

## CURRICULUM VITAE 05/15/2026

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## CANDIDATE INFORMATION

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### EDUCATION

Dates	Degree	Institution	Field of Study
2012-2017	PhD	Department of Human Nutrition, Wageningen University, The Netherlands	Dietary exposure assessment
<i>Dissertation title: Evaluation of dietary intake and nutritional supplement use of elite and sub-elite Dutch athletes: Dutch Sport Nutrition and Supplement Study</i>			
<i>Mentors: Renger Witkamp, PhD; Marco Mensink, MD, PhD; Jeanne de Vries, PhD</i>			
2001-2005	MS	Department of Human Nutrition, Wageningen University, The Netherlands	Nutritional physiology
1997-2001	BS	Nutrition and Dietetics, Amsterdam Applied University, The Netherlands	Dietetics/ sports nutrition

### ACADEMIC APPOINTMENTS

2025-present	<b>Associate Professor in Nutrition</b> , College of health solutions, Arizona State University, Phoenix, AZ, USA.
2017-2025	<b>Assistant Professor in Nutrition</b> , College of health solutions, Arizona State University, Phoenix, AZ, USA.
2017-2019	<b>Sports Nutrition Advisor</b> , Sun Devil Athletics, Arizona State University, Tempe, AZ, USA.
2014-2017	<b>Team Lead</b> , Team Nutrition at the Dutch Olympic Committee, Olympic Training Center Papendal, the Netherlands.
2012-2014	<b>Sports Scientist</b> , Innosportlab Papendal, the Netherlands.
2011-2017	<b>Highest ranked Senior Lecturer (comparable with clinical professor in the USA), Team Leader and senior administrator/management team</b> , Sports and Exercise Nutrition at the Institute for Sports and Exercise Studies, HAN University of Applied Sciences, The Netherlands.
2007-2012	<b>Sports Dietitian</b> , Dutch Olympic Committee, Olympic Training Center Papendal, the Netherlands.
2007-2010	<b>Sports Dietitian</b> , TVM Professional Speed Skating Team, the Netherlands.
2006-2011	<b>Lecturer</b> , (Sport) Nutrition Institute for Paramedic Studies and Institute for Sports and Exercise Studies, HAN University of Applied Sciences, the Netherlands.

## HONORS AND AWARDS

June 2025-present	Becoming an ACSM Fellow.
November 2020	Awarded: Global Sport Institute Scholar by the Global Sport Institute at ASU
March 2020	Nominated for the “CHS Research Award” and “CHS Mentoring Award” for the 5 <sup>th</sup> Annual CHS Staff and Faculty Awards
2012-2017	I was awarded time to work parttime on my PhD as part of my job at the HAN University of Applied Sciences, Nijmegen, The Netherlands.
2016	One of the first two faculty members within the Institute of Sports and Exercise that was promoted from a Senior lecturer 2 to Senior lecturer 1 position, the highest faculty position as teaching faculty. HAN University of Applied Sciences, Nijmegen, The Netherlands.
2015	Excellent annual performance review at Sports and Exercise studies, an excellent score is seldom awarded within Dutch Universities.
2014	Nominated for 50 best dietitians of The Netherlands by Scriptum.

### Other honorable achievements:

2010-2013	Chair (Voorzitter) Dutch Association of Sports dietetics (Vereniging Sportdietetiek Nederland, VSN), The Netherlands.
June 2005-October 2005	Research Scholar, Department of Kinesiology & Health Education, University of Texas at Austin, USA.
2007 and 2008	Staff Member, TVM Professional Speed Skating Team, recipient of the KNSB Team of the Year Award (awarded consecutively).
2000	Publication of the brochure: “Alles wat je moet weten over voeding en Sydney”, an information brochure written for the Dutch Olympic team that would represent the Netherlands at the Olympic Games of Sydney, distributed to all athletes and staff, as part of the bachelor internship (Voeding & Dietetiek).

### **ACTIVE COMMITTEE MEMBERSHIPS**

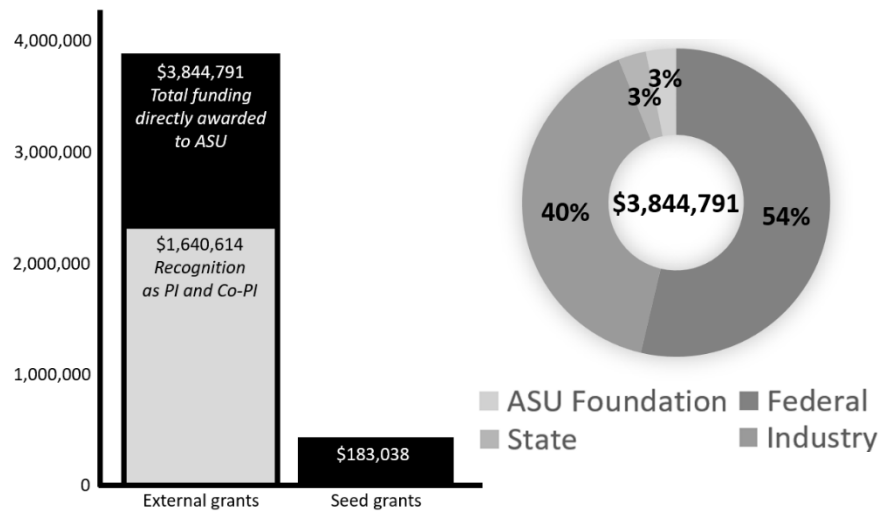
Active committee memberships are listed exclusively in this section to avoid duplication elsewhere in the CV.

2026-Present	President PINES (Professionals in Nutrition for Exercise and Sport) Executive Board.
2025-Present	College of Health Solutions Lab & Clinic Safety Committee
2024-Present	Committee member ACSM Research Awards.
2023-Present	Committee member on rewriting NATA's position stand on Dietary Supplements.
2022-Present	Committee member on preparing a CPSDA proposal to broaden supplement opportunities for athletic departments in NCAA sports.
2021-Present	Committee member on the committee on committees as part of the College of Health Solutions at ASU.
2020-Present	Curriculum committee member MS program Strength & Conditioning.

**RESEARCH AND SCHOLARSHIP**

**SPONSORED RESEARCH FUNDING**

Since the start at ASU I was involved in (collaborative) projects awarded a total of \$7,741,791. The figures on the right project the total amount of funds awarded to ASU. In black is the total awarded, with in grey the total amount recognized to my name. The donut diagram shows a breakdown of this funding.



My research interest focuses on:

- Optimization of hydration status, fluid balance, and thermoregulation;
- Use and effect of dietary supplements and sports nutrition products on health and performance;
- Gastrointestinal (GI) complaints in active populations;
- Development and validation of new self-assessment tools that can be used in (active) populations.

All industry-funded projects were conducted under full academic independence and in accordance with institutional research integrity policies.

**Ongoing external funding**

2025-Present **“HeatMind Study”**

Funded by the National Science Foundation (Award Number 2531465). \$1,250,000. One of six Co-PI’s with PI Hassan Gasemzadeh.

*This interdisciplinary project will design a scalable and adaptable infrastructure for continuous and objective heat-related health monitoring and proactive decision making in firefighters.*

2024-Present **“PHOENIX Study”**

In collaboration with Friesland Campina. \$290,220. PI.

*Two controlled trials to determine the impact of a new multi-ingredient whey supplement.*

**“Philanthropic gift to support the lab ”**

From Friesland Campina. \$213,000. PI.

*Two support the development of the lab toward GI research in active populations.*

2023-2024 **“Startup services for FrieslandCampina’s study “Clinical trial on Biotis® Fermentis with recreational US athletes”**

In collaboration with Friesland Campina. \$46,372. PI.

*Aiming to design a follow up study of the earlier funded Protein well-being study.  
Preparation for the design and acquisition of funds for two controlled trials.*

- 2023-2026 **“Rehydration efficiency during Ad-libitum fluid intake”**  
Funded by Unilever Corporation, \$370,697. Co-I with PI Dr. Stavros Kavouras.  
*Impact of the hydration capacity of a rehydration beverage.*
- 2023-2025 **“The impact of self-assessment on wildland firefighter hydration”**  
Funded by FEMA. \$400,000. PI with Co-Is Dr. Stavros Kavouras and Dr. David Sklar.  
*To investigate the field-based validity and impact on hydration status of hydration self-assessment by wildland firefighters using simple biomarkers.*
- 2023-2024 **“Impact of low sugary drinks on hydration status in kids”**  
Funded by Kraft Foods. ~\$110,000. Co-PI with PI Dr. Stavros Kavouras.  
*The aim of the present study is to examine the impact of the hydration capacity of a low sugary drink for kids.*
- 2023-2024 **“Rehydration after exercise with high-electrolyte sport drink”**  
Funded by Dairy Management Inc. \$111,143. Co-PI with PI Dr. Stavros Kavouras.  
*The aim of the present study is to examine the impact of the rehydration capacity of different fluids.*
- 2023-2024 **“Nutrition: Pac-12 Student-Athlete Project on Dietary Supplement Third-Party Testing Compliance”**  
Funded by Pac-12 student-athlete health and wellbeing grant application. \$121,116. PI with Co-PI Dr. Christopher Gardner from Stanford University.  
*The overall goal of this project is to develop a new short screening questionnaire to identify student-athletes who are not using certified third-party tested supplements.*
- 2022-2025 **“Effectiveness of blood or plasma donations in lower cancer-causing PFAS levels”**  
Arizona Board of Regents (ABOR) funded by: Technology and Research Initiative Funds, established through Prop. 301 and utilizing sales tax revenues. \$103,000. PI, as Co-PI of a \$4M award in collaboration with Drs. Jeff Burgess and Melissa Furlong from University of Arizona (only the ASU award has been included in the figures at the start of this section). *Testing firefighters pre- and post-intervention to see if PFAS levels can be reduced.*
- 2022-2024 **“The impact of low glycemic index nutritional shake on glucose regulation in overweight and obese adults”**  
Funded by Standard Process Inc. \$330,310. Co-PI with PI Dr. Stavros Kavouras.  
*The aim of the present study is to examine the impact of replacing breakfast and afternoon snacks with a meal replacement shake on glucose regulation.*
- 2021-present **“MRI instrument grant: Acquisition of a High Heat Compatible Sweating Thermal Manikin for Interdisciplinary Research and Education on Human Thermal Exposure and Safety in Hot Climates”**  
Funded by NSF, awarded budget \$413,875. Co-I with Co-PIs Drs. Konrad Rykaczewski, Ariane Middel and Stavros Kavouras.  
*This sweat manikin allows for performing state of the art sweat simulations. Which will help to model sweat rate efficiency questions pertaining desert heat and allow for acquiring further future competitive funding.*

### Completed externally funded research (at ASU)

- 2022-2023 **“Protein well-being study”**  
Funded by Friesland Campina. \$60,332. PI.  
*Explorative study to determine the impact of a fermented whey protein with soluble fiber on gastrointestinal complaints, well-being and gut microbiota.*
- 2022-2023 **“Development of a screening questionnaire to identify student-athletes at risk of using tainted nutritional supplements”**  
Funded by the Collegiate and Professional Sports Dietetic Association (CPSDA). \$15,000. PI. *Aims to collect pilot data to investigate dietary supplement use and predictors of uncertified supplements in a small group of collegiate athletes.*
- 2020-2021 **“Fluid Hiking Decision Study”**  
Funded by AZ parks and trails, awarded budget \$9,400. PI.  
*This study aims to evaluate the impact of a short educational video on fluid consumption when showed to hikers directly before the start of their hike in the Phoenix area.*

### Completed internally funded research (at ASU)

- 2024-2025 **“Exploring the efficacy of sodium bicarbonate supplementation on reducing markers of acute kidney injury (AKI) during physical work in the heat”**  
Funded by the College of Health Solutions at ASU, \$49,676. Co-I with PI Dr. Jason Siegler, and Co-I Dr. Stavros Kavouras.
- 2023-2024 **“Real-world physiologic experiences of cooling center users and cooling efficacy: A Phoenix case study”**  
Funded by Knowledge Exchange for Resilience at ASU, \$35,000. Co-I with PI Dr. Jennifer Vanos and Co-I’s Reverend Katie Sexton-Wood, and Drs. David Hondula Michelle Litwin, Melissa Guardaro.
- 2022-2023 **“Development of a supplement education program for high school athletes. Funded by the Institute for Social Science Research at ASU”**  
\$7,744. PI with Co-PIs Drs. Hans Van der Mars and Pamela Kulinna.  
*Aims to develop new supplement high school student-athlete education program.*
- 2021-2022 **“Assessing physiological and socio-psychological heat related risk perceptions and behavior among Phoenix metropolitan area hikers”**  
ISSR, awarded budget \$8,000. PI with Co-PIs Drs. Megha Budruk and Frank Lo Vecchio.  
*This study aims to associate self-reported risk behavior and physiological outcomes in hikers.*
- 2021-present **“The Impact of Adequate Water Intake on Exercise Performance and Mood in Women and Men”**  
Global Sport Institute, awarded budget \$19,618.  
Co-PI with PI Dr. Stavros Kavouras and Co-PI Dr. Jodi Stookey.  
*This study aims to evaluate the effect of optimizing hydration status on mood and performance.*
- 2020-2021 **“Warming Up and Cooling Down Study”**  
Global Sport Institute, awarded budget \$18,000. PI with Co-I’s Drs. Stavros Kavouras and

Jenni Vanos.

