

Curriculum Vitae
Dan Benardot, PhD, DHC, RD, LD, FACSM
04-05

Dan Benardot, PhD, DHC, RD, LD, FACSM Biographical Sketch

Georgia State University

- Associate Professor of Nutrition
- Associate Professor of Kinesiology and Health
- Co-Director, Laboratory for Elite Athlete Performance (LEAP)
- Full Member of the Graduate Faculty, College of Health and Human Sciences

National

- Registered Dietitian and Licensed Dietitian (Georgia)
- Member, Sports Medicine Society of United States Figure Skating (elected president in 2004)
- Member, Sports, Cardiovascular, and Fitness Nutrition (SCAN) practice group of the American Dietetic Association
- Editorial Board, *ACSM's Health and Fitness Journal*
- Manuscript reviewer for: *J Am Diet Assoc*; *Int J Sport Nutr & Exer. Metab*; *Med Sci Sport Exer.*; and *ACSM's Health and Fitness Journal*

Dan Benardot is an Associate Professor in the Department of Nutrition and an Associate Professor in the Department of Kinesiology and Health at Georgia State University, and he co-directs the Laboratory for Elite Athlete Performance at Georgia State University. Dr. Benardot received his doctorate in human nutrition and health planning from Cornell University in 1980, and he received a Doctor of Humane Letters, *honoris causa*, in 2002 from Marywood University for his work in the area of sports nutrition. He is a Fellow of the American College of Sports Medicine, and a Registered and Licensed (Georgia) Dietitian. His research focus on energy balance and related issues in competitive athletes has been funded by the United States Olympic Committee, the Gatorade Sports Science Institute, the Georgia Research Foundation, and the American Cancer Society. His findings in the area of within-day energy balance have been published in highly regarded professional journals and have been presented at national and international conferences. He authored "Nutrition for Serious Athletes" (Human Kinetics Publisher © 2000, 336 pgs), was editor-in-chief of "Sports Nutrition: A Guide for the Professional Working with Active People, 2nd edition" (American Dietetic Association © 1993, 335 pgs), and co-authored "The ACSM Fitness Book – 3rd Edition" (Human Kinetics Publisher © 2003, 175 pgs). He is currently under contract with Human Kinetics to write "Advanced Sports Nutrition", to be published in November, 2005. He is co-author of the American and Canadian Dietetic Association position paper on "Physical Fitness and Athletic Performance for Adults" (1993), and has authored numerous refereed journal publications. Benardot is on the editorial board for *ACSM's Health and Fitness Journal*, and is a manuscript reviewer for *The Journal of the American Dietetic Association*, *The International Journal of Sport Nutrition & Exercise Metabolism*, and for *Medicine & Science in Sports & Exercise*. He was the first American appointed to the Medical Commission of the international governing body for gymnastics (Fédération Internationale de Gymnastique), is an officer/member of the Sports Medicine Society for United States Figure Skating, and was a founding member of the Athlete Wellness Committee for USA Gymnastics. In 1993 he received the Sports and Cardiovascular Nutrition (SCAN) achievement award, in 1995 he was initiated into the Alumni Honor Roll for the State University System of New York, and in 1996 USA Gymnastics presented him with the Outstanding Educator Award. Dr. Benardot was in charge of the nutritional health of the gold-medal winning United States Gymnastics Team at the 1996 Atlanta Olympic Games, and was nutritionist for the medal-winning USA marathoners at the 2004 Athens Olympic Games.

