

CURRICULUM VITAE

Jeremy Dewayne Akers, PhD, RDN

EDUCATION

- 2007-2010** Virginia Polytechnic Institute and State University, Blacksburg, VA, Ph.D. in Nutrition in Sports and Chronic Disease
- 2001-2003** James Madison University, Harrisonburg VA, M.S. in Nutrition in Sports and Physical Activity
- 1998-2001** Radford University, Radford VA, B.S. in Foods and Nutrition-Clinical Dietetics option
- 1995-1998** New River Community College, Dublin VA, A.S. in Science

PROFESSIONAL EXPERIENCE

- 2021-Current** **Professor**, James Madison University, Harrisonburg, VA
- 2015-2021** **Associate Professor**, James Madison University, Harrisonburg, VA
- 2009-2015** **Assistant Professor**, James Madison University, Harrisonburg, VA
- 2014-Current** **Health Professions Graduate Director**, James Madison University, Harrisonburg, VA
- 2007-2009** **Teaching Assistant**, Virginia Polytechnic Institute and State University, Blacksburg, VA
- 2007-2009** **Summer Graduate Research Assistant**, Virginia Polytechnic Institute and State University, Blacksburg, VA
- 2007-2010** **Sports Nutrition Consultant**, Center for Integrative Medicine, Richmond, VA
- 2003-2007** **Obesity Prevention Dietitian/ Project Manager**, Virginia Department of Health, Division of WIC and Community Nutrition, Richmond, VA
- 2001-2003** **Teaching Assistant**, James Madison University, Harrisonburg, VA
- 2001-2003** **Human Performance Laboratory Manager**, James Madison University, Harrisonburg, VA
- 2003** **Dietetic Intern**, Veterans Affairs Medical Center, James Madison University Dietetic Internship, Martinsburg, WV

CURRENT RESEARCH

- CoPI: Dietary Nitrates & Exercise Performance: Influence of Training Status and Altitude. 2022-

STUDENT RESEARCH, RESEARCH ADVISOR

Graduate Thesis

- The effect of oral rehydration solutions on powerlifting performance following acute weight loss. 2022-
- The Biochemical and Metabolic Impact of 8-weeks of Intermittent Energy Restriction on Resistance-trained Adult. 2022-
- Chronic Inflammatory Diets Alter Post Prandial Glycemia and Lipemia More than a High Fat Meal. 2021-
- The Impact of Ultra-processed Food Consumption on Inflammatory Biomarkers among College Students. 2021-2022
- The Effects of Exercise in Breastmilk Composition and Supply: A Critical Literature Review. 2019-2021
- Fucoxanthin: A Review of Potential Benefits Relative to Human Health. 2020-2021
- Therapeutic Potential of a Ketogenic Diet in the Treatment of Major Depressive Disorder. 2019-2021
- Effect of a Short-Term Ketogenic Diet on Combat Sports Performance” A Critical Review. 2019-2021
- Impact of 150 min of Nordic Pole Walking on Vascular Tone and Autonomic Function in Sedentary Overweight or Obese Adults. 2019-2020
- The Effects of a 12-week Intense Interval Treadmill Training on Cardiovascular Measures in Post-operative Bariatric Patients. 2017-2018
- Dietary and Physical Activity Compensatory Behaviors of Post-operative Bariatric Participating in a 12-week Intense Interval Treadmill Training Exercise Program. 2017-2018

- Iron Status in Relation to Female Athlete Triad Risk Assessment and Well-Being Questionnaire (H10WB) Scores in Division I Collegiate Athletes. 2017-2018
- Relationship Between Breakfast and Basketball Shooting Accuracy. 2016-2017
- A 16-Week Run Sprint Interval Training Does Not Have an Effect on Cardiovascular Risk Measured by Framingham Risk Score on Prediabetic Women. 2015-2016
- A Low-Carbohydrate Ketogenic Diet Combined with 6 Weeks of CrossFit Training Improves Body Composition and Performance. 2015-2016
- Impact of Full-Time Registered Dietitians Nutritionist on Eating Competence among Female NCAA Division I Athletes. 2015-2016
- Effects of a Low-Carbohydrate Ketogenic Diet on Power Lifting Performance and Body Composition. 2014-2015
- The Psychological Response to a Low Carbohydrate Ketogenic Diet in Combination with a Six-Week Strength Training Protocol. 2014-2015
- Effects of Running Sprint Interval Training Versus Traditional Endurance Exercise on Metabolic Indices in Sedentary, Overweight and Obese Women. 2013-2014
- Exercise and Time of Day: Influence on Hunger and Caloric Intake Among Overweight/Obese Adults. 2013-2014
- Supplementation of Leucine and Muscle Atrophy in Participants on Low Calorie Weight Loss Diets, 2012-2013
- Role of CoEnzyme Q10 in Improving Hypertension Control, 2012-2013

