

Curriculum Vitae

Amy Jo Riggs, PhD, RD, LD
Associate Professor
Nutrition and Food Science
Department of Health and Kinesiology
Georgia Southern University
Email: ajriggs@georgiasouthern.edu

Academic Preparation

Doctorate of Philosophy in Nutrition and Food Science

Auburn University, Auburn, Alabama
Health and Human Sciences

August 2006

Master of Science in Dietetics

Ball State University, Muncie, Indiana
Family and Consumer Science

May 2002

Dietetic Internship

Ball State University, Muncie Indiana

August 1999 - July 2000

Bachelor of Science in Applied Health Science

Indiana University, Bloomington, Indiana
Applied Health Science

May 1997

Professional Dietetic Experience

Registered Dietitian:

East Alabama Medical Center (HealthPlus Fitness)
Auburn, Alabama

September 2004-August 2006

Auburn University Student Counseling Center
Auburn, Alabama

September 2005-August 2006

Clinical Dietitian:

Columbus Regional Hospital
Columbus, Indiana

August 1999-August 2003

Kindred Hospital
Greenwood, Indiana

July 2001-August 2003

Diet Technician

Rehabilitation Hospital of Indiana
Indianapolis, Indiana

August 1997- January 1999

Professional Teaching Activities

Assistant Professor, Georgia Southern University

August 2006- 2012

Associate Professor, Georgia Southern University

August 2012-present

Undergraduate Classes Taught:

Nutrition and Health (NTFS 2530)
Nutrition and Diet Therapy (NTFS 2535)
Life Cycle (NTFS 3535)
Sports Nutrition (NTFS 3630)
Senior Seminar (NTFS 4610)
Community Nutrition (NTFS 4535)
Metabolic Nutrition (NTFS 4536)
Medical Nutrition Therapy II (NTFS 4538)
Independent Research Class (NTFS 4899)

Graduate Classes Taught: MS in Kinesiology with Sports Nutrition Emphasis

Macronutrient Metabolism: (KINS 7337)
Micronutrient Metabolism: (KINS 7338)
Energy Balance in Weight Management (KINS 7339)
Graduate Thesis (KINS 7999)

New Courses Developed and Implemented, Georgia Southern University

Sports Nutrition (NTFS 3630): Fall 2008
Macronutrient Metabolism in Sports Nutrition (KINS7337): Spring 2010
Micronutrient Metabolism in Sports Nutrition: (KINS 7338): Fall 2010

On-line Course Development, Georgia Southern University

Nutrition and Diet Therapy (NTFS 2535)

Student Mentoring, Georgia Southern University

February 2007-present

Undergraduate:

Committee Member for Rachel Hermecz. (September 2009-May 2011), Undergraduate Honor's Thesis. "Does excluding red meat and pork from the diet effect short-term athletic performance as well as the athlete's perception of performance?" Georgia Southern University.

Mentor for Laura Dent (2008). Indirect Research Study on Socioeconomic and health factors that determine food choices among college students in South Africa compared to students in Southeast Georgia.

Graduate:

Thesis Chair for Ali Campbell, (January 2013-present). "The effects of carbohydrate

supplementation forms on RPE, timed performance and gastrointestinal response in collegiate female swimmers.”

Thesis Chair for Stephanie Martz, (January 2013-present). “Comparing Hyperhydration ability between a glycerol solution and sodium solution on dehydration and performance in runners during warm condition.”

Thesis Chair for Kristin Butts, (January 2013-present). “The effects of two sodium containing beverages with carbohydrates on performance, ad libitum water intake, and perceived thirst in hydrated collegiate soccer players.”

Thesis Chair for Lauren Bach, (January 2013-present). “Nutrition Knowledge of College Athletes.”

Thesis Chair for Meredith Foster, (January 2013-present). “Assessing Sport Nutrition Knowledge of adolescent female athletes & parents: an intervention approach”

Thesis Chair for Alaine Mills, (March 2011-present). “The effect of a branched-chain amino acid supplement with and without carbohydrate on a timed cycle to exhaustion in competitive cyclists.” Data collection completed; working on data analysis.

