

CURRICULUM VITAE 11/22/2023

Floris C. Wardenaar, PhD, Sport Dietitian VSN®
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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

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

HONORS AND AWARDS

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 th Annual CHS Staff and Faculty Awards
2020-present	Board member Pines, Professionals in Nutrition for Exercise and Sports.
2012-2017	Competitive PhD scholarship HAN University of Applied Sciences, Nijmegen, The Netherlands.
2012-2017	Member management team and Institute liaison for research at the Institute of Sports and Exercise, 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.
June 2005-October 2005	Research scholar, Department of Kinesiology & Health Education, University of Texas at Austin, Texas.
2007 and 2008	Staff member of TVM Professional Speed Skating Team that received KNSB team of the year title twice in a row.

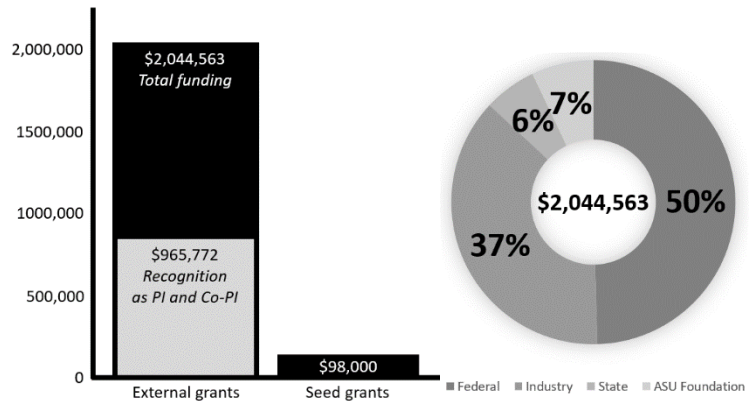
ACTIVE COMMITTEE MEMBERSHIPS

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	Vice Dean Advisory Board at the College of Health Solutions.
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.
2020 – present	Educational committee for PINES together with Professor Enette Larson-Meyer, and before this with Dr. Heidi Lynch.

RESEARCH AND SCHOLARSHIP

SPONSORED RESEARCH FUNDING

The figures on the right project the total amount of funds awarded since the start of my employment at ASU. In black the total awarded within ASU for projects that I have been involved in, with in grey the total amount recognized to my name. The donut diagram shows a breakdown of funding sources.



My research interest focuses on:

- Optimization of hydration status, fluid balance, and heat acclimatization
- Use and effect of dietary supplements and sports nutrition products on health and performance
- Validation of new dietary assessment tools in active populations

Submitted (under review)

2023-2024 **“Exploring the efficacy of sodium bicarbonate supplementation on reducing markers”**
 Requested from American College of Sports Medicine, \$9,687. Co-I with PI’s Raoul Freire and mentoring PI Dr. Jason Siegler.

Ongoing external

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 total \$4M award in collaboration with Drs. Jeff Burgess and Melissa Furlong.
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.
- 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.*
- 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. Rykaczewski, Middel and 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.

Ongoing internal

- 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. Van der Mars and 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. Budruk and 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. Kavouras and Co-PI Dr. Stookey.

This study aims to evaluate the effect of optimizing hydration status on mood and performance.

Completed externally funded research (at ASU)

- 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)

- 2020-2021 **“Warming Up and Cooling Down Study”**
Global Sport Institute, awarded budget \$18,000. PI with Co-I’s Drs. Kavouras and 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)

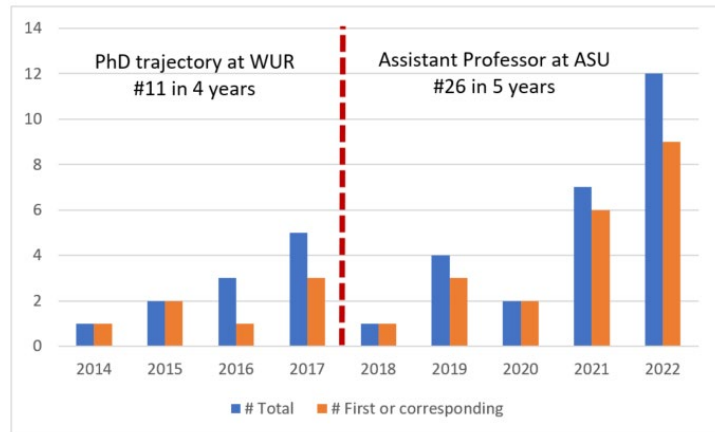
- 2017-2018 **“NutrEnd Study”** at the HAN University of Applied Sciences
Sponsor: Friesland Campina €256,000. Co-PI with Co-PI Dr. Jan-Willem van Dijk.
This study aims to assess the impact of protein supplementation during long-term endurance exercise training on VO2max, endurance exercise performance, 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 the field of sports nutrition and metabolism authors are listed in decreasing order of contribution with exception of the last author (in most cases) and the following considerations are considered:

