

CURRICULUM VITAE
University of Pittsburgh
School of Health & Rehabilitation Sciences

BIOGRAPHICAL

Name: Kim Beals (Crawford)

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EDUCATION and TRAINING

UNDERGRADUATE:

1982 to 1984 Temple University, Philadelphia PA, BS. Community Health Education

GRADUATE:

1985 to 1987 Drexel University, Philadelphia, PA. MS. Clinical Nutrition

POSTGRADUATE:

1999 to 2004 University of Pittsburgh, Pittsburgh, PA. Doctor of Philosophy in Exercise Physiology Program Director: Robert Robertson

APPOINTMENTS and POSITIONS

ACADEMIC:

2005-present Assistant Professor and Coordinator of Graduate Studies in Nutrition, University of Pittsburgh, School of Health and Rehabilitation Sciences, Department of Sports Medicine and Nutrition, Pittsburgh, PA

2001- 2005 Program Director, Instructor University of Pittsburgh, School of Health and Rehabilitation Sciences, Department of Clinical Dietetics and Nutrition, Pittsburgh, PA

1995 -2001 Clinical Coordinator, Instructor, University of Pittsburgh, School of Health and Rehabilitation Sciences, Department of Clinical Dietetics and Nutrition, Pittsburgh, PA

1994 - 1995 Field Clinical Instructor, University of Pittsburgh, School of Health and Rehabilitation Sciences, Department of Clinical Dietetics and Nutrition, Pittsburgh, PA

NON-ACADEMIC:

1995 - 1997	Nutrition Consultant, Health Management Resources, McAuley Medical Assoc., Mercy Hospital, Pittsburgh PA
1993 - 1994	Nutrition Educator, Saint Joseph's Hospital, Reading, PA.
1989 - 1993	Clinical Dietitian, New Britain Memorial Hospital- Hospital for Chronic Disease and Rehabilitation, New Britain, Ct.
1988 - 1989	Clinical Nutrition Manager, ARA Services, Inc., Abington Memorial Hospital, Abington, PA
1987 - 1988	Clinical Dietitian, ARA Services, Inc., Abington Memorial Hospital, Abington, PA.
1984 - 1987	Health Educator, Suburban General Hospital, Norristown, PA.

CERTIFICATION and LICENSURE
SPECIALTY CERTIFICATION:

Registered Dietitian

American Dietetic Association	1987
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Certificate of Training in Adult Weight Management Level 1

Commission on Dietetic Registration	2003
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Certified Specialist in Sports Dietetics

Commission on Dietetic Registration	2006
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Certificate of Training in Adult Weight Management Level 2

Commission on Dietetic Registration	2010
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Level 2 Anthropometrist	2014
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International Society for the Advancement of Kinanthropometry	
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MEDICAL or OTHER PROFESSIONAL LICENSURE:

Commonwealth of Pennsylvania Department of State Bureau of Professional and Occupational Affairs	Licensed Dietitian	2003
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MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES

American College of Sports Medicine	2000 - present
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American College of Sports Medicine Mid-Atlantic Regional Chapter	2001 - present
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American Dietetic Association	1987 - present
ADA Dietetic Practice Groups: Sports, Cardiovascular, and Wellness Nutritionist; Dietitians in Research; Nutrition in Complementary Care.	
National Strength and Conditioning Association	2004 - present
Pennsylvania Dietetic Association	1988-1989; 1993 - present
Pittsburgh Dietetic Association	1997 - present
Special Olympics Sports Nutrition Committee	1998
Dairy Council Northeast, Child Advisory Board	1999 - 2001

HONORS

AMSUS Sir Henry Wellcome Medal and Prize	2012
Outstanding Dietitian in Pennsylvania	2011
Pennsylvania Dietetic Association Outstanding Dietetics Educator	2006

