

Katherine A. Beals, PhD, RD, FACSM, CSSD

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EDUCATION

Ph.D. Curriculum & Instruction: Exercise and Wellness with an emphasis in Human Nutrition. <i>Arizona State University</i>	1991-1996
RD Dietetic Preprofessional Practice Program (AP4) <i>Arizona State University</i>	1996-1997
M.S. Physical Education with emphasis in Health Education and Corporate Fitness. <i>California Polytechnic State University</i>	1987-1989
B.A. Political Science with a minor in Spanish <i>University of California Davis.</i>	1981-1985

ACADEMIC APPOINTMENTS: Full-time

Associate Professor (Clinical) Director, Online MS Program Division of Nutrition, <i>University of Utah</i> Salt Lake City, UT	2005- present 2014-present
Associate Professor Assistant Professor Department of Family and Consumer Sciences, <i>Ball State University</i> Muncie, IN	2002-2003 1997-2002

ACADEMIC APPOINTMENTS: Part-time

Faculty Associate Department of Family Resources and Human Development. <i>Arizona State University</i> Tempe, AZ	1996-1997
Adjunct faculty Division of Fitness, Social, and Behavioral Sciences <i>Paradise Valley Community College</i> Phoenix, AZ	1994-1997
Adjunct faculty Department of Culinary Arts <i>Scottsdale Community College</i> Scottsdale, AZ	1996
Graduate Teaching Assistant Department of Exercise Science and Physical Education <i>Arizona State University</i> Tempe AZ	1990-1994

TEACHING EXPERIENCE

Courses Taught

- Advanced Human Nutrition (combined undergraduate & graduate course)
- Macronutrient Metabolism (graduate courses)
- Micronutrient Metabolism (graduate courses)
- Energy Balance, Obesity, and Weight Control (graduate course)
- Scientific Principles of Human Nutrition (undergraduate course)
- Sport Nutrition (undergraduate & graduate courses)
- Exercise and Aging (undergraduate course)
- Nutrition, Exercise, & Weight Control (undergraduate course)
- Scientific Principles of Physical Conditioning (undergraduate course)
- Weight Management (community & university faculty/staff programs)
- Research methods (graduate course)

PROFESSIONAL EXPERIENCE (part-time)

Nutrition Communications and Research Consultant

Food and Agribusiness Division

Dec 2003- June 2005

Fleishman-Hillard, Inc Sacramento, CA

I worked with a variety of commercial food companies and commodity boards (e.g., Sunseet, Omega Farms, the US Potato Board, California Tree Fruit Agreement, California Raisin Commission, National Honey Board) in the following capacities:

- Monitoring the nutrition environment for trends and opportunities for product development and promotion.
- Developing, directing and managing nutrition research programs to establish scientific substantiation for product benefits/claims
- Establishing and managing scientific advisory panels to provide scientific guidance for product development and marketing.
- Representing food clients on nutrition and wellness committees in professional and trade organizations and often presenting on their behalf at professional/scientific meetings.
- Collaborating closely with marketing and advertising professionals to inform and educate key influencers, health professionals, the media and the public regarding the nutritional benefits of the product.
- Monitoring and managing issues (both positive and negative) affecting product lines
- Overseeing and guiding regulatory requirements (e.g., FDA and USDA guidelines) Providing scientific support and oversight for nutrition communications and public relations programs.

Fitness Coordinator

1991- 1992

Mesa YMCA

Assistant Director of Health & Fitness

1988- 1990

Downey Family YMCA

RELATED EXPERIENCE

Sports Dietitian, University of Utah Athletics

Fall 2005- Spring 2008

Nutrition Clinic Director

University of Utah

Nutrition Consultant to Intercollegiate Athletics

Spring 2000- Fall 2003

Ball State University Muncie, IN

Member, Ball State University Athletic Performance Team Fall 2000 – Spring 2004
Chair, Ball State University Female Athlete Triad Team
 Ball State University

Coordinator/ Supervisor for Undergraduate Exercise and 1992- 1994
Wellness Student Internship Program
 Arizona State University

Volunteer Nutritional Counselor for Student Athletes/ Fall 1992 & Spring 1994
Student Representative: Eating Disorder Team
 Arizona State University Health Center

PUBLICATIONS: (Peer-Reviewed Journals)