BACKGROUND

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Personal Information:

Born: 1949; 2 Children, Ages 24 (Jacob) and 21 (Leah)

Certifications/Fellowships:

American Dietetic Association Registered Dietitian (R.D.): R591407	Fellow, American College of Sports Medicine 2002
Safety Certified, USA Gymnastics 1995-99	Certified DEXA Technician 1993
Licensed Dietitian, State of Georgia (L.D.):	

Higher Education/Degrees:

Marywood University, Doctor of Humane Letters, *Honoris Causa*, 2002
For accomplishments in the field of Sports Nutrition

Cornell University, College of Human Ecology, Ph.D. 1980
Major: Human Nutrition and Health Planning
Minor: Human Service Studies

University of Vermont, Graduate School (19 Credits), 1971-72
Major: Nutrition and Food
Minor: Human Development

State University of New York at Plattsburgh, B.S. 1971
Major: Nutrition and Food
Minor: Child Development

State University of New York at Canton, A.S. 1968
Major: Food Service Administration

CURRENT ACTIVITIES/POSITIONS

- Associate Professor, Department of Nutrition and Dietetics, Georgia State University
- Associate Professor, Department of Kinesiology and Health, Georgia State University (Joint Appointment Approved by Board of Regents on 8/94)
- Co-Director, Laboratory for Elite Athlete Performance (LEAP), College of Health and Human Sciences, Georgia State University
- Member, Sports Medicine Society of the United States Figure Skating Association
- Member, Sports, Cardiovascular, and Fitness (SCAN) practice group of the American Dietetic Association
- Editorial Board, *ACSM Health & Fitness Journal*
- Manuscript Reviewer, *Journal of the American Dietetic Association*
- Manuscript Reviewer, *Medicine & Science in Sports & Exercise*
- Manuscript Reviewer, *International Journal of Sport Nutrition & Exercise Metabolism*
- Sports Nutrition Advisory Board Member, Gatorade Sports Science Institute

ACADEMIC EXPERIENCES

1992 - Present

Associate Professor: Georgia State University's Department of Nutrition and Dietetics. Responsibilities include research, teaching, and service, with special emphasis on development of the Sports Medicine/Sports Science effort for the College of Health Sciences. Also co-director of the newly established *Laboratory for Elite Athlete Performance*. Joint faculty appointment held in Department of Kinesiology and Health, Georgia State University, as of 8/94. Appointed Associate Director for Research, Center for Sports Medicine, Science & Technology in 1994. Appointed Graduate Program Director for the Department of Nutrition and Dietetics in 1994.

1998-2002

Associate Dean: Georgia State University's College of Health and Human Sciences. Primary responsibilities focus on the research mission of the College, including development and implementation of College research opportunities, review of research proposals to outside funding sources, and leadership responsibilities with the College Research Committee. Duties also involve serving as the College liaison with the University's Office of Research and Awards Administration, and with the Vice President for Research.

1984-1992

Associate Professor and Department Chairman: Georgia State University's Department of Nutrition and Dietetics. Responsibilities include department administration, teaching, research, and public service. (Tenured, 1989) During the 8 years as Chairman, the Department experienced consistent yearly growth in student majors and credit hours generated, and faculty became more heavily involved in scholarly activities. A new AP-4 program and a new Didactic Program were approved by the American Dietetic Association, and a Master's Degree emphasis in "Sports Nutrition" was established in 1985. This was the 1st such program in the United States.

1981-1984

Assistant Professor and Coordinator of Nutrition/Dietetics: Illinois State University's Dept. of Home Economics. Major responsibilities include graduate and undergraduate teaching, graduate thesis advisement and curriculum and faculty coordinator for the Nutrition, Dietetics, and Foods areas. Full member of the Graduate Faculty. Three funded research projects. Given highest "Exceptional Merit" rating each year since joining the faculty.

1979-1981

Assistant Professor: Western Kentucky University's Dept. of Home Economics and Family Living. Major responsibilities included Graduate and Undergraduate teaching, undergraduate advisement, and College and University committees.