- The first author is usually the person who conducted most of the work, in case this student was a (graduate) student, the contribution of the student and the corresponding author can be categorized as similar; Often the senior author is listed as the last author.
- A student’s second authorship reflects an important amount of the work under the corresponding author’s mentorship.



The most up-to-date google scholar index metrics can be found at:

<https://scholar.google.com/citations?user=w-lkW8sAAAAJ&hl=en>

(number of citations at 11/03/2023: 826, h-index: 15 and i10-index: 17 and 146 citations during 2023).

In print

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.

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.

40. McDaid B, Wardenaar FC, Woodside JV, Neville CE, Tobin D, Madigan S, Nugent AP. Athletes Perceived Level of Risk Associated with Botanical Food Supplement Use and Their Sources of Information. *International Journal of Environmental Research and Public Health* 20 (13), 6244. 2023.

39. AM Baart, Slotegraaf AE, Gobes-de Punder IE, Mensink M, Wardenaar F, de Vries JHM, Klein Gunnewiek JMT, Balvers MGJ, Terink R. Efficacy and utility of a tool for both measurement of vitamin B6, B12, D, folate and iron status and assessment of diet quality in athletes. *Journal of Nutritional Science* 12, e87. 2023.

38. Naldo R, Boeckman J, Vanos J, Kavouras S, Wardenaar FC. Short hydration education video and hiker fluid selection and consumption at trails, a non-randomized quasi-experimental field study. *Nutrition and Health*, First published online January 11, 2023.

- 37. Wardenaar FC**, Beaumont JS, Boeckman Josh, van Geffen B, Vanos JK. Analysis of potential hydration opportunities during future football tournaments based on data from the 2018 FIFA World Cup. *Science and Medicine in Football*. 1-5. 2022.
- 36. Hamilton K.P**, Ziegler J, Samavat H, **Wardenaar F**, Esopenko C, Womack J, Krystofiak J, Byham-Gray L. Athletic Characteristics Predicting Nutritional Supplement Use in a Sample of NCAA Division I and Division III Student-Athletes. *Journal of Dietary Supplements*. 1-15. 2022.
- 35. Vento KA**, Koskan A, Lynch H, Kavouras S, Johnston C, **Wardenaar, FC**. Effect of increased water intake on uropathogenic bacterial activity of underhydrated menstruating young adult women: A randomized crossover trial. *Nutrition and Health*. Oct 12; doi: 10.1177/02601060221129159. Online ahead of print. 2022.
- 34. Wardenaar FC**. Hoogervorst D. How Sports Health Professionals Perceive and Prescribe Nutritional Supplements to Olympic and Non-Olympic Athletes. *International Journal of Environmental Research and Public Health*. 19 (19), 12477. 2022.
- 33. Wardenaar FC**, Seltzer RGN, Kavouras SA. Accuracy and reliability of college athletes' scoring of artificial urine color samples to determine hydration status. *International Journal of Sports Science & Coaching*. doi: 10.1177/17479541221114748 First published online July 21, 2022.
- 32. Thompsett DJ**, Vento KA, Der Ananian C, Hondula D, **Wardenaar FC**. The effects of three different types of macronutrient feedings on golf performance and levels of fatigue and alertness. *Nutrition and Health*. Volume 28, Issue 4. 2022. <https://doi.org/10.1177/02601060221110367>
- 31. 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.
- 30. Wardenaar FC**, Vento KA, Ortega-Santos CP, Connolly J, Vanos JK. The impact of different playing surfaces on physiological parameters in collegiate DI American football athletes. *International Journal of Sports Science & Coaching*. 2022. doi: 10.1177/17479541221089748
- 29. Wardenaar FC**. Human Hydration Indices: Spot Urine Sample Reference Values for Urine Concentration Markers in Athletic Populations. *Dietetics*. 1 1 39-51. 2022.
- 28. Wardenaar F**, Armistead S, Boeckman K, Butterick B, Youssefi D, Thompsett D, Vento KA. The validity urine color scoring at different light conditions to assess low versus high urine concentration. *Journal of Athletic Training*. Online first. doi: 10.4085/1062-6050-0389.21 First published online April 7, 2022.
- 27. van Venrooij NFJ**, **Wardenaar FC**, Hoogervorst D, Senden JMG, van Dijk JW, Jonvik KL. The association between gastrointestinal injury, complaints, and food intake in 60-km ultramarathon runners. *Applied Physiology, Nutrition, and Metabolism*. 47;5, 547-554. 2022.
- 26. Mohr AE**, Pugh J, O'Sullivan O, Black K, Townsend JR, Pyne DB, **Wardenaar FC**, West NP, Whisner CM, McFarland LV. Best Practices for Probiotic Research in Athletic and Physically Active Populations: Guidance for Future Randomized Controlled Trials. *Frontiers in Nutrition*. 9. 2022.
- 25. Guyer H**, Georgescu M, Hondula DM, **Wardenaar F**, Vanos J. Identifying the need for locally-observed wet bulb globe temperature across outdoor athletic venues for current and future climates in