Published

1. Beals KA. Pondering Paleo. Is a Paleolithic dietary regimen the key to achieving optimal health and athletic performance? *ACSM's Health and Fitness Journal*. 2016;20(6):18-25.
2. Beals, KA and Mitchell A. Recent recommendations and current controversies in sport nutrition. *American Journal of Lifestyle Medicine. Online First*. December 18, 2013 as doi:10.1177/1559827613513410
3. Beals KA, Meyer NL. Female athlete triad update. *Clinics in Sports Medicine: Sports Nutrition Update*. (Bonci, L. editor). 2007; 26:69-90.
4. Beals KA, Hill A. Prevalence of disordered eating, menstrual dysfunction, and low bone mineral density among US collegiate athletes. *International Journal of Sport Nutrition and Exercise Metabolism*. 2006;16:1-23.
5. Beals K. Eating disorder and menstrual dysfunction screening and treatment programs employed by NCAA division I schools. *The Physician and Sports Medicine*. 2003;31:33-38.
6. Beals K. Mirror mirror on the wall, who is the most muscular of them all. Disordered eating and body image disturbances in male athletes. *ACSM's Health and Fitness Journal*. 2003;7:6-11.
7. Beals KA, Manore MM. Disorders of the female athlete triad among collegiate athletes. *International Journal of Sport Nutrition and Exercise Metabolism*. 2002;12:281-293
8. Beals KA. Eating behaviors, nutritional status, and menstrual function in elite female adolescent volleyball players. *Journal of the American Dietetic Association*. 2002;102:1293-1296
9. Friesen CA, Chezem JC, Beals KA. Using the electronic superhighway to 'drive' your foods and nutrition curriculum: Recommended websites for foods and nutrition educators. *Journal of Family and Consumer Sciences Education*. 2001;2:19-25
10. Beals K, Manore MM. Behavioral, physical, and psychological characteristics of female athletes with subclinical eating disorders. *International Journal of Sport Nutrition and Exercise Metabolism*, 10:128-143, 2000

11. Beals K. Subclinical eating disorders in female athletes: Ensuring the health of active girls and women. *The Journal of Physical Education, Recreation, and Dance*. 2000; 71: 23-29
12. Beals K, Brey R. The female athlete triad: what school health professionals should know. *Journal of School Health*. 69:337-340, 1999
13. Beals K, Manore MM. Subclinical eating disorders in physically active women. *Topics in Clinical Nutrition*. 14:14-29, 1999.
14. Beals K, Manore MM. Nutritional status of female athletes with subclinical eating disorders. *Journal of the American Dietetic Association*. 98:419-425; 1998.
15. Beals K, Manore MM. Prevalence and consequences of subclinical eating disorders in female athletes. *International Journal of Sports Nutrition*. 4:175-195; 1994.
16. Corbin CB, Welk G, Cuddihy T, Feyrer-Melk S, Munro R, Beals K, Tomson L, George J. Position statement: Physical fitness, and physical activity patterns of physical education teachers. *NASPE Supplement: Update*, Sept/Oct. 1994, i.

PUBLICATIONS (Books)

Published

1. *Nutritional Needs of Female Athletes: From Research to Practice*. K.A. Beals (ed). Boca Raton, FL: CRC Press. 2013
2. *The Hidden Faces of Eating Disorders and Body Image Disturbances*. Reel J and Beals KA. (eds) Reston, VA, NAGWS. 2009.
3. Beals K. *Disordered Eating in Athletes: A Comprehensive Guide for Health Professionals*. Champaign, IL. Human Kinetics Publishers. 2004

PUBLICATIONS (Chapters in Books)

In Press

1. Scribner C, Beals K. Disordered Eating In Athletes. In: *Sports Nutrition: A Guide for the Professional Working with Active People*. 6th Edition.

Published

1. Beals KA, Jeacock N. Disordered eating in athletes. In: *Clinical Sports Nutrition*. 2nd Edition. Burke L and Deakin V. (eds) Sydney, Aus. McGraw-Hill Companies. 2015
2. Harris L and Beals K. Sport Nutrition for the Elite Athlete. *Lifestyle Medicine* 2nd edition. J Rippe (ed). Boca Raton, FL. CRC Press. 2013.
3. Beals K. Disordered Eating In Athletes. In: *Sports Nutrition: A Guide for the Professional Working with Active People*. 5th Edition. C Rosenbloom (ed.). The American Dietetic Association: Chicago, IL. 2011
4. Beals K. Minerals and Exercise. In: *Nutrition for Health and Performance* 2nd Edition. Manore MM and Thompson JA. (Eds). 2010.

