**SIMIN LEVINSON, MS, RDN, CSSD**

**Contact Information**

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College of Health Solutions

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Curriculum Vitae

**Academic Training**

Arizona State University, Tempe AZ, Master of Science in Human Nutrition, December 2002

University of Arizona, Tucson AZ, Bachelor of Arts in Near Eastern Studies, May 1994

**Credentials**

Registered Dietitian Nutritionist, 2003-present

Certified Specialist in Sports Dietetics, 2012-present

**Professional Experience**

Clinical Associate Professor, (FSC), 2018-present

Program Director, Applied Nutrition and Health Bachelor of Science and Bachelor of Applied Science,

2023-present

Academic Program Lead, Nutrition, College of Health Solutions, Arizona State University, 2018-2020

- Represent Nutrition programs (3 BS, 1 BAS, 3 MS, 1 PhD) in the newly-established CHS

Academic Success Hub to develop policies, processes, and procedures that support

implementation of the new college vision and structure

-Oversight of Nutrition academic degree programs and management of Nutrition curricular

functions (4 UG, 3 MS, 1 PhD, 3 Min, 1 Cert)

- Led restructuring of undergraduate Nutrition curricula, two new and two modified programs

Clinical Assistant Professor, 2014-2018

Lecturer, School of Nutrition and Health Promotion, Arizona State University, 2011-2014

Sports Dietitian Consultatnt, Phoenix Suns National Basketball Association, Arizona, 2013 – 2020

Sports Dietitian Consultant, Utah Jazz National Basketball Association, 2016-2019

Subject Matter Expert and Contributor for Academic Publishing, 2012-present

Performance Nutritionist, Tignum LLC, Arizona, 2012-2015

Performance Nutritionist, Athletes’ Performance (EXOS), Arizona, 2008-2010

Adjunct Faculty and Program Advisor, Dietetic Technology Consortium Program, Paradise Valley

Community College, Arizona, 2003-2008

Research Assistant, Kronos Longevity Research Institute, Arizona, 2002-2003

Research Assistant, Metabolic Ward, National Institutes of Health, Phoenix Indian Medical Center,

Arizona, 2000-2002

**Courses Developed (D) and Taught (T) at Arizona State University**

- Blue Zones Advocate Course for ASU Learning Enterprise CareerCatalyst **D** (non-credit, online,

self-paced), 2023-2024

Academic lead (5 CHS SME) for ASU Learning Enterprise course development in

partnership with Blue Zones, LLC, and ASU Learning Enterprise.

- NTR457 Sports Nutrition **D, T** (Hybrid Immersive), 2013-present

- NTR348 Cultural Aspects of Food **T** (Immersive/Online), 2014-present

- NTR345 Development of Healthy Cuisine **D, T** (Hybrid Immersive,

Immersive/Online), 2016-2018, 2021-2023

- Summer Study Abroad Program – Sports Nutrition and Cultural Aspects of Food in New

Zealand and Australia, (6 credits: NTR457, NTR348) **D, T,** 2019

6-week course designed to examine New Zealand and Australian methodologies in

sports dietetics, nutrition and the study of cultural foods in these countries

- Summer Study Abroad Program- Sports Nutrition and Exercise Immunology in Australia (6

credits) **D, T** 2017

6-week interdisciplinary course designed with Australian-specific modalities in sports

science.

- NTR100 Introductory Nutrition **T,** 2011-2014

- CHS101 The ASU Experience Recitation **T,** 2016

- NTR142 Principles of Food Preparation Lab **T,** 2011- 2013

- NTR241 Human Nutrition **T,** 2011- 2017, 2021-2023

- NTR346 Sports Nutrition **T** 2011-2013

- NTR445/545 Management of Foodservice Systems **D, T** 2011-2013

- NTR598 Advanced Sports Nutrition/Nutrition and the Athlete **D, T** 2013, 2015, 2017

**Professional Memberships and Offices Held**

Arizona Academy of Nutrition and Dietetics, 2002-present

President, 2023-2024

-Oversee committee activities including annual conference planning, public policy and

licensure, nominating committee, marketing and communication, professional education,

AZAND college nutrition bowl tournament, and corporate sponsorship.

Nominating Committee, 2013-2014

Central Arizona Chapter Arizona Academy of Nutrition and Dietetics, 2002-present

Partnership Liaison Chair, 2012-2014

Hospitality Chair, 2007

Nutrition Education Committee, 2008

Academy of Nutrition and Dietetics, 2002-present

Sports and Human Performance Nutrition Dietetic Practice Group, 2022-2024

Sports, Cardiovascular and Wellness Dietetic Practice Group, 2008-2022

Dietitians in Integrative and Functional Medicine Dietetic Practice Group, 2012-2022

Professionals in Nutrition for Exercise and Sport (PINES), 2019-present

Collegiate and Professional Sports Dietitians Association, 2013-present

CPSDA NBA Dietitians Group, 2015-present

CPSDA WNBA Dietitians Group, 2024-present

James Beard Foundation, Judge - Southwest Region Chef and Restaurant, 2022-2024

**Presentations**

**2024:**

“Student Career Panel: WNBA Phoenix Mercury@ASU”, Panelist, November 2024 (2 hrs)

“Implementing Blue Zones: Longevity, Lifestyle, and Lessons” Panelist, AZ League of Cities and

Towns, August 2024

“Nutrition Programs Discussion and Cooking Demonstration” for Northpoint HS students, March 2024

“CHS Blue Zones Project” roundtable lead, CHS Research Day, January 2024

“Leadership in Dietetics” roundtable lead, AZAND Annual Conference, May 2024

“ASU Blue Zones Project and Blue Zones Project Scottsdale”, Tempe Leadership at Mirabella, March 2024

