

CURRICULUM VITAE

Stacie L. Wing-Gaia, PhD, RDN, CSSD, CD.
Instructor of Exercise & Nutrition,
College of Education, Weber State University
Department of Exercise & Nutrition Sciences
1435 Village Dr. Dept. 2805
Ogden, UT 84408
E-Mail: swinggaia@weber.edu

I. EDUCATION

<u>Year</u>	<u>Degree</u>	<u>Institution (Area of Study)</u>
2002 - 2006	Ph.D.	University of Utah (Exercise Physiology)
1999 - 2001	M.S.	University of Utah (Nutrition Science)
1993 - 1994	R.D.	Oregon Health Sciences University (Dietetic Internship)
1989 - 1993	B.S.	University of California, Davis (Dietetics)

II. CERTIFICATIONS

Registered Dietitian (Commission of Dietetic Registration) (813813)
State Certified Dietitian, UT (318405-4901)
Board Certified Specialist in Sports Dietetics (Commission of Dietetic Registration)

III. EMPLOYMENT

07/19 – Present	Instructor, Department of Exercise and Nutrition Sciences, Weber State University, Ogden, UT
07/19 – Present	Adjunct Associate Professor, Department of Nutrition and Integrative Physiology, University of Utah, Salt Lake City, UT
08/14 – Present	Bionutritionist (Research Dietitian), Center for Clinical and Translational Science, School of Medicine, University of Utah, Salt Lake City, UT
01/15 – 06/19	Associate Professor (lecturer), Department of Nutrition and Integrative Physiology (formerly Division of Nutrition), University of Utah, Salt Lake City, UT
07/08 – 06/18	Director, Sports Nutrition Program, Department of Nutrition and Integrative Physiology (formerly Division of Nutrition), University of Utah, Salt Lake City, UT
07/06 – 01/15	Assistant Professor (lecturer), Division of Nutrition, University of Utah, Salt Lake City, UT
07/04 – 07/05	Assistant Nutrition Clinic Director, University of Utah Nutrition Clinic, Salt Lake City, UT
08/04 – 08/06	Sports Dietitian, The Orthopedic Specialty Hospital, Murray, UT

- 07/01 – 07/06 Instructor (clinical), Division of Nutrition, University of Utah, Salt Lake City, UT
- 07/01 – 07/02 Dietitian, University of Utah Nutrition Clinic, Salt Lake City, UT
- 09/01 – 05/03 Dietitian Consultant, Protocare Trials, Murray, UT
- 08/00 – 05/01 Research Assistant, Division of Nutrition, University of Utah, Salt Lake City, UT
- 08/99 – 05/01 Teaching Assistant, Division of Nutrition, University of Utah, Salt Lake City, UT
- 09/95 – 08/99 Women, Infant and Children (WIC) Dietitian, Salt Lake County Health Department, Salt Lake City, UT
- 10/94 – 07/95 Clinical Dietitian, Oregon Health Sciences University, Portland, OR
- 09/93 – 06/94 Dietetic Intern, Oregon Health Sciences University and Veteran Affairs Medical Center, Portland, OR
- 09/92 – 06/93 Research Aide, Department of Physiology, University of California, Davis, CA

IV. **PROFESSIONAL AFFILIATIONS**

Member, American College of Sports Medicine.

Member, Academy of Nutrition and Dietetics.

Member, Utah Academy of Nutrition and Dietetics

Member, Sports, Cardiovascular, and Wellness Nutritionists (SCAN)

Member, Wilderness Medical Society.

V. **PUBLICATIONS**

A. **Peer-Reviewed Journal Articles**

1. **Wing-Gaia SL.** (2014). Nutritional strategies for the preservation of fat free mass at high altitude. *Nutrients*, Feb 13;6(2):665-81. doi: 10.3390/nu6020665.
2. **Wing-Gaia SL,** Gershenoff DC, Drummond MJ, Askew EW. (2013). Effect of leucine supplementation on fat free mass with prolonged hypoxic exposure during a 13-day trek to Everest Base Camp: A double-blind randomized study. *Appl Physio Nutr Metab*, Mar;39(3):318-23. doi: 10.1139/apnm-2013-0319. Epub 2013 Sep 25.
3. McIntosh SE, Testa M, Walker J, **Wing-Gaia SL,** McIntosh SN, Litwin SE, Needham C, Tabin GC. (2011). Physiological profile of world-record holder Sherpas. *Wilderness Environ Med*, 22, 65-71.