Undergraduate Honors Thesis

- The Effect of Depression on Bone Mineral Density in College-Aged Females. 2015-2016
- The Effect of Stress on Bone Mineral Density in College Aged Females. 2015-2016
- Do the Eating Behaviors and Food Preferences of Children Ages 2 to 18 Years Resemble Those of the Mother or Father? 2013-2014
- Vegetarian Meal Consumption: Does It Influence College Success?, 2013-2014
- Does a Modified Paleolithic Diet Present Similar Health Benefits as the Standard Paleolithic Diet?, 2012-2013
- Can Color Association Combined with Physical Activity Enhance Nutrition Knowledge in Children Aged 3-5?, 2010-2011
- Implementation and Evaluation of Structured, Moderate to Vigorous Physical Activity Intensity Games in Preschool Children. 2010-2011

TEACHING EXPERIENCE

James Madison: *Undergraduate*
 NUTR 280, Nutrition for Wellness
 NUTR 295, Foundations of Dietetics Practice
 NUTR 350, Emerging Evidence in Nutrition and Dietetics
 NUTR 380, Global Nutrition
 NUTR 382, Sports Nutrition
 NUTR 384, Clinical Nutrition I
 NUTR 485, Community Nutrition
 NUTR 482, Nutrition and Metabolism
 NUTR 455, Theories and Practice of Weight Management
 NUTR 455, Exercise and Nutrition in Chronic Disease

Graduate

NUTR 555, Theories and Practice of Weight Management
NUTR 582, Nutrition and Metabolism
NUTR 655, Integrated Nutrition
NUTR 660, Research Methods in Dietetics Practice
NUTR 670, Optimal Nutrition and Health for Older Adults
NUTR 695, Research Interpretation in Dietetics
NUTR 696, Graduate Seminar in Dietetics
NUTR 681/700, Directed Research in Dietetics I/Thesis I
NUTR 682/701, Directed Research in Dietetics II/Thesis II