*This study aims to evaluate multiple strategies to increased and decrease body core temperature.*

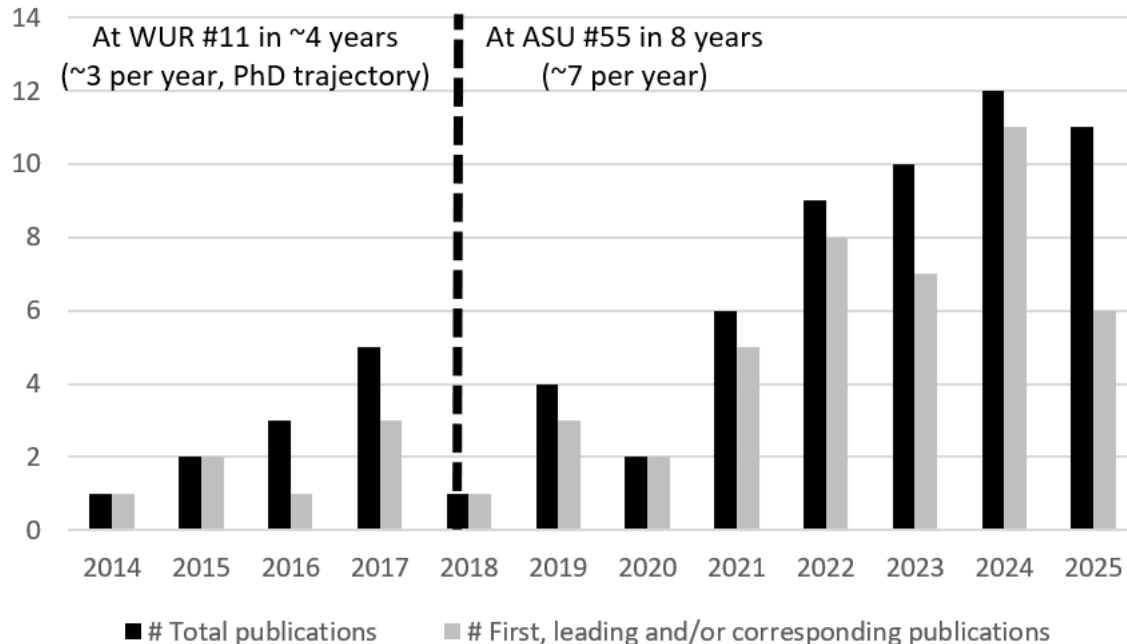
- 2019-2020 **“USA no.1 Study | Urine Color Self-Assessment and Racial Differences.”**  
Seed Grant, Global Sports Institute. Awarded budget: \$20,000. Lead Co-PI with Dr. Stavros Kavouras. *This study aims to develop a method to assess hydration status based on one single color.*
- 2019-2020 **“FAN study | Female Athlete Nutrition study.”**  
Seed Grant, Global Sports Institute. Awarded budget: \$20,000. Mentoring PI with Kaila Vento, PhD student as operating PI. *This study aims to investigate differences between dietary quality in females from different social economic status and race.*
- 2019-2020 **“Development of a Self-Assessment Urine Color System (UCS)”**  
Seed Grant, College of Health Solutions and Herberger Institute. Requested budget \$5,000. PI, with Co-PI Dean Bacalzo. *This study aims to develop a device that can be used at home to assess urine color in athletes.*

#### **Completed (prior to arrival to ASU)**

- 2017-2018 **“NutrEnd Study”** at the HAN University of Applied Sciences Sponsor: Friesland Campina €256,000. Co-PI with Co-PI Dr. Jan-Willem van Dijk. *This study aims to assess the impact of protein supplementation during long-term endurance exercise training on VO2max, endurance exercise performance, and muscle function in recreationally active young men.*
- 2016-2017 **“ConsuMeRun Study: food and fluid intake of runners during competition.”**  
Sponsor: As part of Eat2Move (regional grant project of the province of Gelderland), PI. Budget: €35,000.
- 2016 **“Analysis of protein intake and preferred food groups of elite athletes.”**  
Sponsor: Friesland Campina, PI. Budget: €20,000.
- 2012-2014 **“Small pilot studies as part of the development of a new sport bread.”**  
Sponsor: Sportsgrain, PI. Budget: €20,000.
- 2011 **“Pilot study about the effect of tryptophan on sleep and agility in athletes.”**  
Sponsor: DSM, PI. Budget: €44,000.

## PUBLICATIONS

In nutrition, authors are listed in decreasing order of contribution, with exception of the last author, who is (in most cases) the corresponding, leading or senior author. See below a break down of publications per year since the start of my PhD and since being at ASU.



For the publications listed, the following considerations are considered:

- The first author is usually the person who conducted most of the work.
- I am corresponding or senior author when I am listed as the first or last author.
- In case the first author was a student (graduate or undergraduate students are underlined), the contribution of the student and the corresponding author can be considered similar.

**When at ASU a total of 32 students contributed to the listed publications (some multiple times), of which 7 at undergraduate, 15 at graduate, and 12 at PhD level. An additional PhD student contributed to manuscript that was accepted, and one doctoral student contributed to a manuscript that is currently under review.**

The most up-to-date google scholar index metrics (number of citations at 05/08/2026: 1482, h-index: 20 (h-index was 7 in September 2017 when starting at ASU) and i10-index: 36, and 106 citations in 2026), can be found at: <https://scholar.google.com/citations?user=w-lkW8sAAAAJ&hl=en>.

### In preparation for submission (1)

**74. Wardenaar FC, Colburn AT, Kooima P, Doyle A, Vento K, Schott KD, Chan Y, Hoel T, Boro T, Kavouras SA. The Impact of Adequate Water Intake on Exercise Performance Men and Women. 2026.**

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

### **2026 Under review (3)**

**73.** Rezaei S, Gopalakrishnan ST, Kooima P, Wasserbeck AE, Kavoura IE, Srikanth O, Cervantes V, Muro RJ, Lelko M, **Wardenaar FC**, Gordon GW, Kavouras SA. Novel allulose- and amino acid-containing sugar-free electrolyte beverage results in rapid ad libitum rehydration following exercise-induced dehydration. 2026.

*Contributions:* Design [x], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

**72.** Ricco A, Mensink, M, Grootswagers P, **Wardenaar FC**. Protein Distribution and Quality across Meals in Dutch Elite and Sub-Elite Athletes. 2026.

*Contributions:* Design [ ], Data Collection [x], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

**71.** Bijlmakers DPM, Schott KD, Bhalla A, Armstrong E, **Wardenaar FC**. Self-reported supplement use and third-party testing is slightly underreported in questionnaires compared to interviews in NCAA DI American football athletes. 2025.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

### **2026/2025 Accepted (2)**

**70.** Knappenberger K, Buell J, **Wardenaar F**, Weidman C, White D, Wright K. National Athletic Trainers' Association Position Statement: Evaluation of dietary supplements for health, safety and performance. 2024. Accepted 8 February 2026.

*Contributions:* Design [x], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

**69.** Conner R, Hollister J, Lutrick K, Beitel SC, **Wardenaar FC**, Porter C, Healy O, Kern KJ, Gulotta JJ, Shannon T, Valliere E, Godfrey OJ, Furlong M, Burgess, JL. Predictors of serum per- and polyfluoroalkyl substances (PFAS) levels among U.S. career firefighters. Journal of Environmental and Occupational Medicine. Accepted 7 November 2025.

*Contributions:* Design [x], Data Collection [x], Data Analysis [ ], Interpretations [ ], Writing & Editing [x].

### **In print**

### **2025 (13)**

**68.** **Wardenaar FC**, Schott KD, Seltzer RGN, Butterick B, Dow E, Kooima P, Freire R, Reid KD, Stow Z, Tejaswari Gopalakrishnan S, Remington R, Sklar D, Gordon G, Ruby B, Burgess JL, Kavouras SA. The accuracy of a 4-item hydration self-assessment model to classify urine concentration using different cut-offs. Performance Nutrition (2026) 2:8. <https://doi.org/10.1186/s44410-026-00024-y>

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**67.** Caballero R, Navarro S, Vanos JK, **Wardenaar FC**. No difference was found for different applied cooling protocols after heat stress in hot, dry conditions in a field setting. Accepted 9 February 2026. Temperature. <https://doi.org/10.1080/23328940.2026.2631850>

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**66.** Haworth JJ, Bhatt N, Johnson KO, Close GL, Kasper AM, **Wardenaar FC**, Hobson AR, Fearn R, Mancin L, Pugh J. Gastrointestinal symptoms in athletes beyond endurance sports: A scoping review. Performance Nutrition. 2, 4 (2026). <https://doi.org/10.1186/s44410-025-00019-1>

*Contributions:* Design [ ], Data Collection [ ], Data Analysis [ ], Interpretations [ ], Writing & Editing [x].

**65. Wardenaar** FC, Burns SF, Campos M, Chan Y, Claassen-Smithers A, Dunshea-Mooij C, Eddine Haddou S, Hoogervorst D, Jagim A, Reinaldo Garcia P, Garthe I, Nugent AP, Ossama Aly M, Saunders B, Schott KD, Sekiguchi Y, Slater G, Speers N, Aussieker T. Navigating the Risks Beyond the Label: Unpacking Global Nutritional Supplement Safety. *International Journal of Sport Nutrition & Exercise Metabolism*. 1 (aop), 1-33, 2025.

*Contributions:* Design [x], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

**64. Boro** TL, Rezaei S, Kavoura IE, Kooima P, Wasserbeck A, Schott KD, **Wardenaar** FC, Siegler JC, Kavouras SA. Improved Post-Exercise Rehydration with a Milk Permeate-Based Sports Drink. *International Journal of Sport Nutrition & Exercise Metabolism*. 1 (aop), 1-12, 2025.

*Contributions:* Design [x], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

**63. Wardenaar** FC, Budruk M, Kooima P, Boeckman J, Middel A, LoVecchio F. Individuals with higher risk perception report more heat stress and thirst after hiking in a hot and dry environment without other differences in physiological measurements. *Environmental Research: Health*. Accepted 10 October, published online 15 October, 2025. DOI 10.1088/2752-5309/ae11cf

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**62. Wardenaar** FC, Aussieker T, Dolan E, Fernández-Campos C, Kavouras SA, Ormsbee MJ, Rawson ES, Saunders B, Schott KD, Sekiguchi Y, Burke LM. Summary of the 2025 Professionals in Nutrition for Exercise and Sport "10 questions / 10 experts" session – Can everyday foods replace some ergogenic supplements and commercially available sports foods? *International Journal of Sport Nutrition & Exercise Metabolism*. Accepted 3 September 2025. <https://doi.org/10.1123/ijsnem.2025-0161>

*Contributions:* Design [x], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

**61. Freire** R, Neimanas N, **Wardenaar** FC, Guardaro M, Vanos JK. Heat stress symptoms & cooling center efficacy among older adults experiencing homelessness in Phoenix, Arizona. *Environmental Research: Health*, Volume 3, Number 3. 2025. 10.1088/2752-5309/ae050f

*Contributions:* Design [x], Data Collection [x], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

**60. Freire** R, Schott KD, Butterick B, Stow Z, Burgess JL, Kavouras SA, Siegler JC, **Wardenaar** FC. A 3D color model reports urine color similarly to a printed color chart with similar accuracy to determine a low vs. high urine concentration. *Perform. Nutr.* **1**, 8, 2025. <https://doi.org/10.1186/s44410-025-00009-3>

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**59. Rezaei** S, Guerrero RI, Kooima P, Kavoura IE, Gopalakrishnan ST, Long CE, **Wardenaar** FC, Siegler JC, Muñoz CX, Kavouras SA. A Low-Sugar Flavored Beverage Improves Fluid Intake in Children During Exercise in the Heat. *Nutrients*. 2025; 17(15):2418. <https://doi.org/10.3390/nu17152418>

*Contributions:* Design [x], Data Collection [x], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

**58. Conner** R, Porter C, Lutrick K, Beitel SC, Hollister J, Healy O, Kern KJ, **Wardenaar** FC, Gulotta JJ, Jack K, Huentelman M, Burgess JL, Furlong M. Interventions to reduce serum per- and poly-fluoroalkyl substances (PFAS) levels, improve cardiovascular risk profiles, and improve epigenetic age acceleration in U.S. firefighters: protocol for a randomized controlled trial. *JMIR Research Protocols*, 16 April, Vol 14, 2024.

*Contributions:* Design [x], Data Collection [x], Data Analysis [ ], Interpretations [ ], Writing & Editing [x].

**57.** Gimbar M, Hamilton K, **Wardenaar** FC, Samavat H, Ziegler J, Byham-Gray L. Predictors of third-party tested nutritional supplementation use among DI and DIII student-athletes at a northeast university. *Journal of Dietary Supplements*. 2024.

*Contributions:* Design [x], Data Collection [ ], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**56.** Schott KD, Bhalla A, Armstrong E, Seltzer RGN, **Wardenaar** FC. Cross-validation of the safe supplement screener (S3) predicting consistent third-party- tested nutritional supplement use. *Frontiers in Nutrition*: 11. 2024. doi: 10.3389/fnut.2024.1519544

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

## **2024 (12)**

**55.** Betts J, Pelly F, Wardenaar F. Quality, Competition, and Connections. 2024. *International Journal of Sports Nutrition and Exercise Metabolism*. DOI: <https://doi.org/10.1123/ijsnem>. 2024. Published online 5 December.

*Contributions:* Design [ ], Data Collection [ ], Data Analysis [ ], Interpretations [ ], Writing & Editing [x].

**54.** Dow E, Schott KD, Morton L, Lybbert H, Nam K, Shumate C, Kulinna P, Van der Mars H, **Wardenaar** FC. High school athletes' practical knowledge on where to find and order third-party tested nutritional supplements increases after education when compared to a control. *Nutrition Bulletin*. 2024. Published on 25 November 2024 <https://doi.org/10.1111/nbu.12724>

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**53.** **Wardenaar** FC, Clark N, Stellingwerff T, Siegler J, Saunders B, Dolan E, Wilson P, Hawley J, Fuchs CJ, Aussieker T, Phillips SM, Manore M, Burke LM. Summary of the 2024 PINES "10 questions / 10 experts" session - Hot Topics for the Paris Olympic Games. 2024. *International Journal of Sports Nutrition and Exercise Metabolism*.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**52.** **Wardenaar** FC, Chan Y, Clear AM, Schott KD, Mohr AE, Ortega-Santos CP, Seltzer RGN, Pugh J. Test-retest reliability of the gastrointestinal symptoms rating scale in well-trained athletes with and without previously self-identified gastrointestinal complaints. 2024. *Sports Medicine*. Published: 03 October.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**51.** **Wardenaar** FC, Navarro S, Caballero R, Vento K, Kavouras S, Vanos J. A single combined active and passive isothermic heating protocol results in a similar core temperature response in recreational athletes to exercise alone in hot conditions. 2024. *Journal of Athletic Training*.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**50.** McDaid B, **Wardenaar** FC, Woodside JV, Neville CE, Tobin D, Madigan SM, Nugent AP. Helping athletes to select botanical supplements for the right reasons: A comparison of self-reported reasons for use versus evidence-based supplement claims. 2024. *Nutrition Bulletin*.

*Contributions:* Design [x], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

**49.** Schott KD, Seltzer RGN, Zorn SP, Frakes M, Price M, Wells Valiant M, Ritz P, Gardner C, **Wardenaar** FC. Collegiate student-athletes use and knowledge of third-party tested nutritional supplements: An exploratory study. 2024. *Journal of Athletic Training*, accepted on June 3, 2024.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**48. Wardenaar** FC, Mohr AE, Ortega-Santos CP, Nyakayiru J, Kersch-Counet C, Chan Y, Clear AM, Kurka J, Schott KD, Seltzer RGN. Explorative characterization of GI complaints, general physical and mental well-being, and gut microbiota in trained recreative and competitive athletes with or without self-reported gastrointestinal symptoms. *Nutrients*: 16(11), 1712; 2024. <https://doi.org/10.3390/nu16111712>  
*Contributions*: Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**47. Wardenaar** FC, Schott KD, Seltzer RGN, Gardner C. Development of a screener to assess athlete risk behavior of not using third-party tested nutritional supplements. *Frontiers in Nutrition*: 11:1381731, 2024. doi: 10.3389/fnut.2024.1381731  
*Contributions*: Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**46. Wardenaar** FC, Hoogervorst D, Ainsworth B. Energy expenditure and physiological markers during a city mountain hike in the heat: A case study. *Nutrition and Health*, accepted on 23 March, 2024.  
*Contributions*: Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

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*Contributions*: Design [x], Data Collection [ ], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**44. Wardenaar** FC, Lybbert H, Morton L, Schott K, Shumate C, Levinson S, Wharton C, Kulinna P, Van der Mars H. High school athletes' use and knowledge of (safe) nutritional supplement use: An exploratory study. *Journal of Dietary Supplements*. Accepted on 29 December 2023.  
*Contributions*: Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

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*Contributions*: Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**42. Wardenaar** FC, Whitenack L, Vento KA, Seltzer RGN, Siegler J, Kavouras SA. Validity of combined hydration self-assessment measurements to estimate a low vs. high urine concentration in a small sample of (tactical) athletes. *European Journal of Nutrition* (1-9), publication date 10/05 2023.  
*Contributions*: Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**41. Wardenaar** FC, Schott KD, Mohr AE, Ortega-Santos CP, Connolly JE. An Exploratory study investigating the prevalence of gastrointestinal symptoms in collegiate division I American football athletes. *International Journal of Environmental Research and Public Health* 20 (15), 6453. 2023.  
*Contributions*: Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

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*Contributions*: Design [x], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

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*Contributions:* Design [ ], Data Collection [x], Data Analysis [ ], Interpretations [ ], Writing & Editing [x].