**2023 and prior:**

“Basketball Nutrition”, Toyota Antelopes Basketball, sponsored by VitalBody Performance Nutrition,

July 2022

“Nutrition Strategies for Cross Country Running”, Scottsdale Unified School District, July 2021

“Tactical Nutrition for Performance and Recovery”, ASU ROTC Tactical Fitness Seminar, Aug. 2021

Moderator for ASU Employee Webinar “University Covid Response Q&A” with ASU President Michael

Crow and University Leadership Team, virtual, Aug. 2020

“Nutrition and Sleep” presentation for ASU Naval ROTC, virtual, 2020

“Tactical Nutrition Strategies” presentation for ASU Naval ROTC, virtual, 2020

“Your Nutrition Consulting Business” presentation for AZ Dietetic Interns, Phoenix, 2020

“Private Practice and the Pros” presentation at Collegiate and Professional Sports Dietetics Bootcamp,

Tempe, January 2019

“Vegan Fueling for Athletes – Pros and Cons”, podcast interview with Dr. Jeff Sankoff, the TriDoc, 2019

“The Business Side of Your Dietetics Private Practice”, Dietetic Intern Presentation, Phoenix, 2019

“Sports Nutrition for Female Athletes” presentation at Grand Canyon University Athletics, April 2018

“The World of Sports Nutrition” podcast interview with Michael Navarro Cervantes, Tempe, May 2018

“Dietary Supplements for Sports” presentation ASU Student Nutrition Council, Phoenix, February 2018

“Sports Nutrition” presentation, Dietetic Intern TGIF meeting, Phoenix, February 2018

“Why Nutrition is Important” presentation at RedHawks Softball clinic, September 2018

“Nutrition, Does It Really Matter” presentation to Arcadia Little League, April 2018

Caffeine and University Students, expert panelist, ASU Sun Devil Fitness Center, Arizona 2017

“Nutrition and the Athlete” presentation Central Arizona Chapter Academy of Nutrition and

Dietetics Meeting, Arizona, 2016

“How to Gain Lean Body Mass without Gaining Fat” presentation ASU Exercise and Wellness Club,

2016

“Hydration and the Athlete Brain” presentation Federation University Sports China (FUSC), ASU

Tempe, 2016

“Nutrient Timing for Optimal Athletic Performance” presentation Federation University Sports China (FUSC), ASU Tempe, 2016

Baseball Nutrition presentation to Arizona Diamondbacks Minor League Baseball, 2016

“Popular Sports Supplements” presentation to Chandler Gilbert Community College Nutrition and

Exercise Science Club, 2016

Anthropometrics Using Skinfold Measurements Presentation at Central Arizona Chapter Academy of

Nutrition and Dietetics Meeting, Arizona, March 2014

ASU Cultivate and Sustainability Practices Earth Day Cooking Demonstration 2014, 2015, 2016, 2017

“Healthy Living Food Demonstration” presentation and food demonstration Arizona State University

Employee Wellness, 2014

“Sports Nutrition for Track and Field”, presentation Intercollegiate Track and Field Meet, Mesa

Arizona, 2014

“Performance Nutrition for the Corporate Athlete”, presentation for Salt River Project Employee

Wellness, 2014

“Does Stress Make You Fat”, presentation Arizona State University Employee Wellness, 2013

“Eating for High Performance”, presentation Arizona State University Freshman Orientation Staff,

2011

“Nutrition for Marathon Training”, presentation *SeeMommyRun* Arizona Chapter, 2011

“Effect of Gleaned Fruits and Vegetables on Folate and Homocysteine Levels in a Low-Income

Population” poster presentation, American Dietetic Association Annual Conference, Denver CO,

2001

**Professional and Community Service**

**Program and College Service**

**2024:**

CHS Global Education Committee, co-chair, 2024-present (monthly)

CHS Faculty Recruitment/Hiring Committee ad hoc, Sports Science Programming, 2024-present

Nutrition Faculty Meeting Planning Committee, co-chair, 2024-present (monthly)

CHS Student Career Panel Event Planning Committee, co-chair, 2024 (5 hrs)

CHS Hiring Committee ad hoc, Project Manager for Business Development, 2024 (5 hrs)

CHS Let’s Gro Together Student Appreciation Dinner, April 2024, (3 hrs)

MS Nutritional Sciences Orientation Luncheon, August 2024 (1 hr)

Blue Zones Advocate Course Beta Testing @Mirabella, January 2024 (2 hrs)

CHS Let’s Give Thanks Student Appreciation Dinner, November 2024, (3 hrs)

CHS Curriculum Committee, 2023-present (monthly)

CHS Personnel Committee, ad hoc Promotion Review: Instructor, 2024

Nutrition@ASU Goals and Direction Mapping and Discussion, 2023-2024 (10 hrs)

Accredited Nutrition Programs Advisory Board Meeting, April 2024 (1 hr)

CHS Fall and Spring Student Appreciation Meals Planning Committee, 2023-present (5 hrs)

ASU and Al Quds University Collaboration Meeting, October 2024 (1 hr)

CHS Horizon Project to develop health information website, co-chair, 2022-2024 (monthly)

CHS Vice Dean Advisory Board, 2022-2024 (7 hrs/sem)

CHS MS Medical Nutrition Admissions Committee, 2019-present (3 hrs/sem)

**2023 and prior:**

CHS Personnel Committee co-chair, ad hoc Promotion Review: Clinical, 2022-2023 (10 hrs)

CHS Peer Teaching Evaluation Committee, 2021-2023, (7 hrs/sem)

CHS Design and Innovation Studio for Health (DISH), appointed, 2021-2023, 15 hrs/semester

CHS Community Advisory Board Liaison, 2021-2022, 5 hours/semester

CHS Executive Visioning Team, 2022, 10 hrs/semester

Athletics Affinity Network, 2019-present (6 hrs/sem meeting/email)