PUBLICATIONS

- L.H. Akers, **J.D. Akers, G.D. Godwin**. Experiences of Women Following a Low Carbohydrate Diet While Breastfeeding. Submitted to the *Journal of Clinical Lactation* on 8/25/2022
- J.A. McRoy, L.H. Akers, E.S. Edwards, J.R. Walsh, **J.D. Akers**. The Effects of Exercise on Breastmilk Composition and Supply: A Brief Literature Review. *Clin Lact*. 2022,13(1): DOI:10.1891/CL.2021-0012
- B. Davidson, K. Byrne, B. Rood, E.S. Edwards, **J.D. Akers**, D.L. Wenos, T.A. Hargens. Impact of Moderate Exercise Training on Heart Rate Variability in Obese Adults. *JCEP*. 2021,10(1): 12-19
- Cabarkapa, A.C. Fry, M.A. Deane, **J.D. Akers**. Relationship Between Breakfast Consumption and Basketball Shooting Performance. *Facta Universitatis, Series: Physical Education and Sport*.
- T.M. Landry, M.J. Saunders, **J.D. Akers**, C.J. Womack. Caffeine Added to Coffee does not Alter the Acute Testosterone Response to Exercise in Resistance Trained Males. *J Sports Med Phys Fitness*. 2019, 59(9): 1435-41
- N.M. Gilbertson, J.A. Mandelson, K.L. Hilovsky, **J.D. Akers**, T.A. Hargens, D.L. Wenos, E.S. Edwards. The Role of Combining Supervised Run Sprint Interval Training or Moderate Intensity Continuous Training with the Diabetes Prevention Program on Clinical Outcomes. *Eur J Appl Physiol*, 2018, 119(7):1503-1512
- T.A. Hargens, N.A. Gilbertson, J.A. Mandelson, E.S. Edwards, **J.D. Akers**, D.L. Wenos. Vigorous Intensity Exercise Training Improved Severity of Obstructive Sleep Apnea in a Pre-diabetic Individual. *J Clin Ex Phys*. 2017, 6(2): 36-41
- R.M. Gregory, H. Hamdan, D.M. Torisky, **J.D. Akers**. A low-carbohydrate ketogenic diet combined with 6-weeks of Crossfit training improves body composition and performance. *Int J Sport Ex Med*. 2017, 3 (2): 054
- T.W. Rowley, J.S. Espinoza, **J.D. Akers**, D.L. Wenos, E.S. Edwards. Effects of Run Sprint Interval Training on Healthy Sedentary, Overweight/Obese Women: A Pilot Study. *FACETS*. 2017, 2: 53-67
- A.D. Lugos, N.D. Luden, J.M. Faller, **J.D. Akers**, A.I. McKenzie, M. J. Saunders. Carbohydrate+protein supplementation during a period of heavy cycle training impacts skeletal muscle and cardiorespiratory function but not performance. *Nutrients*. 2016, 8(9)
- **J.D. Akers**. FNCE 2014 SPOTLIGHT SESSION SUMMARY: Behavioral and Nutrition Strategies for Women's Long-Term Weight Loss Maintenance. *Women's Health Report*, 2015, 3: 1-5
- M.E. Baugh, J. S. Savla, **J. D. Akers**, H.A. Raynor, K.P. Davy, B.M. Davy. Predictors of Successful Weight Loss Maintenance: A Qualitative Comparative Analysis. *Open Journal of Preventive Medicine*, 2014, 4: 257-269
- **J.D. Akers**, R.A. Cornett, J.S. Savla, K.P. Davy, B.M. Daily self-monitoring of body weight, step count, fruit/vegetable intake, and water consumption: a feasible and effective long-term weight loss maintenance approach. *J Acd Nutr Diet*. 2012; 112(5): 685-692.
- R.A. Cornett, **J.D. Akers**, J.S. Salva, J. Zoellner, B.M. Davy. Daily Self-Monitoring During the Winter Holiday Period: A Strategy for Holiday Weight Maintenance. *SCAN Pulse*. Fall 2011; 30(4) 1-6.

- **J.D. Akers**, P.A. Estabrooks, B.M. Davy. Translational Research: Bridging the Gap Between long-term Weight Loss Maintenance Research and Practice. *J Am Diet Assoc.* 2010; 110(10): 1511-22.
- A.F. Doyle-Lucas, **J.D. Akers**, B.M. Davy. Energetic Efficiency, Menstrual Irregularity, and Bone Mineral Density in Elite Professional Female Ballet Dancers. *J Dance Med & Sci.* 2010; 14(4): 146-154.

