

Teresa A. Moore, MPH PhD RDN LD
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EDUCATION

May 2000	PhD	Nutrition/Exercise and Sport Science, University of North Carolina-Chapel Hill
Dec 1996	MPH	Nutrition, University of North Carolina-Chapel Hill
May 1983	BS	Zoology, North Carolina State University, Raleigh, NC
May 1974	AA	Liberal Arts, Peace College, Raleigh, NC

PROFESSIONAL REGISTRATIONS, LICENSES

Registered Dietitian: Registration # 861932
SC Licensed Dietitian: # 1129
NSCA Certified Strength and Conditioning Specialist® : Certification # 7247822280

CERTIFICATIONS

Red Cross CPR/AED Certification July 22, 2015
American Alpine Club Wilderness & Remote First Aid Certification Dec 12-13, 2015
Third Degree Black Belt Karate

SUMMARY OF WORK EXPERIENCE

July 2008- Present	Department of Exercise Science; University of South Carolina-Columbia; Clinical Associate Professor
Aug 1998- July 2005	Department of Exercise Science; University of South Carolina-Columbia; Clinical Assistant Professor
July 2013- Present	Department of Exercise Science; University of South Carolina-Columbia; Director of GoodBodies Program
July 2008- June 2013	Department of Exercise Science; University of South Carolina-Columbia; Undergraduate Director
Aug 1998- July 2008	Department of Exercise Science; University of South Carolina-Columbia; Undergraduate Coordinator
Nov 2012-June 2015	Treasurer Columbia Midlands Dietetic Association
July 2005-July 2007	Treasurer Columbia Midlands Dietetic Association
July 2004-July 2005	Board Member Columbia Midlands Dietetic Association
Jan 2000-Dec 2002	Sports Nutrition Consultant for University of North Carolina -Chapel Hill and The University of South Carolina-Columbia
Feb 2000- Jan 2002	Nutrition Consultant for the GoodBodies Program at USC-Columbia
Aug 1992- May 1997	Department of Physical Education, Exercise and Sport Science at UNC-Chapel Hill; Instructor
July 1997- Nov 1997	Center for Nutrition and Preventive Medicine; Raleigh, NC; Nutritionist and Physical Activity Educator
May 1995- Aug 1995	Raleigh Community Hospital; Clinical Nutrition Internship
Aug 1994- May 1995	Wellness Resource Center; UNC-Chapel Hill; Peer Health Consultant
May 1993- Aug 1993	Healthworks; Wake Memorial Hospital; Adult Fitness Instructor
Oct 1997- Aug 1998	Department of Nutrition; UNC- Chapel Hill; Graduate Research Assistant for the PRAISE Project (Partnership to Reach African Americans to Increase Smart Eating)

Aug 1995- June 1998	Department of Nutrition; UNC- Chapel Hill; Graduate Research Assistant for the PIN Project (Pregnancy, Infection, and Nutrition)
Jan 1988- May 1988	Duke University Cancer Center; Research Assistant in Cancer Research
Jan 1986- May 1987	Department of Animal Science; North Carolina State University; Research Assistant in Reproductive Physiology
March 1985- Aug 1985	Jones Institute for Reproductive Medicine; Eastern Virginia Medical School; Research Assistant in Reproductive Physiology
Aug 1980- March 1982	Department of Physiology and Biophysics; Research Assistant in Reproductive Physiology; University of Alabama-Birmingham

TEACHING EXPERIENCE

Aug 1998- Present **Department of Exercise Science; University of South Carolina-Columbia;**

EXSC 191 PHYSICAL ACTIVITY AND HEALTH: Concepts of exercise, nutrition, behavior changes and skills to promote lifelong physical activity and health. The course details the role of physical activity as an integral part of everyday life; examines how different aspects of health and fitness work together to enhance health and wellness; and teaches techniques on how to apply the concepts taught in class to better one's health and well-being.

EXSC 507 EXERCISE, SPORT, AND NUTRITION: This course is designed to examine the relationship between physical activity, sport performance, and nutrient metabolism. Topics include: the kinds and sources of nutrients needed by the body; the role of nutrients in the body and how exercise affects nutrient requirements; the role that each nutrient plays during exercise; the safety and efficacy of the various types of ergogenic aids; how body composition and energy balance play a role in exercise and sports; and eating disorders in exercise and sports.

EXSC 555 (Submitted as 577) NUTRITION AND PHYSICAL ACTIVITY: A WELLNESS APPROACH: This course is *NUTRITION, PHYSICAL ACTIVITY AND OBESITY* redesigned to include a strong clinical component with the GoodBodies Program: A Family Wellness Program. This course examines the relationship between nutrition, physical activity, and health in all age groups. Topics include basic nutrition principles; assessment of body composition; weight management; regulation of eating behavior; energy metabolism; physical activity; behavior and non-behavioral approaches to weight management; and prevention of childhood obesity.

EXSC 555 (Submitted as 577) NUTRITION, PHYSICAL ACTIVITY AND OBESITY: This course, which was taught for 3 semesters, was designed to examine the relationship between nutrition, physical activity, and obesity in all age groups. Topics include basic nutrition principles; assessment of body composition; weight management; regulation of eating behavior; energy metabolism; physical activity; behavior and non-behavioral approaches to weight management; eating disorders; and prevention of childhood obesity.

EXSC 483 (formerly 499 INDEPENDENT STUDY): Students in the Scientific Foundations track are required to complete 100-150 on-site clinical hours, a journal, and a thesis researching the field and health conditions observed at the clinical site. Students are encouraged to shadow allied health professionals or gain experience in a research setting. A few examples of fields shadowed by students are clinical nutrition, public health nutrition, physical therapy, occupational therapy, physician's assistant, and various fields of medicine.

UNIV 101 INTRODUCTION TO THE UNIVERSITY: This course is designed to teach the basic university survival skills to Exercise Science students and to familiarize them with the many resources available on the USC campus. In addition, this course is designed to help students understand the potential roles of an individual student within the university as well as society. Finally, this course is designed to help students understand the field of Exercise Science, the various educational options available to graduates in Exercise Science, and to guide students in planning their academic careers. Course Objectives:

1. To assist students in making the transition to University life.
2. To assist students in developing a support network.
3. To foster awareness of campus resources available to students.
4. To develop academic, social, and personal skills.
5. To develop personal and societal responsibility.
6. To explore differences in people, their personalities, and their cultures.
7. To assist students in Exercise Science determine their career goals.
8. To assist students in Exercise Science plan their academic career.
9. To have fun doing all of the above.

NUTRITION INSTRUCTOR: ACSM Health Fitness Instructor Workshop

NUTRITION AND WEIGHT TRAINING INSTRUCTOR: ACSM Advanced Personal Trainer Workshop

Aug 2010-
Present

**Department of Physical Education at USC-Columbia
Co-Instructor**

BEGINNING KAYAKING: Fall 2010, Spring/Fall 2011, Spring/Fall 2012, Spring/Fall 2013, Spring/Fall 2014, Spring/Fall 2015, Spring 2016

Fundamentals of whitewater kayaking including equipment selection and use, safety techniques, strokes, Eskimo roll, river strategies, rescue procedures, and trip planning

Aug 1992-
May 1997

**Department of Physical Education, Exercise and Sport Science at UNC-Chapel Hill
Instructor**

BEGINNING WEIGHT TRAINING: Fall 1992, Spring 1997

“Basic techniques and knowledge of variable resistance and free weight systems are taught. Fitness evaluation and individual workout programs are included. Development of muscular strength and endurance is stressed. Physiological principles of fitness and their relationships to weight training are also emphasized.” Course Description from UNC-CH Academic Bulletin

INTERMEDIATE WEIGHT TRAINING: Fall 1992, Spring 1995

“Emphasizes the development of individualized muscular strength and endurance programs following instruction in the physiological principles and techniques of weight training. Students should have beginning weight training skills, techniques, and knowledge prior to enrolling in this class.” Course Description from UNC-CH Academic Bulletin

SELF DEFENSE: Spring/Fall 1993, Spring/Fall 1994, Spring/Fall 1995, Spring/Fall 1996, Spring 1997

“This course introduces the basics of self-defense techniques and will instruct the student by incorporating a three-dimensional educational approach. The student will develop skill, knowledge and self-confidence as related to self-defense.” Course Description from UNC-CH Academic Bulletin

BEGINNING KARATE: Spring/Fall 1993, Spring/Fall 1994, Spring/Fall 1995, Spring/Fall 1996, Spring 1997

“This course offers an introduction to the basics of one of many martial art styles. Emphasis is on traditional forms, basic movements, philosophy, discipline, and proper class conduct. Students will learn various stances and forms.” Course Description from UNC-CH Academic Bulletin

