

CURRICULUM VITAE

Stacie L. Wing-Gaia, PhD, RDN, CSSD, CD.
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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, Exercise Physiology)

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

01/20 – Present	Assistant Professor of Exercise & Sport Science, Department of Exercise and Nutrition Sciences, Weber State University, Ogden, UT
07/19 – 12/19	Instructor of Nutrition and Exercise, 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 – 03/22	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 Coordinated Master’s 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 Assistant, 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 and Human Performance Nutrition (SHPN)

V. **PUBLICATIONS**

A. **Peer-Reviewed Journal Articles**

1. Carter K, **Wing-Gaia S**, Masters M, Caldwell A, Richardson M, Hanaki S. Using experiential learning in undergraduate exercise science to provide university worksite wellness programs. (2023). *J Phys Act Res.* 8(1), 47-51. doi: 10.12691/jpar-8-1-8.
2. **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.
3. **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.

4. 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.
5. **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.
6. **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**. (2021). *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**. (2021). *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** (2020). Wilderness Nutrition. In: *Advanced Wilderness Life Support-AWLS, edition 1.2*. Richard J Ingebretsen and University of Utah School of Medicine. Salt Lake City, UT.

4. **Wing-Gaia SL**, E. Wayne Askew (2017). *Nutrition, Malnutrition, and Starvation*. In: Wilderness Medicine. 7th edition. P Auerbach. Elsevier Mosby. Philadelphia, PA.
5. 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.
6. Rick R, **Wing-Gaia SL**. (2015). *Sports Nutrition for Cross Country Skiers*. In: XCcountry coaches Education Level 200 Manual. U.S. Ski and Snowboard Association. Park City, UT.
7. **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.
8. **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.
9. **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. Mason M, Richardson M, Caldwell A, Carter K, **Wing-Gaia S**, Hanaki S. (2023) Effects of an 8-week student-driven individualized exercise program on health and fitness in university employees. *Med Sci Sports Exer.* 55(9S).
2. Price MA, Denson NA, Hanaki S, Griffith JS, **Wing-Gaia SL**, Zimmerman RG, Butts CL. (2021) Physiological and Perceptual Responses to Exercise While Wearing a Cloth Face Mask. *Med Sci Sports Exer.* 53(8S):62.
3. **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.
4. 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.
5. **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.
6. 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.
7. 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.

8. **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.
9. 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.
10. **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

- 2023 Mason M, Richardson M, Caldwell A, Carter K, **Wing-Gaia S**, Hanaki S. *Effects of an 8-week student-driven individualized exercise program on health and fitness in university employees*. American College of Sports Medicine Annual Meeting (Denver, CO).
- 2021 Price MA, Denson NA, Hanaki S, Griffith JS, **Wing-Gaia SL**, Zimmerman RG, Butts CL. *Physiological and Perceptual Responses to Exercise While Wearing a Cloth Face Mask*. American College of Sports Medicine Annual Meeting (virtual).
- 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

- 2021 “Building and Online Classroom Community.” Faculty Symposium, Teaching and Learning Forum, Weber State University, Ogden, UT.
- 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.** "The Effects of Altitude on Energy Balance in Sherpas on Mount Everest." Wilderness Medicine Annual Summer Conference, Wilderness Medical Society, Snowmass, CO.
- 2001 **Wing SL.** "Oxygen-promoting Dietary Supplements, Hypoxia and Oxidative Stress during Simulated Altitude Exposure." Wilderness Medicine Annual Summer Meeting, Wilderness Medical Society, Whistler, BC.

VII. GRANT WRITING AND RELATED ACTIVITIES

- 2023 Moyes College of Education Travel Grant, Weber State University, \$2,483
- 2022 Moyes College of Education Travel Grant, Weber State University, \$259.
- 2022 Laptops for student use, Moyes Academic Support and Technology Endowment Committee (ASTECC) Grant, Weber State University, \$10,869.
- 2022 Laptops for student use, Academic Resources and Computing Committee (ARCC) Grant, Weber State University, \$3022.
- 2021 Moyes College of Education Travel Grant, Weber State University, \$299.
- 2021 Moyes College of Education Travel Grant, Weber State University, \$179.