ABSTRACTS AND POSTER PRESENTATIONS

- R.A. Mathien, S. Carson-Sackett, **J.D. Akers**, D.L. Wenos, A.L. Dengo. *Cycling Workstation: Feasibility Of Breaking-up Sedentary Behavior And Promoting Physical Activity Guidelines.* 2021 American College of Sports Medicine Annual Meeting. June 2021.
- A.R. Shehu, B. Davidson, R.A. Mathien, C.L. Robinson, D.L. Wenos, T.A. Hargens, **J.D. Akers**, A.L. Dengo. *Impact of 12-weeks of Nordic Walking on Arterial Stiffness in physically Inactive Overweight-obese Adults.* 2021 American College of Sports Medicine Annual Meeting. June 2021.
- D.L. Wenos, K.A. Byrne, B.L. Rood, E.S. Edwards, **J.D. Akers**, T.A. Hargens. *Lower Physical Activity Following Days of Supervised Training Sessions In Both Obese And Post-bariatric Participants.* ACSM's 67th Annual Meeting, 9th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Energy Balance. San Francisco, CA. May 2020, Virtual Presentation
- D.L. Wenos, K.A. Byrne, B.L. Rood, E.S. Edwards, J.D. Akers, T.A. Hargens. *Weekly Activity Maintained While Adding Training Among Post Bariatric Obese Participants.* ACSM's 65th Annual Meeting, 9th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Energy Balance. May 2019.
- K.A. Byrne, B.L. Rood, E.S. D.L. Wenos, T.A. Hargens, **J.D. Akers.** *Compensatory behaviors during a 12-week vigorous intensity Interval training intervention in post-bariatric patients.* 2019 Annual Virginia Academy of Nutrition and Dietetics Meeting 2019, Harrisonburg, VA.
- B.D. Davidson, B.L. Rood, K.A. Byrne, E.S. Edwards, J.D. Akers, D.L. Wenos, T.A. Hargens. *Moderate intensity exercise training improves heart rate variability in obese adults during acute exercise recovery.* Annual Meeting of the Southeast Chapter of the American College of Sports Medicine. Greenville, SC. February 2019.
- E.S. Edwards, B.L. Rood, K.A. Byrne, **J.D. Akers**, D.L. Wenos, T.A. Hargens. *Effect of Moderate Intensity Exercise training on Heart Rate Variability in Obese Adults During Exercise.* Annual Meeting of the Southeast Chapter of the American College of Sports Medicine. Greenville, SC. February 2019.
- D. Cabarkapa, E.S. Edwards, D.M. Torisky, **J.D. Akers.** *Relationship Between Breakfast and Basketball Shooting Accuracy.* JMU 2017 The Graduate School Showcase of Scholarship and Creative Activities. April 2017.
- C.C. Coelho, J.W. Gloeckner, **J.D. Akers**, D.L. Wenos. 2016. *Predictive Equations Overestimate Energy Requirements in Overweight and Obese, Chronically Ill, Adult Nursing Home Residents.* J Acad Nutr Diet. Abstract Suppl 3. Vol 116: 9. September 2016. A-90
- J.A. Mandelson, N.M. Gilbertson, K.L. Hilovsky, E.S. Edwards, D.L. Wenos, T.A. Hargens, **J.D. Akers.** *Sprint Interval versus Moderate Intensity Training and the Effects on Framingham Risk Score in Prediabetics.* ACSM's 63rd Annual Meeting, 7th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Energy Balance. Boston, MA. June 2016
- N.M. Gilbertson, J.A. Mandelson, K.L. Hilovsky, D.L. Wenos, **J.D. Akers**, E.S. Edwards, T.A. Hargens, *Sprint Interval Training versus Moderate Intensity Training on Quality of Life in Prediabetic Women.* ACSM's 63rd Annual Meeting, 7th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Energy Balance. Boston, MA. June 2016