a desert environment. *Environmental Research Letters*. 2021. 16: 124042. doi: 10.1088/1748-9326/ac32fb

24. Wardenaar FC, Hoogervorst D, Vento KA, de Hon O. Dutch Olympic and non-Olympic athletes differ in knowledge of and attitudes toward third-party supplement testing. *Journal of Dietary Supplements*. 18 6 646-654. 2021.

23. 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

22. Vento KA, Delgado F, Skinner J, **Wardenaar FC. Funding and college-provided nutritional resources on diet quality among female athletes. *Journal of American College Health*. 2021. Aug 11. doi: 10.1080/07448481.2021.1947301**

21. Wardenaar FC, Ortega-Santos CP, Vento KA, Beaumont JS, Griffin SC, Johnston C, Kavouras SA. A 5-day heat acclimation program improves heat stress indicators while maintaining exercise capacity. *Journal of Strength and Conditioning Research*. 2021 May 1;35(5):1279-1286. doi: 10.1519/JSC.0000000000003970

20. Wardenaar FC. Thompsett D, Vento KA, Pesek K, Bacalzo D. Athletes' Self-Assessment of Urine Color Using Two Color Charts to Determine Urine Concentration. *International Journal of Environmental Research and Public Health*. 2021. Apr 13;18(8):4126. doi: 10.3390/ijerph18084126

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.

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.**

17. Linsell JD, Pelham EC, Hondula DM, **Wardenaar FC. Hiking Time Trial Performance in the Heat with Real-Time Observation of Heat Strain, Hydration Status and Fluid Intake Behavior. *International Journal of Environmental Research and Public Health*. 2020 Jun; 17(11): 4086. doi: 10.3390/ijerph17114086**

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.

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.**

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.**

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. MSSE, published ahead of print at 22 April 2019.
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.
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.
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.
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.
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.
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.
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).
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.
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.
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.
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.
1. **Wardenaar** F, Ceelen I, van den Dool R, Witkamp R, Mensink M. Use of dietary supplements by the Dutch general active population (in Dutch) *Ned. Tijdschrift voor Diëtetiek.* 2014.

Books, guidelines, and opinion articles for the profession

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

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

- 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 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 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. XX. 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, Thompson 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**, Thompson 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**, Thompson 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**, Thompson 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 66th 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 66th 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).
- 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)
- 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).
- 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).
- 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).

NON SCIENTIFIC MEETING PRESENTATIONS

- October 21, 2021 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, titles are translated from Dutch)

- 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 J.W., Van Loon LJC., De Vries, JHM. 22th Annual ECSS conference. Essen, Germany (Mini-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., 21th Annual ECSS conference Vienna, Austria (Mini-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. 20th Annual ECSS conference. Amsterdam, The Netherlands (Oral presentation).
- June, 2014 Vitamin and mineral supplement intake reported by Dutch athletes. Ceelen I., **Wardenaar** F., Mensink, M. Witkamp R. 20th Annual ECSS conference. Amsterdam, The Netherlands (Mini-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. 20th Annual ECSS conference. Amsterdam, The Netherlands (Mini-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 presentation).
- 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. 36th 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. 19th ECSS conference. Barcelona, The Netherlands (Mini-oral).