ASU Army ROTC Tactical Fitness Seminar, Nutrition Programming, 2021 (8 hrs)

Supervise student field work with Phoenix Rising Soccer, 2019-2020 (8 hrs/sem)

CHS Jumpstart Grant Review Committee, 2020 (3 hrs)

CHS Teaching and Learning Community of Practice meetings, 2020 (4 hrs/sem)

CHS NTE Personnel Committee, 2019-2022 (20 hrs/Spring sem)

CHS Study Abroad Committee, 2019-present (5 hrs/sem)

CHS Curriculum Committee, 2018-2020 (4 hrs/sem)

Food and Thought Events Committee, 2013-2020 (4 hrs/sem), Event Chair, 2017-2018 (10 hrs/yr)

CHS Auckland University of Technology Collaborative Committee, 2018-2020 (2 hrs)

Food Waste Pilot Program with City of Phoenix, 2018-2019 (5 hrs/sem)

Nutrition Programs Scholarship Committee, 2011-present, Chair, 2015-2017 (7 hrs/Spring sem)

CHS Infrastructure Technology Committee, 2018 (10 hrs Spring)

School of Nutrition and Health Promotion Film Event Committee, 2014-2018 (5 hrs/sem)

School of Nutrition and Health Promotion Undergraduate Research Colloquia Committee, 2014-2016

Faculty Advisor to Student Club, ASU Nutrition and Health Awareness Club, 2015

School of Nutrition and Health Promotion Annual Performance Review Committee, 2014-2015

MS in Obesity Prevention and Management Admissions Committee, 2015-2016

Nutrition Program Master of Science Admissions Committee, 2014-2015

ASU Have a Heart Event Planning Committee, 2011

**University Service**

**2024:**

ASU Health Grand Rounds CME Planning Committee, 2024-present (monthly)

ASU Chief Wellness Officer Advisory Board, 2023-present (monthly)

ASU Open Door Downtown Campus volunteer, 2024 (2 hrs)

ASU Health Literacy Community of Practice Work Group, 2024 (6 hours)

Student Org Faculty Advisor, ASU Cultivate Garden Club, 2013-present (4 hrs/sem)

ASU and InStride Health Vertical Workshop, participant, September 2024 (4 hrs)

**2023 and prior:**

University Provost General Studies ad hoc committee, May 2021 – May 2022, bi-weekly meetings

ASU Search Committee, ASUPD Assistant Chief of Police, 2022

ASU Search Committee, Dean of Watts College, 2021 (10 hrs)

University Faculty Senate President, and Chair, University Academic Council, June 2020-May 2021 (30

hrs/week)

-Elected position through ASU Academic Assembly

-Led monthly 2-hr meetings of the University Academic Council (13 members), Executive

Committee (22 members), and University Senate (118 voting members, 20 non-voting

members)

-Bi-weekly meeting with University President, University Provost, and ASU leaders

-Oversaw activities for 11 Senate Committees

-Member: Arizona Faculties Council, President Crow’s University Council, University

Management Team, Sun Devil Athletic Board, General Studies Council (Ex Officio), Coalition on

Intercollegiate Athletics (NCAA), PAC-12 Academic Leadership Council

-Attended sessions of Arizona Board of Regents and monthly ABOR Academic Affairs and

Educational Attainment Committee meetings

-Organized faculty senate leadership workshops with ASU Leadership Academy and ASU Center

for Mindfulness, Compassion, and Resilience, and Dreamscape

ASU Search Committee, Provost, 2020 (10 hrs)

Arizona Faculties Council, 2019-2021 (4 hrs/mo. meeting with faculty leaders at AZ public

universities)

University Faculty Senate President-elect, January 2019-May 2020

Faculty Senate President Downtown Assembly, January 2019-present (4-6 hrs/week includes University Academic Council and Senate Executive Committee member, January 2019-, and Arizona Faculties Council meetings and email communication)

CHS Academic Programming Lead with ASU Global Launch, Sun Devil Athletics and Federation

University Sport China, NCAA Chinese Coaches Program at ASU, 2018-2019 (3 hrs/wk July-

Dec. and travel to China for meeting Summer 2018)

University Senate President- elect Downtown Assembly, Fall 2018 (4-6 hrs/week includes Senate Task Force, Senate Executive Committee, University Academic Council and Arizona Faculties Council)

Arizona Board of Regents Meeting at NAU, October 2018 (2 days)

Arizona State University Faculty Senate (elected position to represent Nutrition faculty), 2017-2018

Institute for Humanities Research Gender and Sport Research Cluster, 2016-2017

Sustainability Action Committee Downtown Phoenix Campus, 2014-2016

ASU Night of the Open Door Lightening Presentations, 2015

ASU Downtown Sustival Planning Committee, 2015

Sustainability Practices Zero Waste Kit Pilot Program, 2014

ASU Downtown Garden Planning Committee, 2012

**Community, Professional, and Other Service**

**2024:**

Blue Zones Project Scottsdale Community Kickoff Planning Committee, 2024 (6 hrs)

Blue Zones Project Scottsdale Steering Committee member, 2023-present

-Civic leadership group to discuss policies, planning, and implementation of project

Paradise Valley Community College Accreditation Virtual Site Visit, 2024 (2 hrs)

Arizona Academy of Nutrition and Dietetics Legislative Day, 2024 (6 hrs)

Arizona Transfer Nutrition Articulation Task Force member, 2023-present (

Arizona Academy of Nutrition and Dietetics College Nutrition Bowl host, March 2024( 5 hrs)

**2023 and prior:**

Volunteer, CHS Food as Medicine Study at Adelante Health Food Distribution, 2023, 10 hrs