- N.M. Gilbertson, J.A. Mandelson, K.L. Hilovsky, D.L. Wenos, T.M. Hargens, **J.D. Akers**, E.S. Edwards. *Sprint Interval Training Versus Moderate Intensity Training and Perceived Exercise Enjoyment*. 2014 Annual Meeting Information Southeast Chapter of the American College of Sports Medicine. Greenville, SC. February 2014
- S.J. Gallo, D.J. Good, **J.D. Akers**, A. Walz, L. Baab. *Development of an Interactive Human Body Digital Reusable Learning Object (RLO) to Provide Whole Body Systems-Based Learning in Vitamins and Minerals*. Innovations in Teaching and Learning Conference. Fairfax, VA. September 2015
- D.J. Good, S.J. Gallo, **J.D. Akers**, A. Walz, J. Li, D. Wu, L. Baab. *Conversation: Creating Digital Learning Objects for Use in Large Lecture Classes*. Center for Instructional Development and Educational Research (CIDER): Conference on Teaching Large Classes. Blacksburg, VA. July 2016
- T.K. Wenos, J.L. Espinoza, E.S. Edwards, **J.D. Akers**, D.L. Wenos. *Perceived Enjoyment and Perceived Exertion During Run Sprint Interval Training in Sedentary Overweight/Obese Women*. American College of Sports Medicine's 61st Annual Meeting, 5th World Congress on Exercise is Medicine® and World Congress on the Role of Inflammation in Exercise, Health and Disease. Orlando, FL. May 2014
- K.B. Boestfleisch, **J.D. Akers**. *Do the Eating Behaviors and Food Preferences of Children Ages 2 to 18 Years Resemble Those of the Mother or Father?* 84th Annual Virginia Academy of Nutrition and Dietetics Conference. Charlottesville, VA. April 2014.
- S.M. Jochem, E.S. Edwards, S.A. Carson, **J.D. Akers**. *Vegetarian Meal Consumption and the influence on College Success and Health*. 84th Annual Virginia Academy of Nutrition and Dietetics Conference. Charlottesville, VA. April 2014.
- M.E. Solloway, M.A. Rittenhouse, **J.D. Akers**, J.A. Lohr. *Nutritional Ergogenic Aid use in Male College Students*. 84th Annual Virginia Academy of Nutrition and Dietetics Conference. Charlottesville, VA. April 2014.
- C.A. Martin, **J.D. Akers**, *Paleo diet versus Modified Paleo diet: A Randomized Control Trial of Weight Loss and Biochemical Benefit*, J Acad Nutr Diet. Abstract Suppl 3. Vol 113: 9. September 2013.
- C.A. Martin, **J.D. Akers**, *Paleo diet versus Modified Paleo diet: A Randomized Control Trial of Health Quality and Benefit*. 83rd VDA Annual Meeting in Richmond, VA. 4/08/13
- M.E. Baugh, **J.D. Akers**, H.A. Raynor, B.M. Davy. *Sex Differences in Weight Loss Maintenance Behaviors and Outcomes*. 28th Annual SCAN Symposium, Baltimore, MD, April 2012.
- A.K. Gunsten, T.L. Wagner, E.S. Edwards, **J.D. Akers**. *Body Mass Index and Academic Success in College Students*. 83rd Annual Virginia Dietetic Association Meeting, Blacksburg, VA, March 2012.
- **J.D. Akers**, R.A. Cornett, B.M. Davy. *Daily Self-Monitoring of Body Weight, Step Count, Fruit/Vegetable Intake and Water Consumption: A Feasible and Effective Long-Term Weight Loss Maintenance Approach*. Obesity Abstract Suppl 1. Vol 19. October 2011.
- **J.D. Akers**, R.A. Cornett, B.M. Davy. *Daily Self-Monitoring of Body Weight, Step Count, Fruit/Vegetable Intake and Water Consumption: A Feasible and Effective Long-Term Weight Loss Maintenance Approach*. 2011 CISAT Faculty Research Day, Harrisonburg, VA, October 2011.
- A.M. Luebbers, P.B. Brevard, **J.D. Akers**, M.A. Rittenhouse. *Evaluation of an Intervention to Decrease Weight Gain in College Freshmen*. Virginia Dietetic Association, Fairfax, VA, April 2011.
- R.A. Cornett, **J.D. Akers**, B.M. Davy. *Daily Self-Monitoring of Body Weight, Physical Activity and Fruit/Vegetable Intake as a Holiday Weight Management Strategy for Reduced-Obese Individuals*. J Am Diet Assoc. Abstract Suppl 2. Vol 110: 9. September 2010.
- **J.D. Akers**, R.A. Cornett, B.M. Davy. *Daily Tracking of Self-Regulatory Behaviors Improves Long-Term Weight Loss Maintenance Among Older Adults: Body Weight, Step Counts, and Fruit/Vegetable Intake*. 2009 Annual Scientific Meeting of The Obesity Society, Washington, DC, October 2009.