4. **Wing-Gaia SL**, Subudhi AW, Askew EW. (2005). Effects of purified oxygenated water on exercise performance during acute hypoxic exposure. *Int J Sport Nutr Exerc Metab*, 15(6), 680-8.
5. **Wing SL**, Askew EW, Luetkemeier MJ, Ryuji DT, Kamimori GH, Grissom CK. (2003). Lack of effect of Rhodiola or oxygenated water supplementation on hypoxemia and oxidative stress. *Wilderness Environ Med*, 14(1), 9-16.

B. Non-Peer Reviewed Articles

1. **Wing-Gaia SL**. (2015). Foods to Keep you Warm on the Trail. In *Wilderness Medicine Magazine*. November 2015.
2. **Wing-Gaia SL**. (2013). Preserving Strength on the Trail. In *Wilderness Medicine Magazine*. December 2013.
3. **Wing-Gaia SL**, Meyer NL. (2006). Fueling Sport Performance with Carbohydrate. In *Frappier Acceleration Magazine*. Fall 2006.
4. Meyer NL, **Wing-Gaia SL**. (2005). Nutrition for Athletes: International Olympic Committee guidelines for the elite made easy for FAST. In *Frappier Acceleration Magazine*. Winter 2005.
5. Meyer NL, **Wing-Gaia SL**. (2005). Nutrition for athletes (part II): International Olympic Committee guidelines for the elite made easy for FAST. In *Frappier Acceleration Magazine*. Spring 2005.
6. **Wing-Gaia SL**, Meyer NL. (2005). Protein for athletes: how much, what kind, and when. In *Frappier Acceleration Magazine*. Summer 2005.
7. **Wing-Gaia SL**, Meyer NL. (2004). Are you stressed out...with oxidative stress. In *Frappier Acceleration Magazine*. Fall 2004.

C. Book Chapters

1. **Wing-Gaia SL**. (2019). *Nutrition During Pregnancy and Lactation*. In: William's Basic Nutrition and Diet Therapy, 16th Edition. S Nix. Elsevier Mosby. Philadelphia, PA.
2. **Wing-Gaia SL**. (2019). *Nutrition During Infancy, Childhood, and Adolescence*. In: William's Basic Nutrition and Diet Therapy, 16th Edition. S Nix. Elsevier Mosby. Philadelphia, PA.
3. **Wing-Gaia SL**, E. Wayne Askew (2017). *Nutrition, Malnutrition, and Starvation*. In: Wilderness Medicine. 7th edition. P Auerbach. Elsevier Mosby. Philadelphia, PA.

4. Harris J, **Wing-Gaia SL**. (2016). *Wilderness Nutrition*. In: Advanced Wilderness Life Support: Prevention, Diagnosis, Treatment, and Evacuation. D Della-Giustina and R Ingebretsen. University of Utah School of Medicine, Salt Lake City, UT.
5. Rick R, **Wing-Gaia SL**. (2015). *Sports Nutrition for Cross Country Skiers*. In: XCountry coaches Education Level 200 Manual. U.S. Ski and Snowboard Association. Park City, UT.
6. **Wing-Gaia SL**. (2014). Nutrition Contributor. Chapter 11 *Nutrition: Eating with Purpose*. In: Training for the New Alpinism: A Manual for the Climber as Athlete. Steve House and Scott Johnston. Patagonia books. Ventura, CA.
7. **Wing-Gaia SL**. (2009). *Antioxidant Nutrients*. In: Sports Nutrition for Health and Performance. 2nd edition. M Manore, N. Meyer, and J Thompson. Human Kinetics. Champaign, IL.
8. **Wing-Gaia SL**. (2009). *Ergogenic Substances and Evaluation of Sports Nutrition Products*. In: Sports Nutrition for Health and Performance. 2nd edition. M Manore, N. Meyer, J Thompson. Human Kinetics. Champaign, IL.

