

## VITA

Espen Spangenburg was born outside San Francisco, CA on Jan. 5, 1973. He soon moved to Falls Church, VA. He spent most of his days playing sports and reading books. He graduated from Fairfax High School in 1991 and the subsequently proceeded to Virginia Tech University. He earned his B.S. in Exercise Physiology in 1995, and decided to return for his M.S. in Exercise Physiology. In 1997, after finishing his M. S., he returned for more punishment to earn his doctorate in Exercise Physiology under Jay Williams, Ph.D. He currently has accepted a post-doctoral fellow position to work with Frank Booth, Ph. D. at the University of Missouri studying the molecular regulation of skeletal muscle atrophy and hypertrophy.