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*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

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*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

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*Contributions:* Design [x], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

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*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

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Health. Volume 28, Issue 4. 2022. <https://doi.org/10.1177/02601060221110367>

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**29.** Skinner J, Vento KA, Johnston CS, **Wardenaar** FC. Using Nutrition knowledge and diet quality questionnaires as screening tools to identify female collegiate athletes in need of dietitian referral. Canadian Journal of Dietetic Practice and Research. Sep 1;83(3):133-138. doi: 10.3148/cjdpr-2022-004. Epub 2022 May 3.

*Contributions:* Design [x], Data Collection [ ], Data Analysis [x], Interpretations [x], Writing & Editing [x].

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*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

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*Contributions:* Design [ ], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

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## **2021 (6)**

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*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**22.** **Wardenaar** FC, Thompsett D, Vento KA, Bacalzo D. A Lavatory urine color (LUC) chart method can identify hypohydration in a physically active population. European Journal of Nutrition. 60 (5), 2795-2805. 2021. doi: 10.1007/200394-02460-5

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*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**19. Wardenaar** FC, Ortega-Santos CP, Vento KA, Olzinski S, Olig J, Kavouras S, Johnston C. Reliability of three urine specific gravity meters measuring brix and urine solutions at different temperatures. Journal of Athletic Training. 2021. Mar 31;56(4):389-95. doi: 10.4085/1062-6050-0142.20. Online ahead of print.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

## **2020 (2)**

**18. Vento** KA, **Wardenaar** FC. Third-party testing nutritional supplement knowledge, attitudes, and use among an NCAA I collegiate student-athlete population. Front Sports Act Living. 2020 Sep 15;2:115. doi: 10.3389/fspor.2020.00115. eCollection 2020.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

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*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

## **2019 (4)**

**16. Wardenaar** FC, Hoogervorst D, Nancy van der Burg, Versteegen J, Yoo W, Tasevska N. Validity of food and fluid exercise questionnaire for macronutrient intake during exercise against observations. Nutrients 2019, 11, 2391; doi: 10.3390/nu11102391.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**15. Olzinski** S, Beaumont J, Toledo M, Yudell A, Johnston CS, **Wardenaar** FC. Hydration status and fluid needs of division I female collegiate athletes exercising indoors and outdoors. Sports. 2019; 7, 155; doi:10.3390/sports7070155.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**14. Hoogervorst** D, Van der Burg D, Versteegen JJ, Lambrechtse KJ, Redegeld MI, Cornelissen LAJ, **Wardenaar** FC. Gastrointestinal complaints and correlations with self-reported macronutrient intake in independent groups of (ultra)marathon runners competing at different distances. Sports. 2019, 7, 140. doi: 10.3390/sports7060140.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**13. Jonvik** KL, Paulussen KJM, Danen SL, Ceelen IJM, Horstman AM, **Wardenaar** FC, Van Loon LJC, Van Dijk JW. Protein supplementation does not augment adaptation to endurance exercise training. medicine and science in sports and exercise. Oct;51(10):2041-2049. 2019.

*Contributions:* Design [x], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

### **2018 (1)**

**12. Wardenaar FC, Hoogervorst D, Versteegen JJ, Van der Burg N, Lambrechtse KJ, Bongers CCWG.** Real-time observations of food and fluid timing during a 120 km ultramarathon. *Front Nutr.* 2018; 5: 32.

Published online 2018 May 4. doi: 10.3389/fnut.2018.00032.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

### **2017 (5)**

**11. Jonvik K, Nyakayiru J, Van Dijk JW, Wardenaar F, Van Loon L, Verdijk L.** Habitual dietary nitrate intake in highly trained athletes. *Int J Sport Nutr Exerc Metab.* 2016 Oct 21:1-25.

*Contributions:* Design [ ], Data Collection [x], Data Analysis [ ], Interpretations [ ], Writing & Editing [x].

**10. Gillen JB, Trommelen J, Wardenaar FC, Brinkmans NY, Versteegen JJ, Jonvik KL, Kapp C, de Vries J, van den Borne JJ, Gibala MJ, van Loon LJ.** Dietary protein intake and distribution patterns of well-trained dutch athletes. *Int J Sport Nutr Exerc Metab.* 2016 Oct 6:1-23.

*Contributions:* Design [ ], Data Collection [x], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

**9. Wardenaar F, Brinkmans N, Ceelen I, et al.** Micronutrient intakes in 553 Dutch elite and sub-elite athletes: Prevalence of low and high intakes in users and non-users of nutritional supplements. *Nutrients.* 2017; 9.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**8. Wardenaar F, Brinkmans N, Ceelen I, et al.** Macronutrient intakes in 553 Dutch elite and sub-elite endurance, team, and strength athletes: Does intake differ between sport disciplines? *Nutrients.* 2017; 9: 15.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**7. Wardenaar FC, Ceelen IJ, Van Dijk JW, Hangelbroek RW, Van Roy L, Van der Pouw B, De Vries JH, Mensink M, Witkamp RF.** Nutritional supplement use by Dutch elite and sub-elite athletes: Does receiving dietary counselling make a difference? *Int J Sport Nutr Exerc Metab.* 27 (1), 32-42. 2017.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

### **2016 (3)**

**6. Wardenaar F, van den Dool R, Ceelen I, Witkamp R, Mensink M.** Self-Reported use and reasons among the general population for using sports nutrition products and dietary supplements. *Sports* 2016, 4(2).

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**5. Bettonviel AEO, Brinkmans NYJ, Russcher K, Wardenaar FC, Witard FC.** Nutritional status and daytime pattern of protein intake on match, post-match, rest and training days in senior professional and youth elite soccer players. *J Sport Nutr Exerc Metab.* 2016 Jun 26 (3), 285-293.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**4. Wijnen A, Steennis J, Catoire M, Wardenaar F, Mensink M.** Post-exercise rehydration: Effect of consumption of beer with varying alcohol content on fluid balance after mild dehydration. *Frontiers in nutrition.* 2016 Oct 17;3-45.

*Contributions:* Design [ ], Data Collection [ ], Data Analysis [ ], Interpretations [x], Writing & Editing [x].

### **2015 (2)**

**3. Wardenaar FC, Steennis J, Ceelen I, Mensink M, Witkamp R, de Vries J.** Validation of multiple, web-based, 24-hour recalls against nitrogen excretions to determine protein intake in Dutch elite athletes. *Br J Nutr.* 2015 Dec 28;114(12):2083-92.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

**2. Wardenaar FC, Dijkhuizen R, Ceelen I, Jonk E, de Vries JH, Witkamp RF, Mensink M.** Nutrient intake of ultramarathon runners: can they meet recommendations? *Int J Sport Nutr Exerc Metab.* 2015 Aug;25(4):375-86.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

### **2014 (1)**

**1. Wardenaar F, Ceelen I, van den Dool R, Witkamp R, Mensink M.** Het gebruik van voedingssupplementen en sportvoeding door meer en minder actieve Nederlanders (in Dutch) *Ned. Tijdschrift voor Diëtetiek.* 2014.

*Contributions:* Design [x], Data Collection [x], Data Analysis [x], Interpretations [x], Writing & Editing [x].

### **Books, guidelines, and opinion articles for the profession (6)**

**6. Wardenaar FC.** Hydratie als teamspel: Van individuele dorst naar gezamenlijke vochtstrategie. Uitgeverij Sportgericht, October, 2025.

**5. Wardenaar FC, Maas T, Hoogervorst D.** Performance nutrition guidelines (in Dutch: Richtlijn Wedstrijdsport voor diëtisten en sportvoedingskundigen), 2010 uitgevers, Rotterdam. 3rd edition. 2022.

**4. Wardenaar FC, Tjieu Maas.** Sports nutrition guidelines: from Northern America to the Netherlands. *Nederlands Tijdschrift voor Voeding & Dietetiek* - 2017;72(5).

**3. Wardenaar FC, Whisner C.** Does receiving dietary counseling make a difference in the use of dietary supplements and sport nutrition products? *SCAN Pulse.* December 2017.

**2. Wardenaar FC.** Evaluation of dietary intake and nutritional supplement use of elite and sub-elite Dutch athletes. *Dutch Sport nutrition and Supplement Study.* Wageningen: Department of Human Nutrition, Wageningen University, 2017; 190. <http://edepot.wur.nl/399863>

**1. Wardenaar FC, Van der Wilt H, Engelen C.** Interdisciplinary cooperation in performance nutrition (in Dutch). *Practical hand book for sports professionals* (2017).

### **PATENT APPLICATIONS (1)**

December 15, 2022      US Patent App. 17/806,697. 2022. Urine Color System and Method for Use of the Same. **Wardenaar FC** and Bacalzo D.

**SCIENTIFIC MEETING PRESENTATIONS (30, plus 3 presentations scheduled)**

- May, 2026      Scheduled: PINES 10 Question & Expert Session: Do our sports nutrition guidelines also cover recreational athletes? Floris Wardenaar will present the following myth: Recreational athletes need formalized fluid intake plans for sporting events. Session moderated by Louise Burke and Floris Wardenaar. 2026 ACSM annual meeting in Salt Lake City, UT.
- May, 2026      Scheduled: DIY hydration science: The efficacy of hydration self-assessment to determine urine concentration. Tutorial lecture, by Floris Wardenaar. Accepted for the 2026 ACSM annual meeting in Salt Lake City, UT.
- May, 2026      Scheduled: The hydration toolkit: Practical approaches to athlete support. Invited presentation, by Floris Wardenaar. Gatorade Sports Science Institute Preconference at the 2026 ACSM annual meeting in Salt Lake City, UT.
- May 27, 2025      Is Teff Grain a Rich Source of Iron? As part of the PINES 10Q&E session chaired by Louise Burke and Floris Wardenaar. Floris C. **Wardenaar**. At the 2025 ACSM annual meeting in Atlanta, GE.
- May 22, 2025      Combining four self-assessment measurements accurately detects low vs. high urine concentration in wildland firefighters (Poster presentation). Floris C. **Wardenaar**. ASPDA Annual Conference, Scottsdale.
- October 7, 2024      Update on wildland firefighter hydration self-assessment. 2024 FP&S Research & Development Annual Meeting, Emmitsburg, Maryland.
- September 30, 2024      Optimizing exercise performance by measuring and improving hydration. Presentation at Our Lady of The Lake University (OLLU), San Antonio Texas (Virtual).
- May 30, 2024      Sex differences in use and knowledge of third-party tested nutritional supplements in collegiate athletes (Poster). Floris C. **Wardenaar**, Kinta Schott, Ryan Seltzer. ACSM Annual Conference, Boston.
- May 29, 2024      Exercise and GI symptoms: looking beyond the endurance athlete (Tutorial lecture). Chair and Presenter. Floris C. **Wardenaar**, Patrick B. Wilson, and Jamie Pugh. ACSM Annual Conference, Boston.
- May 28, 2024      Should low fluid consumers drink more to improve 1,500-m track performance? As part of the PINES 10Q&E session. Floris C. **Wardenaar**. At the 2024 ACSM annual meeting in Boston, MA.
- May 22, 2024      CPSDA Research Award Presentation: Predictors for Using Third Party Tested Supplements by Collegiate Athletes (Presentation). Floris C. **Wardenaar**. CPSDA Annual Conference, Kansas City.
- September 8, 2023      Athlete compliance towards third-party testing by Floris **Wardenaar**. 1<sup>st</sup> Worldwide online PINES symposium on Athlete Safety and Nutritional Supplements.

- July 29, 2023 When the sports world starts to embrace the “Food First, but Not Always Food Only Approach” safe supplement use is key in preventing positive doping tests in athletes. Floris **Wardenaar**. The 5th NACAN (North America Chinese Association for Nutrition) Annual Symposium (July 28-July 30, 2023), Session 3A: Exercise, Nutrition, and Human Health, on 29 July 2023. Virtual invited presentation.
- May 29, 2023 Student-athletes can safely party using BORGs (blackout rage gallons), a new drinking trend, as part of the PINES 10Q&E session by Floris **Wardenaar**. At the 2023 ACSM annual meeting in Denver, CO.
- June 1, 2023 The applicability of common formulas to assess energy expenditure during a mountain hike, as part of the Sports Nutrition Case Studies session. At the 2023 ACSM annual meeting in Denver, CO.
- June 2, 2023 Fermented whey product intake is associated with reduced self-perceived gastrointestinal symptoms in well-trained athletes. Floris **Wardenaar**, Yat Chan, Anna Marie Clear, Alex Mohr, Carmen Ortega-Santos, Ryan Seltzer, Jonathan Kurka, Jean Nyakayiru, Cristine Kersch-Counet, Ingeborg Bovee-Oudenhoven. Thematic poster session, at the 2023 ACSM annual meeting in Denver, CO.
- June 3, 2023 Safe supplement use with a food-first, but not food-only approach. Floris Wardenaar (chair), and Graeme Close. Tutorial lecture, at the 2023 ACSM annual meeting in Denver, CO.
- June 3, 2022 Accuracy of combining bodyweight, urine color, and thirst to assess low vs high urine concentration. Floris C. Wardenaar, Lauren E. Whitenack, Kaila A. Vento Poster presentation at the 2022 ACSM annual meeting in San Diego, CA.
- December 16, 2021 A single combined active and passive isothermic heating protocol results in a similar core temperature response as exercise alone in hot conditions. **Wardenaar** FC, Navarro S, Caballero R, Vanos JK, Kavouras SA. International Sport + Exercise Nutrition Conference 2021, Virtual poster presentation.
- November 8, 2021 Integrating hiker physiological and socio-psychological heat related risks in outdoor recreation management. **Wardenaar** FC, Budruk M. Bootcamp Conference in Tucson, combi presentation with Dr. Megha Budruk
- June 1-5, 2021 Validity of scoring urine color at different light intensities to assess urine concentration. **Wardenaar** FC, Vento KA, Armistead S, Thompsett D. Virtual poster presentation at the virtual 2021 ACSM annual meeting.
- November 12, 2020 Longitudinal changes in body fat assessed by DEXA are adequately reflected by skinfold measurements according to ISAK standards. Danen SL, Ceelen IJM, Jonvik KL, Paulussen KJM, **Wardenaar** FC, van Loon LJC, van Dijk JW. Accepted for a virtual presentation on the Day of Sport Research (DSO), the Netherlands – presentation performed by Shiannah Danen.
- June 18, 2020 A urine color chart is an accurate tool for self-identification of high urine concentration in athletes. **Wardenaar** FC, Thompsett D, Pesek K, Colburn AT,