PUBLICATIONS

Refereed Articles

1. **Beals K.**, Abt JP, Nagai T, Lovalekar M, Sell TC, Wirt, MD. and Lephart, SM. Effectiveness of Unit Level Instruction of the Eagle Tactical Athlete Program to Modify Human Performance Characteristics among Soldiers of the 101st Airborne Division (Air Assault). Submitted to Journal of Strength and Conditioning Research, Feb 2, 2016.
2. **Beals, K.**, Allison, KF, Darnell ME, Lovalekar, M, Nieman, DC, Vodovotz, Y and Lephart. The effect of tart cherry juice blend on reducing eccentric exercise-induced muscle soreness. Submitted to Isokinetics & Exercise Science.
3. **Beals, K.**, Darnell, ME., Lovalekar, M., Baker, RA., Nagai, T., San-Adams, T. and Wirt, MD. Suboptimal nutritional characteristics in male and female Soldiers compared to sports nutrition guidelines. Military Medicine 180(12):1239-46, 2015.
4. Kresta JY, Abt JP, **Beals K**, Kane SF, Sell TC, Lephart SM. Physical readiness and musculoskeletal injury prevention in United States Army Special Forces Operators. MSSE, In review.
5. Abt JP, Eagle SR, Sell TC, **Beals K**, Allison, KF, Wood DE, Lephart SM. Comparison of Physiological, Musculoskeletal, and Biomechanical Characteristics between Sea, Air and Land Operators and SEAL Qualification Students. J Strength Cond Res. (In Review)
6. Prins, PJ., Goss, FL., Nagle, EF., **Beals, K.**, Robertson, R and Lovalekar, M. The effect of energy drink ingestion on 5-km running performance in recreational endurance runners. J Strength Cond Res., Accepted for publication February 15, 2016
7. Abt JP, Oliver JO, Nagai T, Sell TC, Lovalekar MT, **Beals K**, Wood DE, Lephart SM. Block-Periodized Training Improves Physiological and Tactically-Relevant Performance in Naval Special Warfare Operators. J Strength Cond Res. 2016 Jan;30(1):39-52.

8. Oliver, JM., Abt, JA., Sell, TC., **Beals, K.**, Wood, DE and Lephart, SM. Salivary hormone response to 12-week block-periodized training in Naval Special Warfare Operators. *J Strength Cond Res* 29(1):66-73, 2015.
9. Dentre, KN., **Beals, K.**, Crouter, SE., Eisemann, JC., McKenzie, TL., Pate, RR., Saelens, BE., Sisson, SB., Spruijt-Metz, D., Sothorn, MS. And Katzmarzyk, P. The United States Report Card on Physical Activity for Children and Youth. *Journal of Physical Activity and Health*, Volume 11, Suppl 1:S105-112, 2014.
10. **(Beals) Crawford, K.**, Fleishman, K., Abt, J., Sell, T., Nagai, T., Deluzio, J., Rowe, R., McGrail, M. and Lephart, S. *Lower Body Fat Improves Physical and Physiological Performance in Army Soldiers*. *Military Medicine* Jan 2011; Vol 176, No. 1:35-43. Received the **AMSUS Sir Henry Wellcome Medal and Prize**.
11. Sell TC, Abt JP, Lovalekar M, **Crawford K**, Nagai T, Deluzio JB, Smalley BW, McGrail MA, Rowe RS, Lephart SM. Warrior Model for Injury Prevention and Human Performance- Eagle Tactical Athlete Program (ETAP) Part 1. *Journal Special Operations Medicine*. 10(4): 2-21.
12. Abt JP, Sell TC, Lovalekar M, **Crawford K**, Nagai T, Deluzio JB, Smalley BW, McGrail MA, Rowe RS, Lephart SM. Warrior Model for Injury Prevention and Human Performance- Eagle Tactical Athlete Program (ETAP) Part 2. *Journal Special Operations Medicine*. 10(4): 22-33.
13. Robertson, R., Goss, F., Andreacci, J., Dube, J., Rutkowski, J., Snee, B., Kowallis, R., **Crawford, K.**, Aaron, D. and Metz, K. *Validation of the Children's OMNI RPE*. *Medicine and Science Sports and Exercise*, 2005, Vol 37; 2: 290-298.