Thesis Chair for Katelyn Woolfolk, (March 2011-present). “Effect of honey consumption during swim practice on perceived and actual performance.” Currently working on first three chapters and proposal.

Thesis, Committee Member for Marco Ruggerio, (October 2011-present). “To Understand if Collegiate Female Swimmers can Appropriately Balance Energy Intake and Output Between In-Season and Out of Season A Quantitative Study.”

Thesis Chair for Elizabeth Graham, (September 2010-December 2011). “The prevalence of high fasting blood glucose concentrations among college-aged individuals.” Georgia Southern University. Thesis completed and working on manuscript for submission to *Journal of American College Health*.

Thesis Chair for Melissa Updyke, (September 2010-December 2011). “Individual Resting Metabolic Rate and Nutrition Education: Does this knowledge lead individuals into making healthier lifestyle choices?” Georgia Southern University. Thesis completed and working on manuscript for submission to *Journal of American College Health*.

Mentor for Danielle Kaplinger, (2006). Directed Self Study on eating knowledge and habits among college athletes.

Teaching Workshops, Georgia Southern University August 2006-present
Center for Excellence in Teaching:

Classroom Assessment Techniques: CAT’s (January, 2011)

Finding Funding Opportunities (October 2010)
 Create Rubrics that Work for You and Your Students (August, 2010)
 Teaching outside the classroom (November, 2009)
 NIH Area Workshop (August 2009)
 Using Assessment to Promote Student Learning (12/2008)
 Designing Courses for Significant Learning (12/2008)
 Activating Learning (9/07)
 Faculty Learning Community (FLC): Junior/Early Faculty (Fall 2007)
 Using rubrics (2/2007)
 Being a faculty member new to Georgia Southern (8/2006)
Center for on-line Learning (COL) Workshops:
 Build a Learning Module (6/2013)
 Gradebook and Grading (7/2013)
 Communications (7/2013)
 Assessments (7/2013)

Instructor, Auburn University January 2004-May 2006
 Nutrition and Health (NUFS 2000)

Research Assistant, Auburn University May 2004- August 2004
 Assisted in literature review on resting energy expenditure and diet-induced thermogenesis

Graduate Assistant, Auburn University August 2003-December 2003
 Nutrition and Health (NUFS 2000)

Professional Scholarship Activities

Publications:

Referred Articles:

- Bland, H.W., **Riggs, A.J.**, and Melton, B. (2012). Comparing body image dissatisfaction among middle-aged women: A Life-Long Experience. *The GAHPERD Journal*, 45(1), 11-18.
- Riggs, A.J.**, Melton, M., & Graf, H.M. (2011). Dining out: A nutrition activity. *Health Education Teaching Techniques Journal*, 1(1), 2-7.
- Melton, B., Czech, D.R., **Riggs, A.J.**, McCollum, S., Rouse, M., Joyner, B., Marshall, E., & Czech, M.L. (2010). Addressing the childhood obesity epidemic in Southeastern Georgia through a community coalition-An applied approach. *The GAHPERD Journal*, 43(1), 18-20.
- Graf, H.M., Welle, J.R., & **Riggs, A.J.** (2008). Factors effecting obesity among high

school students in rural Georgia: Dietary practices. *The GAHPERD Journal*, 41 (3), 26-36.

Riggs, A.J., Gropper, S.S., & White, B.D. (2007). Changes in energy expenditure with ingestion of high protein, high fat versus high protein, low fat meals among underweight, normal weight, and overweight females. *Nutrition Journal*, 6 (1), 40-47.