- 2020 Online course development, ESS 4370 Clinical Exercise Physiology, Moyes College of Education SG3 Inclusive Culture Award, Weber State University, \$2910.
- 2020 Online course development, ESS 2300 Health/Fitness Evaluation and Exercise Prescription, Moyes College of Education SG3 Inclusive Culture Award, Weber State University, \$2910.
- 2020 Online course development, ESS 2200 Exploring Exercise Science Professions, Moyes College of Education SG3 Inclusive Culture Award, Weber State University, \$1900.
- 2020 Acquisition of a Cardiac Stress Testing System with Treadmill, Academic Resources and Computing Committee (ARCC) Grant, Weber State University, \$13,050.
- 2020 Development of a Davis Campus Human Performance Laboratory, Moyes Academic Support and Technology Endowment Committee (ASTECC) Grant, Weber State University, \$5,168
- 2020 Moyes College of Education Travel Grant, Weber State University, \$2,171.
- 2014 Hybrid 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 The effects of altitude on appetite and energy balance in Sherpas on Mount Everest. Petzl, Inc., Principal Investigator, \$5,000.
- 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

2020 - 2021 Primary Instructor, NUTR 2020: Nutrition in the Lifecycle, Weber State University.

2019 - Present Primary Instructor, ESS 2200: Exploring Exercise Science Professions, Weber State University.

2019 – Present Primary Instructor, ESS 2300: Health/Fitness Evaluation and Exercise Prescription, Weber State University.

2019 - 2021 Primary Instructor, ESS 4370: Clinical Exercise Physiology, Weber State University.

2019 – Present Primary Instructor, NUTR 3020: Sports Nutrition, Weber State University.

2018 - 2019 Primary Instructor, NUIP 5420 (001, 090): Lifecycle Nutrition, University of Utah.

2014 – Present Guest Instructor, Internal Medicine 7980: Wilderness Medicine, University of Utah, School of Medicine.

2013 – 2019 Guest Instructor, NUTR 6380 (001): Medical Nutrition Therapy, University of Utah.

2012 - 2019 Primary Instructor, NUTR 6900 (004): Directed Nutrition Research, University of Utah.

2010 – 2018 Guest Instructor, NUTR 3010 (001): Nutrition and Chronic Disease Prevention, University of Utah.

2008 – 2013 Primary Instructor, NUTR 4440 (001, 090): Advanced Human Nutrition, University of Utah.

2007 – 2019 Primary Instructor, NUTR 5320 (090,091): Nutrition for Sport & Exercise, University of Utah.

2006 - 2008 Instructor, NUTR 6220 (001): Advanced Sports Nutrition and Exercise Metabolism, University of Utah.

2005 - 2009 Primary Instructor, NUTR 5380 (090): Understanding Dietary Supplements, University of Utah.

2003 Guest Instructor, ESS 3091 (001): Exercise Physiology, University of Utah.

2002 - 2017 Primary Instructor, NUTR/HEDU 5230/6230 (001): Wilderness Nutrition, University of Utah.

2002 Primary Instructor, NUTR 3230 (001): Applied Nutrition through the Lifecycle, University of Utah.

2001 - 2004 Primary Instructor, NUTR 1020 (020): Scientific Foundations of Nutrition and Health, University of Utah.

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

Curriculum Development

- 2020 Department of Exercise & Nutrition Sciences, Weber State University. ESS 4370: Clinical Exercise Physiology, 3 credit hours, conversion of face to face to fully online course.
- 2020 Department of Exercise & Nutrition Sciences, Weber State University. ESS 2300: Health/Fitness Evaluation and Exercise Prescription, 3 credit hours, conversion of hybrid to fully online course.
- 2020 Department of Exercise & Nutrition Sciences, Weber State University. ESS 2200: Exploring Exercise Science Professions, 2 credit hours, conversion from hybrid to fully online course.
- 2019 Department of Exercise & Nutrition Sciences, Weber State University. ESS 2200: Exploring Exercise Science Professions, 2 credit hours, conversion of face to face to hybrid course.
- 2019 Department of Exercise & Nutrition Sciences, Weber State University. ESS 2300: Health/Fitness Evaluation and Exercise Prescription, 3 credit hours, conversion of face to face to hybrid course.
- 2018 Department of Nutrition and Integrative Physiology, University of Utah. NUIP 5420-001: Lifecycle Nutrition, 3 credit hours, conversion of fully online to hybrid course.
- 2017-2018 Department of Nutrition and Integrative Physiology, University of Utah. 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, University of Utah. NUTR 5230/6230: Wilderness Nutrition, 3 credit hours, conversion of face to face to hybrid course.
- 2008 Division of Nutrition, University of Utah. 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, University of Utah. Nutrition 5380: Understanding Dietary Supplements, 3 credit hours, development of online course.
- 2004 -2005 Division of Nutrition, University of Utah. Sports Dietetics Program curriculum development
- 2002 Division of Nutrition, University of Utah. NUTR 5230/6230 Wilderness Nutrition, 3 credit hours, development of traditional course.