INVITED LECTURES, PRESENTATIONS AND CHARING SESSIONS

- 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. 1st 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.
- 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

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

- June 28, 2017 *Sports nutrition as a team performance.* Invited speaker. 5th 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. 7th 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. 3th Sports Nutrition Conference HAN Sports and Exercise. HAN University of Applied Sciences. Nijmegen, The Netherlands.
- July 4, 2016 *What do athletes do?* Invited speaker. 4th 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. 36th 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. 2th 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.

TEACHING AND MENTORING

COURSES TAUGHT AT ASU

Courses/Credits/Level	Semester	Enrollment
NTR 555- Advanced Sports Nutrition	Fall 2022 (B)	12 and 19
NTR100 Intro in Nutrition Science	Spring 2023 (A)	119
NTR100 Intro in Nutrition Science	Fall 2022 (C)	113
NTR 555- Advanced Sports Nutrition	Fall 2022 (B)	11 and 22
NTR100 Intro in Nutrition Science	Summer 2022 (A)	60
NTR300 Computer Apps in Food Service	Spring 2022 (B)	36
NTR100 Intro in Nutrition Science	Spring 2022 (A)	113
NTR100 Intro in Nutrition Science	Fall 2021	68
NTR 555- Advanced Sports Nutrition	Fall 2021 (session B)	12 and 8
NTR494- Applied Sport Nutrition at SDA, Tempe	Fall 2021	5
NTR100 Intro in Nutrition Science	Summer 2021 (A)	44
NTR300 Computer Apps in Food Service	Summer 2021 (B)	52
NTR494- Applied Sport Nutrition at SDA, Tempe	Spring 2021	9 and 1
NTR100 Intro in Nutrition Science	Spring 2021	98
NTR 555- Advanced Sports Nutrition	Fall 2020 (session B)	11 and 5
NTR494- Applied Sport Nutrition at SDA, Tempe	Fall 2020	11 and 2
NTR100 Intro in Nutrition Science	Spring 2020	49 and 100
NTR494- Applied Sport Nutrition at SDA, Tempe	Spring 2020	12
NTR 555- Advanced Sports Nutrition	Fall 2019 (session B)	8 and 13
NTR100 Introductory in Nutrition	Fall 2019	38
NTR494- Applied Sport Nutrition at SDA, Tempe	Fall 2019	12
NTR100 Introductory in Nutrition	Spring 2019	36
NTR494- Applied Sport Nutrition at SDA, Tempe	Spring 2019	7
NTR 499- Independent Applied Project	Spring 2019	2
NTR 555- Advanced Sports Nutrition	Fall 2018 (session B)	9 and 17
EXW692- Research credit	Fall 2018	2
EXW592- Research credit	Fall 2018	1
NTR494- Applied Sport Nutrition at SDA, Tempe	Fall 2018	7
EXW592- Research credit	Summer 2018	1
NTR499- Independent credit	Summer 2018	9

NTR 499- Independent Applied Project / 3 / UG	Spring 2018	9
NTR 555- Advanced Sports Nutrition	Spring 2018 (session B)	17 and 13
NTR 241- Principles of Human Nutrition / 3 / UG	Fall 2017 (session B)	48

SELECTION OF COURSES TAUGHT AT OTHER INSTITUTIONS

Courses/Credits/Level	Semester	Enrollment
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

DEVELOPMENT OF EDUCATION

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

October, 2023	Guest lecture about fluid balance and fluid assessment in extreme environments and safe supplement use. Haagse Hogeschool, the Netherlands. Undergraduate students.
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.