Non-Referred Articles:

Riggs, A.J. (2008) Water-rich foods help us stay hydrated. Athens-Banner Herald
<http://onlineathens.com/stories/070208/living200807218.shtml>

Roper, M. & **Riggs, A.J.** (2008). Food Allergies.
www.foodfitnessfirst.com/ed_news.php

Roper, M. & **Riggs, A.J.** (2008). Sports Nutrition.
www.foodfitnessfirst.com/ed_news.php

Riggs, A.J. (2006). Speed in a can---“Cocaine” drink takes caffeine jolt to a new level. The Atlanta Journal-Constitution.
<http://www.ajc.com/search/content/shared/news/storiess2006/10/DRINK>

Books Chapter and Books:

Czech, D.R., McMillan, J.L., Melton, B., Parrillo, A.V., **Riggs, A.J.**, & Rossi, S.J. (2007). Your fitness. *Georgia Southern University's Customized Physical Activity Books*. Independence, KY: McGraw-Hill Primis Online.

Published Abstracts and Conference Proceedings:

Leege, L., Larson, R., and Riggs, A.J. Sustainable food from the ground up: Engaging Students in Developing a K-5 School Garden Program. Association for the Advancement of Sustainability in Higher Education.

Riggs, A.J., Mills, A., Rossi, S., McMillian, J., and Joyner, B. (2013) The effect of a branched chain amino acid supplement with and without carbohydrate on performance in competitive cyclists. American College of Sport Medicine (ACSM), Indianapolis, IN.

Mills, A., **Riggs, A.J.**, Rossi, S., McMillian, J., and Joyner, B. (2012) The effect of a branched chain amino acid supplement with and without carbohydrate on performance in competitive cyclists. Honor Society of Nursing, Mu Kappa Chapter, Georgia southern University.

Mills, A., **Riggs, A.J.**, Rossi, S., McMillian, J., and Joyner, B. (2012) The effect of a

- branched chain amino acid supplement with and without carbohydrate on performance in competitive cyclists. Graduate Research Symposium at Georgia Southern. .
- Riggs, A.J.** (2011). Nutrition on the go.” Georgia Association for Physical Education, Recreations, & Dance (GAHPERD), Atlanta, Ga.
- Riggs, A.J.,** Melton, M., & Graf, H.M. (2010). Dining out: A nutrition activity. Georgia Association for Physical Education, Recreations, & Dance (GAHPERD), Savannah, GA.
- Riggs, A.J.** (2009). What Coaches Need to Know about Sports Nutrition. Georgia Association for Physical Education, Recreations, & Dance (GAHPERD), Atlanta, GA.
- Melton, A.J., **Riggs, A.J.,** McCollum, S., Joyner, B., Marshall, E., & Czech, D (2009). Addressing the childhood obesity epidemic in Southeastern Georgia through a community coalition- an applied approach. GAHPERD, Atlanta, GA.
- Riggs, A.J.** & Graf, H (2009). Factors effecting obesity among high school students in rural Georgia: Dietary practices. American Alliance for Health, Physical Education, Recreation, & Dance (AAHPERD), Tampa, FL.
- Riggs, A.J.** & Graf, H (2009). Body Image and Women: A Life Long Experience. American Alliance for Health, Physical Education, Recreation, & Dance (AAHPERD), Tampa, FL
- Riggs, A.J.,** Rossi, S., McMillan, J., Thornton, K., Frost, L., & Metzler, J. (2009). Changes in energy expenditure, body composition, blood lipid profile, and inflammatory markers with ingestion of a high protein, low fat diet versus a high protein, high fat diet among overweight females. Southeast American College of Sports Medicine (SEACSM), Birmingham, AL
- Riggs, A.J.,** Black, R. & Melton, B (2008). Getting the Real Picture on Nutrition. Georgia Association for Physical Education, Recreations, & Dance (GAHPERD), Savannah, GA.
- Riggs, A.J.,** Gropper, S.S., & White, B.D. (2006). Changes in energy expenditure with ingestion of high protein, high fat versus high protein, low fat meals among underweight, normal weight, and overweight females. American Dietetics Association Annual Conference, Honolulu, Hawaii.
- Riggs, A.J.,** Gropper S.S., & White, B.D. (2005). Changes in energy expenditure with ingestion of high protein ,high fat versus high protein, low fat meals among underweight, normal weight, and overweight females. Alabama Dietetics Association Annual Conference, Birmingham, AL.