- R.A. Cornett, **J.D. Akers**, B.M. Davy. *Participation in a Weight Loss Maintenance Intervention Emphasizing Daily Self-Monitoring Attenuates Holiday Weight Gain*. 2009 Annual Scientific Meeting of The Obesity Society, Washington, DC, October 2009.
- R.A. Cornett, **J.D. Akers**, B.M. Davy. *Participation in a Weight Loss Maintenance Intervention Emphasizing Daily Self-Monitoring Attenuates Holiday Weight Gain*. Virginia Tech Summer Undergraduate Research Fellowship (SURF) Symposium, Blacksburg, VA, August 2009
- E.R. Ehrlich, A.L. Dengo, J.S. Orr, E.A. Dennis, **J.D. Akers**, B.M. Davy, K.P. Davy. *Gender Differences in Arterial Destiffening with Weight Loss*. Virginia Tech Summer Undergraduate Research Fellowship (SURF) Symposium, Blacksburg, VA, August 2009
- B.M. Davy, E.A. Dennis, **J.D. Akers**, L.F. Dengo. *Increased Premeal Water Consumption is Associated with Rapid Initial Weight Loss*. 2008 Annual Scientific Meeting of The Obesity Society, Phoenix, AZ, October 2008
- A.F. Doyle-Lucas, **J.D. Akers**, B.M. Davy. *Characteristics of the Athlete Triad in Elite Female Ballet Dancers*. Fifth Annual Sports, Cardiovascular and Wellness Nutritionists Conference, Boston, MA, April 2008
- **J.D. Akers**, B.M. Davy, A.F. Doyle-Lucas. *Increased Water Consumption as a Self-Regulatory Behavior for Weight Maintenance in Older Adult*. Virginia Tech's Deans Forum, Blacksburg, VA, October 2007
- **J.D. Akers**, T.L. Wagner, P.B. Brevard, J.A. Flohr, Y. Yesilcay. *Nutritional Ergogenic Aid Use Poses Health Risks for High School Football Players*. J Am Diet Assoc. Abstract Suppl 1. Vol 103: 9. September 2003.

NATIONAL INVITED PRESENTATIONS

- 2014 Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, Atlanta, GA. 10/ 21/14. Topic: Behavioral and Nutrition Strategies for Women's Long-Term Weight Loss Maintenance.
- Weight Management Symposium, Indianapolis, IN. 4/14/13. Topic: Long-term Weight Loss Maintenance: Lost in Translation?

STATE INVITED PRESENTATION

- Virginia Academy of Nutrition and Dietetics: April 2019: "Exercise Rx: What the RDN Needs to Know"
- 2018 Blue Ridge Academy of Nutrition and Dietetics, Dyke, VA. 11/02/18. Topic: Keto Diet: Miracle or Madness
- 83rd Virginia Dietetic Association's Annual Meeting, Richmond, VA. 4/08/13. Topic: Breastfeeding and Obesity

REVIEWER

- Academy of Nutrition and Dietetics Book Peer Review: *Nutrition and Diagnosis Related Care, 9th Ed.* October 2018
- Journal of Nutrition Education and Behavior, *continuous*
- Journal of the Academy of Nutrition and Dietetics, *continuous*
- Nutrients, *continuous*
- Appetite, *continuous*
- Contemporary Clinical Trials, *continuous*
- W.H. Freeman/Macmillan Higher Education, *Nutrition for a Changing World!* Textbook, 2013-2014
- Cengage Learning, *Nutritional Sciences* Textbook, March 2011, February 2012
- Pearson, *Nutrition and You 2nd edition*, textbook, 2012
- Cengage Learning, *Nutrition: Science in Context, 1st edition*, 2012
- John Wiley and Sons, *Visualizing Nutrition: Everyday Choices* Textbook, February 2011
- American Dietetic Association, Adult Nutrition Care Manual. Energy Metabolism Review, March 2009

GRANTS

- CoPI: 4-VA Grant \$15,700. The impact of an acute exercise and nutrition intervention on adverse post-prandial cardiorespiratory and metabolic outcomes. March 2022, Funded
- CoPI: CHBS Collaborative Grant \$9,109. Adverse post-prandial metabolic responses: Effect of an acute nutrition and exercise intervention, May 2022, Funded
- PI: JMU Faculty Senate Grant \$2,046.99, February, 2021