D. Abstracts

1. **Wing-Gaia SL**, Gershenoff DC, Drummond MJ, Gaia P, Askew EW. (2013). Body composition changes following a 13-day high altitude trek to Everest Base Camp. *Med Sci Sports Exer.* 45 (5S):207.
2. Gershenoff, GC, **Wing-Gaia SL**, Drummond MJ, Gaia PF, Askew EW (2013). Effect of leucine supplementation on lean body mass during prolonged hypoxic exposure for 13-day trek to Everest Base Camp: A double-blind randomized study. *FASEB J.* 27:1075.4.
3. **Wing-Gaia SL**, Nix S, McIntosh S. (2009). The effects of altitude on energy balance in Sherpas on Mount Everest. *Wilderness Environ Med*, 20:176.
4. Spence KR, Jordan KC, Doetsch H, Hayman M, Dolan S, **Wing-Gaia SL**, Beals K, Meyer N. (2008). Female Athlete Triad Prevalence and Risk Factors in Athletes and Nonactive Adolescents. *Med Sci Sports Exer.* 40(5):S217.
5. Dvorak TE, Meyer NL, Clark KK, Dolan SH, **Wing-Gaia SL**. (2007). The Adolescent Sport Nutrition Knowledge Questionnaire: Validity and Reliability. *Med Sci Sports Exer.* 40(5):S218.
6. **Wing-Gaia SL**, Meyer NL, Walker JA, Askew EW, Shultz BB, Eisenman, PA. (2007). Identifying predictors of high-risk supplement use in adolescent male athletes. *Med Sci Sports Exerc*, 39(5) Supplement: S361.
7. Wewer KM, Wilkens HD, **Wing SL**, Subudhi AW, Askew EW. (2004) Dietary macronutrients and blood oxygenation during acute hypoxic exposure. *Med Sci Sports Exerc*, 36(5), S336.

8. **Wing SL**, Askew EW, Luetkemier MJ, Ryujin DT, Grissiom CK. (2002). The Effects of Reduced Atmospheric Oxygen and Dietary Supplements on Blood Oxygenation. *Med Sci Sports Exer*, 34(5).

E. Poster Presentations

- 2015 Rick, R, **Wing-Gaia SL**. *Development of a sport nutrition chapter for the level 200 cross-country ski coaches education manual*. Sports, Cardiovascular, and Wellness Nutritionists Annual Meeting (Colorado Springs, CO).
- 2013 **Wing-Gaia SL**, Gershenoff DC, Drummond MJ, Gaia P, Askew EW. *Body composition changes following a 13-day high altitude trek to Everest Base Camp*. American College of Sports Medicine Annual Meeting (Indianapolis, IN).
- 2013 Gershenoff DC, **Wing-Gaia SL**, Drummond MJ, Gaia P, Askew EW. *Effect of leucine supplementation on fat free mass with prolonged hypoxic exposure during a 13-day trek to Everest Base Camp: A double-blind randomized study*. Experimental Biology Annual Meeting (Boston, MA).
- 2008 Spence KR, Jordan KC, Doetsch H, Hayman M, Dolan S, **Wing-Gaia SL**, Beals K, Meyer N. *Female Athlete Triad Prevalence and Risk Factors in Athletes and Nonactive Adolescents*. American College of Sports Medicine Annual Meeting (Indianapolis, IN).
- 2008 Dvorak TE, Meyer NL, Clark KK, Dolan SH, **Wing-Gaia SL**. *The Adolescent Sport Nutrition Knowledge Questionnaire: Validity and Reliability*. American College of Sports Medicine Annual Meeting (Indianapolis, IN).
- 2007 **Wing-Gaia SL**, Meyer NL, Walker JA, Askew EW, Shultz BB, Eisenman, PA. *Identifying predictors of high-risk supplement use in adolescent male athletes*. American College of Sports Medicine Annual Meeting (New Orleans, LA).
- 2004 Wewer KM, Wilkens HD, **Wing SL**, Subudhi AW, Askew EW. *Dietary macronutrients and blood oxygenation during acute hypoxic exposure*. American College of Sports Medicine Annual Meeting (Indianapolis, IN).
- 2004 Wilkens H, Wewer KM, **Wing SL**, Subudhi AW, Askew EW. *Dietary Macronutrient effects on blood oxygenation and maximal exercise performance during acute hypoxic exposure*. Experimental Biology Annual Meeting (Washington, D.C.)
- 2002 **Wing SL**, Askew EW, Luetkemier MJ, Ryujin DT, Grissiom CK. *The effects of reduced atmospheric oxygen and dietary supplements on blood oxygenation*. 6th International Olympic Committee World Congress on Sports Sciences (St. Louis, MO).