Master of Ceremonies, AZAND Annual Conference, Tucson, 2023

Master of Ceremonies, College of Health Solutions Convocation, 2021-2023 (3 ceremonies)

National Charity League, Phoenix Chapter, Nutrition Education Seminar, 2022

ASU Chicano/Latino Faculty Staff Association 50th Anniversary Gala, virtual, 2021 (2 hours)

Sports Nutrition Advisor to Vital Body Health and Wellness Supplement Company, 2019-2020 (20 hours)

National Council of Faculty Senates mini-conference, 2020 (4 hours)

Go Red for Women charity event for Greater Phoenix American Heart Association, 2020 (2 hours)

Women’s Nutrition Presentation for National Charity League, Phoenix, 2020 (2 hours)

Sports Nutrition Guest Lecture for NTR494 Applied Sports Nutrition, 2020, (2 hours)

ASU Food Entrepreneurship Planning Committee, 2020 (5 hours)

AZ Interprofessional Summit Facilitator, 2014-present (3 hours per annual event)

FUSC Chinese Coaches Program, Graduation Ceremony Speaker, December 2019

ASU Open Door Volunteer, February 2019 (4 hours)

Subject matter expert, nutrition textbook Science of Nutrition, Pearson Publishing, 2019

FUSC Chinese Coaches Program, Graduation Ceremony Speaker, December 2018

ASU Wings of Gold Awards Ceremony and Fundraiser benefitting female student athletes, Tempe,

March 2018

Subject matter expert in updating ancillary materials for Pearson Publisher text Science of Nutrition,

5th Edition, 2018-2019 (remuneration $650).

ASU Now video for ASU website “Homemade Electrolyte Drinks”, 2017

ASU Night at the Phoenix Suns, panelist, 2014, 2015, 2016

Presentation “High Performance Nutrition Strategies”, Spirit of the Senses humanities group, Arizona,

2015

Arizona Cancer Coalition Prevention Taskforce, 2015

“Applying MyPlate Guidelines”, presentation Scottsdale Unified School District Staff, 2011

**Media Interviews**

“Heat Hacks from the Global South: India’s Sweet Yogurt Drink”, NPR Science Desk, 2023

“Nutrition for College Football Players” interview for KASC The Blaze 1330 AM: Arizona State University

“Colleges Response and Management of COVID-19” interview for Washington Post, September 2020

“Transparency in COVID Reporting on College Campuses” interview for Chronicle of Higher Ed, September 2020

“Calorie Deficits, Food Relationships, and Weight Loss” interview for ASU Enterprise, November 2020

“The Health of Journalists” video interview for ASU Cronkite News, Arizona, 2019

Video interview for Transgender Athlete Documentary by Kathy Kudravi, Arizona, 2019

Cultural Aspects of Food interview, Arizona State University State Press, Tempe, November 2018

Professionals in Nutrition for Sport and Exercise (PINES) career profile interview for member monthly newsletter, 2017

Journey to a Healthy Lifestyle podcast interview with Therese Paul, Arizona, 2016

“Pre-workout Sports Supplements” interview for Review.com with Colin Brennan, 2016

“Aging Athletes and Nutrition”, EmpowHer magazine interview, 2015

“The New D-Back D-Bat Hot Dog” National Public Radio Marketplace radio interview, 2014

“Earth Day Green Cooking” ASU Downtown Devil newspaper interview, 2014

“10 Perfect Workout Smoothies” Prevention.com online magazine interview, 2014

“McDonalds Free Breakfast for 1st Day of School” Phoenix KJZZ local affiliate National Public Radio

interview, 2013

ASU Kitchen Café and Lymphoma Society charity event, ABC 15 Phoenix TV interview, 2013

“What’s New at ASU”, Arizona Republic and AZCentral interview, 2013

“Performance Nutrition Tips for Students”, Arizona State Press interview, 2012

Arizona State University Instructional Kitchen, Arizona FOX 10 interview, 2012

“Sports Nutrition Tips”, Health2Fit Online Magazine interview, 2012

“What’s Cooking at Arizona State”, Arizona FOX 10 News TV Interview, 2011

“Male Athletes Struggle with Eating Disorders”, Huffington Post Online Interview with Catherine

Pearson, 2011

“More Than Just Yogurt”, Arizona FOX 10 TV Interview, 2009

“Brain Foods”, Arizona FOX 10 TV Interview, 2009

“Post-Workout Recovery Foods”, Arizona FOX 10 TV Interview, 2008

“High Performance Meals and Snacks”, Arizona FOX 10 Interview, 2008

**Professional Development**

**2024:**

Almonds: Food for Fitness, January 2024 (1-hr webinar)

Arizona Academy of Nutrition and Dietetics Annual Conference, May 2024 (2 days)

ASU and InStride Health Vertical Workshop, September 2024 (6 hrs)

Does Supplement X Work?, Professionals in Nutrition and Exercise Science (PINES), October 2024 (1-hr

webinar)

Creatine for Health and Performance, Professionals in Nutrition and Exercise Science (PINES), October 2024 (1-hr webinar)

Anthocyanin-rich supplementation for sport and exercise: Is it worth the attention? Professionals in Nutrition and Exercise Science (PINES), October 2024 (1-hr webinar)

Hydration, Heat Stress, and Kidney Function in the Industrial Athlete, Professionals in Nutrition and Exercise Science (PINES), October 2024 (1-hr webinar)

Soy Essentials: Evidence-Based Insights and Culinary Tips, December 2024 (1-hr webinar)

**2023 and prior:**

Food and Nutrition Conference and Expo, October 2023, Denver, (3 days)

National Council of Faculty Senates mini-conference, Fall. 2021 (4 hrs)

CPSDA Nutrition Seminar, Performance Menu Design and Execution, Sep. 2021 (1 hr)