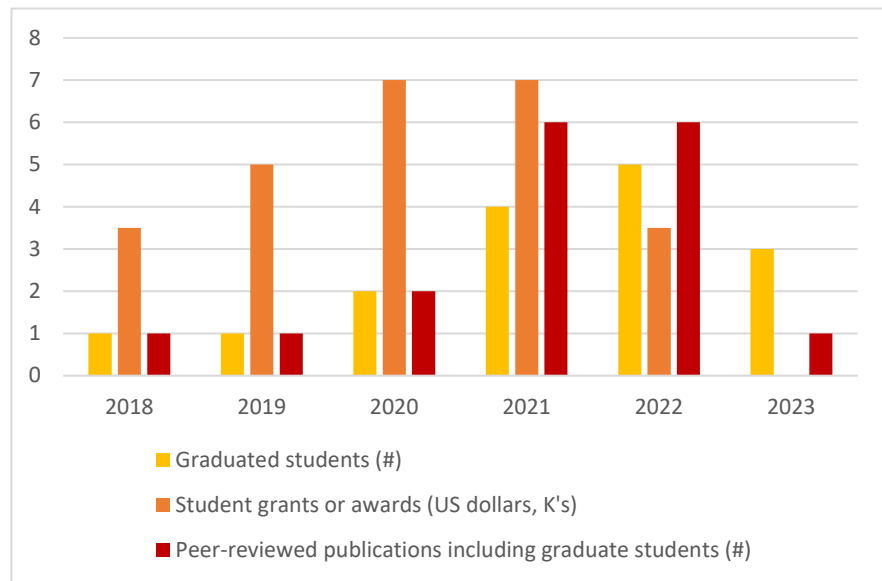
GUEST LECTURES AT ASU

- 2 November, 2022 *Guest Lecture NTR457 Sports Nutrition.* How to use research in a practical setting. College of Health Solutions, Arizona State University. Phoenix, AZ
- 10 February, 2022 *Guest Lecture NTR457 Sports Nutrition.* Research update from the Athleat Field Lab. College of Health Solutions, Arizona State University. Phoenix, AZ
- 18 March, 2021 *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
- 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 I have mentored 18 graduate students that have graduated since 2018. Most have been successful in applying for student grants or awards from GPSA at ASU. The number of students per year, the number of funds they secured under my mentoring, and the number of publications they were involved in (mentioned under publications) are listed in the figure on the right.



Graduate students under my direction (committee chair)

Student	Degree/Topic	Date enrolled	Progress
22) Emma Armstrong	MS Nutrition/Dietetics	Fall 2023	Enrolled
21) Rocio Guerrero	MS Nutrition/Dietetics	Fall 2023	Enrolled

Curriculum Vitae. Floris Wardenaar, PhD

20) Avaani Bhalla	MS Nutrition/Dietetics	Fall 2023	Enrolled
19) Parker Kooima	MS Student EXW	Fall 2023	Enrolled
18) Kinta Schott	ENS – PhD student	Fall 2022	Enrolled
17) Lindsay Morton	MS Nutrition/Dietetics	Fall 2022	Enrolled
16) Hannah Lybbert	MS Nutrition/Dietetics	Fall 2022	Enrolled
15) Yat (jay) Chan	MS Nutrition/Dietetics	Fall 2021	Graduated
14) Anna-Marie Clear	MS Nutrition/Dietetics	Fall 2021	Graduated
13) Rose Schubach	MS Nutrition	Fall 2021	Enrolled
12) Lauren Whitenack	MS Nutrition	Fall 2020	Graduated
11) Sonia Navarro	MS Nutrition	Fall 2020	Graduated
10) Rachel Caballero	MS Nutrition	Fall 2020	Graduated
9) Scott Armistead	MS Exercise and Wellness	Fall 2019	Graduated
8) Rebecca Naldo	MS Nutrition	Fall 2019	Graduated
7) Jensen Skinner	MS Nutrition	Fall 2019	Graduated
6) Daniel Thompson	MS Exercise and Wellness	Fall 2019	Graduated
5) Katie Pesek	MS Nutrition	Fall 2018	Graduated
4) Emily Pelham	MS Nutrition/Dietetics	Fall 2018	Graduated
3) Josh Linsell	MS Exercise and Wellness	Fall 2018	Graduated
2) Kaila Vento	ENS – PhD candidate	Fall 2018	Graduated
1) Stephanie Olzinski	MS Nutrition/Dietetics	Fall 2017	Graduated

Student committee member or examination reviewer

Student	Degree/Topic	Role	Mentor	Dates
Tanner Borrow	MS EXW	Committee Member	Kavouras	Enrolled
Emily Dow	PhD ENS	Committee Member	Johnston	Enrolled
Amanda Doyle	MS Nutrition	Committee member	Kavouras	Graduated 2022
Kellie Reese	MS Nutrition	Mentor	Wardenaar	Graduated 2019
Michael Mohammed	MS/Nutrition Dietetics	Committee member	Levinson	Graduated 2019