Riggs, A.J., Cook, D., & Beals, K. (2000). The comparison of a high-protein, low-carbohydrate diet to a traditional 1200 calorie diet in promoting weight loss, body composition changes, and alterations in blood lipid and insulin levels. American Dietetics Association Annual Conference, St. Louis, MI.

Works Submitted:

Works in Progress:

Riggs, A.J. and Langdon, J. (present). Nutrition knowledge and feeding practices among parents of young children in rural southeast Georgia: A pilot study. Submitted to Georgia Association for Physical Education, Recreations, & Dance (GAHPERD) Journal, December 2013.

Riggs, A.J. and Hansen, A. (present). The influence of a sports nutrition intervention on determinants of pre and post exercise snacks and beverages in young athletes: A pilot study. Analyzing data and preparing manuscript.

Riggs, A.J. and Langdon, J. (present). Nutrition knowledge and feeding practices among parents of young children in rural southeast Georgia: A pilot study. Preparing manuscript.

York, C., Riggs, A.J., and Bland, H. (present). Do individuals majoring or minoring in Nutrition and Food Science make healthy lifestyle choices? Preparing manuscript to submit to *Undergraduate research Journal*.

Mills, A., Riggs, A.J., Rossi, S., McMillian, J., and Joyner, B. The effect of a branched chain amino acid supplement with and without carbohydrate on performance in competitive cyclists. Reevaluating manuscript to re-submit.

Melton, B., Bland, H., Marshall, E., & **Riggs, A.J.** (Present). Prenatal Primary Prevention of Childhood Obesity Using an Interactive Online Educational Program.

Riggs, A.J., Black, R., & Frost, L. (2009-2011): Currently writing manuscript. The relationship between Interleukin-10 and Malnutrition-Inflammation Complex Syndrome in hemodialysis patients.

Grant Proposals:

Allen, D, and Marshall, E. Consultants **Riggs, A.J.** and Shankar P. (Submitted January 2014). An Interprofessional Approach to Prepare APNs to Care for Rural Families

- Dealing with Multiple Chronic Conditions: BSN to DNP. Health Resources & Services Administration, U.S. Department of Health & Human Services, # 11309345, **Amount requested: \$822,160. Not funded**
- Allen, D, and Marshall, E. Consultants **Riggs, A.J. And Shankar P.** (Submitted 2013). An Interprofessional Approach to Prepare APNs to Care for Rural Families Dealing with Multiple Chronic Conditions: BSN to DNP. Health Resources & Services Administration, U.S. Department of Health & Human Services, # 11309345, **Amount requested: \$822,160. Not funded**
- Smalley, B.K., Warren, J.C., Charles, S., Melton, B, and **Riggs, A.J.** Health Resources and Services Administration (HRSA) (Submitted 9/12/12). The FAITH Project, **Amount Requested: \$900,000. Not Funded.**
- Curtis, M., Culquitt G., **Riggs, A.J.**, and Walker, (Submitted 1/2012). A. Lowes Toolbox for Education Grant. Amount Requested \$6,500. Not funded.
- Lyn, R, Charles, S, Riggs,A.J, and Melton, B. HRSA (submitted 10/8/12). Childhood Obesity Community Readiness Project. Amount requested:
- Melton, B., Bland, H., Marshall, E., & **Riggs, A.J.** (Submitted February, 2011). Health Resources and Services Administration (HRSA), Federal Grant. Moms and Babies: Healthy from the Start. **Amount Requested: \$443,942.00. Not funded.**
- Melton, B., Bland, H., Marshall, E., & **Riggs, A.J.** (Submitted June, 2011). National Institute of Health (NIH) Federal Grant. Healthy from the Start. **Amount Requested: \$275,000.00. Not Funded.**
- McCollum, S., **Riggs, A.J.**, Melton, B., Pritchard, T., Colquitt, G. (2009). Faculty Service Grant. Promoting Healthy Lifestyles among Middle and High School Students: A Community Service Project. **Amount Awarded: 3,618.49**
- Riggs, A.J.**, Black, Rebecca & Frost, L. (2009). Faculty Research Committee FY09 Research Competition Award, Georgia Southern University. The relationship between Interleukin-10 and Malnutrition-Inflammation Complex Syndrome in hemodialysis patients. **Amount Awarded: \$8,105.00**
- Riggs, A.J.**, Rossi, S., & McMillan, J. (2007). College of Health and Human Sciences Strategic Research Investment Initiative, Georgia Southern University. Changes in energy expenditure, body composition, blood lipid profile, and inflammatory markers with ingestion of a high protein, low fat diet versus a high protein, high fat diet among overweight females. **Amount Awarded: \$2,570.00**
- Riggs, A.J.** (2006). Center for Excellence in Teaching, Grants for Professional Travel,