5. Beals KA, Manore MM. Nutrition concerns of female athletes. In: *Sport Nutrition and Metabolism*. MacLaren D (Ed). UK. 2008.
6. Beals KA. Disordered eating in athletes. In: *Clinical Sport Nutrition*. Burke L and Deakin V (eds). Sydney, Aus. McGraw-Hill Companies. 2006, pp. 201-220.
7. Beals KA, Warner SE. The female athlete triad. In: *Ensuring the health of active and athletic girls and women*. Ransdell, L. & Petlichkoff, L. (Eds.) Reston, VA: National Association for Girls and Women in Sport. 2005, pp 205-232.
8. Beals, K. The National Health and Nutrition Examination Survey (NHANES). In: *Guide to World Nutrition and Health*. James, DCS. (ed). New York, NY. MacMillan Reference, USA.
9. Beals K. Disordered Eating In Athletes. In: *Sports Nutrition: A Guide for the Professional Working with Active People. 4th Edition*. M. Dunford (ed.). The American Dietetic Association: Chicago, IL. 2005, pp 336-354.
10. Dooly C, Beals K. Physical fitness Assessment. In: *Sports Nutrition: A Guide for the Professional Working with Active People. 4th Edition*. M. Dunford (ed.). The American Dietetic Association: Chicago, IL. 2005, pp 160-176.
11. Manore MM, Beals K. Dietary Assessment. In: *Sports Nutrition: A Guide for the Professional Working with Active People. 4th Edition*. M. Dunford (ed.). The American Dietetic Association: Chicago, IL. 2005, pp 145-159.
12. Beals K. Nutritional concerns of adolescent athletes. In: *Nutritional Applications in Exercise and Sport*. I. Wolinsky and J. Driskell. (eds). Boca Raton, FL: CRC Press. 2000, pp. 59-80.
13. Beals K, Manore MM. Health screening and medical evaluation. In: *Sports Nutrition: A Guide for the Professional Working with Active People. 3rd Edition*. C. Rosenbloom (ed.). The American Dietetic Association: Chicago, IL. 2000, pp. 149-156.
14. Beals K, Manore MM. Dietary assessment. In: *Sports Nutrition: A Guide for the Professional Working with Active People. 3rd Edition*. C. Rosenbloom (ed.). The American Dietetic Association: Chicago, IL. 2000, pp. 157-168.
15. Beals K, Manore MM. Physical fitness assessment. In: *Sports Nutrition: A Guide for the Professional Working with Active People. 3rd Edition*. C. Rosenbloom (ed.) The American Dietetic Association: Chicago, IL. 2000, pp. 169-184.

PUBLICATIONS (Non-refereed articles)

1. Beals K. Beyond the female athlete triad: Is there a male equivalent? *SCAN's PULSE*. Fall 2015.
2. Beals K, Howley E. How much is enough? The new physical activity guidelines. *SCAN's PULSE*. Spring 2009.
3. Beals K. Weighing in on vegetarian diets. *ACSMs Fit Society Newsletter*. Summer 2004
4. Beals K. Think twice before jumping on the low-carbohydrate bandwagon. *ACSMs Fit Society Newsletter*. Fall 2003.

5. Beals K. Addressing an epidemic: Treatment strategies for youth obesity. *ACSMs Fit Society Newsletter*. Spring 2003.
6. Beals K. The skinny on fat burning supplements. Part II. *ACSMs Fit Society Newsletter*. Fall 2002.
7. Beals K. The skinny on fat burning supplements. Part I *ACSMs Fit Society Newsletter*. Summer 2002.
8. Beals K and Smith-Rockwell M. Ribose: Pure energy or pure propaganda? *SCAN's PULSE*. Spring 2002.
9. Beals K. All tapped out: Bottled vs. tap water. *ACSMs Fit Society Newsletter*. Fall 2001
10. Beals K. Dangerous dieting threatens young athlete's health. *ACSMs Fit Society Newsletter*. April-June 2001
11. Beals K. Tis' the season to eat within reason: Tips for avoiding holiday weight gain. *ACSMs Fit Society Newsletter*. Jan.-March. 2001.
12. Beals K. and Thompson D.L. Recommendations for fluid replacement: an update. *ACSMs Fit Society Page*. 2000; July-September. 5-6.
13. Beals K. and Tarnopolsky M. Gender differences in substrate utilization. *SCAN's PULSE*. Summer 2000.

