

Floris C. Wardenaar, PhD, Sport Dietitian VSN®
School of Nutrition and Health Promotion & Sun Devil Athletics
Arizona State University
550 North 3rd Street, Phoenix, AZ 85004
Phone: (602) 827-2841 | Email: Floris.wardenaar@asu.edu
Twitter: Floriswardenaar | Instagram: Floriswardenaar
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CURRICULUM VITAE

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 Sports Nutrition , School of Nutrition and Health Promotion and Sun Devil Athletics, Arizona State University, Phoenix, AZ.		
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	Senior Lecturer and Team Leader , 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	Sport 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

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 within a teacher position. 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 wins KNSB team of the year title twice in a row.

RESEARCH AND SCHOLARSHIP

RESEARCH INTERESTS

- Optimization of hydration status, fluid balance and acclimation in hot environments
- Development and evaluation of new feeding concepts for athletes
- Use and effect of dietary supplements and sports nutrition products on health and performance
- Dietary exposure assessment in athletes
- Validation of new dietary assessment tools in athletes

SPONSORED RESEARCH FUNDING

2017-2018	“NutrEnd Study” at the HAN University of Applied Sciences Sponsor: Friesland Campina 256,000.- Euro <i>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.</i>
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Completed (prior to arrival to ASU)

- 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)
Budget: 35,000.- Euro
- 2014-2017 **“Dutch Sport nutrition and Supplement Study (PhD thesis).”**
Sponsor: Province of Gelderland/Eat2Move: regional grant
Budget: 300,000.- Euro.
- 2016 **“Analysis of protein intake and preferred food groups of elite athletes.”**
Sponsor: Friesland Campina
Budget: 20,000.- Euro
- 2012-2014 **“Small pilot studies as part of the development of a new sport bread.”**
Sponsor: Sportsgrain
Budget: 20,000.- Euro.
- 2011 **“Pilot study about the effect of tryptophan on sleep and agility in athletes.”**
Sponsor: DSM
Budget: 44,000.- Euro

INTRAMURAL FUNDING

Ongoing

- 2018-Present **“Supplement CHECK study”**
PI, with Co-Investigator Dr. Haiwei Gu.
Startup budget.
This study aims to identify urinary nutrient metabolite profiles of commonly used dietary supplements and use these results to validate the accuracy of self-reported supplement use based on a questionnaire.
- 2018-Present **“Cool the Fork studies: the relation between sun radiation and hydration status.”**
PI, with Co-investigators Josh Beaumont and Amber Yudell.
Student GSPA grant: 3500.-.
The objective of this comparative study design is to examine environments and their relationship to athletic performance, measuring hydration status and tracking fluid balance with and without sun radiation exposure.

Completed data collection

- 2018 **“Evaluation of a Heat Acclimation Program to a Hot and Dry Environment.”**
PI, with Co-Investigators Josh Beaumont and Stephanie Griffin.
Startup budget.
This pilot program, called Sun Devil Heat Acclimation Program (SDHAP), will target acclimation in prospective student-athletes from nearby desert areas. The study

evaluates if this training would optimally prepare prospective student-athletes to start their programs in the heat.

- 2018 **“Climbing A-Mountain Study: the impact of environmental condition on nutrition needs of recreative mountain hikers.”**
PI.
Startup budget.
This pilot program, targeted the effect of a hot and a moderate temperature on hiking performance and heat stress indicators and food and fluid intake during a mountain hike.
- 2017-2018 **“The effect of urine temperature on urine specific gravity readings.”**
PI, with Co-Investigators Prof. Carol Johnston and Prof. Stavros Kavouras.
Startup budget.
This study, consisting of 2 lab experiments investigated the effect of different urine temperatures on specific gravity readings.