Georgia Southern University. Changes in energy expenditure with ingestion of high protein, high fat versus high protein, low fat meals among underweight, normal weight, and overweight females. **Amount Awarded: \$1,300.00**

Riggs, A.J. (Co-Principal Investigator) & Gropper, S.S. (2005). Malone-Zallen Grant. Auburn University. Changes in energy expenditure with ingestion of high protein, high fat versus high protein, low fat meals among underweight, normal weight, and overweight females. **Amount Awarded: \$500.00**

Presentations

National Presentations:

Riggs, A.J., Mills, A., Rossi, S., McMillian, J., and Joyner, B. (2013) The effect of a branched chain amino acid supplement with and without carbohydrate on performance in competitive cyclists. American College of Sport Medicine (ACSM), Indianapolis, IN.

Melton, B., Graf, H., & **Riggs, A.J.** (March 2010). Nutrition Intervention for College: Fighting the Obesity Epidemic. American Alliance for Health, Physical Education, Recreation, & Dance (AAHPERD), Indianapolis, IN

Marshall, E., Joyner, B., **Riggs, A.J.**, Melton, B., McCollum, S., Whitt, D., and Czech, D. (February 2010). Children's Perceptions of Obesity Prevention. Southern Nursing Research Society Conference, Austin, Texas.

Riggs, A.J. & Graf, H (April 2009). Factors effecting obesity among high school students in rural Georgia: Dietary practices. American Alliance for Health, Physical Education, Recreation, & Dance (AAHPERD), Tampa, FL.

Riggs, A.J. & Graf, H (April 2009). Body Image and Women: A Life Long Experience. American Alliance for Health, Physical Education, Recreation, & Dance (AAHPERD), Tampa, FL

Riggs, A.J., Gropper, S.S., & White, B.D. (September 2006). Changes in energy expenditure with ingestion of high protein, high fat versus high protein, low fat meals among underweight, normal weight, and overweight females. American Dietetic Association Annual Conference, Honolulu, Hawaii.

Riggs, A.J., Cook, D., & Beals, K. (October 2000). The comparison of a high-protein, low-carbohydrate diet to a traditional 1200 calorie diet in promoting weight loss, body composition changes, and alterations in blood lipid and insulin levels. American Dietetic Association Annual Conference, St. Louis, MI.

Regional/State Presentations:

Riggs, A.J. (November 2011). Eating on the Go! GAHPERD Conference, Atlanta, GA.

Hart, C., **Riggs, A.J.**, Melton, B. (April 2011). Childhood Obesity-Two Community Approaches. Georgia Public Health Association (GPHA) Conference, Atlanta, GA.

Riggs, A.J., Melton, B., & Graf, H.M. (November 2010). Nutrition Intervention for College Students: Fighting the Obesity Epidemic. GAHPERD Conference, Savannah, GA.