- Vento K, Bacalzo D, Kavouras SA. Virtual poster presentation at ACSM 2020 Virtual Experience.
- June 3, 2020 Self-assessment with newly developed urine color charts classifies high and low urine concentration in an acceptable way in comparison to a traditional urine color chart. **Wardenaar** FC, Thompsett D, Vento K. Accepted as poster presentation at the 2020 Military Health System Research Symposium (MHSRS). *The conference was cancelled due to COVID-19.*
- February 12, 2020 Athletes using a new lavatory urine color chart classify high and low urine concentration in an acceptable way in comparison to traditional 8-color urine chart. **Wardenaar** FC, Thompsett D, Colburn A, Vento K. Accepted as poster presentation for the 2020 European College of Sport Science in Seville, Spain. *The conference was postponed and as a result I had to withdraw the abstract.*
- August 22, 2019 Voluntary hydration status is maintained during a 5-day isothermic heat acclimation program improving heat stress indicators and maintaining exercise capacity. **Wardenaar** FC, Vento K, Ortega Santos C, Beaumont J, Griffin SC, Johnston C. Breakout session in: Enhancing Human Performance & Survivability in Extreme Environments. Military Health System Research Symposium (MHSRS) 2019, Orlando, FL. (Oral presentation)
- July 6, 2019 Voluntary hydration status is maintained during a 5-day isothermic heat acclimation program improving heat stress indicators and maintaining exercise capacity. **Wardenaar** FC, Vento K, Ortega Santos C, Beaumont J, Griffin SC, Johnston C. ECSS 2019, Prague, CZH. (Oral presentation).
- July 5, 2019 Protein supplementation does not further augment physiological adaptations to prolonged endurance exercise training. Jonvik KL, Paulussen KJM, Danen SL, Horstman AMH, **Wardenaar** FC, Van Loon LJC, Van Dijk JW. International Sport + Exercise Nutrition Conference 2018, Newcastle, UK (Oral presentation by Dr. Jonvik).
- June 1, 2019 Evaluation of food and fluid intake in athletes and the limitations of self-reporting. **Wardenaar** FC. Symposium Applied Sports Nutrition Translation: Bringing the Lab to the Field and Beyond. ACSM 66<sup>th</sup> Annual Meeting, Orlando, FL. (oral presentation and session chair)
- May 31, 2019 No correlations between gastrointestinal complaints, gut injury markers, and carbohydrate ingestion during a 60 km ultramarathon. Wardenaar FC, Van Venrooij N, Hoogervorst D, Senden JMG, Lenaerts K, Jonvik KL. ACSM 66<sup>th</sup> Annual Meeting, Orlando, FL. (Oral presentation)
- May 30, 2019 Protein supplementation does not further augment physiological adaptations to prolonged endurance exercise training. Jonvik KL, Paulussen KJM, Danen SL, Horstman AMH, **Wardenaar** FC, Van Loon LJC, Van Dijk JW. ACSM Annual Conference – GSSI preconference, Orlando, FL (Poster by Dr. Jonvik).
- May 28, 2019 Protein supplementation does not further augment physiological adaptations to prolonged endurance exercise training. Jonvik KL, Paulussen KJM, Danen SL,

- Horstman AMH, **Wardenaar** FC, Van Loon LJC, Van Dijk JW. ACSM Annual Conference – GSSI preconference, Orlando, FL (Oral presentation by Dr. Jonvik awarded with GSSI award).
- May 2, 2019 Zooming in on a field technique to assess hydration status in the field. Reliability of three tools measuring urine specific gravity at different sample temperatures. CPSDA's 2019 Annual Conference. Dallas, TX (Invited session).
- December 18, 2018 Reliability of three urine specific gravity meters measuring urine at different temperatures. **Wardenaar** F, Ortega-Santos CP, Vento K, Olzinski S, Johnston C, Kavouras S. International Sport + Exercise Nutrition Conference 2018, Newcastle, UK (Poster).
- December 18, 2018 Protein supplementation does not further augment physiological adaptations to prolonged endurance exercise training. Jonvik KL, Paulussen KJM, Danen SL, Horstman AMH, **Wardenaar** FC, Van Loon LJC, Van Dijk JW. International Sport + Exercise Nutrition Conference 2018, Newcastle, UK (Oral presentation by Kristen Jonvik awarded with the young investigator award).
- May 31, 2018 Food intake and fluid balance varies between individuals during a 120 km running race. **Wardenaar** FC and Hoogervorst D. ACSM 2018 annual meeting at Minneapolis, USA (Poster).

#### SCIENTIFIC MEETING PRESENTATIONS BY STUDENTS (11)

- ACSM Atlanta, May 2025 Combining Four Self-Assessed Measurements Accurately Detects Low vs. High Urine Concentration in Wildland Firefighters (Thematic Poster). Kinta D. Schott, Ryan G.N. Seltzer, Brooke Butterick, Kyle Reid, Emily Dow, Parker Kooima, Raul Freire, Jefferey L. Burgess, Stavros A. Kavouras, Floris C. **Wardenaar**.
- ACSM Boston, May 2024 Educational intervention enhances high school athletes' knowledge of safe supplement use compared to a control (Poster). Emily Dow, Kinta D. Schott, Lindsay Morton, Hannah Lybbert, Kahyun Nam, Colin Shumate, Pamela Kulinna, Floris **Wardenaar**.
- ACSM Boston, May 2024 Development of an algorithm to assess risk behavior toward third-party tested supplement use (Poster). Kinta Schott, Ryan Seltzer, Floris C. **Wardenaar**.
- ACSM Boston, May 2024 A combination of high sodium and potassium leads to better rehydration during a 4h period (Poster). Tanner Boro, Parker Kooima, Isabela E. Kavoura, Kinta Schott, Floris C. Wardenaar, Stavros A. Kavouras.
- ASN Chicago, June 2024 Low-sugar flavored beverage improves fluid intake in children during exercise in the heat (Poster). Rocio I. Guerrero, Parker Kooima, Isabela E. Kavoura, Clarissa E. Long, Alle Akram, Floris **Wardenaar**, Colleen X. Muñoz, Stavros A. Kavouras.

- APS San Francisco, April 2024 Improving hydration in underhydrated, free-living young adults results in better running performance (Poster). Parker Kooima, Abigail T. Colburn, Kaila Vento, Yat Chan, Amanda Doyle, Tyler Hoel, Tanner Boro, Kinta Schott, Floris **Wardenaar**, Stavros A. Kavouras
- June 2, 2023 Gastrointestinal symptoms in American football athletes are higher in protein supplement users than in non-users. Kinta Schott, Alex Mohr, Carmen Ortega-Santos, John Connolly, and Floris **Wardenaar**. Thematic poster session, at the 2023 ACSM annual meeting in Denver, CO.
- June 15, 2019 Nutritional supplement knowledge, attitudes and behaviors among collegiate athletes. Vento, K.A., Reese, K., & **Wardenaar**, F. 16th Annual International Society of Sports Nutrition (ISSN) Conference and Expo, Las Vegas, NV (Poster by Ms. Vento).
- April 26, 2019 Student-athletes' attitudes and preferred resources regarding nutrition supplements at a Division I university. Vento, K., & **Wardenaar**, F. 35th Annual Sports, Cardiovascular, and Wellness Nutrition Symposium, Phoenix, AZ. (Poster by Ms Vento)
- October 5, 2018 Sun radiation in moderate environmental conditions does not affect fluid balance in female collegiate soccer players. Olzinski S, Beaumont J, **Wardenaar** FC. Arizona Physiological Society Meeting 2018, Arizona State University at Tempe, USA (oral presentation by Stephanie Olzinski, MS student ASU).
- June 5, 2018 Voeding en vocht tijdens 120 km (in English: Food and fluid during 120 km). Hoogervorst D and **Wardenaar** FC. OnderzoekswEEK HAN Sport en Bewegen (Poster presentation by Daan Hoogervorst, MS student HAN, the Netherlands).

### INVITED LECTURES, PRESENTATIONS AND CHARING SESSIONS (23)

- August 28, 2025 Hydration self-assessment in firefighters and what can we learn from it? College of Health Solutions Nutrition Seminar, Phoenix, Arizona.
- May 20, 2025 Webinar: Hydration Self-Assessment and Study Insights. Fire Department Safety Officers Association.
- April 14, 2024 Dietary Supplements and Health: Supplement Safety and Resources, and Q&A with Expert Panel: Dietary Supplements and Health. 1<sup>st</sup> Cardiovascular Health and Well-being DPG Symposium, 11-14 April, Tucson, Arizona.
- February 23, 2024 A look in the mirror: How risky is your nutritional supplement behavior? Rising Olympic Champions: Azerbaijani and Global Perspectives on Clean Sport Program. International Scientific Conference for Athletes Guba, Azerbaijan. Virtual presentation.
- November 12, 2023 *Moderating PINES member connect session: The importance of the muscle fiber typology for sports performance and nutrition, by Eline Lievens.*

- September 29, 2023 Hydration: Exploring the importance of proper hydration and simple techniques to self-assess hydration status to optimize overall health and athletic success. 1<sup>st</sup> Annual International Congress of the Middle Eastern Association of Nutrition and Obesity Medicine. Nutromed 2023.
- September 15, 2023 *Moderating ASU CHS Summit: Energy Balance and Importance of Mobile Indirect Calorimetry.* Talk provided by Professor Erica Forzani, PhD.
- May 10, 2023 *Moderating PINES member connect session: Nourishing the Artistic Athlete; bringing the sports nutrition model to the performing arts,* by Heidi Skolnik.
- January 12, 2023 *Moderating PINES member connect session: Building you sports nutrition business: experiences of private practitioner Nancy Clark,* by Nancy Clark.
- November 17, 2022 *Moderating PINES member connect session: Nutrition for football: from theory to practice.* Fabricio Forchino.
- August 3, 2022 *Moderating PINES member connect session: Sports nutrition in Zimbabwe.* Blessing Mushonga.
- June 14, 2022 *Moderating PINES member connect session together with Hattie Wright: Sports nutrition in the context of a Rainbow Nation.* Shelly Meltzer.
- May 5, 2022 *Moderating PINES member connect session together with Heid Lynch: Vegetarian Athlete's Plate.* Professor Nanna Meyer and Dr. Maria Valarezo.
- November 8, 2021 *Moderating PINES member connect session: Considerations that you should consider when interpreting a research article.* Barry Braun
- August 2, 2021 *Moderating PINES member connect session: Pediatric Sports Nutrition* Lea Stening
- May 10, 2021 *Moderating PINES member connect session: Research Collaborations in high-performance sport* by Sharon Madigan.
- March 26, 2021 *Urine color to estimate hydration status.* VSN (Dutch Sports Nutrition Federation) annual meeting.
- December 16, 2020 *PINES Session - Can athletes assess hydration status by scoring their urine colour?* ISENC20 International Sport + Exercise Nutrition 2020, virtual conference.
- August 4, 2020 Knowledge and attitudes of athletes towards dietary supplement third party testing. "The Trilogy" Online Sports Nutrition Conference.
- June 1, 2019 *Symposium chair "Applied sports nutrition translation: Bringing the lab to the field and beyond".* ACSM 2019 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Exercise, Circadian Rhythms and Sleep in Orlando, Florida, May 28- June 1, 2019.
- March 28, 2019 *Global Sports Summit,* public interview about a project funded by the Global Sports Institute (GSI) aiming to evaluate the quality of athletes self-assessing

their hydration status based on their urine color, Hotel Palomar, Downtown Phoenix.

- Oct-Dec, 2018 *Global-outreach Pac-12 and ASU Sun Devil initiative for Chinese coaches.* Sports nutrition and body composition – sports nutrition and dietary supplements. College of Health Solutions and Sun Devil Athletics, Arizona State University. Tempe, AZ
- June 1, 2018 *Nutritional Status of Athletes I, thematic poster session.* Chair. ACSM 2018 annual meeting at Minneapolis, USA.
- November 17, 2017 *Global-outreach Pac-12 and ASU Sun Devil initiative for Chinese coaches.* Sports nutrition history and experiences within the Dutch athletic population. Invited Speaker. Sun Devil Athletics, Arizona State University. Tempe, AZ

**Prior to arrival to ASU (original Dutch titles are translated into English)**

- June 28, 2017 *Sports nutrition as a team performance.* Invited speaker. 5<sup>th</sup> Sports Nutrition Conference HAN Sports and Exercise. HAN University of Applied Sciences. Nijmegen, The Netherlands.
- June 14, 2017 The challenge and benefits of protein timing: Real life experiences with elite athletes. Invited speaker. 7<sup>th</sup> Sports and Active Nutrition Summit. Bridge2Food. Noordwijk, The Netherlands.
- May 9, 2017 *Role of supplements in the diet of (elite) athletes.* Invited Speaker. Day of Strength facilitated by Matrix. Fort Voordorp, The Netherlands.
- May 5, 2017 *Sports nutrition and performance at the Netherlands.* Invited Speaker. Student exchange program Minnesota State University and HAN University of Applied Sciences. Papendal, The Netherlands.
- November 20, 2015 *Role of dietary supplements in the diet of athletes.* Invited Speaker. Conference Sport en Voeding, Friesland Campina. Olympic Training Center Papendal. Arnhem, The Netherlands.
- September 10, 2015 *Taylor-made cooking for athletes.* Workshop moderator. EFSMA 2015 Congress. Antwerp, Belgium.
- February 6, 2015 *What to know about dietary supplements.* Moderator and speaker. Dietary guidance by the sport physician. Stichting opleidingen in de sportgezondheidszorg. Bilthoven, The Netherlands.
- July 13, 2015 *Dietary supplements.* Invited speaker. 3<sup>th</sup> Sports Nutrition Conference HAN Sports and Exercise. HAN University of Applied Sciences. Nijmegen, The Netherlands.
- July 4, 2016 *What do athletes do?* Invited speaker. 4<sup>th</sup> Sports Nutrition Conference HAN Sports and Exercise. HAN University of Applied Sciences. Nijmegen, The Netherlands.