PROFESSIONAL RESEARCH PRESENTATIONS:

1. Beals KA, Nalder B. Energy availability and bone mineral density in male cyclists compared to non-athletic controls. ACSM National Meeting. Indianapolis, IN. June 2013.
2. Beals KA, Henderson K, Dorais J. Associations between energy availability, menstrual function and bone health among female endurance athletes. ACSM Annual Meeting. San Francisco, CA June 2012.
3. Henderson K, Beals KA, Dorais J. Assessment of the range of energy availabilities and the prevalence of low energy availability in female endurance athletes. SCAN Symposium. Baltimore, MD. April 2012
4. Beals KA. Disordered eating in competitive male and female triathletes. American Dietetic Association National Conference. Los Angeles, CA. Oct. 2-5, 2004.
5. Beals KA, Dues AK. . Prevalence of the female athlete triad among collegiate athletes. American Dietetic Association National Conference. San Antonio, TX. Oct. 25-28, 2003.
6. Beals KA, Dues AK. Changes in eating behaviors and menstrual function of female collegiate athletes: A 3 y longitudinal study American College of Sports Medicine National Conference. San Francisco, CA. May 29-June 1, 2003

7. Beals K. Disordered eating and menstrual dysfunction in elite triathletes. SW ACSM. Las Vegas, NV. Nov. 16-18, 2002.
8. Riggs AJ, Coppess D, Beals KA. Calories vs. composition: The effects of dietary alterations on anthropometric measures and biochemical parameters on overweight women. American Dietetic Association National Conference. St Louis, MO. Oct. 2001
9. Beals KA. Changes in the prevalence of risk factors for the female athlete triad among collegiate athletes over a two-year period. American College of Sports Medicine National Conference. Baltimore, MD. May 30-June 2, 2001.
10. Beals KA. Prevalence of risk factors for the female athlete triad. American Dietetic Association National Conference. Denver, CO. Oct. 16-20, 2000
11. Soracco KL and Beals KA. Seasonal differences in weight loss practices, nutrient intakes and eating behaviors of high school wrestlers. American Dietetic Association National Conference. Denver, CO. Oct. 16-20, 2000
12. Willis T, Beals KA. The zone diet vs. a traditional weight loss diet: effects on weight loss and blood lipid levels. American Dietetic Association National Conference. Denver, CO. Oct. 16-20, 2000
13. Beals K, Woolf K, Corte C. Eating behaviors, nutritional status, and menstrual function of female adolescent volleyball players. American College of Sports Medicine National Conference. Indianapolis, IN. May 31-June 4, 2000
14. Beals KA, Friesen C, Chezem JC. Status of obesity and weight loss practices in Indiana: Results of the 1998 Indiana behavioral risk factor surveillance system (BRFSS). Indiana Public Health Association Annual Conference. Indianapolis, IN. Apr. 18-20, 2000.
15. Chezem JC, Friesen C, Beals KA. Status of fruit and vegetable intake practices in Indiana: Results of the 1998 Indiana behavior risk factor surveillance system (BRFSS). Indiana Public Health Association Annual Conference. Indianapolis, IN Apr. 18-20, 2000.
16. Beals K, Woolf K, Corte C. Nutritional and menstrual status of elite adolescent volleyball players. Indiana Dietetic Association Spring Meeting. Indianapolis, IN April 12-13, 2000
17. Soracco K, Beals KA. Weight loss practices, eating behaviors, nutrient intake, and supplement use of high school wrestlers. Indiana Dietetic Association Spring Meeting. Indianapolis, IN April 12-13, 2000
18. Beals K, Woolf K, Corte C. Nutritional and menstrual status of elite adolescent volleyball players. American Dietetic Association National Conference. Atlanta, GA. Oct. 1999
19. Beals K. The female athlete triad: Current screening and prevention strategies used by NCAA division I schools. American College of Sports Medicine National Conference, Seattle, WA, June 1999.
20. Beals K, Manore MM. Body weight concerns and dieting practices of female collegiate athletes. American Dietetic Association National Conference. Kansas City, MO., Oct. 1998.