Published Abstracts

1. **Beals, K.**, Haubenstricker, J., Beck, C., Lovalekar, M., Darnell, ME., Baker, RA. and Sell, TC. *Decreased Energy Availability During Cold Weather Mountain Training In Special Operators*. American College of Sports Medicine Annual Meeting June 2, 2016.
2. Poploski KM, Winters JD, Allison KF, Nagai T, Sell TC, **Beals K**, Abt JP, Wirt M, Lephart SM. *Lower Extremity Musculoskeletal Injury History, Strength, and Biomechanics in Female US Army Soldiers*. American College of Sports Medicine Annual Meeting June 01, 2016.
3. **Beals, K.**, Lovalekar, M., San-Adams, T., Darnell ME., Baker, R., Abt, JP., Sell, TC. and Lephart, SM. *Nutrition and training habits associated with the strongest and fittest Special Operation Forces Operators*. American College of Sports Medicine Annual Meeting 2015. San Diego, CA. MSSE Supplement May 29, 2015
4. Haubenstriker, J., **Beals, K.**, Lovalekar, M. and Lephart, SM. *Dietary Supplement Use According to Health-Related Covariates in SQT and CQT Students*. American College of Sports Medicine Annual Meeting 2015. San Diego, CA. MSSE Supplement May 29, 2015 Allison KF, Abt JP, Sell TC, Nagai T, **Beals K**, Wirt MD, Lephart SM, FACSM. *Physiological and Strength Characteristics of Enlisted Female Soldiers by Physical*

- Demand Rating and PULHES Number*. American College of Sports Medicine Annual Meeting 2015. San Diego, CA. MSSE Supplement May 29, 2015
5. Nagai T, Abt JP, Sell TC, Lovalekar M, **Beals K**, Wirt MD, Lephart SM. *Physiological and Neuromuscular Risk Factors of Preventable Musculoskeletal Injuries in the Army 101st Airborne Division (Air Assault) Soldiers: A Prospective Study*. National Athletic Trainers' Association Annual Meeting; June 23-26, 2015; St. Louis, MO.
 6. Lovalekar, M, Abt, JA., Sell, TC., Morgan, P., Henderhot, R., Keenan, K., **Beals, K.**, Lephart, SM. *Descriptive Epidemiology of Unintentional Musculoskeletal Injuries among Naval Special Warfare Combatant-Craft Crewmen*. American Public Health Association Annual Meeting, November 4, 2015.
 7. Eagle, S., Abt, JA., Sell, TC., **Beals, K.**, Wood, D. and Lephart, SM. *Evaluation of musculoskeletal and physiological performance differences in Sea, Air and Land (SEAL) Operators grouped by age*. American College of Sports Medicine Annual Meeting 2015. San Diego, CA. MSSE Supplement May 29, 2015
 8. Baker, RA., **Beals, K.**, Darnell, ME., Abt, JA., Sell, TC., Kane, SF., Morgan, JS., Benson, JP. and Lephart, SM. *Dietary Protein Intake and Protein Supplement Use of United States Army Special Operations Command Operators*. 2014 Food and Nutrition Conference and Expo – Academy of Nutrition and Dietetics Annual Meeting. October 18-21; Atlanta, GA.
 9. Darnell, ME., **Beals, K.**, Baker, R., Abt, JA., Sell, TC., Lephart, SM. *Dietary Intake and Quality in Navy Special Warfare Combatant-Crewmen*. Accepted as a presentation Academy of Nutrition & Dietetics Annual Meeting October 14, 2014
 10. Abt, JA., Sell, TC., **Beals, K.**, Lovalekar, M., Lephart, SM. *Block-Periodized Training Improves Physiological and Tactically-Relevant Performance in Naval Special Warfare Operators*. National Athletic Trainers' Association Annual Meeting June 25, 2014
 11. **Beals, K.**, Lovalekar, M., San-Adams, T., Baker, R., Darnell, ME., Abt, JA., Sell, TC., Lephart, SM., Frushour, K. *Dietary Supplement Habits of Special Warfare Combatant-Crewmen*. American College of Sports Medicine Annual Meeting May 2014.
 12. Abt, JA., Sell, TC., **Beals, K.**, Allison, KF., Nagai, T., Wood, DE., Lephart, SM. *Physical/Physiological Comparison between Cohorts of Naval Special Warfare SEAL Operators and SEAL Qualification Training Students*. American College of Sports Medicine Annual Meeting May 2014.
 13. Baker, R., Darnell, ME., **Beals, K.**, Lovalekar, M., Abt, JA., Sell, TC., Lephart, SM., Frushour, K. *Dietary Intake of Special Warfare Combatant-Crewmen Compared to Sports Nutrition Recommendations*. American College of Sports Medicine Annual Meeting May 2014.
 14. Allison, KA., Abt, JA., Sell, TC., **Beals, K.** and Woods, DE. *The Relationship between Body Fat, Injury and Musculoskeletal/Physiological Performance in Naval Special Warfare Operators*. American College of Sports Medicine Annual Meeting May 2014.
 15. Allison, KA., Sell, TC., Abt, JA., **Beals, K.**, Lovalekar, M., and Lephart, SM. *The Relationship between physiological and musculoskeletal characteristics and knee kinesthesia following fatiguing exercise*. National Athletic Trainers' Association Annual Meeting. June 24, 2013
 16. **Beals (Crawford), K.**, Darnell ME, Abt JP, Sell TC, Lovalekar MT, Lephart SM. *Food, Fluid and Dietary Supplement Use Relative to Daily Physical Training in Navy SEAL*