May 1994-
Dec 1997

UNC-Chapel Hill; Teaching Assistant

Assessment of Physiological Functions in Exercise, Laboratory: Spring 1995

Nutrition, Exercise, and Weight Control: Summer 1995

Fitness Management: Spring 1994, Spring 1995

Human Anatomy and Physiology Laboratory: Summer 1994

May 1994-
Dec 1997

UNC-Chapel Hill; Guest Lecturer

Seminar in Exercise Physiology: December 1997

Introduction to Medical Nutrition: April 1997

COURSE MODIFICATIONS

EXSC 191 Physical Activity and Health		
FALL 2003		
Created worksheets for class: Food Label Worksheet to instruct students how to read food labels and correctly calculate macronutrient percentages: carbohydrate, sugar, fiber, fat, and protein. Ideal Body Weight Worksheet using the Hamwi Formula to instruct students how to calculate ideal body weights and ranges for height, gender, and body frame size.		
FALL 2004		
Added a fitness testing protocol through "Fitplace", the "Wellness Program" formerly offered through Exercise Science.		
FALL 2005		
Created Estimated Energy Expenditure worksheet to give students experience using various formulas to predict Resting Energy Expenditure and Daily Energy Expenditure.		
FALL 2006		
Changed course title, course description and course content.		
	PREVIOUS	CURRENT
COURSE TITLE	INTRODUCTION TO EXERCISE SCIENCE	PHYSICAL ACTIVITY AND HEALTH
COURSE DESCRIPTION	This course is designed for first year Exercise Science majors. Unlike most other courses in the major, which deal with specific areas within Exercise Science, this course will cover a broader range of topics at an introductory level. Lectures will emphasize health-related aspects of Exercise Science.	Concepts of exercise, nutrition, and behavior changes and skills to promote lifelong physical activity and health.
CHANGED COURSE CONTENT	<u>Removed:</u> Cancer Risk Management Addictive Behaviors: Alcohol & Drug Abuse Tobacco Use & Smoking Cessation Sexually Transmitted Diseases	
FALL 2007		
Designed Fitness Testing Data Recording Sheet for EXSC 191 instead of using the sheets provided by the textbook. This allowed the testing to fit the needs of the class and the availability of Fitplace. Incorporated timed, chapter quizzes on Blackboard to take the place of 3 in-class exams.		
FALL 2008		
Began showing the documentary "Supersize Me" to demonstrate the effect fast food has had on society.		
Created the first edition of a PowerPoint tutorial to help students learn to make graphs for their Nutrition Report.		

FALL 2009
Created the Body Frame Size Worksheet so students could learn how to calculate body frame size, used when calculating Ideal Body Weight.
SPRING 2011
Revised the Ideal Body Weight Training Form
FALL 2011
Created 2 half-semester sections of EXSC 191: Fall 1 (1st 8 weeks of the semester) and Fall 2 (2nd 8 weeks of the semester) . This allowed EXSC 191 to be taught in a smaller classroom setting which encouraged more class participation.
Created the Heart Rate Training Zone Worksheet to help students learn how to calculate appropriate heart rate training zones for aerobic conditioning.
Revised all worksheets.
FALL 2012
Used a different textbook and dietary analysis program for the Fall 1 section. Realized these did not work at all so went back to original textbook and Diet Analysis Plus software for the Fall 2 section.
Resumed in-class exams and dropped on-line quizzes due to the large number of students in the classroom and the administrative problems with Blackboard quizzes.
SPRING 2014
Began having students turn in projects through Blackboard for easier grading by Professor and Teaching Assistants.
Modified the Nutrition Report to be a pre-post assessment in which students would record a 3 day dietary intake at the beginning of the semester and then record a second 3 day dietary intake several weeks later after the nutrition lecture. The pre-post assessments were to record any dietary changes.
Created the first editions of the Nutrition and Fitness Report Spreadsheets.
Created PowerPoint tutorials to help students through completion of their assigned fitness and nutrition projects:
"Using Diet Analysis Plus" PowerPoint demonstrated to students how to use the Diet Analysis Plus software package.
"Using Diet Analysis Plus to Complete the Pre-Post Assessment" PowerPoint demonstrated to students how to enter the information from Diet Analysis Plus on the Nutrition Report Spreadsheet.
"Using the Food Label Worksheet" PowerPoint demonstrated to students how read a food label and how to calculate macronutrient intake.
"Submitting Fitness Testing Results Tutorial" to help students through the process of submitting their Fitness Project on-line.
SUMMER 2014
Modified the Nutrition Report to take out the post assessment due to time constraints.

FALL 2014
Began using Top Hat for attendance and in-class participation questions. This semester was Top Hat was used for extra credit only since it was new technology.
Modified the Nutrition Report and Fitness Report Spreadsheets.
Revised the PowerPoint tutorials to help students through completion of their assigned fitness and nutrition projects:
"Using Diet Analysis Plus" PowerPoint demonstrated to students how to use the Diet Analysis Plus software package.
"Using Diet Analysis Plus to Complete the Pre-Post Assessment" PowerPoint demonstrated to students how to enter the information from Diet Analysis Plus on the Nutrition Report Spreadsheet.
"Using the Food Label Worksheet" PowerPoint demonstrated to students how read a food label and how to calculate macronutrient intake.
SPRING 2015
Began using Top Hat for credit for attendance and in-class participation questions.
Modified the Fitness Test by adding the Stork Stand Balance Test.
Modified the Fitness Report Spreadsheet by adding a column for the conclusion.
Modified the Nutrition Report and Fitness Report Spreadsheets by adding a column for foods to increase or decrease and a column for the conclusion.
Revised the PowerPoint tutorials to help students through completion of their assigned fitness and nutrition projects:
"Using Diet Analysis Plus" PowerPoint demonstrated to students how to use the Diet Analysis Plus software package.
"Using Diet Analysis Plus to Complete the Pre-Post Assessment" PowerPoint demonstrated to students how to enter the information from Diet Analysis Plus on the Nutrition Report Spreadsheet.
"Using the Food Label Worksheet" PowerPoint demonstrated to students how read a food label and how to calculate macronutrient intake.
FALL 2015
All sections of EXSC 191 were combined for a increases enrollment from 200 to 400 students. Lecture was offered one time only.
Set up "portals" on Blackboard for projects to be submitted on Blackboard rather than by hard copy.
Modified the Nutrition Report by: 1) Adding a pre/baseline nutrition analysis and a post nutrition analysis to see if any dietary changes were made during the semester. Changes were determined by the SMART goal. 2) Adding a SMART Goal and a final discussion/conclusion 3) Deleting the table for non-honors college students
Revised all of the PowerPoint tutorials to help students through completion of their assigned fitness and nutrition projects:

"Using Diet Analysis Plus" PowerPoint demonstrated to students how to use the Diet Analysis Plus software package.
"Using Diet Analysis Plus to Complete the Pre-Post Assessment" PowerPoint demonstrated to students how to enter the information from Diet Analysis Plus on the Nutrition Report Spreadsheet.
"Using the Food Label Worksheet" PowerPoint demonstrated to students how read a food label and how to calculate macronutrient intake.
SPRING 2016
Modified the delivery of the course by: 1) Delivering the course as a modified blended or flipped course 2) Requiring students to complete on-line quizzes prior to lectures
Modified the Nutrition Report by: 1) Changing the SMART Goal requirement to require 2 SMART Goals and a final discussion-conclusion 2) Creating a SMART Goal worksheet to help students complete the assignment 4) Expanded on the instructions for the nutrition assignment 3) Expanded on the instructions for the SMART Goal
Created a new PowerPoint tutorials "Using Diet and Wellness Plus" PowerPoint to demonstrate to students how to use the updated version of the dietary analysis software package.
Began creating new on-line testing test banks that were not supplied by the publisher.
Began taking attendance at the beginning and end of the course.

CLINICAL EXPERIENCE

Jan 2012- Present	Nutrition Consultant for Team 1 Martial Arts and Fitness As an independent nutrition consultant, I have counseled all age groups on healthy eating and healthy lifestyles. I have counseled athletes in sports including, but not limited to, mixed martial arts, boxing, powerlifting, bodybuilding, soccer, mud runs/obstacle courses, tennis, golf, football, triathlon, and endurance racing.
Jan 1996- Dec 2011	Independent Nutrition Consultant As an independent sports nutrition consultant, I have counseled all age groups on healthy eating, with a concentration on sports nutrition and athletic competition. I have counseled athletes in sports including, but not limited to, mixed martial arts, boxing, powerlifting, bodybuilding, soccer, mud runs/obstacle courses, tennis, golf, football, triathlon, and endurance racing.
Feb 2000- Jan 2002	Nutrition Consultant for the GoodBodies Program at USC-Columbia The GoodBodies Program is an intervention program designed to help overweight children in the community learn to control weight through physical activity and nutrition counseling. As a nutritionist, I helped counsel parents and children on behavior changes and healthier food choices to help achieve and maintain healthier lifestyle practices.
2000-2002	Sports Nutrition Consultant for The University of South Carolina-Columbia Counseled the USC-Columbia women's soccer team on nutrition basics for optimal athletic performance.