VI. PRESENTATIONS, INVITED LECTURES AND SYMPOSIA-FREE COMMUNICATION PRESENTATIONS

Presentations

Local

- 2017-2018 “Weight and Body Composition: Assessment and Application.” Federation of University Sports China. Office of Global Engagement, University of Utah. Salt Lake City, UT.
- 2017-18 “The Female Athlete Triad: Diagnosis, Treatment, and Nutritional Intervention.” Federation of University Sports China. Office of Global Engagement, University of Utah. Salt Lake City, UT.
- 2016-2018 “Introduction to Sports Nutrition.” Federation of University Sports China. Office of Global Engagement, University of Utah. Salt Lake City, UT.
- 2016-2018 “Nutrition for Exercise-Induced Injuries.” Federation of University Sports China. Office of Global Engagement, University of Utah. Salt Lake City, UT.
- 2015 “Promoting Lactation: Myths and Misconceptions.” Maternal & Fetal Medicine. University of Utah. Salt Lake City, UT.
- 2013 “Food and Fluid for Firefighters.” Unified Fire Authority. Riverton, UT
- 2013 “Healthy Eating, Healthy Kids: Nutrition for Preschoolers.” Wasatch Presbyterian Preschool. Salt Lake City, UT.
- 2012 “Red light, Green Light: Healthy Eating for Preschoolers.” Wasatch Presbyterian Preschool. Salt Lake City, UT
- 2010 “An Introduction to Sports Nutrition.” Utah Nutrition Council. Salt Lake City, UT.
- 2007 “Fluid Update, 2007.” University of Utah Orthopedic Center, Salt Lake City, UT.
- 2006 "Are supplements safe." Channel 2 News, KUTV interview.
- 2006 “Understanding Dietary Supplements.” Athletic Trainer Inservice, University of Utah, Salt Lake City, UT.
- 2005 “Dietary Supplements.” Life Skills Program. University Athletics, University of Utah, Salt Lake City, UT.
- 2005 "Steroids. Use and Abuse of Sex Hormones." Panelist, Salt Lake City Library, KCPW radio broadcast.
- 2004 "Improving Health and Performance in Adolescents through Food and Movement." Granite School District. Salt Lake City, UT

National

- 2013 “Nutrition for the Backcountry: Can muscle wasting be Prevented?” National Outdoor Leadership School. Lander, WY.

Peer-Reviewed Presentations

National

- 2017 **Wing-Gaia SL.** “Nutrition for the Cold Environment: Fueling to Stay Warm.” Wilderness Medicine Winter Meeting, Wilderness Medical Society, Park City, UT.
- 2013 **Wing-Gaia SL.** “Nutrition at Altitude: Can muscle wasting be Prevented?” Wilderness Medicine Winter Meeting, Wilderness Medical Society. Park City, UT.
- 2008 **Wing-Gaia SL,** Nix S, McIntosh S. *The effects of altitude on energy balance in Sherpas on Mount Everest.* Oral presentation at the Wilderness Medical Society Annual Summer Conference (Snowmass, CO).
- 2001 **Wing SL,** Askew EW, Luetkemier MJ, Ryujin DT, Grissiom CK. *Oxygen-promoting dietary supplements, hypoxia and oxidative stress during simulated altitude exposure.* Oral presentation at the Wilderness Medical Society Annual Summer Meeting (Whistler, BC).

VII. GRANT WRITING AND RELATED ACTIVITIES

- 2014 Online course development. NUTR 5230/6230 Wilderness Nutrition, University of Utah Technology Assisted Curriculum, Principal Investigator, \$5,000
- 2012 A Pilot Study Examining the Effects of Leucine Supplementation on Lean Body Mass during High Altitude Exposure, Glanbia Nutritionals, Principal Investigator, \$27,500.
- 2011 A Pilot Study Examining the Effects of Leucine Supplementation on Lean Body Mass in Climbers Ascending Mount Everest, College of Health Research Incentive, Principal Investigator, \$5,000.
- 2007 The effects of altitude on appetite and energy balance in Sherpas on Mount Everest, Pharmanex, LCC, Principal Investigator, \$10,000.
- 2007 Online course development, NUTR 4440 Advanced Human Nutrition, University of Utah Technology Assisted Curriculum Grant, Principal Investigator, \$5,000.
- 2005 Online course development, NUTR 5380 Understanding Dietary Supplements, University of Utah Technology Assisted Curriculum, Principal Investigator, \$5,000.
- 2002 The effects of oxygenated water on exercise performance during simulated altitude. Penta Water, Principal Investigator, \$45,000.