- Operators*. 2013 American College of Sports Medicine. Indianapolis, IN, May 28-31. Accepted.
17. Darnell ME, **Beals (Crawford), K.**, Abt JP, Sell TC, Lovalekar MT, Lephart SM. *Navy SEALs Dietary Intakes Compared to Sports Nutrition Recommendations and 2010 Dietary Guidelines for Americans*. 2013 American College of Sports Medicine. Indianapolis, IN, May 28-31. Accepted.
 18. **Crawford K**, Darnell ME, Stapel H, Lovalekar MT, Abt JP, Sell TC, McCord LJ, Wirt MD, Nagai T, Deluzio JB, Lephart SM. *Dietary Supplement Habits of Soldiers of 101st Airborne Division Air Assault*. 2012 American College of Sports Medicine. San Francisco, CA. May 29-June 2. Abstract accepted and poster presented.
 19. Allison KF, Akins JS, Sell TC, Abt JP, Lovalekar MT, **Crawford K**, Lephart SM. *Heart Rate and Postural Stability Recovery are Similar after Aerobic and Anaerobic Exercise*. 2012 American College of Sports Medicine. May 29 – June 2, 2012; San Francisco, CA.
 20. **Crawford K**, Darnell ME, Abt JP, Sell TC, Lovalekar MT, House AJ, Smalley BW, Lephart SM. *Dietary Habits of Soldiers of 101st Airborne Division Air Assault*. 2011 American College of Sports Medicine. Denver, CO. May 31-June 4. Abstract accepted and poster presented
 21. Darnell ME, **Crawford K**, Abt JP, Sell TC, Nagai T, House AJ, Deluzio JB, Smalley BW, Lephart SM. *Dietary Intake of Army Soldiers in Occupation Specialties Requiring Heavy Physical Demands*. 2011 American College of Sports Medicine. Denver, CO. May 31-June 4.
 22. Welikonich, M.J., Nagle, E.F., Goss, F.L., Robertson, R.J., **Crawford, K.** *Effect of Carbohydrate-Protein Supplementation on Resistance Exercise Performance, Perceived Exertion, and Salivary Cortisol*. 2011 American College of Sports Medicine. Denver, CO. May 31-June 4.
 23. Keenan KA, Sell TC, Abt JP, **Crawford K**, House AJ, Smalley BW, Abt JP, Cardin S, Lephart SM. *Physiological Differences Between Male and Female Army Soldiers Matched on Age and Years of Service*. 2011 American College of Sports Medicine. Denver, CO. May 31-June 4.
 24. Abt JP, Sell TC, Nagai T, Deluzio JB, Lovalekar MT, **Crawford K**, Smalley BW, Lephart SM. *Deployment-related changes in physical and physiological characteristics*. 2011 American College of Sports Medicine. Denver, CO. 2011 American College of Sports Medicine. Denver, CO. May 31-June 4.
 25. Nagai T, Abt JP, Sell TC, Deluzio JB, Lovalekar MT, **Crawford K**, Smalley BW, Lephart SM. *Changes in Physical and Physiological Characteristics after a 12-month Deployment to Afghanistan*. 2011 American College of Sports Medicine. Denver, CO. May 31-June 4.
 26. Lovalekar MT, Abt JP, Sell TC, **Crawford K**, House AJ, Nagai T, Hovey G, Lephart SM. *Development and implementation of the University of Pittsburgh Military Epidemiology Database (UPitt-MED)*. 138th Annual Meeting & Exposition of the American Public Health Association. Denver, CO. 2010.