Today’s Dietitian, Taming the Flame: Dairy and Inflammation seminar, Aug. 2021 (1 hr)

Today’s Dietitian, A Nutrition Expert’s Guide to Navigating Paleo Conversations, Aug. 2021 (1 hr)

Women Who Power Lunch Series, Taylor Hooten Foundation, “Women and Testosterone”, July 2021, (1

hr)

CPSDA Nutrition Seminar, Supervision: The Future for Sports RDs and Their Role in the Treatment of

Athletes, webinar, April 2021 (1 hr)

John Milner Nutrition and Cancer Prevention Research Practicum, virtual meeting, March 2021 (12 hrs)

Today’s Dietitian, Power Up Your Cells with NAD+ to Add Health to Years, webinar, March 2021 (1

hr)

NCAA Coalition on Intercollegiate Athletics Annual Meeting, virtual, February 2021 (2 days)

Global Sports Matters Live, How the NFL Moves Forward, webinar, January 2021 (1 hr)

Today’s Dietitian, The Top 10 Benefits of Pulses: From Lentils and Chickpeas to Dry Peas and Beans,

January 2021 (1 hr)

Eat to Win seminar, Dietary and Nutritional Supplementation to Enhance the Effects of Resistance

Training, January 2021 (1 hr)

Eat to Win seminar, The Athlete’s Gut-Overcoming Stomach Distress, January 2021 (1 hr)

CHS “Local, National and Global Decision Making During Covid-19” webinar, January 2021 (1 hr)

CHS “Taking Back Control During COVID-19: Leading Innovation through Uncertain Times”, webinar,

December 2020 (1 hr)

CPSDA Nutrition Seminar: Sleep and Athletic Performance, webinar, September 2020 (1 hr)

Xendurance Nutritional Supplementation seminar, virtual, July 2020 (1 hr)

Nutrition webinar sponsored by Almond Board of CA: Diet and Skin Health, webinar, June 2020 (1.5

hrs)

CPSDA Nutrition Symposium-Plant-Based Nutritional Strategies in Health & Sport: Facts & Fallacies,

webinar, June 2020 (1 hr)

Sports Nutrition Symposium- Advancing with Excellence: Science into Practice, webinar, June 2020 (1hr)

MySportsScience Nutrition Conference, virtual, June 2020 (2 days)

American Society for Nutrition Annual Conference, virtual, June 2020 (3 days)

CHS Health Talks-COVID-19: Food and Nutrition, webinar, May 2020 (1 hr)

Collegiate and Professional Sports Dietetics Association Annual Conference, virtual, May 2020 (3 days)

ASU Global Sports Institute: Moving Forward with Human Performance @ ASU, virtual roundtable, April

2020 (1.5 hrs)

The Environment is Us book discussion with author Rolf Halden, webinar, April 2020 (2 hrs)

CHS Health Talks: Women in Leadership- ASU panel discussion, webinar, April 2020 (1 hrs)

CHS Health Talks: COVID-19 and effectiveness diagnostics: The key to recovery of health, society, and

the economy, webinar, April 2020 (1 hr)

CHS Health Talks: The COVID-19 Pandemic, Causes, Testing Options, and Care, webinar, April 2020 (1

hr)

ASU Global Sports Institute Faculty Crosstalk: Human Performance Sciences, webinar, April 2020 (1 hr)

“Heart Health by Way of the Gut” webinar by Dietitians in Integrative and Functional Nutrition practice

group of Academy of Nutrition and Dietetics, Feb 2020 (1 hr)

“Getting On Track: Assessing Body Composition” webinar by MySportsRD, Feb 2020 (1 hr)

CHS Health Talks “Precision Nutrition”, webinar, Feb 2020 (1 hr)

“Why Athletes Struggle to Gain Weight” webinar by MySportsRD, Jan 2020 (1 hr)

Today’s Dietitian Spring Symposium, Phoenix, May 2019 (4 days)

Sports, Cardiovascular and Wellness Nutrition 35th Annual Symposium, Phoenix, April 2019 (3 days)

Global Sports Institute, Sport and the Body Seminar, Tempe AZ, 2019 (3 hrs)

Gatorade Sports Science Institute, Nutrition for Immune Health Webinar, 2019 (2 hrs)

My Sports Dietitian, Functional Sports Nutrition 101: Optimizing Performance at the Root Online

Seminar,2019 (2 hrs)

Collegiate and Professional Sports Dietitian’s Association (CPSDA) – Caffeine’s Mechanism of Action and

Practical Implications for Endurance, Strength and Power Sports, Webinar, 2019 (2 hrs)

My Sports Dietitian, Produce for Performance: The Benefits for Plant Based Diets with Leslie Bonci,

webinar, 2019 (2 hrs)

Sports, Cardiovascular and Wellness Nutrition Annual Conference, Colorado, May 2018 (3 days)

Global Sport Summit, Phoenix, March 2018 (6 hours)

Building Healthy Lifestyles Conference, Arizona, 2018 (2 days), 2017, 2016, 2013, 2009

Collegiate and Professional Sports Dietitians Association Annual Conference, 2017, 2014, 2013, 2011

Academy of Nutrition and Dietetics Annual Food and Nutrition Conference and Expo 2011, 2007, 2006,

2001

Central Arizona Dietetic Association Meeting, Creating a Nutrition Podcast, Tempe AZ, 2016

AZAND Annual Conference: Reaching the Hard to Reach-Strategies to Promote Healthy Eating for All,

Phoenix AZ, 2016

Mediator Release Food Sensitivity Training Oxford Biomedical Technologies, online, 2015

University of Arizona Center for Integrative Medicine Nutrition and Health Conference, Phoenix AZ,

2015

Central Arizona Academy of Nutrition and Dietetics Meeting, Metabolic Efficiency by Brooke Schohl,