- July 1997-
Nov 1997 **Center for Nutrition and Preventive Medicine; Raleigh, NC; Nutritionist and Physical Activity Educator**
The Center for Nutrition and Preventive Medicine was a unique clinic specifically designed to meet the special needs of the obese population. The clinic, under the direction of several physicians, combined nutrition education, physical activity instruction, and cognitive behavioral therapy with physician care to help the obese patients develop healthier lifestyles. As a nutritionist at the clinic, I counseled obese patients on healthier food choices, appropriate serving sizes, best meal choices when eating in restaurants, and safe calorie restriction for weight loss. This involved one-on-one counseling as well as teaching weekly nutrition and physical activity classes. As the physical activity educator, I was responsible for sub-max treadmill testing and writing individualized activity programs for the patients.
- May 1995-
Aug 1995 **Raleigh Community Hospital; Clinical Nutrition Internship;**
Designed weight loss plans for overweight and obese clients. Worked at Health Plus with cardiac rehabilitation patients designing individualized nutrition programs. Gained experience in many other areas of clinical nutrition including diabetes, nutrient and drug interactions, gastro-intestinal diseases, kidney and liver dysfunction, and intensive care.
- Aug 1994-
May 1995 **Wellness Resource Center; UNC-Chapel Hill; Peer Health Consultant**
Counseled clients on individualized fitness programs and healthy lifestyle habits. Presented nutrition seminars to physical education classes and special groups at UNC-CH.
- May 1993-
Aug 1993 **Healthworks; Wake Memorial Hospital; Adult Fitness Instructor**
Conducted warm-up and cool-down exercise routines and to monitor adult fitness classes, instructed clients in proper use of exercise equipment, and monitored blood pressures and pulse rates. Designed a weight training program that could be adapted for clients who had never exercised and needed a basic beginning program or for clients who needed a more advanced program.

RESEARCH EXPERIENCE

- Sept 2004-
May 2005 **Department of Exercise Science; USC-Columbia; Bright Light and Exercise Study**
Standardized meal plans for a one year study of the influence of bright light and exercise on the body clock. Participants placed on a strict sleep/wake cycling period combined with exercise were given balanced meals at scheduled times during the 2 ½ day test period. Meals were designed to give each participant the appropriate amount of calories, carbohydrate, protein, and fat he/she needs and still be palatable.
- Aug 2000-
May 2002 **Department of Physical Education, Exercise and Sport Science; UNC-Chapel Hill; The Analysis of Energy Requirements and Hydration Practices in Competitive Collegiate Tennis Players**
Collaborated with Dr. Bonnie Marks at UNC-CH to examine the energy requirements, nutritional practices, and hydration status of collegiate level tennis players.
- Aug 1992-
May 2000 **Departments of Nutrition and Physical Education, Exercise and Sport Science; UNC-Chapel Hill; Doctoral Dissertation on the Effects of Arginine on Growth Hormone, Body Composition, and Strength**
This study examined the effects of L-arginine supplementation on growth hormone, body composition, and strength in male weight lifters. Phase 1 examined the acute effects of oral L-arginine supplementation on plasma arginine and hGH. Phase 2 examined the chronic effects of oral supplementation of L-arginine on body composition and strength when combined with exercise.
- Oct 1997-
Aug 1998 **Department of Nutrition; UNC- Chapel Hill; Graduate Research Assistant for the PRAISE Project (Partnership to Reach African Americans to Increase Smart Eating)**
This is an intervention project involving three counties in North Carolina designed to help teach the participants healthier lifetime eating habits. My duties on this project included processing serum samples for analysis by an outside laboratory; monitoring and recording data from the contracting laboratory; and processing, inventory, and storage of serum and plasma samples.

- Aug 1995-
June 1998 **Department of Nutrition; UNC- Chapel Hill; Graduate Research Assistant for the PIN Project (Pregnancy, Infection, and Nutrition)**
The PIN project is a study designed to identify etiological factors, for preterm delivery resulting from premature rupture of the chorioamniotic membranes. My duties included radioimmunoassay of serum for folate and vitamin B-12 determination; and processing, inventory, and storage of patient serum.
- Jan 1988-
May 1988 **Duke University Cancer Center; Research Assistant in Cancer Research**
Gained experience in developing a method for removing tumor cells from bone marrow by use of magnetic beads. Techniques included maintenance of different tumor cell lines for culture, establishment of primary cell cultures from human donors, and radioimmunoassay for determination of cancerous cells in serum.
- Jan 1986-
May 1987 **Department of Animal Science; North Carolina State University; Research Assistant in Reproductive Physiology**
Part-time research assistant in reproductive endocrinology laboratory. Duties included radioimmunoassay of swine serum for the protein hormones, LH and FSH; and the steroid hormones, estradiol and progesterone; surgical assistant; and blood collection.
- March 1985-
Aug 1985 **Jones Institute for Reproductive Medicine; Eastern Virginia Medical School; Research Assistant in Reproductive Physiology**
Duties included radioimmunoassay of the hormones LH, FSH, estrogen, and progesterone; radiation safety officer for the lab; and processing and storage of serum from cynamologous monkeys.
- Aug 1980-
March 1982 **Department of Physiology and Biophysics; Research Assistant in Reproductive Physiology; University of Alabama-Birmingham**
Developed skills in radioimmunoassay for estrogen, progesterone, LH, and FSH hormones; iodination of LH and FSH hormones; establishment of rat pituitary cell cultures for bioassay; maintenance of cell lines; laparotomies, ovariectomies, and cannulation techniques on rabbits for the study of reproductive endocrine function; surgical procedures and daily blood collection on cynamologous monkeys; processing of all blood samples taken; and preparation of tissues for microscopic examination which included fixation, embedding, and microtoming of tissue, mounting on slides and staining.

STUDENT RESEARCH

Doctoral Dissertation Committee Member

- 2013 – 2014 Impact of an Educational Gymnastics Course on the Health-Related Fitness Components and Motor Skills of Physical Education Teacher Education Students

MASTER'S THESIS DIRECTOR

- 2008: Health Fair for Activate America®
2003: Nutritional Effects on Athletic Performance

THESIS DIRECTOR HONORS COLLEGE STUDENT PROJECTS

- 2015: Debunking Fad Diets: A Review of Popular Weight Loss Programs
2015: The Effects of Chemical Exposure on General Health
2015: A Comparative Analysis of Popular North American and Hispanic Health Care Beliefs and Practices
2014: Exercise and Diet Program for the College Student
2014: Inactive to Active: A Positive Life Change
2013: The Trials, Tribulations and Triumphs of One College Woman's Journey to 13.1 and a Comprehensive Guide to Avoiding the Former
2013: Be Healthy and Dance: An After School Program Curriculum

- 2010: Preparing to Become a Physician
- 2010: Why a Physician Assistant?
- 2009: Eating Disorders
- 2009: Motivation in USC track athletes
- 2002: The Benefits Associated with Regular Aerobic Exercise During Pregnancy: A Review

SECOND READER HONORS COLLEGE STUDENT PROJECTS

- 2013: Embrace the Calm –A dance choreographer
- 2011: Hit It: A Video Diary Documenting the Progression of Slalom Waterski Skills
- 2008: Research and Practice in Physical Therapy: Treatment and Rehabilitation of ACL Injuries
- 2007: The Effects of Quercetin on Exercise Endurance and Performance: A Multi-layer Research Experience

ADMINISTRATIVE EXPERIENCE

- July 2013- Present **Department of Exercise Science; University of South Carolina-Columbia;**
Clinical Associate Professor / GoodBodies Director
Oversee Graduate Assistant for the Goodbodies Program;
 - Oversee the everyday operations of Goodbodies:
 - Budget
 - Grants
 - Community outreach seminars, fairs, activity days, etc.
 - Community outreach programs such as Jump for Goodbodies at Bradley Elementary School (an after school program at Bradley Elementary) and Hope Christian Academy (the acting Physical education program).
 - Marketing of the Goodbodies Program
 - Creation of marketing materials and t-shirt design
 - Revitalization of the Goodbodies Activity Room in the Blatt PE Center
 - Coordination with the PMD lab
 - Supervise Graduate Assistant/ Goodbodies Coordinator on day to day operations of the Goodbodies Program which include helping with:
 - Scheduling of clinical clientele that come to USC for physical activity and nutrition guidance
 - Jump for Goodbodies at Bradley Elementary
 - Goodbodies in the School at Hope Christian Academy
 - Community outreach seminars, fairs, activity days, etc.
 - Marketing of the Goodbodies Program
 - Creation of marketing materials and t-shirt design
 - Revitalization of the Goodbodies Activity Room in the Blatt PE Center
 - Coordination with the PMD lab

- Jan 2009- Dec 2009 **Department of Exercise Science; University of South Carolina-Columbia;**
Clinical Associate Professor / Undergraduate Director
Acting Undergraduate Director for Public Health - BA and BS Programs
 The Arnold School of Public Health had recently developed two undergraduate degrees in Public Health. Since there was no Undergraduate Director for these new programs, I took on the role as acting Undergraduate Director for these programs in addition to my appointment as Undergraduate Director for Exercise Science. During this time period, I advised students, created curriculum flow charts, and designed a PowerPoint presentation for Summer Orientation to market all undergraduate programs in the Arnold School of Public Health.