SUBMITTED PEER REVIEWED GRANT APPLICATIONS

Submitted, in review

- Dec 2018 **“Smart monitoring of children’s heat and sun exposures with multi-functional epidermal electronics.”**
NSF Smart and Connected Health Program, project number: #1915235
Requested budget: \$1,198,619.-.
Co-I with PI Dr. Vanos.
The proposed research will optimize and validate novel wearable sensing technologies that connect children’s activity and physiological response to their individually-experienced thermal and radiative environments.
- Nov 2018 **“USA no.1 Study | Urine Color Self-Assessment and Racial Differences.”**
Seed Grant, Global Sports Institute at ASU.
Requested 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.
- Oct 2018 **“Vitamin D3 study: Pac-12 Student Athlete project on the relation between vitamin D status metabolites and overall Health and Performance Indicators.”**
Pac-12 Student-Athlete Health and Well-Being Grant.
Requested budget: \$478,979.-.
Co-PI together with Dr. Corry Wishner.
This study aims to assess the relation multiple markers for vitamin D status, strength, health and injury in athletes over a period of 8 months.
- Oct 2018 **“Development of a Self-Assessment Urine Color System (UCS) in Student-Athletes”**
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.

PUBLICATIONS

Notes:

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 taken into account:

- The first author is usually the person who conducted most of the work.
- The senior author is listed as last author in publications from 2015 to January 2019.
- A student's second authorship reflects that this student conducted an important amount of the work under the corresponding author's mentorship.

The 2017 median impact factor for (sports) nutrition journals was 2.367 (source: ISI Web of Science), three articles were published in journals that were not yet having an impact factor. Total amount of citations (1/09/2019) was #120 with a h-index of 8 (Google Scholar). Relevant Altmetric metrics are added when available.

Annotations for individual citations:

IF= 5 year impact factor (source: ISI Web of Science), NA= not (yet) available

IF2016= Impact factor for 2016, listed if 5 year impact factor is unavailable (source: ISI Web of Science)

#C= Number of citations (source: Google Scholar)

PI= FW Primary investigator responsible for research

CA= FW Corresponding author

M-ASU= Data analysis and manuscript preparation done at ASU (when data was collected elsewhere)

FW's contribution noted in parenthesis

Underlined names are graduate students

Underlined and italicized names are undergraduate students

Peer reviewed data based publication in review

Daan Hoogervorst, N Van der Burg, Joline J Versteegen J, Karin J. Lambrechtse, Martijn I Redegeld, Larissa AJ Cornelissen and Floris C **Wardenaar**. Gastrointestinal complaints and self-reported macronutrient intake in (ultra)marathon runners competing at different distances. Submitted to *Front Nutr.* 2018.

IF= NA,;PI; CA; M-ASU (Study design, implementation, data collection, data analyses interpretation and manuscript preparation)

Peer reviewed data based publication in print

Floris C **Wardenaar**, Daan Hoogervorst, Joline J Versteegen J, N Van der Burg, Karin J. Lambrechtse and Coen CWG Bongers. 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](https://doi.org/10.3389/fnut.2018.00032)

IF= NA; PI; CA; M-ASU, #C=0 (Altmetric: 15 tweets) (Study design, implementation, data collection, data analyses interpretation and manuscript preparation)

Peer reviewed data based publication in print (prior to arrival to ASU)

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**.

IF= 4.187; PI; CA; #C=18 (Altmetric: 15 tweets) (Data collection, analyses and interpretation, writing the article)

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.

IF= 4.187; PI; CA; #C=8 (Altmetric: 6 tweets) (Data collection, analyses and interpretation, writing the article)

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.

IF= 2.367; #C=12 (Altmetric: 44 tweets) (Data collection, providing feedback on the manuscript)

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.

IF= NA; #C=1 (Altmetric: mentioned by 5 news outlets) (Co-mentor of first author during the project, providing feedback on the manuscript)

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.

IF= 2.367; #C=24 (Altmetric: 23 tweets, 1 news outlet) (Data collection, overseeing preparation and restructuring data analysis, providing feedback on the manuscript)

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.

IF= 2.367; #C=10 (Altmetric: 10 tweets) (Providing feedback on the method of dietary assessment, overseeing data collection, providing feedback on the manuscript)

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*. 2016 Sep 6:1-25.

IF= 2.367; PI; CA; #C=17 (Altmetric: 44 tweets) (Design questionnaire, data collection, analyses and interpretation, writing the article)

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).

IF= NA; PI; CA; #C=1 (Design questionnaire, analyses and interpretation, writing the article)

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.

IF= 3.784; PI; CA; #C=10 (Altmetric: 1 tweet) (Overseeing data collection, analyses and interpretation, writing the article)

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

IF= 2.367; PI; CA; #C=17 (Altmetric: 4 tweets) (Data collection, analyses and interpretation, writing the article)

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.

