

## **P. Spencer Webb, MS, RDN, CSCS, PES, RDN**



P. Spencer Webb, MS, RDN, CSCS, PES, RDN has spent over a decade working for the US military. He has been on active duty, worked in the civil service, and as a contractor. After serving in the US Army as an Airborne Infantryman, he went on to earn a Bachelor of Science in Food & Nutrition and a Master of Science in Exercise Science. He completed his dietetic internship through the Bay Pines VA Healthcare System.

He has worked in Human Performance for the Department of Defense as a registered dietitian, strength and conditioning specialist, and anthropometrist with the US Air Force Special Operations Forces training programs; known in the military as “pipelines” - Combat Control Team (CCT) Selection Course, Pararescue Indoctrination Course (PJ Indoc), Combat Control and Special Operation Weather School, and Combat Dive Course. He has also worked with the US Army Special Operations Command’s THOR3 program, Air Force EOD Silver Flag, and the 325<sup>th</sup> Fighter Wing.

Spencer has served on the USSOCOM Performance Nutrition Committee, the AFSOC Human Performance Group, the USAF Performance Nutrition Committee, and the Performance Advisory Council (PAC) for Battlefield Airmen development.

He is an anthropometrist, credentialed through the International Society of Advancement of Kinanthropometry (ISAK) as a Level 3 Instructor.