agency regarding internship possibilities.

   Tianou Zhang M.D., Ph.D.
   Assistant Professor
   Director, Laboratory of Exercise and Sports Nutrition (LESN)
   Department of Kinesiology, Health and Nutrition
   The University of Texas at San Antonio
   Main Building 3.422, One UTSA Circle, San Antonio, TX, 78249

3. Briefly describe the internship experiences available with your facility/agency.
Olive Oil Studies: is looking for enthusiastic individuals with interest in phytochemicals and their ability to provide health benefits in relationship to exercise. As an intern, you will be assisting in performing experimental protocols to produce data and develop research and scientific reasoning in the field.

4. Are there any restrictions to an internship that the student or university should be aware of? Will this be a paid position?

All applicants must complete an interview with Dr. Zhang. In addition to the interview all applicants will need to complete the following training courses: Hazardous Waste Generator’s Training; Hazardous Communication and Laboratory Safety; Biosafety and Bloodborne Pathogens; and Citi Program training. Valid updated immunization records will need to be provided. If the immunizations are not up to date, proper immunizations will need to be obtained.