- Aug 2003- Sept 2011 **Department of Exercise Science; University of South Carolina-Columbia;**
Clinical Associate Professor / Undergraduate Director

Member of the Assistant/Associate Dean’s Council (AADC)

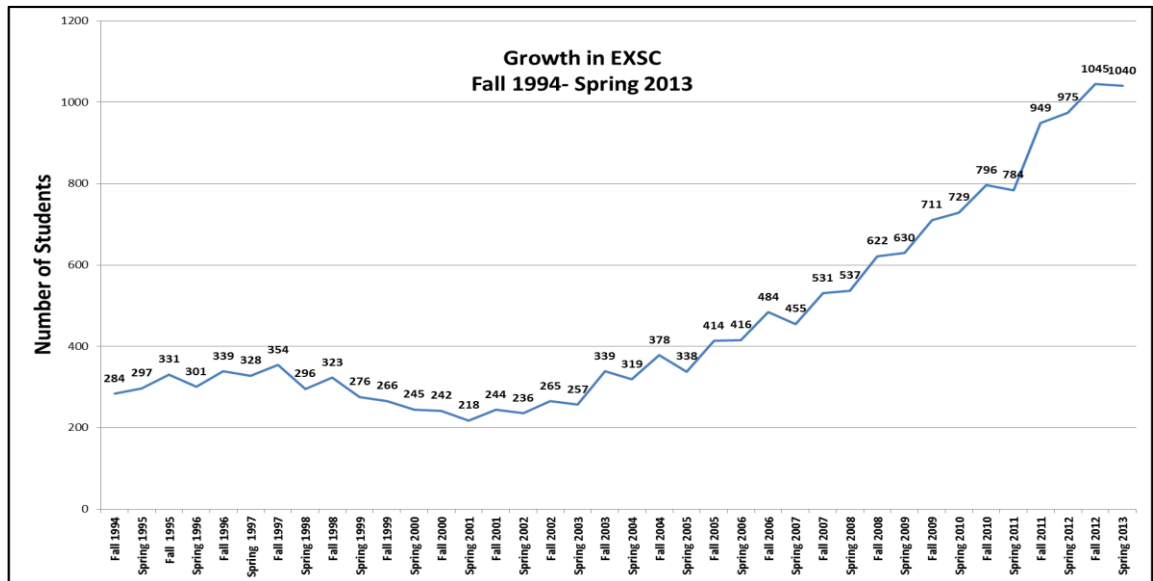
In August 2003 I was appointed by USC President Dr. Andrew Sorensen to the AADC to represent the Arnold School of Public Health and Exercise Science. The AADC is a “self-organized committee that provides a forum for the managers of undergraduate academic programs to discuss common issues, to make recommendations concerning undergraduate academic affairs to the University administration and appropriate faculty committees, and to respond to proposals related to undergraduate academic affairs submitted by members of the University community” (Special Advisory Committees, Provost’s Office). As a member of the committee I have been involved in various student issues such as:

- undergraduate recruitment
- course enrollment
- academic integrity
- students with disabilities
- university grading policies
- FERPA regulations
- student advising
- change of major
- updating the USC Academic Bulletin

July 2008-
June 2013

**Department of Exercise Science; University of South Carolina-Columbia;
Clinical Associate Professor / Undergraduate Director**

After assuming my faculty appointment in August 1998, I consolidated student advising and administrative responsibilities of the undergraduate program to a centralized office, allowing for more efficient management of the program. I standardized advisement policies and procedures that resulted in higher quality and more consistency of advisement. To aid students in their academic career, I developed a student handbook, informational forms and flow charts outlining the Exercise Science curriculum requirements. As a result of my efforts, the Exercise Science program increased to a record enrollment of 1040 students in the undergraduate curriculum for the Spring 2013 semester. In May 2006, 47% of our graduating class graduated with Honors and in May 2009, 52% of our graduating class graduated with Honors. Tenure track faculty benefited by having more time to devote to research, which has been crucial for obtaining our ranking as the number one Exercise Science / Kinesiology program in the United States in 2007.



In August 2008, I was promoted to Undergraduate Director. My position was very unique in that it required expertise in management as well as excellent teaching skills. My administrative responsibilities included:

OVERSIGHT OF INSTRUCTION OF THE EXERCISE SCIENCE UNDERGRADUATE PROGRAM:

As the Undergraduate Director I communicate undergraduate curriculum concerns at the departmental level. Curriculum concerns can include:

- student enrollment
- transfer evaluations
- prerequisite requirements for departmental courses
- review of curricular requirements for individual tracks
- review of course descriptions
- new course development
- representation at the Faculty Senate committee meetings when course and curriculum changes are submitted

MANAGEMENT OF THE UNDERGRADUATE PROGRAM:

- Assistant/Associate Dean's Council
- Creation of advising worksheet and flow charts
 - Flow charts for Health Fitness, Motor Development, Scientific Foundations
 - Senior Check List
 - Prerequisite Check List for all EXSC courses
 - Retention and Progression Standards Form for student files
 - Prerequisite requirements for profession programs:
 - Physical Therapy
 - Occupational Therapy
 - Physician's Assistant
 - Flexible Course list for advisement/orientation
 - Exit Interview Questionnaire
- Created PowerPoint Orientation slideshows for Exercise Science and for Public Health
- Tracked enrollment of students into Exercise Science (created charts and graphs)
- Reporting of assessment plans and program evaluation of the undergraduate program to the university
- Coordinate undergraduate advisors in scheduling days and times each semester to allow adequate time for advisors to meet individually with Exercise Science students and transfer students.
- Evaluation of transcripts for incoming transfer students to determine course equivalencies and progression in Exercise Science
- Certification of student athletes for adherence to NCAA requirements
- Advisement of ROTC candidates and completion of 104r forms
- Evaluation of student requests for overrides into classes or credit hour overloads
- Oversee petition requests from students seeking to withdraw from classes or enter the program
- Student advisement and senior checks to assure students are meeting all the requirements for graduation
- Review of applications for graduation and final approval or disapproval of graduation applications
- Academic integrity violations

- Recommendation and determination of recipients for Outstanding Exercise Science Students
- Presentation of awards at Award's Day

UNDERGRADUATE STUDENT ADVISEMENT:

- Orientation: Conduct orientation presentations for parents and incoming students to explain career options for graduates of our program, Exercise Science curriculum requirements, advisement policies, and Retention /Progression requirements for Exercise Science.
- Meet individually with current Exercise Science students for career counseling
- Help Exercise Science students determine the appropriate Area of Emphasis (track) in Exercise Science for their career goals
- Meet with USC students wanting to change their major to Exercise Science for transcript evaluation and academic progression in Exercise Science
- Help students develop a semester-by-semester Academic Plan for individual career goals

MARKETING OF THE UNDERGRADUATE PROGRAM: Representation and marketing of the Arnold School of Public Health and the Department of Exercise Science is crucial for the growth of the department and the Exercise Science program. Through appropriate marketing and excellent customer service skills I have increased enrollment from 266 students in the fall of 1999 to our current enrollment of over 920 students. Marketing responsibilities:

- Representation at Open Houses and Scholar's Day
- Development and design of a display board portraying different career options and academic tracks in Exercise Science .

Aug 1998- July 2008 **Department of Exercise Science; University of South Carolina-Columbia;**
Clinical Assistant Professor / Undergraduate Coordinator
 Responsibilities were the same as the responsibilities as Undergraduate Director

AWARDS

- 2016 **Guest Coach Appreciation from USC Swimming and Diving Team**
- 2014 **Mortar Board Excellence in Teaching Award**
- 2013 **Guest Coach Appreciation from Equestrian Team**
- 2007 **Letter of Appreciation** from Dennis A. Pruitt, Vice President for Student Affairs, recognizing my contribution to the success and satisfaction of recently graduated students.
- 2005 **Letter of Appreciation** from Dennis A. Pruitt, Vice President for Student Affairs, recognizing my contribution to the success and satisfaction of recently graduated students.
- 2004 **Best Professor of Bates West.** Students in Bates West Residence Hall identified me as one of their best professors at USC.
- 2004 **Outstanding Freshman Advocate Award Nomination.** This award is given annually to recognize a member of the University community who has made significant contributions to the academic, professional, and/or personal lives of freshmen.
- 2003 **Letter of Appreciation** from Dennis A. Pruitt, Vice President for Student Affairs, recognizing my contribution to the success and satisfaction of recently graduated students.