VIII. TEACHING, ADVISING AND OTHER ASSIGNMENTS

A. Instructional Summary

Courses Taught

2019 - Present	Primary Instructor, ESS 2200: Exploring Exercise Science Professions
2019 – Present	Primary Instructor, ESS 2300: Health/Fitness Evaluation and Exercise Prescription
2019 - Present	Primary Instructor, ESS 4370: Clinical Exercise Physiology
2019 – Present	Primary Instructor, NUTR 2020: Lifespan Nutrition
2019 – Present	Primary Instructor, NUTR 3020: Sports Nutrition
2018 - 2019	Primary Instructor, NUIP 5420 (001, 090): Lifecycle Nutrition
2014 – Present	Guest Instructor, Internal Medicine 7980: Wilderness Medicine, University of Utah, School of Medicine.
2013 – Present	Guest Instructor, NUTR 6380 (001): Medical Nutrition Therapy, University of Utah, Nutrition.
2012 - 2019	Primary Instructor, NUTR 6900 (004): Directed Nutrition Research, University of Utah, Nutrition.
2010 – 2018	Guest Instructor, NUTR 3010 (001): Nutrition and Chronic Disease Prevention, University of Utah, Nutrition.
2008 – 2013	Primary Instructor, NUTR 4440 (001, 090): Advanced Human Nutrition, University of Utah, Nutrition.
2007 – 2019	Primary Instructor, NUTR 5320 (090,091): Nutrition for Sport & Exercise, University of Utah, Nutrition.
2006 - 2008	Instructor, NUTR 6220 (001): Advanced Sports Nutrition and Exercise Metabolism, University of Utah, Nutrition.
2005 - 2009	Primary Instructor, NUTR 5380 (090): Understanding Dietary Supplements, University of Utah, Nutrition.
2003	Guest Instructor, ESS 3091 (001): Exercise Physiology, University of Utah, Exercise and Sport Science.
2002 - 2017	Primary Instructor, NUTR/HEDU 5230/6230 (001): Wilderness Nutrition, University of Utah, Nutrition and Health Promotion and Education.
2002	Primary Instructor, NUTR 3230 (001): Applied Nutrition through the Lifecycle, University of Utah, Nutrition.
2001 - 2004	Primary Instructor, NUTR 1020 (020): Scientific Foundations of Nutrition and Health, University of Utah, Nutrition.

2001 - 2007 Primary Instructor, NUTR 2440 (001, 090): Advanced Nutrition Science, University of Utah, Nutrition.

Curriculum Development

2019 Department of Exercise & Nutrition Sciences, ESS 2200: Exploring Exercise Science Professions, 2 credit hours, conversion to hybrid course.

2019 Department of Exercise & Nutrition Sciences, ESS 2300: Health/Fitness Evaluation and Exercise Prescription, 3 credit hours, conversion to hybrid course.

2018 Department of Nutrition and Integrative Physiology, NUIP 5420-001: Lifecycle Nutrition, 3 credit hours, conversion to hybrid course.

2017-2018 Department of Nutrition and Integrative Physiology, NUIP 6900: Directed Nutrition Research, 6 credits, development of team-based focused area of study for Master's graduate students.

2014 - 2015 Division of Nutrition, NUTR 5230/6230: Wilderness Nutrition, 3 credit hours, conversion to hybrid course.

2008 Division of Nutrition, NUTR 4440: Advanced Human Nutrition, 4 credit hours, development of both online and traditional class.

2006-2007 Murray High School Nutrition and Exercise Curriculum development

2005 Division of Nutrition, Nutrition 5380: Understanding Dietary Supplements, 3 credit hours, development of online course.

2004 -2005 Division of Nutrition, Sports Dietetics Program curriculum development

2002 Division of Nutrition, NUTR 5230/6230 Wilderness Nutrition, 3 credit hours, development of traditional course.

Graduate Student, Postdoctoral Trainees and Undergraduate Students:

2018-2019 Chair, Sarah Boyt and Allison Schneggenberger, University of Utah, Masters Committee, Non-thesis project: Expansion and Evaluation of the R.D. Approved Marketing Brand throughout the University of Utah Hospital

2018-2019 Chair, Madeline French and Emily Prieb, University of Utah, Masters Committee, Non-thesis project: Revision of the MBEAT Curriculum to Improve Veteran Mindfulness Education at the Veteran's Affairs Medical Center in Salt Lake City, Utah.