21. Beals K, Manore MM, Dueck CA, Skinner JS. Disordered eating and menstrual dysfunction in female collegiate athletes. American College of Sports Medicine National Conference, Orlando, FL, June 1998.
22. Beals K, Manore MM. Nutritional status of female athletes with subclinical eating disorders. Indiana Dietetics Association Semi-Annual Meeting. Indianapolis, IN, April 1998
23. Beals K, Manore MM. Psychological, behavioral, and physiological characteristics of female athletes with subclinical eating disorders. American College of Sports Medicine National Conference, Denver, CO, May 1997.
24. Beals K, Manore MM. Risk factors for the development of subclinical eating disorders in female athletes. Southwest American College of Sports Medicine Annual Meeting, Las Vegas, NV, November, 1996.
25. Beals K, Manore MM. Energy balance and nutritional status of female athletes with subclinical eating disorders. The American Dietetics Association Annual Meeting, San Antonio, TX., October, 1996.
26. Beals K, Manore MM. Energy balance and nutrient intakes of female athletes with subclinical eating disorders. American College of Sports Medicine National Conference, Cincinnati, OH, May, 1996.
27. Beals K, Manore MM. Dietary practices, energy balance, and nutrient intakes of female athletes with subclinical eating disorders. National Sports, Cardiovascular, and Wellness Nutritionists (SCAN) Symposium, Scottsdale, AZ, April, 1996.

INVITED PRESENTATIONS

1. *Lost in Translation: Evaluating and effectively communication results from epidemiological research.* Utah Dietetics Association Meeting. Spring 2015.
2. *The Male Athlete Triad.* Utah Dietetics Association Meeting. Spring 2015.
3. *Lost in Translation: Evaluating and effectively communication results from epidemiological research.* Academy for Nutrition and Dietetics (FNCE) Annual Meeting; Oct 18-21, 2014.
4. *Is a Calorie a Calorie? The role of foods and nutrients in weight management.* Academy for Nutrition and Dietetics- Weight Management Practice Group. March 2014.
5. *The female athlete: Nutritional and health concerns.* Fellowship on Anti-Aging and Regenerative Medicine Module XIX-A Conference. September 2012.
6. *Understanding and implementing the new dietary guidelines and Myplate.* FACS Nutrition and Food Science Conference. June 2011.
7. *How low can you go? Energy availability, performance and health in female athletes.* SCAN symposium. April 2012
8. *Nutritional considerations for preventing and treating female athletes at risk for low energy availability.* SWACSM Meeting. November 2009.

9. *Game Over: Helping athletes transition out of sport*. ACSM National Meeting. Seattle, WA. June 2009.
10. *Nutritional Management of the Female Athlete Triad*. ACSM Mid-Atlantic Regional Conference. Pittsburg, PA. November 7-8, 2009..
11. *An Update on Satiety: Helping Clients Say "When"*. Philadelphia, PA. September 29-October 2, 2008.
12. *Fueling Performance. Nutrition for Cycling*. USOC Master Coaches Workshop. Colorado Springs, CO. January 25-26, 2008.
13. *Global Issues Impacting the Potato industry*. South African Potato Congress. Annual meeting. September 16-21, 2007.
14. *Eating Disorders Screening and Management*. College Athletic Training Society, Annual Meeting. Las Vegas, NV. May 17-19, 2007.
15. *Nutrition Trends and Public Dietary Goals: What's in Store for the 2010 Dietary Guidelines?* International Association of Culinary Professionals. Annual International Conference. Chicago, IL 11-14, 2007. .
16. *Creating a "Dream Team". Developing a Multidisciplinary Team for Managing Athletes with Eating Disorders*. Academy for Eating Disorders-Athlete Special Interest Group Conference. October 19, 2007.
17. *The Glycemic Index: Should it Guide the Athlete's Carbohydrate Selection Before, During and After Exercise?* SCAN Annual Symposium. Austin, TX. April 13-17, 2007
18. *Managing Disordered Eating in Athletes: Identification and Referral*. National Athletic Training Association Annual Conference. Atlanta, GA. June 2006
19. *Prevalence, Medical Issues, and Treatment Approaches of Athletes with Bulimia Nervosa and Related Disorders: Identification, Approach and Referral* American College of Sports Medicine Annual Meeting. Denver, CO. June 2006
20. *The Glycemic Index: Research Meets Reality*. California Dietetic Association Meeting. May 2006.
21. *The Glycemic Index: Is it the Gold Standard for Choosing Foods for Exercise?* American College of Sports Medicine Health and Fitness Expo. April 2006.
22. *The Female Athlete Triad: An Update*. SCAN 2006 Symposium. March 2006
23. *Identifying and Treating Disordered Eating In Athletes*. National Athletic Training Association Annual Conference. Indianapolis, IN. June 2005.
24. *The "New" Dietary Guidelines for Americans: Translating Research into Practice*. American College of Sports Medicine Annual Meeting. Nashville, TN. June 1-4, 2005.
25. *The Glycemic Index- Research Meets Reality*. New York State Dietetic Association Meeting. May 6-7, 2005.