- 2002 **Letter of Appreciation** from Dennis A. Pruitt, Vice President for Student Affairs, recognizing my contribution to the success and satisfaction of recently graduated students.
- 2000 **Letter of Appreciation** from Dennis A. Pruitt, Vice President for Student Affairs, recognizing my contribution to the success and satisfaction of recently graduated students.
- 1994 **Teaching Excellence: One of Top 5 Instructors in Physical Activity Programs.** University of North Carolina-Chapel Hill Department of Physical Education, Exercise and Sport Science
- 1993 **Teaching Excellence: One of Top 5 Instructors in Physical Activity Programs.** University of North Carolina-Chapel Hill Department of Physical Education, Exercise and Sport Science

GRANTS AND FELLOWSHIPS

- 2015 Donation of \$150 of paint from Home Depot for the GoodBodies Program to convert the storage room to an activity and testing room.
- 2014-2015 Donation of \$25/month of healthy snacks from Bi-Lo for the Jump for GoodBodies Program at Bradley Elementary School.
- 2014 Grant from the Ray Tanner Foundation for the Jump for GoodBodies Program
- 1997 Public Health Service Traineeship through the UNC School of Public Health
- 1997 Reebok Research Fellowship Award through the American College of Sports Medicine.
- 1997 Graduate Student Fellowship from The Institute of Nutrition, The University of North Carolina.
- 1996 Doctoral dissertation funded through The Institute of Nutrition, The University of North Carolina.
- 1996 Graduate Student Fellowship from The Institute of Nutrition, The University of North Carolina.

ABSTRACTS, PUBLICATIONS, AND POSTERS

- Discovery Day: Abstract and Poster by Anna Catherine Caldwell, South Carolina Honors College; *Debunking Fad Diets: A Review of Popular Weight Loss Programs*; Dr. Teresa Moore: Mentor; April 2015.
- Discovery Day: Abstract and Poster by Megan Weaver, South Carolina Honors College; *The Effects of Chemical Exposure on General Health*; Dr. Teresa Moore: Mentor; April 2015.
- Discovery Day: Abstract and Oral Presentation by Haley Powell, South Carolina Honors College; *A Comparative Analysis of Popular North American and Hispanic Health Care Beliefs and Practices*; Dr. Teresa Moore: Mentor; April 2015.
- Discovery Day: Abstract and Oral Presentation by Brooks Briel, South Carolina Honors College; *Fitness and Diet Program Designed for the College Student*; Dr. Teresa Moore: Mentor; April 2014
- Circadian Phase-Shifting Effects of Bright Light, Exercise, and Bright Light + Exercise
- Kline CE, Durstine JL, Davis JM, Moore TA, Devlin TM, Zielinski MR, Youngstedt SD, *Circadian Variation in Swim Performance*, J Appl Physiol. 102:641-649, 2007.
- Kline CE, Youngstedt SD, Devlin, TM, Lee AY, Zielinski MR, Moore TA, Davis JM, *Circadian Variation in Swim Performance*, Med Sci Sports Exer. 38(5): Suppl, p226, 2006, Abst 1543.
- Youngstedt SD, Kline CE, Zielinski MR, Moore TA, Elliot JA, *Circadian Phase-Shifting Effects of Bright Light vs. Exercise and Bright Light and Exercise Combined*, Med Sci Sports Exer. 38(5): Suppl, p99, 2006, Abst 1005.

Marks BL, Galleher EW, Katz LM, Moore T, *Energy Balance Monitoring in Tennis Players*; *Medicine and Science in Tennis*; December 2003 (Volume 8, nr 3); pp 8-9.

Galleher EW, Marks BL, Moore T, Katz LM, *Energy Balance and Nutritional Status in Male College Tennis Players*, *Med Sci Sports Exer.* 34(5): Suppl, p24, 2002, Abst 135.

Jacks DE, Moore TA, McMurray RG, Hackney AC, *No Effect of Progressive Resistance Exercise Training on Resting Leptin, Testosterone and Cortisol*, *Med Sci Sports Exer.* 33(5): Suppl, p287, 2001, Abst 1613.

Moore TA, Switzer BA, McMurray RG, Hall JE, *Growth Hormone Response to Oral Arginine Supplementation*, *FASEBJ.* 12(4): A541, 1998, Abst 3140.

Moore TA, Switzer BA, McMurray RG, Hall JE, *Growth Hormone Response to Oral Arginine Supplementation*, *Med Sci Sports Exer.* 30(5): Suppl, p18, 1998, Abst 98.

Institute of Nutrition Conference Annual Research Symposium 1997, Chapel Hill, North Carolina; Poster #119, Effects of Arginine Supplementation on Plasma Growth Hormone in Males.

NON-PEER REVIEWED NEWSPAPER AND MAGAZINE ARTICLES: AUTHOR

Don't Cry in Your Beer: You Are What You Eat (And What You Drink); Set Priorities; *Muscle and Fitness Magazine*; February 2004; pgs 190-202.

Nutrition Rx: Muscle vs Fat: How can you lose fat while you add muscle? Don't Go Too Low; *Muscle and Fitness*; August, 2002; pgs 236-244.

Diets Demystified; *The State Newspaper*; Columbia, SC; April 21, 2002.

True Champions; *Southern Muscle Magazine*; July 2003; pg 25.

The Mountaineer: A Competitors Review; *Southern Muscle Magazine*; April 2001; pg 54.

NON-PEER REVIEWED NEWSPAPER AND MAGAZINE ARTICLES: NUTRITION AND FITNESS CONSULTANT

SC Chief Health Officials Eye Food Stamp Soda Ban, *The State*, Joey Holleman, Friday, February 1, 2013

FDA Study Recommends Nutrition Label Overhaul, *The Daily Gamecock*, Sarah Ellis, Friday, February 1, 2013

CDC Finds Women Are Lifting Weights More, *Fox News (Sculpted trend spurs women to pump iron, MSNBC)*, AP Mike Stobbe Thursday, July 20, 2006

A New Year's Cleanse: If you're bogged down with the excesses of the holidays, then it's time to cleanse your body. Try this sports-specific detox to pump energy and health back into your life; Kathleen Engel; *Oxygen Magazine*; February 2004; pgs 112-118.

All About Personal Trainers; *The State Newspaper*; Columbia, SC; September 21, 2003.

Bar None: Sometimes, grabbing one of those "healthy" bars isn't worth the energy; Jaymi Freiden; *The State Newspaper*; Columbia, SC; December 26, 2002.

Pumped Up About Exercise: Combining weightlifting with aerobics helps tone the body, burn the fat; Jaymi Freiden; *The State Newspaper*; Columbia, SC; August 18, 2002.

The Weight of the Weight: Sorry to say quick fixes don't work-you have to change your lifestyle; Jaymi Freiden; *The State Newspaper*; Columbia, SC; April 21, 2002.

Artificial sweeteners are safe, but moderation is advised; Carol G. Ward; Chicago Tribune, Chicago, IL; Knight-Ridder Newspapers; April 11, 2001.

Going It Alone: Some fitness buffs prefer a solitary workout; Christina Lee Knauss; The State Newspaper; Columbia, SC; September 24, 2001.

Oh, Lighten Up, These people did: they're at least 50 pounds lighter than they are used to be. Here's how they got slim (and stay that way); Pat Berman; The State Newspaper; Columbia, SC; July 29, 2001.

Dubious Ways to lose Weight; Carol J.G. Ward; The State Newspaper; Columbia, SC; January 4, 1999.

You've Decided to Diet-Now What? Carol J.G. Ward; The State Newspaper; Columbia, SC; January 4, 1999.

The More You Know, The More You Might Lose; Carol J.G. Ward; Morning News; Savannah, GA; Knight-Ridder Newspapers January 2, 1999.

Knowledge is power in weight loss game; Calgary Herald, Calgary, AB, Knight-Ridder Newspapers; January 3, 1999.

MEDIA APPEARANCES

February 1, 2013; ABC-TV News Interview: New Food Labels Proposed by the FDA

January 31, 2013; Daily Gamecock-Newspaper Interview: New Food Labels Proposed by the FDA

January 30, 2013; WACH-TV News Interview: New Food Labels Proposed by the FDA

January 29, 2013; SC Public Radio- Interview: New Food Labels Proposed by the FDA

January 28, 2013; WLTX-TV News Interview: New Food Labels Proposed by the FDA

January 28, 2011; WIS-TV Interview: Obesity in Youth

January 5, 2011; WIS-TV: Nutrition to boost the immune system and help fight the flu

July 10, 2009; WTGH Radio Interview with Gary Posik: Unhealthiest Foods at Restaurants

June 19, 2009; WTGH Radio Interview with Gary Posik: Unhealthiest Foods

January 21, 2009; Frenche' Brewer USC Media Relations: Recorded health topics for Carolina Minutes to be aired on Public Radio; Organic Foods

July 26, 2008; WACH FOX TV Interview with Jennifer Timmons: Tips on how to handle the heat.