Scottsdale AZ, 2014

Central Arizona Academy of Nutrition and Dietetics Meeting, Short Bowel Syndrome and Gattex by

Kelly Tappenden, Phoenix AZ, 2014

Arizona Academy of Nutrition and Dietetics Annual Conference, Phoenix AZ 2013

Central Arizona Dietetic Association Meeting, Nutrition Focused Nutrition Assessment Workshop, Glendale AZ, 2013

Central Arizona Dietetic Association Meeting, “So You Want to Write a Book” by Michelle Dudash,

Glendale AZ, 2013

Central Arizona Dietetic Association Meeting, Food Allergies and Intolerances, Phoenix AZ, 2012

Exercise and Sports Nutrition Workshop with Nancy Clark, Phoenix AZ, 2011

American Dietetic Association Pre-Conference Workshop, Exercise is Medicine, San Diego CA, 2011

**Inclusive Excellence Training**

**2024:**

Implicit Bias and Microagressions Training, CHS Inclusive Excellence with Unsiloed, 2024 (1.5 hours)

Personal Expression on the Impact of Relationships in the Workplace, CHS Inclusive Excellence with

Unsiloed, 2024 (1.5 hours)

Advocacy, Equity, and Inclusion in Foodservice and Restaurants, James Beard Foundation, 2024 (2 hours)

Social and Emotional Learning, CHS Online Instructor Support, 2024 (1 hour)

Journal Club: Nutrition Health Disparities, CHS Inclusive Excellence, 2024 (1.5 hours)

Teaching Tools for Inclusive Excellence, CHS Teacher Talks, 2024 (1 hour)

Improve Interactions and Group Contributions, Exploring Religious and Cultural Backgrounds, Ability/Disability, and Socioeconomic Status, CHS Inclusive Excellence, 2024 (1.5 hours)

Greater Awareness of Self Can Contribute to Our Ability to Navigate Challenging Moments and Support of Others Through the Same, CHS Inclusive Excellence, 2024 (1.5 hours)

**2023:**

Intersecting Culinary, Behavioral Support, and Social Determinants of Health to Optimize Healthcare, 2023

Embracing and Achieving Diversity and Inclusion Goals in Organizations and Businesses, FNCE, 2023

The Power of Language: Identifying and Eliminating Bias in Practice and Media, FNCE, 2023 (1 hour)

From Equity Walk to Equity Talk, CHS JEDI Council, 2023 (1 hour)

**2022:**

ASU Online Best Practices for Teaching Online through Equity and Inclusion, 2022 (1 hour)

Research Designs to Account for Diversity and Inclusiveness and Impact Guidance Policy, 2022 (1 hour)

Toward Resilient Teaching and Learning: Lessons Learned from COVID, 2022 (1 hour)

The Unrelenting Campus Mental Health Crisis, Inside Higher Ed, 2022 (1 hour)

**2021:**

Building Relational Currency, Women Leaders Performance Institute, 2021 (1 hour)

**Pedagogy**

**2024:**

AI-Powered Assignments: Shaping the Future of Education, ASU Learning Experience Design, January

2024 (1 hr webinar)

Pivoting to Virtual in 5 “Kinda” Simple Steps, CHS Toastmasters, February 2024 (1 hr webinar)

CHS Teacher Talks, October 2024 (1-hr webinar)

**2023:**

ASU Practice Principled Innovation Fall Convening, Oct. 2023 (8 hrs)

UNM Mentoring Matters Virtual Conference, Oct. 2021 (5 days)

ASU Commission on the Status of Women Wellness Workshop: Staying Resilient and Avoiding Burnout

session, Aug. 2021 (1 hr)

ASU Employee Wellness, Mindfulness for Resilience workshop, Aug. 2021 (1 hr)

Higher Education: The Connected Campus virtual conference, Aug. 2021 (4 hrs)

Remote: The Connected Faculty Summit hosted by ASU, June 2021 (2 days)

ASU Organizational Excellence Community of Practice meeting, “Excellence in Teaching”, May 20219 (2

hrs)

ASU UTO Soar into Empower 2021, university technology conference, May 2021 (2 days)

CHS Monthly Teacher Talks workshops Jan (4 hours per semester)

Lilly Conference on Teaching for Active and Engaged Learning, San Diego, Feb 2020 (2.5 days)

Accreditation Council for Education in Nutrition and Dietetics “Help All Students to Thrive: An

Introduction to Culturally Responsive Teaching, webinar, November 2020 (1.5 hrs)

ASU UTO webinar “Effective Teaching Strategies and Tips for Engaging Learners Through Zoom”,

November 2020 (30 min)

ASU UTO webinar “Impactful Uses of New Technologies to Engage Learners”, November 2020 (30 min)

Chronicle of Higher Education Leadership Workshop “How the Covid-19 Pandemic is Changing

Academe”, November 2020 (2 hours)

Chronicle of Higher Education Curriculum and Faculty Symposium “Leading During the Pandemic”,

October 2020 (2 hours)

CHS Faculty Sync Workshop: Group and Active-learning, virtual, 2020 (1.5 hrs)

Caduceus Fall Term Preparations: Content Integrations for Foundational Nutrition/Sports Nutrition

online/hybrid offerings, webinar, 2020 (1 hour)

ASU College of Health Solutions Technology Training: Screencastomatic!, online, 2020 (1 hour)

CHS Teaching and Learning Community of Practice Building Interpersonal Competence in the Online

Classroom webinar, ASU Online, 2020 (1 hour)

University of New Mexico’s The Mentoring Institute, Faculty Mentor Development Program, 2019 (3

modules completed, 8 hours)

CHS Learning Innovation Group “Adding Media to Your Canvas Courses” webinar, 2019 (1 hour)