26. *The Glycemic Index- Research Meets Reality*. Oregon State Dietetic Association Meeting. April 21-22, 2005.
27. *The Glycemic Index- Research Meets Reality*. Texas State Dietetic Association Meeting. April 10-11, 2005.
28. *The Glycemic Index- Research Meets Reality*. Illinois State Dietetic Association Meeting. March 31-April 1, 2005.
29. *The Glycemic Index*:– Is it the gold standard when choosing foods for exercise? The Winning Edge- Sport Nutrition Workshop. (Presented by the University of AZ Cooperative Extension) Phoenix and Tucson AZ, November 19, 2004.
30. *Special Issues in Weight Management – Disordered Eating*. The Winning Edge- Sport Nutrition Workshop. (Presented by the University of AZ Cooperative Extension) Phoenix and Tucson AZ, November 19, 2004
31. *Sports Nutrition*- Teleconference Network of Texas- Nutrition Update Series. March 17, 2004.
32. *Fad Diets: Facts and Myths*. University of Texas- Nutrition Updates (This is an audio conference that attracts dietitians and health professionals from all over the country). San Antonio Texas (via Muncie IN). March 19, 2003.
33. *Evaluating Nutritional Supplements and Ergogenic Aids*. University of Texas- Nutrition Updates (This is an audio conference that attracts dietitians and health professionals from all over the country). San Antonio Texas (via Muncie IN). Nov. 20, 2002
34. *Identifying and Combating Nutrition Fraud and Quackery* Phi Upsilon Omicron Conclave 2002, Muncie, IN. Sep. 23, 2002.
35. *Sports Nutrition for Coaches*. Central Indiana Sports Medicine, Muncie, IN. Aug. 2002.
36. *Sports Nutrition Update*- Teleconference Network of Texas- Nutrition Update Series. June 19, 2002.
37. *Nutritional Aspects of the Female Athlete Triad*. Indiana Dietetic Association Fall Meeting (Sponsored by the National Dairy Council). Lafayette, IN. Nov. 9, 2001.
15. *Where's the Beef? The Truth About Low-Carbohydrate, High-Protein Diets*. Purdue Cooperative Extension Faculty. West Lafayette, IN. Feb. 15, 2000.
16. *Medical Complications of the Female Athlete Triad*. Central Indiana Orthopedic Specialists team physician meeting. Muncie, IN. Aug. 12, 1999.
17. *Facts & Fallacies Regarding the Popular Fad Diets*. Central Indiana Dietetics Association Meeting. Fort Wayne, IN. May 20, 1999
18. *Where's the Beef? The Truth About Low-Carbohydrate, High-Protein Diets*. Indiana Dietetics Association Fall Meeting. Muncie, IN. Nov. 15-16, 1999
19. *Nutritional Concepts & Weight Management*. ACSM Health/Fitness Instructor Workshop Indianapolis, IN. Oct. 12-13, 1998

20. *New Guidelines for the Treatment of Obesity: An Update*. East Central Indiana Dietetics Association Fall Meeting. Muncie, IN. Oct. 6, 1998.
21. *Nutritional Concepts & Weight Management*. ACSM Health/Fitness Instructor Workshop. Muncie, IN. May 13, 1998.
22. *Eating Disorders in Female Athletes*. Indiana Association of Family and Consumer Sciences Annual Meeting. Muncie, IN. April 17, 1998.
23. *Should you be in the Zone?* Indiana Nutrition Council. Indianapolis, IN. Mar. 13, 1998.
24. *The Trend to Do High Protein Diets*. Arizona Nutrition Council. Phoenix, AZ. Nov. 12, 1996