June 17, 2008; Frenche' Brewer USC Media Relations: Recorded health topics for Carolina Minutes to be aired on Public Radio

June 12, 2008; WTGH Radio Interview with Gary Posik: Food Safety

June 3, 2007; KISS-FM Radio Interview with Craig Melvin: Benefits and misconceptions surrounding whole foods, organic foods, and herbal supplements.

January 11, 2007; WVOC Radio Interview with Adam Penskar

January 5, 2007; WACH TV Interview: Diet Pills

January 4, 2007; WTGH Radio Interview with Gary Posik: Weight Loss After the Holidays

December 15, 2006; WTGH Radio Interview with Gary Posik: Eating for the Holidays

November 20, 2006; Frenche' Brewer USC Media Relations: Recorded health topics for Carolina Minutes to be aired on Public Radio

September 6, 2006; WTGH Radio Interview with Gary Posik: Exercise for Older Adults

August 13, 2006; WIS-TV News Watch with David Stanton: Adverse Effects of Anabolic Steroids

December 8, 2004; WLTX TV Interview: The 3 E's of the Holidays; Eat Less, Eat Smart, and Exercise

December 7, 2004; WLTX TV Interview: Artificial sweeteners increasing the chances for weight gain.

November 22, 2004; WLTX TV Interview: Thanksgiving Resolution, the 3 E's of Holiday Health, Eat Less, Eat Smart, and Exercise

November 15, 2004; WTGH Radio Interview with Gary Posik: How to avoid food poisoning over the holidays.

October 19, 2004; WTGH Radio Interview with Gary Posik: Food at the South Carolina State Fair

March 4, 2004; WIS TV Interview: McDonald's downsizing portion sizes.

February 24, 2004 WIS-Radio with Jan Warner: Nutrition and the Elderly

September 3, 2003; WTGH Radio Interview with Gary Posik: Obesity in South Carolina

July 16, 2003; WLTX TV Interview: Ephedra

July 10, 2003; WTGH Radio Interview with Gary Posik: Water Consumption and Exercising in the Heat

July 2, 2003; WOLO TV Interview on Kraft Foods and portion sizes

May 20, 2003 WIS-Radio with Jan Warner: Nutrition and the Elderly

April 30, 2003; WTGH Radio Interview with Gary Posik: Exercise and Nutrition

January 4, 2003 WIS-TV Interview with Craig Melvin; Nutrition and weight loss after the holidays

January 3, 2003 WIS-TV Craig Melvin's "Craig Cam" at Brickhouse Gym 4:30 - 7:00 am; Several segments on nutrition

January 2, 2003 WIS-TV Interview with Craig Melvin; Holiday weight gain

December 20, 2002; WTGH Radio Interview with Gary Posik: Holiday weight gain

April 3, 2002 WIS-TV Craig Melvin's "Craig Cam" at Brickhouse Gym 4:30 - 7:00 am; Public Health Month

July 31, 2000; WTGH Radio Interview with Gary Posik: Nutrition and Exercise

June 7, 2000 WGGG TV Mediterranean Diet

SEMINARS AND PRESENTATIONS

October 22, 2013, Department of Dance, USC, Columbia, SC
Topic: The Dancer's Body
Lecture on the special nutritional needs of dancers.

February 13 & 18 2013, Department of Exercise Science, USC, Columbia, SC
Topic: Sports Nutrition

This was a series of 2 lectures on the special nutritional needs of athletes for EXSC 541 Physiology of Strength and Conditioning.

January 25 & 30 2012, Department of Exercise Science, USC, Columbia, SC

Topic: Sports Nutrition

This was a series of 2 lectures on the special nutritional needs of athletes for EXSC 541 Physiology of Strength and Conditioning.

November 10 & 12 2008, Department of Dance, USC, Columbia, SC

Topic: The Dancer's Body

This was a series of 2 lectures on the special nutritional needs of dancers.

February 17, 2008 27th Annual Conference on The First Year Experience

Topic: Panel Discussion

UNIV 101 Teachers Speak Out: The Course From the Instructor's Perspective.

October 5 & 7 2007, Department of Dance, USC, Columbia, SC

Topic: The Dancer's Body

This was a series of 2 lectures on the special nutritional needs of dancers.

August 12, 2007 "Strictly Running", Columbia, SC

Topic: Nutrition and Endurance Training

- What are your body's energy sources?
- What food is the best method to deliver that energy?
- When should you be fueling before, during and after exercise, and what should that fuel be?
- Interesting new research on performance food.

April 27, 2007 National Strength and Conditioning Association's Certified Strength and Conditioning Specialist® workshop, Columbia, SC

Topic: Nutrition and Weight Training

This talk focused on the unique nutritional needs of weight lifters. Individual subjects covered included the specific protein needs of strength trained athletes, safe weight loss and weight gain for competition, the roles of macronutrients and micronutrients in the body during exercise and dieting, the pros and cons of carbohydrate loading, and the safety and efficacy of nutritional supplements.

March 13, 2007 USC Alumni Association, Spartanburg, SC

Topic: Basic Nutrition and Diet Fads

This talk focused on the general nutritional needs of the community.

March 6, 2007 Greater Columbia Shrinkdown, Columbia, SC

Topic: Healthy Nutrition for Children

This talk focused on the unique nutritional needs of children and included healthy meals at home, healthy snacks at home and school, and choosing healthy meals while dining at restaurants.

November 6, 8 & 13 2006, Department of Dance, USC, Columbia, SC

Topic: The Dancer's Body

This was a series of 3 lectures on the special nutritional needs of dancers.

August 9, 2006 Colonial Life, Columbia, SC

Topic: Sports Nutrition

This talk focused on the specific nutritional needs of individuals who exercise regularly.

July, 2006 Department of Exercise Science, Columbia, SC

Topic: ACSM, Weight Management for Fitness Professionals

This talk was designed to provide fitness professionals the information needed for counseling individuals on nutrition and exercise for weight management.

March, 2006 "Strictly Running", Columbia, SC

Topic: Nutrition and Endurance Training

This talk was designed to help endurance athletes understand their nutritional needs during long distance running and/or walking. Topics included basic nutrition, pre-contest carbohydrate and protein needs, fluid and dietary needs during the race, and nutritional needs during recovery.

February, 2006 Greater Columbia Shrinkdown, Columbia, SC

Topic: Healthy Nutrition for Children

The Greater Columbia Shrinkdown is part of a statewide program designed to help people lose weight. Classes and seminars are offered through the 2 month time period. This talk focused on serving sizes, healthy meals and snacks at home, and choosing healthy meals while dining at restaurants.

October 31, November 2 & 4 2005, Department of Dance, USC, Columbia, SC

Topic: The Dancer's Body

This was a series of 3 lectures on the special nutritional needs of dancers.

April 14, 2005 Carolina Midlands Dietetic Association, USC, Columbia, SC

Topic: Sports Nutrition

I was invited to talk to local Registered Dietitians on the specific needs of people who exercise and those participating in competitive sports and recent developments in supplements and Sports Nutrition.

October 31, 2003 Grand Rounds, Department of Surgery, USC School of Medicine, Columbia, SC

Topic: Nutrition and Injury/Stress

This talk focused on the nutritional needs of patients compromised by surgery or trauma. Topics in this presentation included the metabolic response to injury/stress, the neuro-endocrine response to injury/stress, the different energy substrates used by the body during the various phases of injury/stress, the appropriate timing of meals or nutritional support, and specific nutritional needs of patients with burns, head injury, trauma, or general surgery.

September 2, 2003 Public Health Seminar Course, Benedict College, Columbia, SC

Topic: Controlling Diabetes through Exercise and Proper Nutrition

This was a lecture designed to help students learn ways to reduce their risk of diabetes through exercise and proper diet.

June 20, 2003 National Strength and Conditioning Association's Certified Strength and Conditioning Specialist® workshop, Columbia, SC

Topic: Nutrition and Bodybuilding

This talk focused on the unique nutritional needs of bodybuilders. Individual subjects covered included the specific protein needs of strength trained athletes, safe weight loss and weight gain for competition, the roles of macronutrients and micronutrients in the body during exercise and dieting, the pros and cons of carbohydrate loading, and the safety and efficacy of nutritional supplements.

May 3, 2003 Trident Sports Medicine and Rehabilitation, Charleston, SC

Topic: Nutrition and Bodybuilding

This talk focused on the nutritional needs of athletes. Individual subjects covered included the roles of macronutrients and micronutrients in the body during exercise, carbohydrate loading, the dietary protein needs of athletes, weight loss in the athlete, and the safety and efficacy of nutritional supplements.

February 27, 2003 AC Flora High School, Columbia, SC

Topic: Nutrition and Health

I gave a nutrition talk to special needs students about nutrition. In the talk I used visual aids to teach the children about proper portion sizes and discussed what types of foods they should be eating.