External PhD examiner/ committee member

Student	Degree/Topic	Institution	Dates
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

Student grants or awards

Student	Grant & study	Period	
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

Student	Involvement	Dates
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

No. of student	Involvement	Dates
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

Student	Involvement	Dates
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

Student	Involvement	Dates
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 TO THE PROFESSION

National level USA

May 2023	Gatorade Sports Science Institute Young Investigator Awards Judge, GSSI pre-conference at ACSM 2023 at Denver, CO.
January 2023	Abstract review 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 review ACSM 2022 annual meeting, not-fellow sponsored nutrition abstracts (n=36).
January 2021	Abstract review 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 review ACSM 2020 annual meeting, topic Metabolism and Nutrition (n=38).

November 2018 Abstract review 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 Fietsport magazine (largest cycling paper of the Netherlands)

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

2010-2013 Chair Dutch Association of Sports dietetics (VSN), The Netherlands.

International level

2020-present 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 Review Service

2022-present: 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 (13): Journal of Sports Medicine, The Physician and Sports medicine, Sports Medicine, BMC Nutrition, Journal of Applied Physiology, Journal of Nutrition, Nutrients, International Journal of Sports Nutrition and Exercise Metabolism, Sports, British Journal of Nutrition, Foods, Medicina, Journal of Nutrition.

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

College and program Level

2021-present Vice Dean Advisory Board at the College of Health Solutions.
2021-present Member College of Health Solutions committee on committees.
Jan 2020-present Curriculum committee member MS program Strength & Conditioning.
2020-2021 Member personnel/Ad-hoc annual review committee for tenure (track) faculty.
2020-2021 Committee to define strategic direction for Basic Nutrition within CHS at ASU.
Nov 2019-May 2023 Faculty advisor of a new Sport Nutrition student club at ASU (Initiating faculty advisor).
2019-2020 CHS Faculty award committee.
Fall 2019 Search committee for new associate professor in sport science within CHS.
Spring 2019 Attended breakfast with the AZ Board of regents at Tempe.
Spring 2019-present Athletic affinity network member within CHS.
Spring 2019-present Curriculum committee member BS program Sports Science and Performance
Spring 2018 Interview with Sandra Mayol-Kreiser MS Medical Nutrition online MS program.

- Spring 2018 Committee on forming translational teams: process and evaluation. Visioning process College of Health Solutions, spring 2018.
- Spring 2018 Annual review committee for research faculty for SNHP, spring 2018.
- Spring 2018 Search committee for new tenure-track positions for fall 2018.
- Fall 2017 Organization committee New Year's celebration, 11 January 2018.

SERVICE TO THE COMMUNITY

Contact with community partners or industry

- Spring 2023 Providing a lecture about safe hiking in the heat for PebbleCreek Hiking Club in Goodyear, AZ.
- Fall 2022 Sports nutrition webinar series at ASU. Organizing and moderating 8 sessions available to ASU students and faculty and (inter)national professionals with an interest in sports nutrition. With contributions from 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 Sports nutrition webinar series at ASU. Organizing and moderating 5 sessions available to ASU students and faculty and (inter)national professionals with an interest in sports nutrition. With contributions from Dr. Colleen Munoz (USA), Dr. Susan Yeargin (USA), Professor Stella Volpe (USA), Professor Nancy Rodriguez (USA), Professor Eric O'Neal (USA).
- Spring 2021 Development of tactical athlete seminar for the Army ROTC at ASU with colleagues from Nutrition and Exercise Sciences. 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 I connected Jake Padilla from HD South, home of the Gilbert Historical Museum with students that can deliver nutrition information to the general public.
- Spring 2021 I shared my thoughts with three start-up companies willing to launch a new sport beer, SensUR Health developing diagnostic tools and Myintakepro.com.
- Spring 2020 ASU Open Door in Phoenix and Tempe (2-locations, separate days) – explaining the value of urine color to assess hydration status to the general public.
- January 2020 Meet 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 During ACSM annual conference at Orlando Florida I shared my thoughts about beverage non-caloric sweeteners with representatives of PepsiCo.