27. Fleishman K, **Crawford K**, Abt J, Sell TC, Lovalekar M, Nagai T, Deluzio J, Rowe R, McGrail M, Lephart S. *Optimal Body Composition for Performance of 101st Airborne (Air Assault) Soldiers*. American College of Sports Medicine Annual Meeting. Baltimore, MD. 2010.
28. **Crawford, K.**, Robertson,R., Goss, F., Burdett, R., Nagel, B., and Jakicic, J. Validation of the SenseWear Armband Calorimeter to Assess Energy Expenditure of Adolescents During Various Modes of Activity. American College of Sports Medicine Annual Meeting. Abstract accepted and poster presented. June 2005.
29. **Crawford, K.**, Robertson,R., Goss, F., Burdett, R., Nagel, B., and Jakicic, J. Validation of the SenseWear Armband Calorimeter to Assess Energy Expenditure of Adolescents During Various Modes of Activity. American College of Sports Medicine Mid-Atlantic Regional Chapter. Abstract accepted and presented. November 2004.
30. Rutkowski, JJ, Lenz, BM, **Crawford, K**, Dube JJ, Goss F, Robertson RJ, Morgan DW. *Perceived Exertion: Absence of signal dominance in female and male children using the OMNI (Walk/run) Scale*. American College of Sports Medicine Mid-Atlantic Regional Chapter. November 2001.

Other Publications

1. National Physical Activity Plan Alliance. 2014 United States Report Card on Physical Activity for Children and Youth. Columbia, SC; 2014.
2. Crawford, K, *Comprehensive Sports Nutrition Education Program for High School Athletes in Pennsylvania, Report prepared for the General Assembly of Pennsylvania Health and Human Services Committee, as delineated by HR 501*, November 2008.

PROFESSIONAL ACTIVITIES

Teaching

HRS 2628 Nutrition & Performance

A lecture and laboratory class in which the principles of nutrition are applied to sports performance and exercise. Topics presented include energy release and substrate utilization, energy metabolism during exercise, fluid intake and athletic performance, body composition, vitamins and minerals, nutrition for training and competition, sports specific considerations, fitness and nutrition assessment in athletes, and special issues such as vegetarian diets, environmental obstacles

Average annual enrollment: 16 graduate students.