OTHER POSITIONS AND EXPERIENCES

- *Fall, 1978* Lecturer: Cornell University's Department of Human Service Studies.
- *Summer, 1978* Consultant: Cornell University's Department of Rural Sociology.
- *1977-1978* Lecturer: Cornell University's Department of Human Service Studies.
- *Fall, 1977* Adjunct Faculty: Tompkins-Cortland Community College's Dept of Human Services
- *Summer, 1977* Data Analyst: Cornell University's Department of Nutritional Sciences.
- *1977* Grant Writing Assistant: Cornell University's Department of Human Service Studies.
- *Spring, 1977* College Supervising Teacher: Cornell University's Department of Human Service Studies.
- *1976-1977* Teaching Assistant: Cornell University's Department of Human Service Studies.
- *1974-1976* Extension Associate (Faculty): Cornell's Department of Nutritional Sciences. Directed youth portion of "Expanded Food and Nutrition Education Program" (EFNEP) for State of New York. Developed program focus and materials. Planned and provided in-service education opportunities for Cooperative Extension Agents and Nutrition Aides associated with EFNEP.
- *1973-1974* Cooperative Extension Agent: Schoharie County (NY) Cooperative Extension. Directed EFNEP, and supervised 8 para-professional nutrition aides and secretarial staff. Other responsibilities included curriculum development with local schools, interagency cooperation, and developed food and nutrition educational programs.

PUBLICATIONS

(*RJA*; Refereed Journal Article; *LJA*- Lay Journal Article; *PN* – Professional Journal/Newsletter; *BK*-Book; *BC*-Book Chapter; *RAB*-Refereed Journal Abstract; *AP*-Abstract in Proceedings; *BR*-Book Review in Refereed Journal; *JR*-Journal Article Review in Refereed Journal)

PUBLICATIONS IN PRINT

Benardot D. Never get hungry, never get thirsty: A drug-free nutritional strategy for optimizing athletic performance. Olympic Coach 2004; 16(4): 4-7. (PN)

Benardot D. Energy balance: A concept for athletes and non-athletes. ACSM Fit Society Page 2004; Winter: 4; 11. (PN)

Koenig C, **Benardot D**, Cody M, and Thompson W. The influence of creatine monohydrate and carbohydrate supplements on repeated jump height. Medicine & Science in Sports & Exercise. 2004; 36(5):S347 (RAB)

Benardot D, Thompson WR, and Martin DE. Bone density, muscle mass, and injury risk in elite gymnasts. Proceedings of the VIIth IOC Olympic World Congress on Sport Sciences. Athens, Greece. October 8, 2003. Pg 108D. (RAB)

Martin DE, **Benardot D**, and Thompson WR. Relationship of lean mass and power on injury frequency and health status in elite gymnasts. Proceedings of the VIIth IOC Olympic World Congress on Sport Sciences. Athens, Greece. October 8, 2003, pg 128D. (AP)

Benardot D. Eating to achieve optimal body composition. Proceedings of the 54th Annual Meeting & Clinical Symposia of the National Athletic Trainers Association. St. Louis, MO. June 28, 2003, pp 279-281. (AP)

Papadopoulos C, Doyle JA, LaBudde B, Rupp JC, Brandon LJ, **Benardot D**, and Martin DE. Relationships between blood lactate parameters and endurance performance. Medicine & Science in Sports & Exercise 2003; 35(5):S90. (RAB)

Thompson WR, **Benardot D**, and Jonas S. "ACSM Fitness Book (3rd Edition)" Champaign, IL: Human Kinetics Publishers, 175 pages. Copyright © April, 2003 (BK)

Benardot D. "Chapter 3: Nutrition" In: "NSCA's Strength and Conditioning Manual for High School Coaches". Healthy Living Publishers: Monterey, CA., 2003; pp 18-37. (BC)

Benardot D, Martin DE, and Thompson WR. The effect of eating frequency on energy intake, body composition, and exercise performance in athletes. Medicina Sportiva – Bohemica & Slovaca 2002; 11(3): 238-239. (RAB)

Georgopoulos NA, Markou KB, Theodoropoulou A, **Benardot D**, Leglise M, & Vagenakis AG. Growth retardation in artistic compared with rhythmic elite female gymnasts. The Journal of Clinical Endocrinology & Metabolism 2002; 87(7):3169-3173. (RJA)