- November 5, 2014 *Dietary intake and use of nutritional supplements in elite athletes.* Invited Speaker. Food for Thought: "Eat2Move". Nutrition Alliance Gelderse Vallei Hospital. Ede, the Netherlands.
- September 9, 2014 *"Mens sana in corpore sano" - optimal nutrition for fitness.* Invited Speaker. 36<sup>th</sup> ESPEN Congress 2014. Geneva, Switzerland.
- June 4, 2014 *Dietary intake and food supplements in elite athletes.* Invited Speaker. FIH Medical Seminar: Nutrition and Health in Elite Hockey Players during the Rabobank Hockey World Cup. The Hague, The Netherlands.
- March 18, 2014 *Do supplements work and which supplements are used by athletes?* Invited speaker. Symposium Nutrition & Sport XXL. GezondaanBod. Papendal, The Netherlands.
- June 13, 2015 *Caffeine and sports performance.* Invited speaker. 2<sup>th</sup> Sports Nutrition Conference HAN Sports and Exercise. HAN University of Applied Sciences. Nijmegen, The Netherlands.
- May 23, 2012 *Nutrition and Sport: where lies the athlete's need?* Invited speaker. Food for Thought: "Food, Exercise and Elite Sports". Nutrition Alliance Gelderse Vallei Hospital. Ede, the Netherlands.
- December 2, 2011 *Nutrition and elite athletics.* Invited speaker. VSG congress 2011. Kaatsheuvel, the Netherlands.
- October 28, 2010 Sport nutrition in practice. Invited speaker. Sport and Nutrition: a world to win. Food Valley and OOST NV. Sport center Papendal, Arnhem, The Netherlands.
- October 30, 2008 *Nutrition and the Olympic Games of Beijing.* Invited speaker. Top in bewegen, bewegen in de top. VVBN symposium. Utrecht, The Netherlands.
- September 19, 2008 *Nutrition for youth athletes: simple or complex?* Invited speaker. Vereniging Sportdietetiek Nederland. RAI. Amsterdam, the Netherlands.

#### **NON SCIENTIFIC MEETING PRESENTATIONS (14)**

- November 12, 2025 3<sup>rd</sup> Global PINES Symposium: Playing the field--- translating sport nutrition research to practice and practice to research. Validating Tools of the Trade. Speaker, Virtual.
- November 11, 2025 ASPDA & PINES Present "Around the World in 4 Experts: Tournament Fueling & Rapid Recovery Made Practical", Moderator. Virtual.
- October 21, 2023 ASU College of Health Solutions Health talks: Exposing Cancer: Firefighter exposure and cancer – a brief update of the FCRP study funded by the Arizona Board of Regents.
- March 17, 2023 Preventing and Controlling Cancer: Fostering Community-Clinical-Academic Partnerships. A short pitch on the ABOR funded study on reducing PFAS in firefighters in Arizona.

- January 25, 2023 College of Health Solutions Research Day. GI complaints in American Football athletes.
- October 28, 2022 Sparky's Cup Education: Lightning Talks – the use of artificial intelligence and the World Cup, sharing the results of an analysis of drinking opportunity during the 2018 FIFA World Cup.
- June 4, 2022 Annual Arizona Academy of Nutrition and Dietetics Annual Conference (AzAND) at the ASU Health Futures Center in Phoenix, AZ: The risk of dehydration now and in the future – tools that help to optimize the hydration status of your clients?
- March 28, 2022 College of Health Solutions Research Day. Demonstration of our mobile hot air tent for research purposes.
- October 21, 2021 ASU College of Health Solutions Health talks: The Heat: Effects and Risks of Climate on Health Outcomes.
- September 24, 2021 Science distilled at the College of Health Solutions at ASU: Hot tips for training in the heat.
- April 23, 2020 Development of a Self-Assessment Urine Color System (UCS). Presentation together with Dean Bacalzo at Spring 2020 HRI & Sabbatical Showcase.
- January 31, 2020 Poster presentation reporting 2 studies from the Athleat Field Lab together with PhD student Kaila Vento at the CHS Faculty and Staff Research Day.
- September 5, 2018 Poster at research mixer with CHS and Herberger Institute.
- October 10, 2017 Poster at CHS mixer about the Athlete Field Lab, CHS mixer.

**Abstracts (prior to arrival to ASU) (8)**

- July, 2017 Self-reported carbohydrate during exercise assessed by a standardized questionnaire is higher than the observed carbohydrate intake. **Wardenaar** FC, Van den Burg N, Van Dijk JW, Van Loon LJC, De Vries, JHM. 22<sup>th</sup> Annual ECSS conference. Essen, Germany (Oral).
- July, 2016 Trained athletes typically consume well above 1.2 g dietary protein per day. **Wardenaar** FC, Jonvik KL, Trommelen J, Gillen JB, Versteegen JJ, Brinkmans NYJ, Verdijk LB, van Loon LJC, 21<sup>th</sup> Annual ECSS conference Vienna, Austria (Oral).
- June, 2014 Food intake by ultra-marathon runners during training and competition: cross-sectional survey and case-report. **Wardenaar** F, Ceelen I, De Vries J, Mensink M, Witkamp R. 20<sup>th</sup> Annual ECSS conference. Amsterdam, The Netherlands (Oral).
- June, 2014 Vitamin and mineral supplement intake reported by Dutch athletes. Ceelen I, **Wardenaar** F, Mensink M, Witkamp R. 20<sup>th</sup> Annual ECSS conference. Amsterdam, The Netherlands (Oral).
- June, 2014 Specific supplement and Sport nutrition product use in the Dutch general population. Steennis J, **Wardenaar** F, Van den Dool R, Ceelen I, Witkamp R, Mensink M. 20<sup>th</sup> Annual ECSS conference. Amsterdam, The Netherlands (Oral).

- October, 2014            Dietary supplements and sport nutrition products: what type of supplements are advised by sports professionals? **Wardenaar** F, Ceelen I. Day of sport research. Nijmegen, the Netherlands (Oral).
- September, 2014        Validation of Multiple 24-hour Recalls in Dutch Elite Athletes by Multiple 24-hour Urinary Nitrogen Excretions. **Wardenaar** F, Steennis J, Mensink M, De Vries J. Poster presentation. 36<sup>th</sup> ESPEN Congress. Geneva, Switzerland (Poster).
- June, 2013                Sports nutrition: supplement and product use in the Dutch general population. Wardenaar F, Ceelen I, Witkamp R, Mensink M. 19<sup>th</sup> ECSS conference. Barcelona, The Netherlands (Oral).

## TEACHING AND MENTORING

## COURSES TAUGHT AT ASU

Courses/Credits/Level	Semester	Enrollment	Student eval.*
NTR555- Advanced Sports Nutrition	Fall 2025 (B)	47	4.4 and 4.4
NTR100- Intro in Nutrition Science	Spring 2025 (A)	43	4.7 and 4.8
NTR 555- Advanced Sports Nutrition	Fall 2024 (B)	37	4.1 and 4.4
NTR100- Intro in Nutrition Science	Spring 2024 (A)	89	4.7 and 4.8
NTR 555- Advanced Sports Nutrition	Fall 2023 (B)	31	4.4 and 4.3
NTR100- Intro in Nutrition Science	Spring 2023 (A)	119	4.7 and 4.7
NTR100- Intro in Nutrition Science	Fall 2022 (C)	113	4.7 and 4.7
NTR100- Intro in Nutrition Science	Summer 2022 (A)	113	4.6 and 4.6
NTR 555- Advanced Sports Nutrition	Fall 2022 (B)	33	4.2 and 4.4
NTR300- Computer Apps in Food Service	Spring 2022 (B)	37	3.9 and 4.0
NTR100- Intro in Nutrition Science	Spring 2022 (A)	113	4.7 and 4.6
NTR494- Applied Sport Nutrition at SDA, Tempe	Fall 2021 (C)	5	4.8 and 5.0
NTR100- Intro in Nutrition Science	Fall 2021 (C)	68	4.9 and 4.7
NTR 555- Advanced Sports Nutrition	Fall 2021 (B)	20	4.4 and 4.3
NTR300- Computer Apps in Food Service	Summer 2021 (B)	49	4.5 and 4.6
NTR100- Intro in Nutrition Science	Summer 2021 (A)	37	4.6 and 4.8
NTR494- Applied Sport Nutrition at SDA, Tempe	Spring 2021 (C)	6	5.0 and 5.0
NTR100- Intro in Nutrition Science	Spring 2021 (A)	96	4.5 and 4.5
NTR 555- Advanced Sports Nutrition	Fall 2020 (B)	16	3.6 and 4.2
NTR494- Applied Sport Nutrition at SDA, Tempe	Fall 2020 (C)	6	5.0 and 5.0
NTR494- Applied Sport Nutrition at SDA, Tempe	Fall 2020 (C)	9	4.9 and 4.9
NTR100- Intro in Nutrition Science	Spring 2020 (C)	51	4.3 and 4.4
NTR100- Intro in Nutrition Science	Spring 2020 (A)	89	4.3 and 4.4
NTR494- Applied Sport Nutrition at SDA, Tempe	Spring 2020 (C)	10	5.0 and 5.0
NTR 555- Advanced Sports Nutrition	Fall 2019 (B)	21	4.5 and 4.3
NTR100- Introductory in Nutrition	Fall 2019 (C)	39	4.2 and 4.4
NTR494- Applied Sport Nutrition at SDA, Tempe	Fall 2019 (C)	10	5.0 and 5.0
NTR100- Introductory in Nutrition	Spring 2019 (C)	40	3.4 and 3.3
NTR494- Applied Sport Nutrition at SDA, Tempe	Spring 2019 (C)	8	5.0 and 4.7
NTR 555- Advanced Sports Nutrition	Fall 2018 (B)	25	3.1 and 3.5
NTR494- Applied Sport Nutrition at SDA, Tempe	Fall 2018 (C)	12	4.3 and 4.4
NTR 555- Advanced Sports Nutrition	Spring 2018 (B)	31	4.2 and 4.4
NTR 241- Principles of Human Nutrition / 3 / UG	Fall 2017 (B)	48	3.8 and 3.8

\*Student evaluation scores (1-5 with 5 as highest): First score reflects course effectiveness and second score reflects instructor effectiveness.

Semester code A/B/C identifies: A=first 7 weeks of semester, B= second 7 weeks of semester, or C=full semester length.

NTR100, NTR241, NTR300 is undergraduate degree level (year 1/2/3), NTR555 is graduate degree level.

### SELECTION OF COURSES TAUGHT AT OTHER INSTITUTIONS

<b>Courses/Credits/Level</b>	<b>Semester</b>	<b>Enrollment</b>
Minor sports nutrition/ 30 ECTS/ UG	Fall 2016	35
Minor sports nutrition/ 30 ECTS/ UG	2007-2011	35-70 per year
HAN Post bachelor course sports dietetics/ - / BC	2006-2016	25 per year
AP Hogeschool Sports nutrition (guest lecturer)	2012-2017	25 per year

### CURRICULUM DEVELOPMENT (7)

Fall 2025	Updated NTR555 Advanced Sports Nutrition course to ensure content accuracy, alignment with current evidence, and clear assessment criteria. This includes revising assignments and rubrics, updating resources and multimedia content, and confirming all materials are organized and ready for student access before the start of the term.
Fall 2023	Revised the NTR555 Advanced Sports Nutrition course, adding rubrics to the assignments, as well as revising assignments after having them proofread by former students.
Fall 2022	Development NTR555 – revising content, adding Gatorade Sports Science University (GSSIU) elements and VLOG assignment to the course allowing students to share experiences about the usability of the GSSIU content.
Fall 2022	I have added a new section to my NTR100 Intro in Nutrition Science Online course because I learned that students sometimes lack the connection with each other. For this purpose, I have added a land map on which all students can point where they live, allowing them to know which students live in the same state or city, at the same time I have added a discussion board that students use to connect and exchange interests.
Fall 2021	Development NTR555 – revising content, adding dietary calculations and assignments.
Spring 2021	Development NTR494 – added open access virtual webinar series with (inter)national sport nutrition experts.
Spring 2019	Development of NTR555 Advanced Sports Nutrition course.

### GUEST LECTURES OUTSIDE ASU (14)

October, 2025	Guest lecture (27 October): Practical sports nutrition, thing you can measure yourself, about hydration self-assessment in sports. Haagse Hogeschool, the Netherlands. Undergraduate students.
April, 2025	Guest lecture: Hydration self-assessment in sports. Haagse Hogeschool, the Netherlands. Undergraduate students.

October, 2024	Guest lecture: Methods to optimize hydration and enhance exercise performance. Florida State University, graduate students, as part of Professor Michael Ormsbee's class.
October, 2024	Guest lecture: Optimization of hydration to enhance exercise performance. Haagse Hogeschool, the Netherlands. Undergraduate students.
April, 2024	Guest lecture about self-assessment of hydration and safe supplement use. Haagse Hogeschool, the Netherlands. Undergraduate students, English minor sports nutrition.
October, 2023	Guest lecture about fluid balance and fluid assessment in extreme environments and safe supplement use. Haagse Hogeschool, the Netherlands. Undergraduate students, Dutch minor sports nutrition.
March, 2023	Guest lecture about fluid balance and fluid assessment in extreme environments. Haagse Hogeschool, the Netherlands. Undergraduate students.
February, 2023	Guest lecture about extreme environments. Exeter University, UK. Graduate students.
April, 2022	Seminar about ultra-endurance sports and nutrition. Ghent University, Belgium. Graduate students.
March, 2022	Guest lecture at the Minor Sports Nutrition at the HAN University of Applied Science, Nijmegen, The Netherlands, about practical hydration assessment. Undergraduate students.
September, 2021	Guest lecture Washington State University. Practical hydration assessment. Undergraduate students.
September, 2021	Guest lecture Virginia Tech University. Hydration assessment. PhD and graduate students.
October, 2021	Guest lecture University of Arizona. Applied hydration assessment. Department of nutrition, including faculty and students.
November, 2021	Guest lecture North Alabama University. Practical hydration assessment. Graduate, and undergraduate students and faculty.