RESEARCH GRANTS FUNDED: Internal

1. Beals K. (2000) The effects of calories vs. composition of a prescribed diet upon anthropometric measures, biochemical parameters, and nutrient intakes in overweight women. Ball State University SEET Grant \$1,491.25
2. Beals K. (2000) Changes in menstrual function, bone mineral density, and body composition of female collegiate athletes during a competitive season: effects of dietary habits, exercise type, intensity, frequency, and duration. Ball State University Undergraduate Fellowship. \$1,300.00
3. Beals K. (1998) Nutritional status of female adolescent athletes compared to non-athletic female adolescent controls. Ball State University New Faculty Grant, \$1,500.00 .
4. Beals K. (1997) The female athlete triad: Current screening and prevention strategies used by NCAA division I schools. College of Applied Sciences & Technology Grant, \$1,081.00.
5. Beals K. (1994). Nutritional status of female athletes suffering from subclinical eating disorders. Associated Students Arizona State University Graduate Student Research Grant. \$2,000.
6. Beals K and Manore MM (1993). Chronic dieting in women development and validation of a questionnaire. Women's Studies Research Grant, Arizona State University, \$3,000.

RESEARCH GRANTS FUNDED: External

1. Beals K. *Well-4-Life*. Development and implementation of a nutrition and fitness program for Southern Wells County schools. Caylor-Nickel Foundation. \$5,000.00
2. Beals K. (principle investigator) and Dooly C. (co-investigator) Development and Implementation of the Children's Health Improvement Program (CHIP) Ball Brothers Foundation Grant \$15,000.00
3. Beals K. (1993). Chronic dieting in active women; effects on nutritional status. Gatorade Sports Science Institute, Exercise Physiology Laboratory, \$750.

"OTHER" EXTERNAL FUNDING

1. Beals K, Woodruff K. Yoli Product/Program \$3000
2. Metos J, Beals K. Nuskin Wellness Program Development. \$12,000

PROFESSIONAL SERVICE

Committees

- Chair, ACSM Nutrition Interest Group. Fall 2013- present
- Co-Chair- Eating Disorder/Disordered Eating subgroup, SCAN practice group. Fall 2011- Spring 2013.
- Committee member—CDR certification exam for the Certified Specialist in Sports Dietetics credential. Fall 2009.
- Program Committee Chair- Sports, Cardiovascular, Wellness Nutritionists (SCAN) 2006 Annual Symposium- 2004- 2006
- Executive committee member- Sports Dietetics USA 2007-present
- Program Committee Co-Chair- Indiana Dietetic Association Fall Meeting 1998-1999
- Chair, Council on Practice. East Central Indiana Dietetic Association 1998-1999

Editor/ Editorial Boards

- Nutrition Editor: *ACSM Fit Society Newsletter*- 2002- present
- Sport Nutrition Editor: *SCAN's Pulse* (a quarterly publication of the ADA Sports, Cardiovascular, and Wellness Nutritionists Practice Group)- 2000- present
- Editorial Board Member: *ACSM's Health and Fitness Journal*- 2001-present
- Nutrition Section Editor: *Women in Sport & Physical Activity Journal*- 2003-present
- Editor: *The Research Digest* (a quarterly publication of the ADA Research Practice Group)- 2002- 2006

Reviewer for Professional Journals, Books, etc.

** Invited reviewer (at least 2 reviews per year) for the following journals:

- *Journal of the American Dietetic Association*
- *International Journal of Sport Nutrition and Exercise Metabolism*
- *Women in Sport & Physical Activity Journal*
- *Journal of Nutrition Education*
- *National Strength and Conditioning Journal*
- *Medicine and Science in Sports and Exercise*

Professional Associations (memberships)

- American College of Sports Medicine (ACSM) and Southwest Chapter ACSM
- Academy for Nutrition and Dietetics (AND)
- Sports, Cardiovascular, and Wellness Nutritionists (SCAN) Practice Group
- Sports Dietetics USA (SD-USA)
- Phi Kappa Phi National Honor Society

ACADEMIC/PROFESSIONAL HONORS

- Mentor of the student who received the SCAN research award—SCAN Symposium 2011.
- Teacher of the Year- University of Utah, Division of Nutrition, 2011
- Teacher of the Year- University of Utah, Division of Nutrition. 2006
- Fellow of the American College of Sports Medicine- Awarded November 2003
- Mentor of the student who received the Graduate Student Research Award-- American Dietetic Association Research Practice Group, 2000
- Graduate Student Research Award-- American Dietetic Association, Nutrition Research Practice Group, 1996
- Phi Kappa Phi National Honor Society, 1985-present

- Cum Laude, UC Davis, 1985
- Departmental Award for Outstanding Achievement-- Dept. of Political Science, UC Davis, 1984.