Articles or other media

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>

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

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>

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$)

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/>

Swimming in the heat, by Erin Patterson, Cronkite news, 14 June, 2023:

<https://www.youtube.com/watch?v=NzAw1v-zCO>

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>

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

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>

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>

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_l_63a22684e4b0aeb2ace83986?nrl

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>

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/>

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>

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>

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

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>

Episode 82: Urine Testing and Hydration Status – Dr. Floris Wardenaar. Taylor Hooton Foundation All Me Podcast October 4, 2022: <https://allme.libsyn.com/episode-82-urine-testing-and-hydration-status-dr-floris-wardenaar>

Exertional heat stroke is on the rise for athletes. Could tracking urine be the answer? AZcentral August 31, 2022: <https://www.azcentral.com/story/news/local/arizona-environment/2022/08/31/can-fake-urine-help-athletes-escape-heat-death-in-warming-climate/7899879001/>

It's hot, are you drinking enough water? Here is how to avoid dehydration. AZcentral June 7, 2022: <https://www.azcentral.com/story/news/local/arizona/2022/06/07/water-drink-arizona-avoid-dehydration-during-summer/7506734001/>

What you can do to better acclimate to the heat and sun, ABC15 June 9, 2021: <https://www.abc15.com/news/state/what-can-you-do-to-better-acclimate-to-the-heat-and-sun>

New urine color chart makes self-assessing hydration easier. ASU News May 7, 2021: <https://news.asu.edu/20210507-discoveries-studies-provide-insight-advancements-self-assessing-hydration>

ASU Study shows heat acclimation program may help boost athletes' performance. FOX10 April 15, 2021: <https://www.fox10phoenix.com/video/922356>

Hydrate for health. What a year! April 12, 2021: http://whatayear.org/04_21.php

Study shows heat acclimation program can improve athletes' performance. ASU News March 30, 2021: <https://news.asu.edu/20210324-solutions-study-shows-heat-acclimation-program-can-improve-athletes-performance>

Curriculum Vitae. Floris Wardenaar, PhD

Hiking fluid consumption with Floris Wardenaar, PhD. ASU College of Health Solutions March 4, 2021:
<https://www.youtube.com/watch?v=fPuHSMV0bZ8>.

Research to Improve Health Outcomes. ASU College of Health Solutions January 27, 2021:
<https://www.youtube.com/watch?v=kkpp-sRtjyk>.

Preview: ISENC 2020 online conference. PINES website, December 2020:
<https://pinesnutrition.org/2020/11/25/8981/>

Nutrition and Sports – How to Go About It in Practice. Institute for dairy nutrition and health, November 20 2020:

<https://www.youtube.com/watch?v=5EBQPt5jfLQ>

Do I need more iron in my diet? August 2020:
<https://www.nike.com/a/do-i-need-more-iron-in-my-diet>

Why hydration is so important when hiking in the heat of summer, July 9 2020:
<https://asunow.asu.edu/20200709-discoveries-why-hydration-so-important-when-hiking-heat-summer>

Resulted in additional coverage:

1. <https://www.sciencedaily.com/releases/2020/07/200714144737.htm>
2. <https://www.runnersworld.com/news/a33445734/link-between-hydration-fitness-and-heat-illness-study/>
3. <https://lifestyle.kompas.com/read/2020/08/02/124320120/kaitan-antara-hidrasi-tingkat-kebugaran-dan-heat-illness?page=all>
4. <https://www.news-medical.net/news/20200714/Fluid-imbalance-during-hot-weather-increases-hikers-risk-for-heat-related-illness.aspx>
5. <https://www.consumeraffairs.com/news/hydration-is-key-for-summertime-hikers-experts-find-072120.html>
6. <https://www.theweathernetwork.com/ca/news/article/new-study-reveals-one-thing-you-could-be-doing-wrong-on-your>
7. <https://www.heilpraxisnet.de/naturheilpraxis/sommerhitze-beim-wandern-ausreichend-fluessigkeit-mitfuehren-20200715519066/>
8. https://www.eurekalert.org/pub_releases/2020-07/asu-whi071420.php
9. https://www.yahoo.com/news/weather/study-reveals-one-thing-could-192800946.html?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAANcUgw3XhAzBJSkfj_97IT51Mi88tLyqHGQ2IHesPwq07_m9NET0kheFyV2p8z1DdujnrkX2q1iw0hKbSdnSLI3BCWELMls94iuJnJ6aE8uRoWw_w9CgzgWeWJ23JyydVs0ANO2ql-tfUjSweYbZnglin1C5Vua8D12j6t0Bq5DX

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<https://www.youtube.com/watch?v=Eu9biheBD38>

Multivitamines, Fiets Magazine (in Dutch), March 2019.