#### **GUEST LECTURES AT ASU (17)**

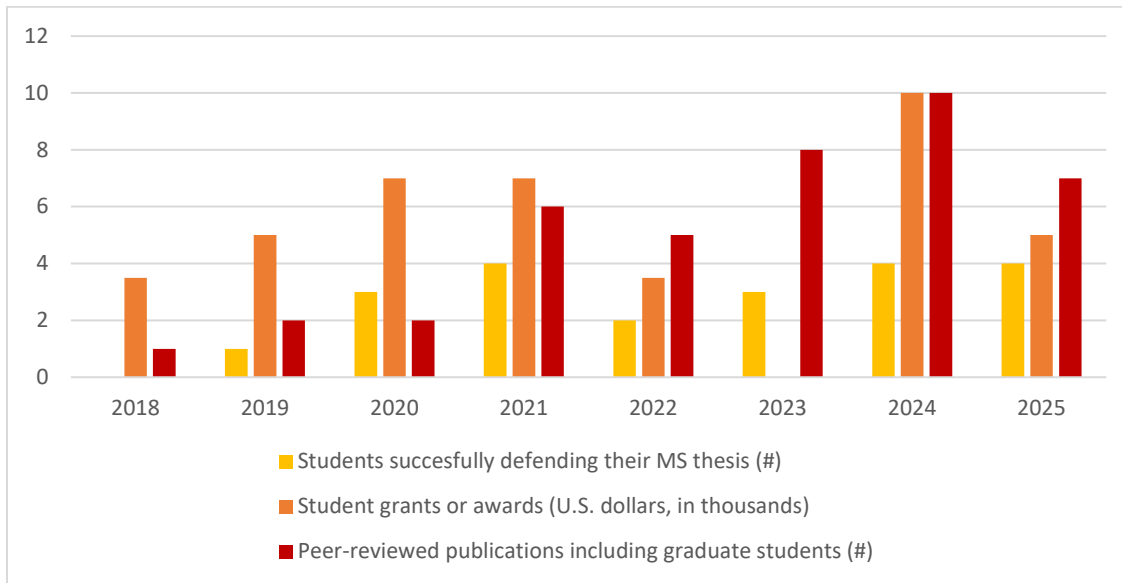
5 February, 2024	<i>Guest Lecture NTR290 Research in Performance Nutrition.</i> Ins and outs of performance nutrition research. College of Health Solutions, Arizona State University. Phoenix, AZ
2 November, 2022	<i>Guest Lecture NTR457 Sports Nutrition.</i> How to use research in a practical setting. College of Health Solutions, Arizona State University. Phoenix, AZ
10 February, 2022	<i>Guest Lecture NTR457 Sports Nutrition.</i> Research update from the Athleat Field Lab. College of Health Solutions, Arizona State University. Phoenix, AZ
18 March, 2021	<i>Guest Lecture NTR457 Sports Nutrition.</i> Practical applications of research within the field of sports nutrition. Invited Speaker. College of Health Solutions, Arizona State University. Phoenix, AZ

- 26 October, 2020      Guest lecture EXW 591 Seminar. Practical applications of research within the field of sports nutrition. Invited Speaker. College of Health Solutions, Arizona State University. Phoenix, AZ
- 7 October, 2020      *Guest Lecture NTR457 Sports Nutrition.* Practical applications of research within the field of sports nutrition. Invited Speaker. College of Health Solutions, Arizona State University. Phoenix, AZ
- 9 April, 2020        *Guest Lecture NTR457 Sports Nutrition.* Practical applications of research within the field of sports nutrition. Invited Speaker. College of Health Solutions, Arizona State University. Phoenix, AZ
- 20 November, 2019      *Guest Lecture NTR457 Sports Nutrition.* Practical applications of research within the field of sports nutrition. Invited Speaker. College of Health Solutions, Arizona State University. Phoenix, AZ
- 5 November, 2019      Guest lecture EXW 591 Seminar. Practical applications of research within the field of sports nutrition. Invited Speaker. College of Health Solutions, Arizona State University. Phoenix, AZ
- 21 March, 2019      *A day in a life of a tenure-track research faculty.* Short lecture and Q&A with students of the NTR290 class. School of Nutrition and Health Promotion, Arizona State University. Phoenix, AZ
- 21 March, 2019      *Guest Lecture NTR457 Sports Nutrition.* Practical applications of research within the field of sports nutrition. Invited Speaker. College of Health Solutions, Arizona State University. Phoenix, AZ
- 7 November, 2018      *Guest Lecture NTR457 Sports Nutrition.* Practical applications of research within the field of sports nutrition. Invited Speaker. College of Health Solutions, Arizona State University. Phoenix, AZ
- October, 2019        Guest lecture EXW 591 Seminar. Practical applications of research within the field of sports nutrition. Invited Speaker. College of Health Solutions, Arizona State University. Phoenix, AZ
- 15 March, 2018      *Guest Lecture NTR457 Sports Nutrition.* Practical applications of research within the field of sports nutrition. Invited Speaker. School of Nutrition and Health Promotion, Arizona State University. Phoenix, AZ
- January 30, 2018      *A day in a life of a tenure-track research faculty.* Short lecture and Q&A with students of the NTR290 class. School of Nutrition and Health Promotion, Arizona State University. Phoenix, AZ
- November 15, 2017      *Sports Nutrition Guest Lecture.* Practical applications of research within the field of sports nutrition. Invited Speaker. School of Nutrition and Health Promotion, Arizona State University. Phoenix, AZ
- October 24, 2017      *Undergraduate Research Colloquium.* Sports nutrition history and experiences within the Dutch athletes. Invited Speaker. School of Nutrition and Health Promotion, Arizona State University. Phoenix, AZ

### STUDENT MENTORING

Since 2017, In addition to a wide range of students that I mentored, I have guided 2 PhD students and 32 graduate students (MS) as chair, of whom 19 have passed their thesis defense since 2018. Additionally, I have been a committee member of 4 additional PhD students. Most have successfully applied for student grants or awards from GPSA at ASU, but since 2023, all students have worked on externally funded projects.

The number of students defending their MS thesis per year, the number of funds (student awards) they secured under my mentoring, and the number of publications they were involved in (mentioned under publications) are listed in the figure below.



#### Post-doc

Employee	Study	Project period	Status
Emily Dow	Friesland Campina	2025-2026	Current

#### International Scholars

Employee	Study	Project period	Status
Djaro Bijlmakers	Pac-12 – S3 validation	2025-2026	Current

#### Mentored CHS Exercise and Nutritional Science (ENS) PhD students as Committee chair

Student	Degree/Topic	Date enrolled	Progress
Kinta Schott	ENS – PhD student	Fall 2022	Enrolled

Kaila Vento                      ENS – PhD candidate                      Fall 2018                      Graduate

**Mentored CHS PhD students (Committee member, and/or (co)mentoring beyond thesis projects)**

<b>Student</b>	<b>Degree/Topic</b>	<b>Role</b>	<b>Chair</b>	<b>Dates</b>
Raul Freire	PhD ENS	Committee member	Siegler	Enrolled
Sajjad Rezaei	PhD ENS	Committee member	Kavouras	Enrolled
Brooke Butterick	PhD ENS	Committee member	Siegler	Enrolled
Emily Dow	PhD ENS	Committee member	Johnston	Graduated 2024
Alex Mohr	PhD ENS	Project mentor	Sweazea	Graduated 2023
Carmen Ortega-Santos	PhD ENS	Project mentor	Whisner	Graduated 2023
Meynard Toledo	PhD ENS	Project mentor	Buman	Graduated 2021

**External PhD students (Examiner, or committee member, or working together on research project)**

<b>Student</b>	<b>Degree/Topic</b>	<b>Institution</b>	<b>Dates</b>
Michelle Gimbar	PhD candidate	Rutgers University, NJ, USA	Graduated 2024
Felipe Marticorena	PhD candidate	Sao Paulo University	Enrolled
Kristen Hamilton	PhD clinical nutrition	Rutgers University, NJ, USA	Graduated 2022
Bridin McDaid	PhD in nutrition	Queen’s University Belfast, Ireland	Fall 2021-present
Gina Trakman	PhD in nutrition	La Trobe University, Australia	March 2018

**Mentored CHS graduate students under my direction (Committee chair)**

<b>Student</b>	<b>Degree/Topic</b>	<b>Date enrolled</b>	<b>Progress</b>
32) Nyah Moore	MS Nutrition/Dietetics	Fall 2025	Enrolled
31) Blake Weiler	MS Nutrition	Fall 2025	Enrolled
30) Keeley Hourigan	MS Nutrition/Dietetics	Fall 2025	Enrolled
29) Simon Riley	MS Nutrition	Fall 2025	Enrolled
28) John Kinsey	MS Nutrition/Dietetics	Fall 2025	Enrolled
27) Kyle Reid	MS Nutrition	Fall 2024	Withdrew
26) Lilly Reed	MS Nutrition/Dietetics	Fall 2024	Enrolled
25) Shelby Tyler	MS Nutrition/Dietetics	Fall 2024	Withdrew
24) Zackary Stow	MS Nutrition/Dietetics	Fall 2024	Enrolled
23) Jackson Stallworth	MS Clinical nutrition	Fall 2024	Graduated ‘25
22) Alex Boon	MS Nutrition	Fall 2024	Enrolled

21) Emma Armstrong	MS Nutrition/Dietetics	Fall 2023	Graduated '25
20) Rocio 7 Guerrero	MS Nutrition/Dietetics	Fall 2023	Graduated '25
19) Avaani Bhalla	MS Nutrition/Dietetics	Fall 2023	Graduated '25
18) Parker Kooima	MS Exercise and Wellness	Fall 2023	Graduated '24
17) Lindsay Morton	MS Nutrition/Dietetics	Fall 2022	Graduated '24
16) Hannah Lybbert	MS Nutrition/Dietetics	Fall 2022	Graduated '24
15) Yat (jay) Chan	MS Nutrition/Dietetics	Fall 2021	Graduated '23
14) Anna-Marie Clear	MS Nutrition/Dietetics	Fall 2021	Graduated '23
13) Rose Schubach	MS Nutrition	Fall 2021	Graduated '24
12) Lauren Whitenack	MS Nutrition	Fall 2020	Graduated '22
11) Sonia Navarro	MS Nutrition	Fall 2020	Graduated '22
10) Rachel Caballero	MS Nutrition	Fall 2020	Graduated '22
9) Scott Armistead	MS Exercise and Wellness	Fall 2019	Graduated '21
8) Rebecca Naldo	MS Nutrition	Fall 2019	Graduated '21
7) Jensen Skinner	MS Nutrition	Fall 2019	Graduated '21
6) Daniel Thompson	MS Exercise and Wellness	Fall 2019	Graduated '21
5) Kellie Reese*	MS Nutrition	Fall 2018	Graduated '20
4) Katie Pesek	MS Nutrition	Fall 2018	Graduated '23
3) Emily Pelham	MS Nutrition/Dietetics	Fall 2018	Graduated '20
2) Josh Linsell	MS Exercise and Wellness	Fall 2018	Graduated '20
1) Stephanie Olzinski	MS Nutrition/Dietetics	Fall 2017	Graduated '19

\*Performed an applied project; no thesis.

**Mentored CHS graduate students (Committee member, or working together on research project)**

<b>Student</b>	<b>Degree/Topic</b>	<b>Role</b>	<b>Chair</b>	<b>Dates</b>
Tanner Borro	MS EXW	Committee member	Kavouras	Graduated 2023
Haven Guyer	MS Sustainability	Project mentor	Vanos	Graduated 2022
Amanda Doyle	MS Nutrition	Committee member	Kavouras	Graduated 2022
Michael Mohammed	MS/Nutrition Dietetics	Committee member	Levinson	Graduated 2019

**Student grants or awards**

<b>Student</b>	<b>Grant &amp; study</b>	<b>Period</b>	
SmartHeat Student Team	CHS Heat Challenge Pitfest	Spring 2025	\$5,000
SmartHeat Student Team	CHS Heat Challenge	Spring 2024	\$10,000

Curriculum Vitae. Floris Wardenaar, PhD

Rose Schubach	ASU GPSA Athletic grant Validation of a dietary supplement questionnaire	Spring 2022	\$3500
Kaila Vento	ASU GPSA Athletic grant PhD Dissertation on fluid intake and urinary tract infections	Spring 2021	\$3500
Lauren Whitenack	ASU GPSA Athletic grant Practical Hydration Assessment Study	Spring 2021	\$3500
Alex Mohr/Carmen Ortega	ASU GPSA Athletic grant Football GI study – project was canceled due to COVID	Spring 2020	\$3500
Rebecca Naldo	ASU GPSA Athletic grant Fluid Hiking Decision study	Spring 2020	\$3500
Daniel Thompsett	ASU GPSA Athletic grant Golf Performance study	Spring 2019	\$3500
Kaila Vento	ASU GPSA Athletic grant Supplement CHECK study	Spring 2019	\$1500
Daan Hoogervorst	Poster award, HAN Sport and Exercise Science Week	Summer 2018	NA
Stephanie Olzinski	ASU GSPA Athletics grant Cool the Fork Study	Spring 2018	\$3500

**Graduate dietetic internship rotations or applied projects**

<b>Student</b>	<b>Involvement</b>	<b>Dates</b>
Katie Pesek	Dietetic internship rotation, 2-week assignment	Spring 2021
Stephanie Olzinski	Dietetic internship rotation, 3-week assignment	Spring 2019
Jason Olig	Dietetic internship rotation, 3-week assignment	Spring 2018

**(Under)graduate research mentoring and research involvement**

<b>No. of student</b>	<b>Involvement</b>	<b>Dates</b>
3	Volunteers	Spring/Fall 2024
7	Volunteers	Spring/Fall 2023
10	Volunteers	Spring/Fall 2022
10	Volunteers	Spring/Fall 2021
58	Research credit/ volunteer/ Applied project	Spring 2018-2020

**(Barret) Honors students**

<b>Student</b>	<b>Involvement</b>	<b>Dates</b>
Anna Meserve	Honors thesis – high school NJ	Fall 2021-Spring 2022

Hannah Mattson	NTR499 honors contract: video interview	Spring 2018
Megan Anderson	NTR290 honors contract: video interview	Spring 2018

**Student interviews**

<b>Student</b>	<b>Involvement</b>	<b>Dates</b>
Jacob Shanker	Interview about heat stress in Phoenix AZ	Fall 2024
Lauren Fabbri	Interview about Protein use in athletes	Fall 2021
Silvia Hua	Best hydration practices	Fall 2021
Anthony Totri	Video interview Cronkite News	Fall 2019
Adam Hushion	Video assignment sports journalism	Spring 2018
Bryce Newberry	Video assignment Cronkite School of Journalism	Fall 2017

SERVICE

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**SERVICE TO THE PROFESSION**

**National level USA**

December 2025	Performed abstract reviews for the ACSM 2026 annual meeting.
November 2024	Committed as abstract reviewer for the ACSM 2025 annual meeting.
December 2023	Abstract reviewer ACSM 2024 annual meeting, not-fellow sponsored nutrition abstracts (n=48).
May 2023	Gatorade Sports Science Institute Young Investigator Awards Judge, GSSI pre-conference at ACSM 2023 at Denver, CO.
January 2023	Abstract reviewer ACSM 2023 annual meeting, not-fellow sponsored nutrition abstracts (n=27).
2023 – present	Committee member on rewriting NATA's position stand on Dietary Supplements.
2022 – present	Committee member on preparing a CPSDA proposal to broaden supplement opportunities for athletic departments in NCAA sports.
May 2022	Gatorade Sports Science Institute Young Investigator Awards Judge, GSSI pre-conference at ACSM 2022 at San Diego, CA.
November 2021	Abstract reviewer ACSM 2022 annual meeting, not-fellow sponsored nutrition abstracts (n=36).
January 2021	Abstract reviewer Virtual ACSM 2021 annual meeting, not-fellow sponsored nutrition abstracts (n=40).
June 2020	ACSM Nutrition Brew – Development of an Electronic Questionnaire to Assess Sports Nutrition Knowledge in Athletes by Ryan Tam – Being a facilitator of a break-out session.
November 2019	Abstract reviewer ACSM 2020 annual meeting, topic Metabolism and Nutrition (n=38).
November 2018	Abstract reviewer ACSM 2019 annual meeting, topic Metabolism and Nutrition (n=23).