- CoPI: 4-VA Grant \$19,400, March 2021,
- CoPI: Robert Woods Johnson Foundation Grant \$ 225,627, November 2019, Unfunded
- CoPI: JMU CHBS Research and Teaching Grant \$4992, October, 2019,
- PI: JMU CHBS Research and Teaching Grant \$4969.88, October, 2019,
- CoPI: JMU CHBS Collaborative Grant \$9994, May 2019
- CoPI: JMU CHBS Collaborative Grant \$6311, December 2018
- PI: JMU Teaching and Research Grant, \$4,601, December 2018
- CoPI: JMU CHBS Research Grant, \$4989.40, November 2018
- CoPI: JMU Faculty Mini Grant, \$5,000, October 2018
- PI: JMU CHBS Collaborative Research Grant, \$9,990, July 2017
- PI: Sentara RMH Medical Center for the RMH Foundation Healthy Community Grant. \$25,000, July 2017
- PI: JMU Provost Research Grant. \$5,000, April 2017
- PI: JMU Internal Building Fund Grant (for equipment). \$5,000, April 2017
- PI: JMU CHBS Equipment Trust Fund (for equipment). \$100,000, May 2016
- CoPI: USDA Higher Ed Challenge. \$300,000, April 2016, Unfunded
- CoPI: Collaborative Research Grant (4VA Grant) from the Commonwealth of Virginia. \$25,000, December 2014
- PI: JMU CHBS Equipment Trust Fund (for equipment). \$35,000, May 2014
- PI: Sentara RMH Medical Center for the JMU SRMH Collaborative. \$50,000, April 2014
- PI: JMU College of Health and Behavioral Studies CHBS Interprofessional grant. \$10,000, April 2014
- PI: JMU College of Health and Behavioral Studies CHBS Interprofessional grant. \$10,000, May 2013
- PI: JMU College of Integrated Science and Technology. \$1,000, January 2013
- PI: JMU College of Integrated Science and Technology. \$1,000, January 2013
- Award winner and invited to National Institutes of Health for Dietary Supplement Practicum, June 2012
- PI: JMU CHBS Equipment Trust Fund (for equipment). \$30,000, May 2012
- CoPI: JMU, College of Integrated Science and Technology. \$4,000, January 2011
- PI: JMU, College of Integrated Science and Technology. \$1,000, January 2011
- PI: 2010 CIT Faculty Summer Institute. \$2000, May 2010
- PI: Virginia Department of Health. \$2,000, August 2010

COMMITTEES

- JMU, Chair Health Professions AUPAC, 2017- 2019
- JMU, Chair of the CHBS Graduate Council, 2015-2017
- JMU, Institutional Review Board, 2014-2017
- Research Advisory Board Member for the JMU's Morrison Bruce Center, 2010-current
- Program Director of the I Am Moving I Am Learning Program/Healthy Kids, 2010-current
- Virginia Dietetic Association, Board Member. 2010-2013
- Virginia Dietetic Association, Service Membership Representative. 2011-2013
- Virginia Dietetic Association, Scholarship Chair, 2010-2013
- Virginia Dietetic Association, Assistant Service Membership Representative. 2010-2011
- *Many departmental and college committees as needed*

AWARDS

- Finalist for the 2020 Provost Award for Excellence in Graduate Academic Advising Award, JMU
- Outstanding Recent Alumni in Academia Award 2019, Virginia Tech
- Nominated for the Madison Scholar Award 2019, JMU
- Finalist for the 2014 Junior Faculty Award, JMU
- Finalist for the 2013 Provost Award for Excellence in Academic Advising Award, JMU
- Finalist for the 2012 Provost Award for Excellence in Academic Advising Award, JMU
- Finalist for the 2009 Most Outstanding Graduate Student, Virginia Tech

PROFESSIONAL LICENSURE, CERTIFICATIONS AND MEMBERSHIPS

- Registered Dietitian, Academy of Nutrition and Dietetics, 2005-present
- Preparing the Future Professoriate, Virginia Tech, 2008
- Certified Densitometry Technologist, The International Society for Clinical Densitometry (ISCD) 2007-2010
- License to Practice as a Limited Radiologic Technologist, Virginia Board of Medicine, 2008-2010

- Certificate in Child and Adolescent Weight Management (ADA), 2006
- Certified in CPR and Community First Aid and Safety, Red Cross, 1999-2010
- Certified in the use of AED, Red Cross, 2001-2010
- Project Management Certificate, Virginia Commonwealth University, 2005
- Member, Academy of Nutrition and Dietetics
- Member, Virginia Dietetic Association
- Member, Blue Ridge Dietetic Association
- Member, Sports, Cardiovascular, Wellness and Disordered Eating Nutritionists (SCAN), AND practice group
- Member, Weight Management, AND practice group
- Member, The Obesity Society