2018-2019 Chair, Lauren Jacklin, Jessica Pastluf, and Sara Hillring. University of Utah, Masters Committee, Non-thesis project: Development and Implementation of Nutrition Education for Athletes of the U.S. Ski and Snowboard Association Academies.

- 2018-2019 Chair, Emily Daniels and Samantha Shanahan, University of Utah, Masters Committee, Non-thesis project: Development and Implementation of a Body Positive Program for the University of Utah Athletic Program.
- 2019 Chair, Alyssa Davis, Davin Lau, Lindsey Kotecki, and Kala Riester, University of Utah, Masters Committee, Non-thesis project: Identification of a Body Positive Program for University of Utah Athletics.
- 2019 Chair, Michael Gjenvick, Aryane Mendes, Sharee Thompson, and Andrea Walsh. University of Utah, Masters Committee, Non-thesis project: Development of Standardized Malnutrition Screening Protocol and Nutrition education for Patients with Malignant Gastrointestinal Cancer at Intermountain Medical Center Outpatient Cancer Clinic.
- 2019 Chair, Samantha Barela, Martin Caniza, Lucy Mower, and Corinna Coffin. University of Utah, Masters Committee, Non-thesis project: Development and Implementation of a Sports Nutrition Curriculum for Young Adult Athletes Serviced by PEAK Health and Fitness at the University of Utah.
- 2019 Chair, Brittany Dunn, University of Utah, Masters Committee, Non-thesis project: Development and Evaluation of Nutrition Education Curriculum for Substance Abuse Recovery Participants and the University of Utah Center for Community Nutrition.
- 2018 Chair, Vanessa Browning, University of Utah, Masters Committee, Non-thesis project: Development of Practical Meal Plans and Nutrition Education Materials for the Purelife Adventure Therapy Program.
- 2018 Chair, Alex Racine, University of Utah, Masters Committee, Non-thesis project: Development of Nutrition Education Curriculum for Operation Enduring Freedom and Iraqi Freedom Veterans at the Salt Lake City Veteran's Affairs Hospital.
- 2018 Chair, Cassidy Moore, University of Utah, Masters Committee, Non-thesis project: Planning a Medicinal Garden and Developing Food Systems Curriculum for the University of Utah Culinary Medicine Course MD 7540.
- 2018 Chair, Kimberly Funk, University of Utah, Masters Committee, Non-thesis project: Revision of Intermountain Healthcare's "My Heart Challenge" Nutrition Modules.
- 2018 Chair, Angela Smith, University of Utah, Masters Committee, Non-thesis project: Development and Evaluation of a Cookbook for Odyssey House Residential Treatment and Recovery.
- 2018 Chair, Michelle Meinking, University of Utah, Masters Committee, Non-thesis project: Development and Implementation of the Utah Dairy Council Farm-to-School Curriculum.
- 2017 Chair, Carl Bombardier, University of Utah, Masters Committee, Non-thesis project: Development and Implementation of Nutrition Education Curriculum for the Utah Outliers Hockey Development Program.
- 2017 Chair, Bronwyn Knaebe, University of Utah, Masters Committee, Non-thesis project: Nutrition Education for Children with Sensory Integration Disorders.