IF= NA; PI; CA; #C=2 (Design questionnaire, data collection, analyses and interpretation, writing the article)

Books and guidelines

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.

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

Wardenaar FC, Maas T, Danen S, Pannekoek S. Performance nutrition guidelines (in Dutch: Richtlijn Wedstrijdsport voor diëtenisten en sportvoedingskundigen), 2010 uitgevers, Rotterdam. 2nd edition. 2014.

SCIENTIFIC MEETING PRESENTATIONS

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

- 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

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

August 30, 2018 Receiving confirmation that the symposium, "Applied sports nutrition translation: Bringing the lab to the field and beyond" that I have submitted as chair have been selected for presentation at the 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.

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
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

GUEST LECTURES AT ASU

7 November, 2018	<i>Guest Lecture NTR457 Sports Nutrition.</i> Practical applications of research within the field of sports nutrition. Invited Speaker. College of Health Solutions, Arizona State University. Phoenix, AZ
15 March, 2018	<i>Guest Lecture NTR457 Sports Nutrition.</i> 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	<i>A day in a life of a tenure-track research faculty.</i> 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 *Undergrad 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

Current graduate students under my direction

Student	Degree/Topic	Date enrolled	Progress
Katie Pesek	MS Nutrition	Fall 2018	Enrolled
Emily Pelham	MS Nutrition/Dietetics	Fall 2018	Enrolled
Josh Linsell	MS Exercise and Wellness	Fall 2018	Enrolled
Stephanie Olzinski	MS Nutrition/Dietetics	Fall 2017	Enrolled

Student committee member or examination reviewer

Student	Degree/Topic	Role	Mentor	Dates
Kellie Reese	MS Nutrition	Mentor	Wardenaar	Sept 2018-present
Michael Mohammed	MS/Nutrition Dietetics	Committee member	Levinson S	Sept 2017-present

External PhD examiner

Student	Degree/Topic	Institution	Dates
Gina Trakman	PhD in nutrition	La Trobe University, Australia	March 2018

Student grants and awards

Student	Grant & study	Period
Daan Hoogervorst	Poster award, HAN Sport and Exercise Science Week	Summer 2018
Stephanie Olzinski	ASU GSPA Athletics grant Cool the Fork Study	Spring 2018

Graduate dietetic internship rotations or applied projects

Student	Involvement	Dates
Jason Olig	Dietetic internship rotation, 3 week assignment	Spring 2018

(Under)graduate research mentoring and research involvement

Student	Involvement	Dates
Dillon Moore	Volunteer	Fall 2018
Daniel Thompsett	Volunteer, research credit	Fall 2018-Spring 2019
Sonia Navarro	NTR494- applied sport nutrition course at SDA	Fall 2018
Jay Chan	NTR494- applied sport nutrition course at SDA	Fall 2018-Spring 2019
Darya Youseffi	NTR494/NTR499- applied sn course at SDA	Fall 2018-Spring 2019
Rebecca Mrotek	NTR494- applied sport nutrition course at SDA	Fall 2018-Spring 2019
Simran Bhakta	NTR494- applied sport nutrition course at SDA	Fall 2018
Maryam Nalbandian	NTR494- applied sport nutrition course at SDA	Fall 2018-Spring 2019
Kayla Boeckman	NTR494- applied sport nutrition course at SDA	Fall 2018
Kayla Hartson	EXW-592 Research credit	Fall 2018
Christine Williford	Volunteer	Fall 2018-Spring 2019
Lex Hollenbeck	Volunteer	Fall 2018
Tatiana de La Mora	NTR 499 – Independent Applied Project SDA	Summer 2018
Karina Cota	NTR 499 – Independent Applied Project SDA	Summer 2018
Kayla Humbert	NTR 499 – Independent Applied Project SDA	Summer 2018
Juan Vega Mejia	Volunteer Sun Devil Heat Acclimation Program study	Summer 2018
Kaila Vento	Volunteer Sun Devil Heat Acclimation Program study	Summer 2018
Sabrina Nguyen	Volunteer Sun Devil Heat Acclimation Program study	Summer 2018
Carmen Ortega	Volunteer Sun Devil Heat Acclimation Program study	Summer 2018
Matthew Blair	Volunteer Sun Devil Heat Acclimation Program study	Summer 2018
James Bockas	Volunteer Sun Devil Heat Acclimation Program study	Summer 2018
Daan Hoogervorst	Volunteer, HAN University, the Netherlands	Spring-Summer 2018
Shannon Feigh	Volunteer lab work (urine osmolality)	Spring 2018
Hanna Tuomisto-Bell	Volunteer lab work (urine osmolality)	Spring 2018
Michael Thompson	Shadowing as part of dietetics major	Spring 2018
Morgan McDonnell	Volunteer, piloting lab equipment	Spring 2018
Hannah Mattson	NTR 499 – Independent Applied Project SDA	Spring 2018
Christine Williford	NTR 499 – Independent Applied Project SDA	Spring 2018
Katie Nishikawa	NTR 499 – Independent Applied Project SDA	Spring 2018
Kristin Carli	NTR 499 – Independent Applied Project SDA	Spring 2018