Riggs, A.J. (November 2009). What Coaches Need to Know about Sports Nutrition. Georgia Association for Physical Education, Recreation, & Dance (GAHPERD), Conference, Atlanta, GA.

Riggs, A.J., Rossi, S., McMillan, J., Thornton, K., Frost, L., & Metzler, J. (February 2009). Changes in energy expenditure, body composition, blood lipid profile, and inflammatory markers with ingestion of a high protein, low fat diet versus a high protein, high fat diet among overweight females. Southeast American College of Sports Medicine (SEACSM) Conference, Birmingham, AL

Riggs, A.J., Black, R. & Melton, B (November 2008). Getting the Real Picture on Nutrition. Georgia Association for Physical Education, Recreations, & Dance (GAHPERD), Conference, Savannah, GA.

Riggs, A.J., Gropper, S.S., & White, B.D. (April 2005). Changes in energy expenditure with ingestion of high protein, high fat versus high protein, low fat meals among underweight, normal weight, and overweight females. Alabama Dietetics Association Annual Conference, Birmingham, AL.

Community Presentations:

Riggs, A.J. (September 2013). Healthy Eating and Exercising during the College Years: Improving your Quality of Life. Delta Sigma Theta, Georgia Southern University

Riggs, A.J. (April 2013). Healthy Eating and Exercising: Improving your Quality of Life. Congressman Barrow's Minority Health Event, Statesboro, GA.

Riggs, A.J. (February 2013). Diabetes Education for Lower Income Families. Jones Love Center

Riggs, A.J. (March 2013). Basic Nutrition for Healthy Living. Workshop. Hearts and Hands Organization.

Riggs, A.J. (February 2012). Eating healthy on a college budget. "Boot Camp" class at RAC.

- Riggs, A.J.** and Hanson, A. Effective discipline in young children. “Learn at Lunch” series.
- Riggs, A.J.** (November 2011). Eating healthy to prevent and treat cancer. A television segment with Dr.Tarleton. Dublin, GA.
- Riggs, A.J.** (September 2011). Eating Healthy Away from Home. Georgia Southern University, Admissions Office, Statesboro, GA.
- Riggs, A.J.** (August 6th, 2001). Living a Healthy Lifestyle. St. Mary’s Baptist Church Statesboro, GA
- Riggs, A.J.** (August 27th, 2011). Fueling for your Sport. Greenville, SC
- Riggs, A.J.** (July 2011). Basic Nutrition and Healthy Ways to Lose or Gain Weight. GSU Football Team. Statesboro, GA.
- Riggs, A.J.** (April 2011). Sports Nutrition for Athletes. Columbia, SC.
- Riggs, A.J.** (April 2011). Raising Healthy Eaters: From Toddlers to High School. Statesboro, GA.
- Riggs, A.J.** (March 2011). Fueling for your Sport. GSU Football Team. Statesboro, GA
- Riggs, A.J.** (September 2010). Eating for Top Performance in the Pool. Hilton Head Aquatics. Hilton Head, SC.
- Riggs, A.J.** (October 2010). Healthy Living Workshop. Metter, GA
- Riggs, A.J.** (November 2009). The Role of a Dietitian. Georgia Southern University, Athletic Training Course, Hanner, Statesboro, GA
- Riggs, A.J.** (August 2009). Healthy Eating and Weight Management. Georgia Southern University, Career Services, Statesboro, GA
- Riggs, A.J.** (August 2009). Eating for Top Performance in College Athletics. Georgia Southern University, female and male soccer and volleyball teams, Statesboro, GA
- Riggs, A.J.** (June and July 2009). Eating for Top Performance. Georgia Southern Soccer Summer Camps, Georgia Southern University, Statesboro, GA
- Riggs, A.J.** (May 2009). Eating Healthy and Feeling Good. Metter Hospital, Metter, GA
- Riggs, A.J.** (February 2009). Proper Nutrition for Endurance Training. Team in Training, Savannah, GA