**National level Netherlands**

2021-2022	Rewriting the 'Artsenwijzer' a document that primary care physicians use to forward clients to a sports dietitian.
2020-2022	Rewriting the Dutch sport nutrition guideline for competitive sports.
Apr 2014- Aug 2017	Work package coordinator Eat2Move, Dutch regional Grant of the Province of Gelderland, The Netherlands.

2015-Aug 2017 Column writing Fietssport magazine (largest cycling paper of the Netherlands)

2014-Aug 2017 Work package coordinator regional grant Eat2Move, Province of Gelderland, The Netherlands.

### **International level**

2024-2026 External Advisory Committee UniSC Master Dietetics (Sports Nutrition), University of the Sunshine Coast, Australia.

September 8, 2024 Overseeing and facilitating the organization of the 2<sup>nd</sup> Worldwide online PINES symposium on Low Energy Availability in Athletes, moderated by Dr. Kathie Beals. With the following speaker contributions:  
Trent Stellingwerf, Canadian Sports Institute, Canada: REDs update: what's new? Jose Areta, Liverpool John Moores University, UK: Is low energy availability the root of all evil in Sports Nutrition? Alannah McKay, Australian Catholic University, Australia: Standardization and Characterization of Menstrual Status and Phase in Female Athletes. Hannah Stocker, MS, USA: Effects of EA on Maximal Muscular Power and Muscle Fiber Type in Competitive Female Athletes. Megan Kuikman, Australian Catholic University, Australia: Use of RMR measurements as an indicator of LEA. Trisha Sterringer, Virginia Tech, USA: The effects of low energy availability and high-impact exercise on markers of bone and body composition.

2023-present Vice-President for PINES executive board.

September 8, 2023 Organization of the 1<sup>st</sup> Worldwide online PINES symposium on Athlete Safety and Nutritional Supplements Moderated by Professor Eric Rawson. With the following speaker contributions:  
Supplements and doping risk from the '90's to the present, by Erik Duiven, MSc, Doping Authority Netherlands; Herbs as a fast-growing supplement market for athletes by Anne Nugent, PhD, and Bridin McDaid, PhD, Queens University, Ireland; Athlete compliance towards third-party testing by Floris Wardenaar, PhD, Arizona State University, USA; Implementing a supplement monitoring system for athletes, by Angela Dufour, RD, Canadian Olympic Committee, Canada; The impact of implementing the AIS supplement framework by Gary Slater, PhD, Australian Institute of Sport, Australia.

2020-2023 Educational committee for PINES together with Professor Enette Larson-Meyer, and before this with Dr. Heidi Lynch.

April 2016 Abstract Reviewer annual ECSS congress 2016, Essen.

April 2015 Abstract Reviewer annual ECSS congress 2015, Vienna.

April 2014 Abstract Reviewer annual ECSS congress 2014, Amsterdam

April 2014 Local scientific committee member, annual ECSS conference 2014, Amsterdam.

### **Editorial and Ad-Hoc Reviewer Service**

- 2024-present: Editorial board member BMC Performance Nutrition.
- 2022-2024: Special Issue Editor "Sports Nutrition and Athletes' Health" for the International Journal of Environmental Research and Public Health.
- 2020-2021: Special topic editor Frontiers in Sports and Active Living on the topic of nutritional supplement behavior.
- September 2016- present: Review Editor Frontiers in sports and exercise nutrition and frontiers in nutrition.
- Ad-hoc Reviewer Journals (21): BMC Nutrition, British Journal of Nutrition, Foods, Frontiers in Nutrition, Frontiers in Public Health, Frontiers in Sports and Active Living, International Journal of Biometeorology, International Journal of Golf Science, International Journal of Sports Nutrition and Exercise Metabolism, Journal of Applied Physiology, Journal of Nutrition, Journal of Sports Medicine, Medicina Journal of Nutrition, Nutrients, Science and Medicine in Football, Scientific Reports, Smart Health, Sports, Sports Medicine, The Physician and Sports medicine.
- Ad-hoc Reviewer Other: Research Foundation - Flanders (Fonds Wetenschappelijk Onderzoek - Vlaanderen, FWO), March 2018.

### **ADMINISTRATION**

#### **Sun Devil Athletics**

- Sept 2017-May 2019
- Develop a dietary supplement education program for student-athletes that was launched in Spring 2019.
  - Develop individualized and team education on hydration based on results of the Cool the Fork study, in 2019 and 2018.
  - Perform ISAK measurements at the Football team supporting Amber Yudell the Director of Sports Nutrition, 2018.
  - Organize a structure for undergraduate, graduate and PhD students to participate within the Sport Nutrition Department of Sun Devil Athletics, fall 2017.
  - Develop a kitchen building plan for the new sports nutrition facility at Sun Devil Sports Performance at Tempe, fall 2017.
  - Startup plan for the Athlete Field Lab as joint collaboration of the College of Health Solutions and the Sports Nutrition Department of Sun Devil Athletics.

### **SERVICE TO ASU**

#### **University level**

- Sept 2019-2021 Member research and technology committee of Sun Devil athletics
- Nov 2019-May 2023 Faculty advisor of a new Sport Nutrition student club at ASU (Initiating faculty advisor).

### **College and program Level**

March 2024	Co-lead for visioning the positioning of Nutrition in the College of Health Solutions.
October 2023	CHS101 Guest lecture with Nutrition Students.
2022-present	Member, College of Health Solutions Committee on Committees.
2021-present	Member, Vice Dean's Advisory Board in the College of Health Solutions.
2021	Member, Annual review committee for research faculty
Jan 2020-present	Member, Curriculum committee for the MS program in Strength & Conditioning.
2020-2021	Member, personnel/Ad-hoc annual review committee for tenure (track) faculty.
2020-2021	Member, committee to define the strategic direction for Basic Nutrition in CHS at ASU.
2019-2021	Member, CHS Faculty award committee.
Fall 2019	Member, Search committee for a new Associate Professor in Sport Science within CHS.
Spring 2019	Attended breakfast with the AZ Board of Regents at the Tempe Campus.
Spring 2019-present	Athletic affinity network member within CHS.
Spring 2019-present	Member, Curriculum committee for the BS program Sports Science and Performance
Spring 2018	Interview with Sandra Mayol-Kreiser MS, Medical Nutrition online MS program.
Spring 2018	Member, Committee on forming translational teams: process and evaluation. Visioning process College of Health Solutions, spring 2018.
Spring 2018	Member, Annual review committee for research faculty for SNHP, spring 2018.
Spring 2018	Member, Search committee for new tenure-track positions for fall 2018.
Fall 2017	Member, Organization committee for the New Year's celebration, 11 January 2018.

### **SERVICE TO THE COMMUNITY**

#### **Contact with community partners or industry**

2026-present	Scientific Nutrition Advisor for the FuelWarden app ( <a href="https://www.fuelwarden.app/">https://www.fuelwarden.app/</a> ). I have not been receiving any payment for this advisory position.
Spring 2026	Organizing performance nutrition webinar series at ASU, with 9 new (international) speakers: Jorn Trommelen (NED), Lynn Kam (USA), Yuri Hookawa (JAP), Brendon

McDermott (USA), Alysha Deslippe (CAN), Ina Garthe (NOR), Amelia Carr (AUS), Peter Peeling (AUS), Richard Simpson (USA).

- Fall 2025 Organizing performance nutrition webinar series at ASU, with 10 new (international) speakers: Mitchell Zaplatosch (USA), Mindy Millard-Stafford (USA), Lewis James (UK), Susana Melendez (USA), Yasuki Sekiguchi (USA), Emiel den Hartog (USA), Susan Backhouse (UK), Kaila Vento (USA), Floris Wardenaar (USA), Michelle Barrack (USA).
- Spring 2025 Organizing performance nutrition webinar series at ASU, with 8 new (international) speakers as well as 4 Webinar+ Tools presenters. The Webinar+ Tools addition will allow scientists to present tools that they have developed, how these tools were validated and how they can be used by practitioners, aiming to improve implementation in real live. Confirmed webinar speakers are: Jenni Vanos (USA), Richard Pryor (USA), Julian Periard (AUS), Eimear Dolan (BRA), Naomi Brinkmans (NED), Amy Eichner (USA), Gareth Wallis (ENG), Luc van Loon (NED), and confirmed Webinar+ Tools presenters are: Kinta Schott (USA), Raul Freire (USA), Daan Hoogervorst (NED), Alex Mohr (USA).
- Fall 2024 Conversation about hydration strategies with the Honolulu fire department.
- Fall 2024 Organized and led the performance nutrition webinar series at ASU. Organized and moderated 12 sessions available to ASU students and faculty and (inter)national professionals with an interest in performance nutrition. With contributions from speakers, Stavros Kavouras (USA), James Morehen (England), Mark Kern (USA), Fiona Pelly (AUS), Catalina Fernandez (Costa Rica), Louise Burke (AUS), Richard Kreider (USA), Mark Willems (ENG), Zac Schlader (USA), Coen Bongers (NED), Andrew Jagim (USA), and Carol Johnston (USA).
- Spring 2024 Developed and led the performance nutrition webinar series at ASU. Organized and moderated 12 sessions available to ASU students and faculty and (inter)national professionals with an interest in sports nutrition. With contributions from speakers, Cas Fuchs (NED), Martijn Redegeld (NED), Patrick Wilson (USA), Jamie Whitfield (AUS), Alannah McKay (AUS), Bryan Saunders (Brazil), Anne Nugent (Northern Ireland), Stuart Philips (CAN), Jan-Willem van Dijk (NED), Doug Kalman (USA), Katie Knappenberger (USA), Graeme Close (UK).
- Fall 2023 Developed and led the sports nutrition webinar series at ASU. Organized and moderated 8 sessions available to ASU students and faculty and (inter)national professionals with an interest in sports nutrition. With contributions from speakers, Jesse Sims (USA), Marco Mensink (NED), Jeni Pearce (NZ), Tianou Zhang (USA), Yasuki Sekiguchi (USA), Joanna Bowtel (UK), Michael Ormsbee (USA), Jamie Pugh (UK), Chad Kerksick (USA).
- Spring 2023 Provided a lecture about safe hiking in the heat for PebbleCreek Hiking Club in Goodyear, AZ.
- Spring 2023 Developed and led the sports nutrition webinar series at ASU. Organized and moderated 8 sessions available to ASU students and faculty and (inter)national professionals with an interest in sports nutrition. With contributions from speakers, Brent Ruby (USA), Alex

Mohr (USA), Jeanne de Vries (NED), Eric Rawson (USA), Lawrence Armstrong (USA), Felipe Marticorena (BR), Melinda Manore (USA).

- Fall 2022 Developed and led the sports nutrition webinar series at ASU. Organized and moderated 8 sessions available to ASU students and faculty and (inter)national professionals with an interest in sports nutrition. With contributions from speakers, Daan Hoogervorst (The Netherlands), Professor Pope Moseley (USA), Dr. Matthew Stratton (USA), Professor Renger Witkamp (The Netherlands), Dr. Jason Siegler (USA), Professor Enette Larson-Meyer (USA), Professor Wim Derave (Belgium).
- Spring 2022 Developed and led the sports nutrition webinar series at ASU. Organized and moderated 5 sessions available to ASU students and faculty and (inter)national professionals with an interest in sports nutrition. With contributions from speakers, Dr. Colleen Munoz (USA), Dr. Susan Yeargin (USA), Professor Stella Volpe (USA), Professor Nancy Rodriguez (USA), Professor Eric O'Neal (USA).
- Spring 2021 Developed a tactical athlete seminar for the Army ROTC at ASU with colleagues from Nutrition and Exercise Sciences Ph.D. program. I took the lead in connecting the Army ROTC with the College of Health Solutions and coordinating the development of this 3-day in person seminar for Cadets.
- Summer 2021 Arranged student experiences (with Jake Padilla from HD South) deliver nutrition information to the general public at the Gilbert Historical Museum.
- Spring 2021 Consulted with three start-up companies willing to launch a new sport beer, SensUR Health developing diagnostic tools and Myintakepro.com.
- Spring 2020 Explained the value of urine color to assess hydration status to the general public during ASU Open Door in Phoenix and Tempe (2-locations, separate days).
- January 2020 Met with MX3 startup company at the Endurance Exchange conference at ASU stadium to discuss the value of validation of their new osmolality meter against traditional urine biomarkers.
- May 2019 Contributed information about beverage non-caloric sweeteners with representatives of PepsiCo during ACSM annual conference in Orlando Florida.

#### **ARTICLES OR OTHER MEDIA (SINCE AT ASU, September 2017)**

80. ASU associate professor uses state-of-the-art heat chamber to combat digestive problems, by Eden Miller, ASU News, 23 January, 2026. <https://news.asu.edu/b/20260123-asu-associate-professor-uses-stateofheart-heat-chamber-combat-digestive-problems>

79. Gaat Ajax beter voetballen doorpilletjes van Vitakruid? By Geertje Teunter en Steven Verseput, NRC, 9 Januari, 2026. <https://www.nrc.nl/nieuws/2026/01/09/gaat-ajax-beter-voetballen-door-de-pilletjes-van-vitakruid-a4916888>

78. #219: Vervuiling bij voedingssupplementgebruik. In gesprek met dr. Floris Wardenaar (In English: #219: Adulteration of nutritional supplements. In conversation with Dr. Floris Wardenaar), by Bart Mol, een Podcast over Voeding (PoV), 19 December, 2025: <https://www.iamafoodie.nl/voedingssupplement/>
77. Sportrepen, gelletjes, sportdrank: hoe zinnig is het voor de amateursporter? (In English: Sports food: Is it needed for amateur athletes?), by Pepijn van der Gulden, de Volkskrant, 31 October, 2025: <https://www.volkskrant.nl/cs-be693498/>
76. What's in your scoop? New research finds lead in protein supplements, by Dhemi Bell, 29 October, 2025: <https://www.statepress.com/article/2025/10/protein-powder-dangers-testing>
75. What doctors actually want you to know about sports supplements, by Sandrine Ceurstemont, BBC Science Focus, 16 September, 2025: <https://www.sciencefocus.com/the-human-body/sports-supplements-performance-placebo>
74. How to Actually Hydrate Properly During Your Hot, Sweaty Outdoor Workout, by Jennifer Heimlich, SELF, 18 August, 2025: <https://www.self.com/story/how-to-hydrate-hot-summer-workouts>
73. Podcast: Regents' Grant Spotlight: Reducing Cancer Risk for Arizona Firefighters, AZ Opportunity Podcast, 15 July, 2025: <https://podcasts.apple.com/bg/podcast/regents-grant-spotlight-reducing-cancer-risk-for-arizona/id1823998285?i=1000717392595>
72. Are you drinking enough water? By Natasha Burrell and Kitana Ford, Doing Well, 5 August, 2025: <https://doingwellnews.substack.com/p/are-you-drinking-enough-water?r=4b2dq7>
71. Caffeine in de topsport (in English: Caffeine in elite sports), by Rens Nijholt, KoffieTcacao, August, 2025.
70. How to prepare for hot weather now, by Vera Tweed. Health Rader. Vol. 15, Issue 6, June 2025.
69. Arizona heat: Safety tips, weather terminology and what to know to stay healthy, by Ashley Loose and Iris Hermosillo, ABC15, 6 May, 2025: <https://www.abc15.com/news/state/arizona-heat-safety-tips-weather-terminology-and-what-to-know-to-stay-healthy>
68. PhD student builds bridges with construction industry to prevent heat-related illnesses, by Gabriella Kemp, ASU News, 17 March, 2025: <https://news.asu.edu/20250317-health-and-medicine-phd-student-builds-bridges-construction-industry-help-avoid>
67. Podcast FIT.nl (in English: Assessing fluid needs of athletes), by fit.nl Jeroen van der Mark, January 10, 2025.
66. Podcast: Voedingstips voor de halve marathon (in English: Nutrition for running a half , podcast was recorded in Dutch), by Esther van Etten, September 12, 2024: <https://open.spotify.com/episode/5XasePgJiAYcESnv9cg5J6>
65. Slimmer presteren met supplementen volgens sportvoedings-wetenschapper Floris Wardenaar (in Dutch), Slimmer Presteren podcast, 30 August, 2024: <https://slimmer-presteren-podcast.nl/seizoen-10/192-slimmer-presteren-met-supplementen-volgens-sportvoedings-wetenschapper-floris-wardenaar/>