- 2017 Chair, Tacie Hall, University of Utah, Masters Committee, Non-thesis project: Development, Implementation, and Evaluation of Online Administrative Training Modules for Utah School Board of Education Summer Food Service Program Sponsors.
- 2017 Chair, Allison Kraft, University of Utah, Masters Committee, Non-thesis project: Development and Implementation of Nutrition Education for Ballet West Academy Dancers.
- 2017 Chair, Lindsey Imber, University of Utah, Masters Committee, Non-thesis project: Development and Implementation of an Electronic Cookbook for United States Ski and Snowboard (USSA) Team.
- 2017 Chair, Julia Zalewski, University of Utah, Masters Committee, Non-thesis project: Development of Sport Nutrition-Targeted Food Labels and Education for the University of Utah Athlete Dining Hall.
- 2016 Chair, Raphael Blesi, University of Utah, Masters Committee, Non-thesis project: Development and Implementation of Sports Nutrition Education Content for Dietitians, Coaches, and Athletes at the Austrian Olympic Training Center.
- 2016 Chair, Kristin Jakus, University of Utah, Masters Committee, Non-thesis project: Hydration Assessment and Education for U.S. Short and Long track Speed Skaters.
- 2016 Chair, Eric Finley, University of Utah, Masters Committee, Non-thesis project: Nutrition Curriculum for Student Wellness
- 2016 Member, Brian Duke, University of Utah, Masters Committee, thesis project. The Effects of Varying Types of Magnesium Supplements on Marginally Magnesium Deficient Mice.
- 2016 Member, Daniel Burgess, University of Utah, Masters Committee, Non-thesis project: Development of a Diabetes Education Toolkit for the ADAPT Study.
- 2016 Chair, Jennifer Harris, University of Utah, Masters Committee, Non-thesis project: Development of a Nutrition Component for the University of Utah School of Medicine Advanced Wilderness Life Support Course
- 2015 Chair, Sigornie Pfefferle, University of Utah, Masters Committee, Non-thesis project: Applied Wilderness Nutrition: Development of foods labs for a hybrid course.
- 2015 Chair, Megan Chacosky, University of Utah, Masters Committee, Non-thesis project: Recipe development, evaluation, and cookbook preparation for Unified Fire Authority.
- 2015 Chair, Rebecca Rick, University of Utah, Masters Committee, Non-thesis project: Development of a Level 200 Nutrition Manual for Coaches of National Cross-Country Ski Racers.
- 2014 Chair, Melanie Marshall, University of Utah, Masters Committee, Non-thesis project: Conceptualization of a mobile application with a recipe database for athletes. Graduated Spring 2014.

- 2014 Member, Maria Ralph, University of Utah, Masters Committee, Non-thesis project: Development of an educational resource for athletes transitioning out of sport. Graduated Summer 2014.
- 2014 Member, Jill Merkel, University of Utah, Masters Committee, Non-thesis project: Creation of a Sports Nutrition Website for Female Athletes. Graduated Spring 2014.
- 2013 Member, Allen Tran, University of Utah, Masters Committee, Non-thesis project: Sports Nutrition Education Through Digital Video and New Media Outlets for University of Utah Student-Athletes. Graduated Spring 2013.
- 2013 Member, Anna Mitchell, University of Utah, Masters Committee, Non-thesis project: Preparation of a Review Article for the Journal of Lifestyle Medicine: Hot Topics in Sports Nutrition for the Elite Athlete Graduated Spring 2013.
- 2013 Member, Ronald Beckstrom, University of Utah, Masters Committee, Non-thesis project: Promoting healthy dietary intake: A social marketing approach using YouTube and other social media. Graduated Spring 2013.
- 2013 Member, Ema Thake, University of Utah, Masters Committee, Non-thesis project: Development and Presentation of Sports Nutrition Modules for the National Outdoor Leadership School (NOLS). Graduated Spring 2013.
- 2013 Chair, Dana Gershenoff, University of Utah, Masters Committee, Thesis: Effect of leucine supplementation on loss of lean body mass during prolonged hypoxic exposure: A double-blind randomized study. Graduated Spring 2013.
- 2012 Member, Jamie Sanders, University of Utah, Masters Committee, Non-thesis project: A Peer-Led Model for Female Athlete Triad Education in High School Athletes. Graduated Spring 2012.
- 2012 Member, Jenessa Henrie, University of Utah, Masters Committee, Non-thesis project: Sports Nutrition for the Masses: Teaching healthful adult nutrition through sports nutrition classes. Graduated Spring 2012.
- 2011 Member, Ladd Harris, University of Utah, Masters Committee, Non-thesis project: Nutrition for the elite athlete: book chapter for *Lifestyle Medicine*. Graduated Spring 2011.
- 2011 Member, Sara Mickelson, University of Utah, Masters Committee, Thesis: The effect of high versus low dose endurance exercise on eating behaviors of overweight healthy premenopausal women. Graduated Spring 2011.
- 2011 Member, Courtney Carlson, University of Utah, Masters Committee, Non-thesis project: BEST (Better Eating and Safer Training) Youth Nutrition Clinic Curriculum. Graduated Spring 2011.
- 2010 Member, Kary Woodruff, University of Utah, Masters Committee, Non-thesis project: Sports nutrition for parents, coaches, and athletes affiliated with the Utah Athletic Foundation. Graduated Spring 2010.
- 2010 Member, Shara Biesinger, University of Utah, Masters Committee, Thesis: Efficacy of ProvexCV to reduce hypertension in individuals with metabolic syndrome. Graduated Summer 2010.