Riggs, A.J. (October 2008). Proper Nutrition for Active Females. Fleet Feet, Savannah, GA

Riggs, A.J., & Student Dietetics Association Club (March 2008). Healthy Eating. East Georgia Regional Hospital. Statesboro, GA

Riggs, A.J. (March 2007). Eating and Living Healthy in College. Watson Dormitory, Georgia Southern University. Statesboro, GA

Riggs, A.J. (November 2004). Eating Right for You! East Alabama Medical Center Wellness Seminar. Auburn, AL

Research Workshops and Activities

“12-Steps to Publishing” Program. Sponsored by Rural Health Research Institute.

Met on a monthly basis to learn and discuss proper ways to get a paper published.

Cancer Committee Group

Have met a couple of times to meet with individuals interested in cancer research and brain-storm on some research ideas.

Media Involvement and Contributions

Appeared on WSAV and WJCL in Savannah to discuss holiday eating (November 2011).

Did an interview for three separate holiday stories via GSU’s Marketing and Communications Department (November 2011).

Professional Service Activities

Georgia Southern University:

University:

Reader, Georgia Southern University Graduation Ceremony, Spring 2013.

Marshall, Georgia Southern University Graduation Ceremony, Spring 2013.

Faculty Affairs Committee (FAC), Fall 2013-present

Steering Committee for Assessment, Fall 2013-present

Teaching Legacy Task Force, 2011-2012

Evaluating, updating, and developing ways to improve teaching resources at GSU.

Advisor for Student Dietetic Association, Georgia Southern University, 2008-present

Attend all SDA monthly meetings

Meet with SDA officers at least once a month to discuss opportunities/events

Review and revise material for events
 Participate in events

Register Dietitian for “Weight Loss Education Program” at the RAC, Spring 2011-present (Used to be “Biggest Loser”)

Day for Southern on campus, Representative for Health & Kinesiology Department, Georgia Southern University, 2009-present

Guest Speaker for Georgia Southern University Football Team, March 2011

Helped coordinate healthy items offered at Landrum, 2010

Guest Speaker for Georgia Southern University Running Club, October 2010

Guest Speaker for Georgia Southern University Swim Team, October 2009

Guest Speaker on Weight Management for Career Services, August 2009

Guest Speaker for Georgia Southern University Soccer Teams, June 2009

Wrote an informative education handout on Holiday Eating for Georgia Southern Media Relations Department, November 2009

Member, Faculty Learning Community for Junior/Early Career Faculty, Georgia Southern University, 2007-2008

Eating and Living Healthy in College. Watson Dormitory, Georgia Southern University. Statesboro, GA, March 2007

Reader, Georgia Southern University Graduation Ceremony, Winter 2007

Mentor, Student induction into Georgia Southern University Circle of Omicron Delta Kappa, November 2007

College:
 Registered Dietitian for Child Development Center (CDC) for menu analysis and food recommendations for each cycle, Fall 2008-present

Member, Parent Advisory Committee (PAC). 2007-present.

Member, CHILD Initiative Committee, 2007-2011
 Attend bimonthly meetings
 Involved in marketing this initiative
 Involved in collecting baseline data from elementary, middle, and high schools

Developed nutrition and physical activity material and participated in health fairs
Involved in assisting in grant writing

Guest Speaker for the “Learn at Lunch” Series sponsored by the Child Development Center. April 2011.

Represented College of Health and Human Sciences at the Strategic Planning Workshop October, 2010

Contributor, Health Fair at East Georgia Regional Hospital, March 2008

Departmental:
Promotion and Tenure Committee
2013-present
Search Committee Member, Assistant Professor for Nutrition and Food Science (September 2012-March 2013).

Search Committee Member, Associate/Full Professor for Nutrition and Food Science (Fall 2011).

Member of Graduate Faculty, Georgia Southern University, 2008-present

Committee Chair for Graduate Students in Master’s of Kinesiology in Sports Nutrition, 2010-present

Member, Governance Committee, Georgia Southern University, Department of Health & Kinesiology, 2010-present.