ASU Online Voicethread in Canvas Webinar, 2019 (1 hour)

Yellowdig “Get the Yellowdig Wow Factor”: ASU Instructor and Designer Webinar, 2019 (2 hours)

ASU Canvas Training-Introduction, Phoenix, October, 2018 (2 hours)

ASU Faculty Women’s Association NTE Promotion Workshop, Tempe, February, 2018 (2 hours)

ASU Online Perceptive Workshop on peer mentoring, Scottsdale AZ, 2017

ASU Study Abroad Office Emergency Preparedness and Response Workshop, Tempe AZ 2017

Flipped Classroom Workshop, ASU Downtown Phoenix Campus, 2017

The Neuroscience of Trust Workshop, ASU Tempe AZ, 2017

Course Enhancements 101 Workshop, ASU Instructional Design, Phoenix AZ, 2017

ASU Study Abroad Program and Faculty Training, Tempe AZ, 2016

ASU College of Health Solutions Course Enhancements Workshop, Phoenix AZ, 2016

ASU Online EdPlus: How to Make Videos for Online Classes, Scottsdale AZ, 2016

ASU Online Faculty Showcase Workshop, Scottsdale AZ, 2016

Online Teaching and Course Design Workshop with Rose Martin, Phoenix AZ 2016

Evidence-Based Teaching in Higher Ed: Strategies to Improve Student Learning Webinar, 2015

ASU Online Faculty Showcase Workshop, Scottsdale AZ 2015

ASU Title IX and Your Duty to Report and FERPA Training- Online Training, 2015

ASU E3 FAB Tech Course (3-month), Flipped and Blended Learning, Phoenix AZ, 2014

Collaborative Institutional Training Initiative (CITI) Human Subjects Research Training, online, 2013

ASU Online Learning Studio Workshop, Scottsdale AZ, 2013

ASU Online 2-Week Bootcamp for Teaching Online, 2013

ASU E3 Training Course Evaluations, Phoenix AZ, 2012

ASU E3 UTO Training Adobe Presenter and Respondus, Phoenix AZ, 2011

ASU E3 Online and Hybrid Teaching and Course Development Workshop, Scottsdale AZ, 2011

**Faculty Peer Mentorship/Evaluation**

Floris Wardenaar, Associate Professor, Peer Evaluation of Teaching, 2024

Zach Cordell, Clincal Associate Professor, 2024- present

Jessica Lehmann, Lecturer, provide mentorship using UNM Mentoring Institute modules, 2019-present

Shauna Grant, Lecturer, provide mentorship using UNM Mentorship Institute modules, 2019-2020

Beate Peter, Associate Professor, peer evaluation of teaching and course management, 2020

Professional Reference for Dr. Jonathan Koppell (hired University President, Montclair State University,

June 2021)

Letters of Support for University Service for faculty promotion:

Dr. Jeffrey Kingsbury, Senior Lecturer, CISA, Science, Mathematics and Social Science (2021)

Tamara Rounds, Clinical Associate Professor, School of Social Work (2021)

**Student Mentorship**

**M****aster’s Thesis/Applied Project Student Mentorship and Committee Membership**

**2024:**

Avaani Bhalla (Nutritional Sciences, Dietetics), “Is there a Relationship Between Type of Sport and

Use/Compliance of Third-Party Tested Supplements in DI Collegiate Athletes?”, committee member,

2024

Emma Armstrong (Nutritional Sciences, Dietetics), “Supplementation Differences between Male and

Female College Athletes”, committee member, 2024

**2023 and prior:**

Vanessa Moreno (Medical Nutrition), “The Effects of Micronutrient Deficiencies Caused by Eating

Disorders on Athletic Performance: A Systematic Review”, 2021

Olivia Spaulding, Nutrition (Medical Nutrition), 2020 “Food Insecurity in American Indian and Alaskan

Native Populations and Increased Occurrence of Obesity, Hypertension and Diabetes: A Systematic

Review”

Michael Mohammad, Nutrition (Dietetics), 2017-2019 (Chair) “Determining if an App Can Improve

Nutrition Knowledge in Collegiate Club Soccer Players”

Rachel Manley, Nutrition (Nutritional Science), 2017-2019 “Comparing Glutathione in the Plasma of

Vegetarian and Omnivore Populations”

Makenna Baum, Nutritional Science, 2018-2019 “Nutrition Course and Culinary Demonstrations

to Increase Perceived Importance of Nutrition in Medical Students”

Emily Pelham, Nutritional Science, 2018-2019 “Dietary Intake Behaviors of Recreational

Mountain Hikers Climbing “A” Mountain in Summer and Fall”

Ashley Haluck, Nutrition (Dietetics), 2019

Carly Sopko, Nutrition (Dietetics), 2017-2018 “The Impact of Dietitian-Led Cooking Classes on Picky

Eating Behaviors in Children Ages 3-12: A Quasi-Experimental Post-Survey Study”

Jessica Holland, Nutrition (Dietetics), 2017-2018 “Nutrition Education for Adolescents in Recovery for

Alcohol and Substance Abuse: Does Nutrition Education Improve the Readiness to Make Healthier

Dietary Choices?”

Kelly Whitcomb-Tincher, Nutrition (Dietetics), 2017-2018 “Nutrition education for hospital food

service workers: Does education improve knowledge of therapeutic diets and reduce diet errors?”