Graduate Student, Postdoctoral Trainees and Undergraduate Students:

- 2021-2022 Co-advisor, Michael Richardson, Brayden Riding, and Nathan Jones, undergraduate project: The effectiveness of individualized wellness programs on faculty and staff at Weber State University.
- 2018-2019 Chair, Sarah Boyt and Allison Schnneggenberger, 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

- 2022-present Research Snippets editor in *Expeditions*, a publication of Sports and Human Performance Nutrition (SHPN) dietetic practice group, Academy of Nutrition and Dietetics.
- 2006 - 2022 Research Digest, *Pulse* co-editor, a publication of Sports, Cardiovascular, and Wellness Nutrition dietetic practice group, Academy of Nutrition and Dietetics
- 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 - 2010 Thomson Brooks/Cole, Reviewer
- 2005 - Present Wadsworth Thomson Learning, Reviewer
- 2004 - Present Journal of Wilderness and Environmental Medicine, Referee
- 2001 - 2004 Benjamin Cumings Publishers, Reviewer

XI. AWARDS

- Innovative/Integrative Pedagogy Award, Moyes College of Education, Weber State University, 2023
- Outstanding Alumnus, Division of Nutrition, University of Utah, 2015
- Educational Resource Development Council Scholarship, Health Sciences Center, University of Utah, 2000
- Maurine N. Hegsted Scholarship, Division of Nutrition, University of Utah, 2000
- The Mead Johnson Award, the American Dietetic Association, 2000
- Most Outstanding Dietetic Student, University of California, Davis, 1993

XII. SERVICE

A. University Community Activities

University Level

- 2020-2023 Committee Member, University Faculty Senate, Weber State University
- 2020-2022 Committee Member, Student Success Steering Committee Engagement Subcommittee, Weber State University

- 2020-present Committee Member, Student Leadership Development Advisory Committee, Weber State University
- 2016 Committee Member, Graduate Certificate in Emergency Health Sciences, University of Utah.
- 2014-present Committee Member, Internal Advisory Committee, Institute of Clinical and Translational Science, University of Utah School of Medicine.

College Level

- 2021-present Committee member, Moyes College of Education High Impact Education Experience (HIEE) Strategic Planning Committee, Weber State University.
- 2020-2021 Committee member, Moyes College of Education Tenure Review Committee, Weber State University
- 2019-2022 Chair, Moyes College of Education Awards Committee, Weber State University
- 2017-2019 Committee member, Department of Health Kinesiology, and Recreation Career line Retention, Promotion, and Tenure Committee, University of Utah.
- 2016-2018 Federation of University Sports China Department Representative, University of Utah
- 2015 Connect2Health Department Representative, University of Utah
- 2015 Committee member, Department of Nutrition and Integrative Physiology Chair Search, University of Utah.
- 2015 Director of Graduate Studies, Department of Nutrition and Integrative Physiology, University of Utah
- 2014 Collaborator, Easton Archery Center Foundation, University of Utah.
- 2014 Collaborator, Healthy People, Health Parks research project, University of Utah.

Department Committees

- 2023 Member, Dr. Sachini Kodi peer review teaching committee, Department of Exercise & Nutrition Sciences, Weber State University.

- 2022 Chair, Dr. Bryan Dowdell peer review teaching committee, Department of Exercise & Nutrition Sciences, Weber State University.
- 2022 Member, Exercise & Sport Science Tenure Track Faculty Search Committee, Department of Exercise & Nutrition Sciences, Weber State University.
- 2021 Member, Dr. Saori Hanaki peer review teaching committee, Department of Exercise & Nutrition Sciences, Weber State University.
- 2020 Member, Exercise & Sport Science Tenure Track Faculty Search Committee, Department of Exercise & Nutrition Sciences, Weber State University.
- 2019 Member, Human Performance Lab Coordinator Search Committee, Department of Exercise & Nutrition Sciences, Weber State University
- 2014 Member, Nutrition Doctoral Program Development Committee, University of Utah.
- 2006 - 2018 Chair, Department of Nutrition and Integrative Physiology Scholarship Committee, University of Utah.
- 2001 - 2018 Member, Department of Nutrition and Integrative Physiology Coordinated Master's Program Student Selection Committee, University of Utah.
- 2001 - 2006 Member, Division of Nutrition Scholarship Selection Committee, University of Utah.

B. Other Community Activities

- 2022 Chair, Speaker Committee, Utah Academy of Nutrition & Dietetics Annual Meeting.
- 2020 Member, Speaker Committee, Utah Academy of Nutrition & Dietetics Annual Meeting.

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