Search Committee Member, Nutrition and Food Science Associate/Full Professor, Department of Health and Kinesiology, 2010-2011

Revised Nutrition and Food Science Website, 2010-2011

Revised graduate “Sports Nutrition” emphasis in MS of Kinesiology Website, May 2011

Mentor for Honor’s Undergraduate Thesis Program, Georgia Southern University, 2009-2010

Graduate Sports Nutrition Program Coordinator, Georgia Southern University, 2009-present

Member, Nutrition and Food Science Cluster, Georgia Southern University, 2006-present

Guest Speaker in different Health and Kinesiology courses, 2006-present

Member, Graduate Committee, Georgia Southern University, 2007-present

Contributor, Hybrid Healthful Living, 2007-2008

Search Committee Member, Coaching Education Assistant Professor (Department of Health and Kinesiology), Fall 2007

Member of thesis committee (Sports Psychology), 2006-2008

Member of Mission and Vision Committee, 2006-2007

Community Service:

VERB Committee Member, Spring 2013-present)

Community Gardens at local elementary schools, 2013-present

Julia P. Bryant Community Garden Club for after school Program. (Spring 2012-present)

Dietitian for Diabetes Education Classes via Dr. Riley's office. Spring 2012-present.

Julia P. Bryant Grant Committee (2011).

Judge for Statesboro High School Senior Projects, December 13th, 2011.

Presenter at a local church's health fair on Healthy Eating, August 6th, 2011

Scheduled to present at "Coaches Retreat" for South Carolina Swim Team Coaches, August 27th, 2011

Contributor to "Savannah Morning Star" 2010-present

Presenter at the South Carolina Swimposium, Columbia, SC. April 2011

Participated in "Swing Into Spring" Event at Mill Creek, Statesboro, GA 2010 and 2011

Presenter for Hilton Head Aquatics Swim Team, Hilton Head, SC. September 2010

Healthy Living Workshop. Metter, GA October 2010

Provide healthy eating tips and ways to incorporate local produce into everyday eating, Farmer's Market, June 2009-present.

Eating Healthy and Feeling Good. Metter Hospital, Metter GA, May 2009

Medical Professional Night at Metter High School, Fall 2009

"Nutrition for Endurance Training." Team in Training, Savannah, GA, February 2009

Dietitian for Eating Disorder Group, Fall 2008

Proper Nutrition for Active Females. Fleet Feet, Savannah, GA, October 2008

Contributor to Health fair Healthy Eating. East Georgia Regional Hospital.
Statesboro, GA, March, 2008.

Program designer and leader, Adult Weight Management, 2005-2006

Member and educator, Healthy Lifestyle for Young Children, 2005-2006

Program designer and co-leader, Weigh to Go! 2002-2003

Awards and Honors

Nominee for College of Health and Human Sciences Teaching Award, 2013

“Faculty Interaction Award” CRI, 2012

Nominee for the College of Health and Human Science Service Award, 2010 & 2011

Professional Credentials/Certifications/Memberships

| | |
|---|-----------------|
| Registered Dietitian | I.D. # 894953 |
| Licensed Dietitian in State of Georgia | I.D. # LD003394 |
| Certificate of Training in Childhood and Adolescent Weight Management | 9/8/2012 |
| Certificate of Training in Adult Weight Management | 2/08/2003 |
| HIPPA Training Certificate | 11/20/2009 |
| Certificate of Bloodborne Pathogens Training | 11/12/2009 |
| Certificate of Right-To-Know Basic Awareness Training | 5/11/2007 |
| Certificate of Right-To-Know Chemical Specific Training | 8/25/2009 |
| Human Participant Protection Education for Research | 4/12/2007 |

Professional Organization Membership

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| American Dietetic Association | I.D. # 00894953 |
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Cambridge Who's Who

GAHPERD

I.D. # 6066

AAHPERD

I.D. # 3341461