Erin Washborn	NTR 499 – Independent Applied Project SDA	Spring 2018
Carly Cameron	NTR 499 – Independent Applied Project SDA	Spring 2018
Felipe Martinez	NTR 499 – Independent Applied Project SDA	Spring 2018
Kyra Leone	NTR 499 – Independent Applied Project SDA	Spring 2018
Kylee Duede	NTR 499 – Independent Applied Project SDA	Spring 2018

Barret Honors students

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

Student interviews

Student	Involvement	Dates
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

December 2017 Article: **Wardenaar** FC, Whisner C. Does receiving dietary counseling make a difference in the use of dietary supplements and sport nutrition products? SCAN Pulse. 2017. CA; M-ASU (FW was responsible for writing the article).

National level Netherlands

Apr 2014- Aug 2017 Work package coordinator Eat2Move, Dutch regional Grant of the Province of Gelderland, The Netherlands.

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

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

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

International level

November 2018 Abstract review ACSM 2019 annual meeting, topic Metabolism and Nutrition (n=23).

December 2017 Article: **Wardenaar FC**, Tjieu Maas. Sports nutrition guidelines: from Northern America to the Netherlands. *Nederlands Tijdschrift voor Voeding & Dietetiek* - 2017;72(5). *CA; M-ASU (FW was responsible for writing the article).*

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

September 2016- present Review Editor *Frontiers in sports and exercise nutrition*

Ad-hoc Reviewer Journals: *European 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

Develop a dietary supplement education program for student-athletes that need to be launched in 2019, development in 2018.

Develop individualized and team education on hydration based on results of the Cool the Fork study, 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

College and program Level

Curriculum committee member BS program Sports Science and Performance Programming, starting 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.

Annual review committee for research faculty for SNHP, spring 2018.

Job interview committee for new tenure-track positions for fall 2018.

Organization committee New Year's celebration, 11 January 2018.

SERVICE TO THE COMMUNITY

Articles or other media

Hydration Study a First for Athlete 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>

Athlete Field Lab hydration research benefits nutrition students and athletes. ASU Now, July 12, 2018.

<https://asunow.asu.edu/20180711-solutions-athlete-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/spopinon-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

CHS Scholarship & Learning group, mentored by Dr. Hooker and Dr. Kessler. (College of Health Solutions)	Year 2018
FERPA	December 2018
EHS Fire Safety Training	October 2018
ASU Information Security Training	October 2018
CPR training American Heart Association	September 2018
ASU Biosafety and Bloodborne Pathogens Training	July 2018
LABSAFE: Laboratory Safety Training	July 2018
Lab waste management	July 2018
EHS Hazardous Waste management	June 2018
Introducing the Black Bag for dietitians on the go (The Biodesign Institute, ASU)	March 2018
Biosafety and blood borne pathogens	November 2017
Title IX	October 2017
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>American College of Sports Medicine</i>	Member (2018-present)
<i>PINES</i>	Member (2018- present and 2014-2015)
<i>European College of Sports Science</i>	Member (2012-present)
<i>Vereniging Sportdietetiek Nederland</i>	Member (2007-present)
<i>Nederlandse Vereniging voor Dietisten</i>	Member (2001-present) <i>and</i> Student member (1997-2001)