Contact hours: 3-4 per week

Service on PhD Committees

Paul Whitehead, The role of minimalist footwear on enhancing strength and improving stability in collegiate basketball players, Present

Matt Darnell, The Effects of an Intermittent High-Intensity Exercise Protocol on Measures of Fatigue, Knee Biomechanics, Postural Stability and Muscle Activation. 2015

Philip Prins, The Effect of Energy Drink Ingestion on 5-km Running Performance in Recreational Endurance Runners. 2015

Katelyn Allison, The Relationship between Musculoskeletal Strength, Physiological Characteristics and Knee Kinesthesia Following Fatiguing Exercise. 2012

Michael Welikonich, Effect of Carbohydrate-Protein Supplementation on Resistance Exercise Performance, Perceived Exertion, and Salivary Cortisol. 2011

RESEARCH

Current Grant Support

1. Grant #:W81XWH-15-C-0179 *USASOC Injury Prevention/Performance Optimization Musculoskeletal Screening Initiative*. (**Principal Investigator, 20%**). US Army Medical Research Acquisition Activity. 820 Chandler Street, Fort Detrick, MD 21702-5014. 10/1/15-9/30/17 \$2.09 million
2. Grant # N00014-14-1-0022 *MARSOC Injury Prevention and Human Performance Initiative*. (**Co-investigator, 25%**). Office of Naval Research One Liberty Center 875 N. Randolph Street, 1425 Arlington, VA 22203-1995. 10/1/13-09/30/17 \$8.39 million.
3. Grant # N00014-11-1-0929 *Naval Special Warfare Injury Prevention and Human Performance Initiative*. (**Principal Investigator, 20%**). Office of Naval Research One Liberty Center 875 N. Randolph Street, Suite 1425 Arlington, VA 22203-1995. 2/11/08-06/30/16 \$16.3 million.
4. Grant # FA8650-12-2-6271 *AFSOC Injury Prevention and Human Performance Research Initiative*. (**Co-Investigator, 10%**). U.S. Air Force: 711th Human Performance Wing. 7/1/12 -6/30/16 \$2.99 million
5. Grant # N00014-14-1-0021 *Expanding the Role of Women in the Marine Corps: Injury Prevention and Human Performance Research*. (**Co-investigator, 25%**). Office of Naval Research One Liberty Center 875 N. Randolph Street, Suite 1425 Arlington, VA 22203-1995. 10/1/13-06/30/16 \$2.4 million

Prior Grant Support

1. Grant # W81XWH-11-2-0020 *USASOC Injury Prevention and Musculoskeletal Screening Research Initiative. (Co-Investigator)*. Telemedicine and Advanced Technology Research Center, USARIEM Kansas Street, Bldg 42, Natick, MA 01760. 10/25/10-05/15/15 \$2.69 million
2. Grant #SC090323 “Physical Activity Measurement in Manual Wheelchair Users with SCI”. (Co-investigator, 5%). Funding Department of Defense Congressional Directed Medical Research Programs 10/1/10-9/30/13 \$736,852.
3. Grant # W81XWH-11-2-0097. *Injury Prevention and Performance Enhancement in 101st Airborne Soldiers. (Co-investigator, 25%)*. Telemedicine and Advanced Technology Research Center, USARIEM Kansas Street, Bldg 42, Natick, MA 01760. 9/1/2006 – 2/23/2013 \$6.8 million
4. The Effect of Tart Cherry Juice Blend on Reducing Eccentric Exercise-Induced Muscle Soreness”. Principal Investigator. Funding: Cherry Marketing Institute, Lansing, MI. 1 year 2009-2010 \$50,269.00.
5. *R4 Utility of Common Activity Monitoring Devices in Measuring Energy Expenditure in Manual Wheelchair Users with SCI. Co-investigator, 5%*. Funding Dr. Rimmer University of Illinois at Chicago, RERC Renewal 9/2007-9/2010 \$70,000 per year.
6. Action for Healthy Kids. Principal Investigator. Awarded \$30,000 Funding Agency: Pennsylvania Agency for Nutrition and Activity. September 2003
7. Validation of SenseWear Armband Calorimeter to Assess Energy Expenditure of Adolescents During Various Modes of Activity. Awarded \$1500 Funding Agency: University of Pittsburgh School of Education Research Fund. May 2003.
8. Training of caregivers of young children with strategies for incorporating nutrition and food education and physical activity into the classroom. Awarded \$5000.00 Funding Agency: Pennsylvania Department of Health. February 2002.