October 29, 2002 EL Wright Middle School, Columbia, SC

Topic: Nutrition for Adolescents

This presentation covered basic nutrition, healthy meals to eat, and snack foods.

October 15, 2002 Public Health Seminar Course, Benedict College, Columbia, SC

Topic: Controlling Diabetes through Exercise and Proper Nutrition

This was a lecture designed to help students learn ways to reduce their risk of diabetes through exercise and proper diet.

October 2, 2002, USC School of Nursing, Columbia, SC

Topic: Nutrition for Weight training and Weight Control

This presentation was targeted to the freshman nursing class on nutrition, weight training, & weight control

September 17, 2002 USC School of Dance, Columbia, SC

Topic: Nutrition for Dancers

This was a short presentation designed to help dancers understand how important of proper nutrition and weight control is for the dancer. Suggestions were made for how dancers could fix healthy, nutrient dense meals and snacks.

June 22, 2002 National Strength and Conditioning Association's Certified Strength and Conditioning Specialist® workshop, Columbia, SC

Topic: Nutrition and Weight Training

This talk focused on the unique nutritional needs of athletes involved in strength and conditioning sports, with an emphasis on the sport of bodybuilding. Individual subjects covered included the specific protein needs of strength trained athletes, safe weight loss and weight gain for competition, the roles of macronutrients and micronutrients in the body during exercise and dieting, the pros and cons of carbohydrate loading, and the safety and efficacy of nutritional supplements.

January 18, 2002 Carolina Midlands Dietetic Association, Lexington Hospital, Columbia, SC

Topic: Sports Nutrition

I was invited to talk to local Registered Dietitians on the specific needs of people who exercise and those participating in competitive sports.

October, 2001 University of South Carolina Women's Soccer Team, Columbia, SC

Topic: Nutrition and Soccer

I was invited to talk to the USC Women's Soccer team and coaches on nutrition and the specific needs of women soccer players.

September, 2001 Kershaw County School System Athletic Coaches

Topic: Nutrition and Athletics

I spoke to physical education teachers and coaches on basic nutrition, the nutritional needs of athletes, healthy weight loss and weight gain, and nutritional supplements.

April 19, 2001 South Carolina Nurses Association, Columbia, SC

Topic: Healthy Nutrition and Weight Management for School Children

This talk was part of a seminar workshop. For my part, I spoke on weight determination in children, healthy diet, a calorie restricted versus a maintenance diet in over-weight children, fast food and school lunch meal choices, healthy snacking, changing behavior patterns, and parental responsibility.

September 19, 2000 South Carolina Baptist Convention through Palmetto Richland Memorial Hospital Geriatric Services, Winnsboro, SC

Topic: Nutrition and Aging

This talk was part of a seminar workshop targeted to people 65 and older. My talk included basic nutrition needs of people 65 and older, changes related to aging, drug nutrient interactions, and nutrition and exercise.

September 12, 2000 South Carolina Baptist Convention through Palmetto Richland Memorial Hospital Geriatric Services, Winnsboro, SC

Topic: Nutrition and Aging

This talk was part of a seminar workshop targeted to people 65 and older. My talk included basic nutrition needs of people 65 and older, changes related to aging, drug nutrient interactions, and nutrition and exercise.

July 6, 2000 "Teams in Training", The Leukemia Society. Columbia, SC

Topic: Nutrition and Endurance Training

This talk was designed to help endurance athletes understand their nutritional needs during long distance running and/or walking. Topics included basic nutrition, pre-contest carbohydrate and protein needs, fluid and dietary needs during the race, and nutritional needs during recovery.

March 21, 2000 "Teams in Training", The Leukemia Society. Columbia, SC

Topic: Nutrition and Endurance Training

This talk was designed to help endurance athletes understand their nutritional needs during long distance running and/or walking. Topics included basic nutrition, pre-contest carbohydrate and protein needs, fluid and dietary needs during the race, and nutritional needs during recovery.

January 14, 2000 Chapin High School Wrestling Team

Topic: Nutrition and Wrestling

I was invited to talk to the coaches and athletes on the special needs of the sport of wrestling. Specific topics included keeping a healthy body weight during off season training, making weigh safely, healthy eating pre-contest and post-contest, healthy food choices while traveling to competitions, and nutritional supplements.

COMMUNITY SERVICE

Jan 2015-June 2015

Treasurer Columbia Midlands Dietetic Association

As the Treasurer, my duties included keeping the financial records for the Columbia Midlands Dietetic Association and the South Carolina Office of Nutrition.

Jun 27, 2015

Head Judge for FMWR Competition at Ft. Jackson

I was the Head Judge for the 3rd Annual Natural Muscle/Physique and Figure Competition held at Ft. Jackson by the Family and Morale, Welfare and Recreation (FMWR) Programs for the benefit of the soldiers stationed at Ft. Jackson.

January 2015 –
June 2015

Health Science Program Advisory Committee for Lower Richland High School; Richland One School District

"The role of the Advisory Council provides the vital link between the education community and business and industry in an advisory capacity..... to review and recommend approval of the local career and technology education plan, including its various programs, activities, and funding categories".

Jan 2014-June 2014

Treasurer Columbia Midlands Dietetic Association

As the Treasurer, my duties included keeping the financial records for the Columbia Midlands Dietetic Association and the South Carolina Office of Nutrition.

Jun 28, 2014

Head Judge for FMWR Competition at Ft. Jackson

I was the Head Judge for the 3rd Annual Natural Muscle/Physique and Figure Competition held at Ft. Jackson by the Family and Morale, Welfare and Recreation (FMWR) Programs for the benefit of the soldiers stationed at Ft. Jackson.

August 2014 –
December 2014

Health Science Program Advisory Committee for Lower Richland High School; Richland One School District

"The role of the Advisory Council provides the vital link between the education community and business and industry in an advisory capacity..... to review and recommend approval of the local career and technology education plan, including its various programs, activities, and funding categories".

November 7, 2014

Health Science Program Advisory Committee Meeting

- November 18, 2014 **Seminar on Healthy Eating at Burton Pack Elementary School**
I gave a talk on healthy eating for “Parents University” which is a series of educational programs developed by the Junior League of Columbia in an effort to help improve the health and welfare of students and parents in Richland County. Seminars and fairs are typically held at local elementary schools.
- September 16, 2014 **Health Expo at Burton Pack Elementary School**
Represented the GoodBodies Program with a display table and activities at “Parents University” to promote healthy eating and physical activity.
- Jun 22, 2013 **Head Judge for FMWR Competition at Ft. Jackson**
I was the Head Judge for the 3rd Annual Natural Muscle/Physique and Figure Competition held at Ft. Jackson by the Family and Morale, Welfare and Recreation (FMWR) Programs for the benefit of the soldiers stationed at Ft. Jackson.
- Mar 8, 2013 **Stress Management Workshop for Medical School Residents, Department of Psychiatry**
I taught relaxation exercises: deep breathing, progressive muscle relaxation and visualization to medical residents.
- Feb 16, 2013 **Stress Management Workshop for Multiple Sclerosis Society**
I taught relaxation exercises: deep breathing, progressive muscle relaxation and visualization to caregivers and patients with multiple sclerosis.
- Sept 15, 2012 **Kayak Safety Boater Volunteer for the Lake Murray Dam Swim for Drew**
Worked as a safety boater by helping to oversee 200 swimmers who swam the 2 mile width of the Lake Murray Dam. The goal was to raise money and awareness on the dangers of alcohol and boating.
- Oct 2012-
Present **Treasurer Columbia Midlands Dietetic Association**
As the Treasurer, my duties include keeping the financial records and the membership list for the Columbia Midlands Dietetic Association.
- Oct 29, 30
2012 **Richland County Recreation Center Volunteer: Haunted House**
Helped raise money for the Richland County Recreation Center by participating in the annual Haunted House.
- Oct 29, 30,
31 2009 **Richland County Recreation Center Volunteer: Haunted House**
Helped raise money for the Richland County Recreation Center by participating in the annual Haunted House.
- Aug 2009-May 2012 **Board Member Palmetto Women’s Center**
- July 2006-July 2007 **Treasurer Columbia Midlands Dietetic Association**
As the Treasurer, my duties included keeping the financial records for the Columbia Midlands Dietetic Association and the South Carolina Office of Nutrition. I also kept the membership list for the Columbia Midlands Dietetic Association.
- July 2005-July 2006 **Treasurer Columbia Midlands Dietetic Association**
As the Treasurer, my duties included keeping the financial records for the Columbia Midlands Dietetic Association and the South Carolina Office of Nutrition. I also kept the membership list for the Columbia Midlands Dietetic Association.
- July 2004-July 2005 **Board Member Columbia Midlands Dietetic Association**
- July 2003-July 2004 **Board Member Columbia Midlands Dietetic Association**
- March 2003-
May 2003 **South Carolina Department of Education**
Served on a committee with the SC Department of Education to develop standards and objectives for a course in Sports Nutrition to be taught for grade levels 9-12.
- July 2002-July 2003 **Member Columbia Midlands Dietetic Association**

July 2001-July 2002 **Member Columbia Midlands Dietetic Association**

2000-2002 **Sports Nutrition Consultant for University of North Carolina -Chapel Hill** Counseled the UNC-CH men's tennis team on nutrition basics for optimal athletic performance.