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>

ASU's College of Health Solutions, Herberger Institute collaborate on interdisciplinary projects. The State Press. 28 March 2019. <https://www.statepress.com/article/2019/03/spcommunity-asus-college-of-health-solutions-and-herberger-institute-collaborate-on-interdisciplinary-projects>

Why the average person should drink water over sports drinks. Global sorts matters. 5 February 2019. <https://globalsportmatters.com/tag/floris-wardenaar/>

Dutch news paper article: 'Schaatscoach Jac Orië is nu ook pillenfabrikant', De Volkskrant, February 2, 2019. <https://www.volkskrant.nl/sport/schaatscoach-jac-orie-is-nu-ook-pillenfabrikant~bce2858a/>

Hydration Study a First for Athleat Field Lab. Health Matters, ASU College of Health Solutions, July 24, 2018. <http://view.e.asu.edu/?qs=86f9d9fbc0e9dd7f2b140fb33cb2b85685e3e3964885d88f0664b541c2c78702c590988c95a34f8254c11b422f3573b41a7dbdecdf5e0b4d61f2046de6a188448e6d86270aea0e00cd3b70891d603ad>

Arizona State University studying effects of heat on athletic performance. ABC15, July 23, 2018. <https://www.abc15.com/news/region-southeast-valley/tempe/arizona-state-university-studying-effects-of-heat-on-athletic-performance> or: <https://www.youtube.com/watch?v=qm16XpbCKwA>

Athleat Field Lab hydration research benefits nutrition students and athletes. ASU Now, July 12, 2018. <https://asunow.asu.edu/20180711-solutions-athleat-field-lab-hydration-research-benefits-nutrition-students-and-athletes>

Opinion: Let's keep our Sun Devils from becoming sunburnt devils. The University should educate students on safe health practices during summer months. The State Press, April 19, 2018. <http://www.statepress.com/article/2018/04/spopinion-lets-keep-our-sun-devils-from-becoming-sunburnt-devils>

Hydration Study Grant Award (for Stephanie Olzinski) Health Matters CHS Weekly Updates, March 20, 2018. <http://view.e.asu.edu/?qs=546a050d1300ab974de7cf9728b94328e7c0a30899ee77d7bedeefa2ef013155ea8acc6221693f2403b9e9aaf7bd95eb9dd8128bd8102491c291e923fbb024610539553a7ba02107025ec0e61e33ef94>

ASU professors raise a glass to St. Patrick's Day traditions. ASU Now, March 15, 2018. <https://asunow.asu.edu/20180315-discoveries-asu-experts-st-patricks-day-traditions>

What do Olympians eat? ASU Now, February 14, 2018. https://asunow.asu.edu/20180212-global-engagement-what-do-olympians-eat?utm_campaign=ASU_Now+2-15-18&utm_medium=email&utm_source=ASU%20Now&utm_term=ASU&utm_content=%20https%3a%2f%2fasunow.asu.edu%2f20180212-global-engagement-what-do-olympians-eat

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>

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

PROFESSIONAL EDUCATION/ TRAINING/ DEVELOPMENT

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
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	1-5 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 – Skratch 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

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CPSDA session Fat Metabolism During Exercise sponsored by Gatorade Performance Partners	October 2020
Attending GRASP 2020	Sept 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>CPSDA</i>	Member (2019-present)
<i>American College of Sports Medicine</i>	Member (2018-present)
<i>PINES</i>	Member (2018-present, and from 2014 to 2015)
<i>European College of Sports Science</i>	Member (2012-2021)
<i>Dutch Association for Sports Dietitians</i> (<i>Vereniging Sportdiëtetiek Nederland</i>)	Member (2007-present)
<i>Dutch Association for Dietitians</i> (<i>Nederlandse Vereniging voor Diëtisten</i>)	Member (2001-present) <i>and</i> Student member (1997-2001)