Other Research Related Activities

1. Reviewer for Clinical Journal of Sport Medicine, Journal of Special Operations Medicine and Medicine and Science in Sports & Exercise.
2. Appointed Chair of the Evidence Analysis Workgroup for Nutrition & Athletic Performance Update. February 2012 to 2015
3. Reviewer for the Journal of the Academy of Nutrition and Dietetics, 2007 to Present
4. Sports Dietetics Specialty Practice Group, Conduct Practice Audits and Develop Certification Examination for Commission on Dietetic Registration Certified Specialists in Sports Nutrition, August 2005 to June 2008; August 2009 to 2014.
5. Academy of Nutrition and Dietetics Representative to the National Physical Activity Plan, April 2009 to present.
 - a. Member of Coordinating Committee
 - b. Research Advisory Committee US Report Card on Physical Activity for Children & Youth
 - c. Member of Evaluation Subcommittee

- d. Member of Public Health Sector
6. Translational Research Cluster Energy Balance Research to Prevent and Reduce Childhood Obesity, 2008-2010.
7. Member, Commission on Dietetic Registration Specialty Certification Panel 2007-2008.
8. Provided expert Testimony, General Assembly of Pennsylvania Health and Human Services Committee, HR 501 *Sports Nutrition Education Program for High School Athletes in Pennsylvania*, September 2008.
9. Book Review: Nutrition for Sport & Exercise written by Dunford and Doyle, published by Thompson & Wadsworth, 2007.
10. Book Review: Sports Nutrition: A Guide for the Professional Working with Active People 3rd edition. C.A. Rosenbloom, ed., The American Dietetic Association, Chicago, IL, 2003
11. Member, Technical Research Advisory Committee, Sports, Cardiovascular, and Wellness Nutritionist 2001-2003.
12. Book Review: Clinical Nutrition and Dietetics 2nd edition. Frances J. Zeman, ed. Macmillan Publishing Company, 2002

List of Current Research Interests

1. Energy and macronutrient requirements to optimally fuel US Military Special Forces.
 2. Nutritional strategies to help individuals recover from daily hard physical training, prevent overtraining and injury.
 3. The use of foods/nutrients to mitigate inflammatory processes in the body.
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SERVICE

University and SHRS

1. Council on Entry Level Professional Education 1996- Present, Chairman 1996-1998.
2. SHRS Undergraduate Rehabilitation Sciences Advisory Committee
3. SHRS Recruiting Advisory Committee
4. SHRS Nutrition Committee, Chair, 2007-2009.
5. Appointment, Promotion and Tenure Committee 2011 to present

Community Activities

1. The Pennsylvania Dietetic Association-Board of Directors, 2000-2002
2. District Association, Pittsburgh Dietetic Association
 - a. Bylaws, Policy & Procedures, 2002-2003
 - b. President, 2001-2002
 - c. President Elect, 2000-2001
 - d. Secretary, 1999-2000
3. Pennsylvania Advocates for Nutrition & Activity Physical Education Planning Committee, 2004-2007

4. Youth Weight Management Program Inventory, 2004-2007
5. Action for Healthy Kids, Member Pennsylvania State Team
6. Dietetic Education Seminar Study Group, Member, 1996- 2005
7. Provide an annual Workshop for Dietetic Students, 2005-present
8. Special Olympics Sports Nutrition Committee, Member, 1998
9. Dairy Council Northeast, Child Advisory Board, Member, 1999- 2001