64. Four dead in a week: Heat leads to tragedies in state and national parks, Antonio Planas and Evan Bush, 18 July, 2024: <https://www.nbcnews.com/science/environment/heat-four-die-one-week-state-national-parks-rcna162342>

63. Stay safe while hiking in the heat by following this advice from experts, CNN Health, 26 June, 2024: <https://www.cnn.com/2024/06/22/health/hiking-heat-safety-wellness/index.html>

62. Tips for staying hydrated during Pat's Run and other outdoor activities, by Aidan Hansen, ASU News 11 April, 2024: <https://news.asu.edu/20240411-health-and-medicine-tips-staying-hydrated-during-pats-run-and-other-outdoor-activities>

61. Supplement Selection for Ultrarunning with Floris Wardenaar, PhD #217, a podcast by Jason Koop, 15 February 2024: <https://podcasts.apple.com/us/podcast/supplement-selection-for-ultrarunning-with-floris/id1489494447?i=1000645542904>

60. High schoolers exposed to nutritional education more likely to use third-party tested supplements, by Claudia Adrien, 2 February 2024: <https://www.nutraingredients-usa.com/article/2024/02/02/high-schoolers-exposed-to-nutritional-education-more-likely-to-use-third-party-tested-supplements>

59. ASU professor's webinar series helps boost sports nutrition knowledge, by Aidan Hansen, ASU News 3 January, 2024: <https://news.asu.edu/20240103-asu-professors-webinar-series-helps-boost-sports-nutrition-knowledge>

58. Launch of project website firefighter hydration (website for the FEMA funded hydration project), by Floris Wardenaar, November 2023: <https://firefighterhydration.asu.edu>

57. Podcast: Caffeine en sport (in English: Caffeine and sport, podcast was recorded in Dutch), by Esther van Etten and Anneke Palsma, October 10, 2023: <https://open.spotify.com/episode/2hqp95RJMkDmCuNB5oLdtl?si=7e7d28a4d3c84899>

56. De bloedhitte te lijf met ventilators, ijsbaden en augurkensap (in English: Beat the sweltering heat with fans, ice baths and pickle juice), De Volkskrant, September 23 2023. (Dutch newspaper article) <https://www.volkskrant.nl/sport/tennissers-bestrijden-de-hitte-op-us-open-met-ventilators-ijsbaden-en-augurkensap~ba3eb92f/>

55. Acclimatiseren kun je leren (in Dutch), by Esther van Etten and Koen van der Velden, Le Champion Magazine, July 2023.

54. Study assesses amateur and elite athlete supplement choices, by Nikki Hancocks, Nutraingredients 29 June 2023: <https://www.nutraingredients.com/Article/2023/06/29/Study-assesses-amateur-and-elite-athlete-supplement-choices>

53. Ask An Expert: The Role Of The Gut In Performance Athletes, by Louise Blair, Biotis Health benefit solutions, 22 June 2023: [https://urldefense.com/v3/https://www.biotis.com/academy/ask-an-expert-the-role-of-the-gut-in-performance-athletes/;!!IKRxdwAv5BmarQ!cK5WXdc5KI6Tgj8kpsO18Ay8AK856RwEn7D6o\\_3DrJRzcGMmNnHIW\\_INpqGv9Cgv7S\\_AvVv22svG8rvSvlyhZvHYieU\\$](https://urldefense.com/v3/https://www.biotis.com/academy/ask-an-expert-the-role-of-the-gut-in-performance-athletes/;!!IKRxdwAv5BmarQ!cK5WXdc5KI6Tgj8kpsO18Ay8AK856RwEn7D6o_3DrJRzcGMmNnHIW_INpqGv9Cgv7S_AvVv22svG8rvSvlyhZvHYieU$)

52. Hiking in the heat: Phoenix considers extending closure hours for popular trails on excessive heat days, by Ashley Lay, Cronkite News, 16 June 2023: <https://cronkitenews.azpbs.org/2023/06/16/phoenix-considers-closure-hours-popular-trails-excessive-heat-days/>

51. Swimming in the heat, by Erin Patterson, Cronkite news, 14 June, 2023: <https://www.youtube.com/watch?v=NzwAw1v-zC0>

50. Interview about hiking in the heat at Marcos de Niza trail at South Mountains, by Alaina Kwan from AZ Family for Good Morning Arizona, 28 May 2023: <https://drive.google.com/file/d/1HqEVde0cfHsC57IDXtsnPig4C2VLe9mk/view?usp=sharing>

49. Phoenix is not prepared for a simultaneous heat wave and blackout, new research shows, Arizona Republic, by Joan Meiners, May 25, 2023: [https://www.azcentral.com/story/news/local/arizona-environment/2023/05/25/phoenix-is-not-prepared-for-a-simultaneous-heat-wave-and-blackout/70252691007/?itm\\_medium=recirc&itm\\_source=taboola&itm\\_campaign=internal&itm\\_content=BelowArticleFeed-FeedRedesign](https://www.azcentral.com/story/news/local/arizona-environment/2023/05/25/phoenix-is-not-prepared-for-a-simultaneous-heat-wave-and-blackout/70252691007/?itm_medium=recirc&itm_source=taboola&itm_campaign=internal&itm_content=BelowArticleFeed-FeedRedesign)

48. ASU, Pac-12 partner to help student-athletes avoid harmful nutritional supplements, by Weldon Johnson, ASU News, 14 April 2023: <https://news.asu.edu/20230414-asu-pac12-partner-help-student-athletes-avoid-harmful-nutritional-supplements>

47. Podcast: Supplementen en sport (in English: Supplements and sports, podcast was recorded in Dutch), by Esther van Etten and Anneke Palsma, January 31, 2023: <https://podcast24.nl/episodes/voedingspraat/supplementen-en-sport-Q9c-VH3oe>

46. Protein Isn't Just For Weightlifters. Here's How Much Everyone Should Eat. Experts share thoughts on how to get the right amount at the right times, Huffpost by Julie Kendrick, January 5, 2023: <https://www.huffpost.com/entry/how-much-protein-to-eat | 63a22684e4b0aeb2ace83986?nrl>

45. US Arizona firefighters pioneer 'forever chemical' treatment, Stars and Stripes by Scott Shumaker, January 2, 2023: <https://www.stripes.com/theaters/us/2023-01-02/arizona-firefighters-pfas-treatment-8618422.html>

43. Regents provide \$4M to study cancer in firefighters. Arizona Capitol Times by Haley Tenore, December 1, 2022: <https://azcapitoltimes.com/news/2022/12/01/regents-provide-4m-to-study-cancer-in-firefighters/>

42. New ABOR Regents' Research Grant seeks to reduce cancer risk in Arizona's firefighters; Additional grants address groundwater supply, forest health, Arizona Board of Regents November 18, 2022: <https://www.azregents.edu/news-releases/new-abor-regents%E2%80%99-research-grant-seeks-reduce-cancer-risk-arizona%E2%80%99s-firefighters>

41. ASU Professor working to change the game ahead of World Cup, ABC15 November 21, 2022: <https://www.abc15.com/news/local-news/asu-professor-working-to-change-the-game-ahead-of-world-cup>

40. Episode 182: Advising Nutritional Supplements, Institute of Performance Nutrition with Lauren Bannock (Podcast), 2022: <https://theiopen.com/podcast/episode-182-advising-nutritional-supplements/>

39. ASU professor's work could help World Cup athletes stay on top of their game, ASU News November 9, 2022: <https://news.asu.edu/20221109-asu-professors-work-could-help-world-cup-athletes-stay-top-their-game>

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5. <https://www.consumeraffairs.com/news/hydration-is-key-for-summertime-hikers-experts-find-072120.html>
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14. Multivitamines, Fiets Magazine (in Dutch), March 2019.
13. Month of March Invested to Nutrition & Supplement Education, thesundevils April 2, 2019: <https://thesundevils.com/news/2019/4/2/general-month-of-march-invested-to-nutrition-supplement-education.aspx>
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9. Hydration Study a First for Athleat Field Lab. Health Matters, ASU College of Health Solutions, July 24, 2018. <http://view.e.asu.edu/?qs=86f9d9fbcd0e9dd7f2b140fb33cb2b85685e3e3964885d88f0664b541c2c78702c590988c95a34f8254c11b422f3573b41a7dbdecdf5e0b4d61f2046de6a188448e6d86270aea0e00cd3b70891d603ad>
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2. Social media creates a façade of health. The State Press, November 28, 2017  
<http://www.statepress.com/article/2017/11/spopinion-social-media-only-presents-the-facade-of-health>

1. Flywheel and Tech-Tracking Workouts. Walter Cronkite School of Journalism and Mass Communication, November 28, 2017  
<https://youtu.be/VvEOAI3oJR8>

**PROFESSIONAL EDUCATION/ TRAINING/ DEVELOPMENT**

**MONTH, YEAR**

2<sup>nd</sup> Professionals in Nutrition for Exercise and Sport (PINES) Virtual Symposium on Energy Availability: What is New and Noteworthy? November 2024

ECSS Sports Nutrition Interest Group (SNIG) Virtual Networking Event November 2023

ACSM Nutrition Brew – With Drs. Catia Martins, Barbara Gower and Gary Hunter from the University of Alabama at Birmingham, USA. December 2022

ECSS Sports Nutrition Interest Group (SNIG) Virtual Networking Event November 2022

Friesland Campina Institute – Webinar: Combating nutrition misinformation: A continuous challenge with Professor Asker Jeukendrup September 2022

Farewell symposium for Dr. Jeanne de Vries (Wageningen University) September 2022

14th edition of the Hydration for Health Conference June 2022

Remote: The Connected Faculty Summit for Higher Ed Summer 2022

Curriculum Vitae. Floris Wardenaar, PhD

How Strong Child Nutrition in Arizona Can Bolster National Security Council for a strong America.	March 2022
World Water Day Webinar, Arizona Wellbeing Commons	March 2022
SEMTE Seminar: Comfort, thermal stress, and clothing by Dr. George Havenith organized by the School for Engineering of Matter, Transport and Energy	March 2022
ACSM Nutrition Brew – With Drs. Tatiana Moro and Antonio Paoli from the University of Padova, Italy.	March 2022
ECSS Sports Nutrition Interest Group (SNIG) Virtual Networking Event	March 2022
CPSDA Huddle on collecting data in applied sports nutrition	December 2021
CPSDA Educational Webinar "Dietary Supplements, Athletes, & Sports Dietitians: An Ethical Perspective"	October 2021
Eat2Win session(s) – nutrition content	June 2021
Remote The Connected Faculty Summit for Higher Ed	June 2021
ACSM Annual conference	June 2021
ACSM Nutrition Brew – With Dr. Flack hosted by Dr. DiPetro	April 2021
Does Dehydration Impair Performance? Measuring Sodium Sweat Loss May Help Answer This Question – Skcratch Labs	April 2021
ASU Student Club advisor training	April 2021
Webinar Pharma Nord Interaction between Supplements and Pharma	February 2021
Water Talk – hosted by Dr. Stavros Kavouras Assessing total water intake with Deuterium by Francois Perronet	November 2020
ACSM Nutrition Brew – hosted by Dr. Ed Coyle	November 2020
CPSDA session Fat Metabolism During Exercise sponsored by Gatorade Performance Partners	October 2020
Attending GRASP 2020	September 2020
In person ASU Sync class room orientation	August 2020
American Red Cross: 120-day extension CPR/AED	August 2020
Attending REMOTE: The Connected Faculty Summit for Higher Ed	July 2020
ACSM Nutrition Brew – hosted by Dr. Melinda Manore Development of an Electronic Questionnaire to Assess Sports Nutrition Knowledge in Athletes by Ryan Tam	June 2020
Attending ASU sync Training, session I	June 2020

Webinar on Science vs Pseudoscience, Friesland Campina Institute	June 2020
Peer review of Online NTR555 Advanced Sport Nutrition course by Theresa Hart	January 2020
FERPA Tutorial for System Access	January 2019
Title IX – Your Duty to Report	January 2019
CPR training American Heart Association	September 2018
LABSAFE: Laboratory Safety Training	July 2018
Introducing the Black Bag for dietitians on the go (The Biodesign Institute, ASU)	March 2018
CITI training for human participants	July 2017
HAN Sports Nutrition Conference: sport nutrition counseling in high performance teams	June 2017
HAN Sports Nutrition Conference: what do athletes do?	July 2016
HAN Sports Nutrition Conference: evidence practice in sports nutrition	July 2015
HNE-32806 Exposure Assessment in Nutrition and Health Research (WUR)	September 2014
VSN study day: vitamin and mineral status in athletes	November 2013
ISAK Level II Certification (Bodymorph)	January 2013
ISAK Level I Certification (Bodymorph)	December 2013
VSN study day: nutrition for youth sports, simple or complex?	September 2008
Post bachelor course Sport dietetics (HAN)	August 2001
Dutch Royal Cycling Union Cycle trainer A Certification (KNWU)	May 2001

#### **PROFESSIONAL AFFILIATIONS**

<i>Collegiate and Professional Sports Dietetic Association (CPSDA)</i>	Member (2019-present)
<i>American College of Sports Medicine (ACSM)</i>	Member (2018-present)
<i>Professionals in Nutrition for Exercise and Sport (PINES)</i>	Member (2018-present, and from 2014 to 2015)
<i>European College of Sports Science (ECSS)</i>	Former member (2012-2021)
<i>Dutch Association for Sports Dietitians (VSN)</i>	Member (2007-present)
<i>Dutch Association for Dietitians (NVD)</i>	Member (2001-present) and Student member (1997-2001)