Doha Salem, Nutrition (Dietetics), 2016-2017 (Chair) “Exploring Cultural Competence of Clinicians

Caring for Terminally Ill Muslim Patients within the American Health Care System: A Descriptive

Study”

Chelsea Quinn, Nutrition (Dietetics) 2016-2017 (Chair) “Quality Improvement Evaluation of All Kids

Can Classes – A Clinic-Based Multidisciplinary Program in Low-Income, Multicultural Communities”

Jerilynn Hart, Nutrition (Dietetics), 2016-2017 (Chair) “Effectiveness of MOVE! Weekly Classes on

Weight Loss in Veterans: A Retrospective Comparative Study”

Kelsi Wildermuth, Nutrition (Human Nutrition), 2016-2017 “Water Proximity and It’s Effect on

Consumption: In a Corporate Setting”

Christina Shaw, Nutrition (Dietetics), 2016-2017 “Impact of a Whole Food Plant-Based Jumpstart

Program on Males and Females Led by a Clinical Dietitian on Health Outcomes”

Jesus Trujillo, Nutrition (Dietetics), 2015-2016 “Examining the Impact that Motivational Interviewing

has on Hemodialysis Patients’ Knowledge of Various Aspects of Phosphorus”

Kristen Schweers, Nutrition (Human Nutrition), 2013-2014 (Chair) “The Efficacy of 7-Day Menu

Planning Using A Modified Exchange System in the Eating Disorder Population: The Impact of Patient

Characteristics”

Courtney Dillon-Bliss, Nutrition (Human Nutrition), 2013-2014 “Diet Quality of Omnivores, Vegans,

and Vegetarians as Measured by the Healthy Eating Index 2010 and the Rapid Eating and Activity

Assessment for Participants Short Version”

Claudia Thompson-Felty, Nutrition (Human Nutrition), 2013-2014 “iPhone Applications and

Improvements in Weight and Health Parameters: A Randomized Clinical Trial”

**Undergraduate Honors Thesis Committee Membership**

**2024:**

Molly Ostrowski, 2024-present (Chair), “Social Media as a Nutrition Source for Athletes”

Katrina White, 2023-2024 (Chair), “The Physical, Mental, and Nutritional Effects of Eating Habits, Diet,

and Disordered Eating in Gymnasts”

Tina Dolezal, 20234-2024 (Chair), “The Physical, Mental, and Nutritional Effects of Eating Habits, Diet,

and Disordered Eating in Gymnasts”

**2023 and prior:**

Haley Gorke, 2020-2021 (Chair) “Proper Nutrition Protocols for Athletic Injuries”

Breanna Deets, 2019-2020 (Chair) “Treatment of Multiple Sclerosis through Lifestyle Changes:

Nutrition, Exercise, Sleep, and Stress Management”

Jack Fritzke, 2019-2020, “The Future of Regenerative Medicine in Professional Sports”

Angelina Fung, 2018-2019 (Chair) “Girls United, Live Determined: A Model for Personal Fitness

Concierge Start-Up”

Allison Meyer, 2018-2019 (Chair) “Habit Tracking: Is It Making You Healthier?”

Caitlin Carson, 2018-2019 (Chair) “Let Food Be Thy Medicine”

Christina Monteilh, 2017-2018 (Chair) “Nutrition in the Treatment of Cancer”

Gidette Zwinger-Nathanson, 2017-2018 (Chair) “ASU Student Attitudes and Beliefs of the Vegan Diet”

Andra Young, 2017-2018 (Chair) “The History, Evolution, and Development of Wedding Cakes”

Natalie Kluger, 2016-2017 “Female Collegiate Gymnasts Nutritional Knowledge and Health”

McKenna Baum, 2017 “Food and Nutrition Cooking Demonstrations for College Students: A Video

Series”

Allison Marley, 2016-2017 (Chair) “Signature Dish: The Art of Cooking and the Science of Eating Well in

the Age of Social Media”

Colby Mark, 2016-2017 (Chair) “Injury Prevention of Young Adult Competitive Athletes”

Stephen Lopez, 2016-2017 “Energy Expenditure: Relationships Between Ghrelin and Body Composition in

Healthy Young Men”

Jasmyne Samuels, 2016-2017 (Chair) Nutrient Deficiency on Oral Health”

Adelaide Nauman, 2014-2015 “Supplementation of Vitamin B6 and Tryptophan: The Effects on Mood

States Among College Club Sport Athletes”

**Graduate and Undergraduate Teaching Assistant Mentorship:**

Jose Luis Ballester Barrio (UGTA), NTR457 Sports Nutrition, Spring 2024

Katie Forrett (GTA), NTR348 Cultural Aspects of Food, Spring 2024

Clarissa Cazares (UGTA), NTR457 Sports Nutrition, Summer 2024

Geann Royer (UGTA), NTR348 Cultural Aspects of Food, Summer 2024

Zanaya Allen (UGTA), NTR457 Sports Nutrition, Fall 2024

Nichol Soto (UGTA), NTR457 Sports Nutrition, Fall 2024

Clarissa Long (GSA), NTR348 Cultural Aspects of Food, Fall 2024, Spring 2024, Fall 2023

**Awards and Recognitions**

ASU Sun Award for Oustanding Service for Exemplary Service, Demonstrating Leadership, and Sun Devil

Pride, September 2021

ASU Sun Award for Outstanding Service for Demonstrating Leadership, May 2021

ASU Sun Award for Outstanding Service for Exemplary Service, Sun Devil Pride, and Supporting

Student Success, May 2021

ASU Sun Award for Outstanding Service for CHS Nutrition Programs Leadership, March 2019

ASU Sun Award for Outstanding Service for More to Explore Event, October 2018

ASU Sun Award for Outstanding Service for CHS Student Advising, 2016

ASU Sun Award for Outstanding Service for Employee Health Presentation, 2014

Nominated for Arizona Academy of Nutrition and Dietetics Emerging Dietetic Leader, 2014

ASU Sustainability Initiatives Revolving Fund Tier One Grant Award for ASU Nutrition Garden-$5,000

awarded, 2013

Recognized as Successful Alumni under 40 in ASU Alumni Magazine, 2011