- 2009 Member, Alina Baugh, University of Utah, Masters Committee, Non-thesis project: Increasing Awareness and Visibility Of The Board Certified Specialty In Sports Dietetics (CSSD) Credential Through Manuscript Development. Graduated Spring 2009.
- 2009 Member, Meg Graf, University of Utah, Masters Committee, Non-thesis project: Cyber Pedagogy and Nutrition: Developing “Eating Disorders: Prevention and Treatment” from a Ground Class to an Online Class. Graduated Spring 2009.
- 2009 Member, Sujata Anantharman, University of Utah, Masters Committee, Thesis: Effects of Bison Meat on Blood Lipids and Selective Biomarkers Related to Cardiovascular Risk. Graduated Summer 2009.
- 2009 Member, Ying-Sheng Chen, University of Utah, Masters Committee, Thesis: The Effects of Bison Meat Consumption on Blood Lipid and Selective Biomarkers Related to Cancer Risk. Graduated Summer 2009.
- 2008 Member, Rebecca Hurst, University of Utah, Masters Committee, Thesis: The effects of bison meat consumption on blood lipids and selective biomarkers related to cardiovascular risk. Graduated Summer 2008.
- 2007 Member, Kristine Spence, University of Utah, Masters Committee, Thesis: Prevalence of the female athlete triad in adolescent athletes. Graduated Summer 2007.
- 2007 Member, Theresa Dvorak, University of Utah, Masters Committee, Thesis: The Adolescent Sport Nutrition Knowledge Questionnaire: validity and reliability. Graduated Summer 2007.
- 2004 Member, Holly Wilkens, University of Utah, Masters Committee, Thesis: The effects of dietary macronutrients on maximal exercise performance and oxidative stress during acute hypoxic exposure. Graduated Summer 2004.
- 2004 Member, Kathleen Wewer, University of Utah, Masters Committee, Thesis: The effects of dietary macronutrients on blood oxygenation and oxidative stress during acute hypoxic exposure. Graduated Summer 2004.

IX. EDITORIAL EXPERIENCE

- 2006 - Present Sports Dietetics USA, *Pulse* co-editor
- 2004 - 2009 Journal of Wilderness and Environmental Medicine, Section Editor, Nutrition and Exercise

X. REVIEWER EXPERIENCE

- 2011-present International Journal of Sports Nutrition and Exercise Metabolism, Referee
- 2006 - Present Journal of Physiology and Behavior, Referee
- 2006 - Present Thomson Brooks/Cole, Reviewer
- 2005 - Present Wadsworth Thomson Learning, Reviewer

2004 - Present Journal of Wilderness and Environmental Medicine, Referee

2001 - Present Benjamin Cumings Publishers, Reviewer

XI. AWARDS

Outstanding Alumnus, Division of Nutrition, University of Utah, 2015

Educational Resource Development Council Scholarship, Health Sciences Center, University of Utah, 2000 (Education)

Maurine N. Hegsted Scholarship, Division of Nutrition, University of Utah, 2000 (Education)

The Mead Johnson Award, the American Dietetic Association, 2000 (Service)

Most Outstanding Dietetic Student, University of California, Davis, 1993 (Education)

XII. SERVICE

A. University Community Activities

University Level

2016 Graduate Certificate in Emergency Health Sciences committee member

2014-present Internal Advisory Committee, Center for Clinical and Translational Science, University of Utah School of Medicine

College Level

2017-2019 Committee member, Department of Health Kinesiology, and Recreation Career line Retention, Promotion, and Tenure Committee

2016-2018 Federation of University Sports China Department Representative

2015 Connect2Health Department Representative

2015 Committee member, Department of Nutrition and Integrative Physiology Chair Search

2015 Director of Graduate Studies, Department of Nutrition and Integrative Physiology

2014 Collaborator, Easton Archery Center Foundation

2014 Collaborator, Healthy People, Health Parks research project

Department Committees

- 2014 Member, Nutrition Doctoral Program Development Committee
- 2006 - 2018 Chair, Department of Nutrition and Integrative Physiology Scholarship Committee
- 2001 - 2018 Member, Department of Nutrition and Integrative Physiology Coordinated Master's Program Student Selection Committee
- 2001 - 2006 Member, Division of Nutrition Scholarship Selection Committee

Revised 7 March, 2019