August 1999-Present **North Carolina National Physique Committee State Judge**
Goal is to promote healthy nutrition and exercise to a population that practices extremes.

August 1999-December 2012 **North Carolina National Physique Committee State Vice Chairman, Women's Chairman and Apprentice Judge Coordinator**
Train judges for NPC physique competitions, coordinate judging panels and act as Head Judge in the absence of the NC State Chairman, counsel athletes

Coordinator for Work-out for St. Jude Children's Research Hospital

UNIVERSITY SERVICE

Jan 2014 – Present Faculty Advisor for the Archery Club

Jan 2013– Present Faculty Advisor and Treasurer for the USC Bodybuilding and Fitness Club

August 2010-Present Volunteer Co-Instructor for PEDU 185 Beginning Kayaking

April 13, 2013 Faculty Advisor for the USC Bodybuilding and Fitness Club; Coordinated the judging for the USC Bodybuilding and Fitness Club

April 18, 2013 Awards Day; Presenter for Top Exercise Science Students

April 19, 2012 Awards Day; Presenter for Top Exercise Science Students

Aug 1999 – Sept 2012 Assistant/Associate Dean's Council for USC

Sept 29, 2011 NCAA Certification Meeting/Luncheon

April 21, 2011 Awards Day; Presenter for Top Exercise Science Students

April 9, 2011 Admitted Student Day in the Russell House

Feb 11, 2011 Bridge Day/Majors Information Day in the Russell House

Oct, 2010 NCAA Certification Meeting/Luncheon

April, 2010 Awards Day; Presenter for Top Exercise Science Students

Oct 14, 2009 NCAA Certification Meeting/Luncheon

Sept 30, 2009 CEPH Accreditation Meeting

Sept 21, 2009 CEPH Accreditation Meeting

Aug 29, 2009 Open House for in Russell House Ballroom for Prospective Students

Aug 16, 2009 Hosted New Student reception at PHRC for incoming Public Health students

Aug 10, 2009 Honors College Thesis Defense

Aug 4, 2009 Promotion Committee for Dr. Sara Corwin

April 16, 2009 Awards Day; Presenter for Top Exercise Science Students

April 4, 2009 USC Scholar's Day Presentation at Strom Thurmond Fitness and Wellness Center for Prospective Students; Two 20 minute presentations

Feb 11, 2009 Major's Fair in Russell House Ballroom for USC Major Transfer Students

Feb 6, 2009 Open House for in Russell House Ballroom for Prospective Transfer Students

Oct 25, 2008 Open House for in Russell House Ballroom for Prospective Students

Sept 6, 2008 Open House for in Russell House Ballroom for Prospective Students

Aug 17, 2008 Hosted New Student reception at PHRC for incoming Exercise Science students

April 5, 2008 USC Scholar's Day Presentation at Strom Thurmond Fitness and Wellness Center for Prospective Students

Sept 8, 2007 Open House for in Russell House Ballroom for Prospective Students

Sept 30, 2006 Open House for in Russell House Ballroom for Prospective Students

Oct 7, 2006 Open House for in Russell House Ballroom for Prospective Students

DEPARTMENTAL SERVICE

June 2013-Present Undergraduate Division for Exercise Science

August 2015-Present	HAPA Division for Exercise Science
2011-June 2013	Executive Committee: Exercise Science
	Undergraduate Committee for Exercise Science
2011-2012	Assistant/Associate Dean's Council for USC
	Executive Committee: Exercise Science
	Undergraduate Committee for Exercise Science
Dec 17, 2012	Honor Cord Ceremony for Graduating Seniors
Dec 17, 2012	Advisors Meeting
Nov 16, 2012	Prospective Student Meeting
Nov 16, 2012	Orientation for Transfer Students
Nov 5, 2012	Met with Prospective Athlete
Nov 2, 2012	Prospective Student Meeting
Oct 26, 2012	Met with Prospective Athlete
Oct 10, 2012	Conducted Change of Major Meeting for Departmental Transfers to EXSC
Oct 5, 2012	Met with Prospective Athlete
Sept 21, 2012	Prospective Student Meeting
Sept 21, 2012	Parents Weekend
Sept 14, 2012	Met with Prospective Athlete
Sept 14, 2012	Meeting for Practicum Students
Sept 5, 2012	Conducted Change of Major Meeting for Departmental Transfers to EXSC
Aug 27, 2012	Conducted Change of Major Meeting for Departmental Transfers to EXSC
Aug 24, 2012	Prospective Student Meeting
Aug 21, 2012	Transfer Orientation
Aug 20, 2012	Freshman Orientation
Aug 17, 2012	Provost Meeting
Aug 16, 2012	Faculty Meeting
Aug 16, 2012	Departmental Meeting
Aug 17, 2012	Advisors Meeting
Aug 10, 2012	Prospective Student Meeting
July 6, 2012	Transfer Orientation
July 3, 2012	Freshman Orientation
June 27, 2012	Transfer Orientation
June 21, 2012	Transfer Orientation
June 14, 2012	Freshman Orientation
June 8, 2012	Freshman Orientation
June 5, 2012	Transfer Orientation
June 4, 2012	Freshman Orientation
May 4, 2012	Reception and Honor Cord Ceremony for Graduating Seniors
May 1, 2012	Met with Prospective Athlete
Apr 20, 2012	Prospective Student Meeting
Apr 13, 2012	Prospective Student Meeting
Apr 9, 2012	Executive Committee Meeting
Apr 4, 2012	Conducted Change of Major Meeting for Departmental Transfers to EXSC
Mar 16, 2012	Prospective Student Meeting
Feb 29, 2012	Conducted Change of Major Meeting for Departmental Transfers to EXSC
Feb 14, 2012	Prospective Student Meeting
May 2011	Reception and Honor Cord Ceremony for Graduating Seniors
May 2011	Attended Graduation
Aug 2011	New Student Convocation and Reception
2010-2011	Assistant/Associate Dean's Council for USC
	Executive Committee: Exercise Science
	Undergraduate Committee for Exercise Science
May 2010	Reception and Honor Cord Ceremony for Graduating Seniors

May 2010	Attended Graduation
Aug 2010	Reception and Honor Cord Ceremony for Graduating Seniors
Aug 2010	New Student Convocation and Reception
Dec 2010	Reception and Honor Cord Ceremony for Graduating Seniors
Dec 2010	Attended Graduation
2009-2010	Assistant/Associate Dean's Council for USC Executive Committee: Exercise Science Undergraduate Committee for Exercise Science Carolina Student Judicial Council
Dec 2009	Reception and Honor Cord Ceremony for Graduating Seniors
Dec 2009	Attended Graduation
Aug 2009	Attended Graduation
Aug 2009	New Student Convocation and Reception
May 2009	Reception and Honor Cord Ceremony for Graduating Seniors
May 2009	Attended Graduation
2008-2009	Assistant/Associate Dean's Council for USC Undergraduate Committee for Exercise Science Carolina Student Judicial Council
Dec 2008	Attended Graduation
Aug 2008	New Student Convocation and Reception
May 2008	Attended Graduation
2007-2008	Assistant/Associate Dean's Council for USC Undergraduate Committee for Exercise Science
Dec 2007	Attended Graduation
Aug 2007	New Student Convocation and Reception
2006-2007	Assistant/Associate Dean's Council for USC Undergraduate Committee for Exercise Science
Dec 2006	Attended Graduation
Aug 2006	New Student Convocation and Reception
2005-2006	Assistant/Associate Dean's Council for USC Undergraduate Committee for Exercise Science
Aug 2005	New Student Convocation and Reception
2004-2005	Assistant/Associate Dean's Council for USC Undergraduate Committee for Exercise Science
Aug 2004	New Student Convocation and Reception
2003-2004	Assistant/Associate Dean's Council for USC Undergraduate Committee for Exercise Science
Aug 2003	New Student Convocation and Reception
2002-2003	Assistant/Associate Dean's Council for USC Undergraduate Committee for Exercise Science
Aug 2002	New Student Convocation and Reception

2001-2002	Assistant/Associate Dean's Council for USC Undergraduate Committee for Exercise Science Library and Resources Committee
Aug 2001	New Student Convocation and Reception
2000-2001	Assistant/Associate Dean's Council for USC Undergraduate Committee for Exercise Science DARS Degree Audit Working Team Library and Resources Committee
1999-2000	Assistant/Associate Dean's Council for USC Undergraduate Committee for Exercise Science Search Committee for Exercise Science Department Chair DARS Degree Audit Working Team
1998-1999	Undergraduate Committee for Exercise Science Scholastic Standards Committee