Benardot D, Martin DE, and Thompson WR. Maintaining energy balance: a key for effective physical conditioning. American Journal of Medicine & Sports, 2002; 4(1): 25-30, 40 (RJA)

Martin DE, **Benardot D**, and Thompson WR. Caloric intake differences in collegiate athletes and elite cyclists. Medicine & Science in Sports & Exercise 2002; 34(5): S107 (RAB)

Benardot D, Martin DE, and Thompson WR. Body composition and bone density differences in collegiate athletes and elite cyclists. Medicine & Science in Sports & Exercise 2002; 34(5): S196 (RAB)

Benardot D. The Effect of Eating Frequency on Body Composition and Athletic Performance. Proceedings of the Seventh Annual Congress on the Sports Medicine and Sports Science of Skating Los Angeles, January 12, 2002 (AP)

Georgopoulos NA, Markou KB, Theodoropoulou A, Vagenakis GA, **Benardot D**, Leglise M, Dimopoulos JCA, and Vagenakis AG. Height velocity and skeletal maturation in elite female rhythmic gymnasts. The Journal of Clinical Endocrinology & Metabolism 2001; 86(11) 5159-5164 (RJA)

Benardot D. "Nutrición para Deportistas de Alto Nivel" Barcelona, Spain: Editorial Hispano Europea, S.A., 319 pages, © 2001 (BK)

Benardot D. Thinness vs. Leanness: Problems with the Dieting Paradigm. Proceedings of the Sixth Annual Congress on the Sports Science and Medicine of Skating. January 20, 2001 (AP)

Arnett B, **Benardot D**, Maughan R, Steuerwald B, and Tedeschi F. Speeding recovery from exercise. Gatorade Sports Science Institute – Sports Science Exchange Roundtable 46 2001; 12(4) (PN)

Benardot D, Clarkson P, Coleman E, and Manore M. Can vitamin supplements improve sport performance? Gatorade Sports Science Institute - Sports Science Exchange Roundtable 45 2001; 12(3) (PN)

Rao AH, **Benardot D**, Martin DE, and Thompson WR. Energy balance and body composition in relation to anaerobic power in elite artistic gymnasts. Medicine & Science in Sports & Exercise 2001; 33(5):S15 (AB)

Benardot D: "Chapter 45: Gymnastics" in Maughan RJ (Ed), "IOC Encyclopaedia of Sports Medicine: Nutrition in Sports". Blackwell Science Ltd: Oxford, England, 2000, pp 588-608 (BC)

Jonnalagadda S, **Benardot D**, and Nelson M. Assessment of under-reporting of energy intake by elite female gymnasts. International Journal of Sport Nutrition and Exercise Metabolism 2000; 10: 315-325 (RJA)

Benardot D: "Nutrition for Serious Athletes". Champaign, IL: Human Kinetics Publishers, 336 pages, © 2000 (BK)

Deutz B, **Benardot D**, Martin D, and Cody M. Relationship between energy deficits and body composition in elite female gymnasts and runners. Medicine & Science in Sports & Exercise 2000; 32(3): 659-668 (RJA)

Benardot D. The influence of within-day energy balance on body composition. Proceedings of the Czech Society of Sports Medicine Annual Meeting, Trešt, Czech Republic, November 3-5, 2000. Medicina Sportiva – Bohemica & Slovaca 2000; 9(3): 148 (RAB)

Georgopoulos N, Markou K, Theodoropoulou A, Vagenakis GA, **Benardot D**, Leglise M, and Vagenakis AG. Height velocity and pubertal development in elite rhythmic gymnasts. International Journal of Experimental and Clinical Endocrinology. 2000; 53(suppl 2): 94 (RAB)

Thomas HO, **Benardot D**, and Martin DE. The relationship of reported energy intake to body fat percent and bone mineral density in collegiate tennis players. Medicine & Science in Sports & Exercise. 2000; 32(5):S284 (RAB)

Benardot D: Gymnastics: Tumbling Into Good Nutrition. The Clipboard. Gatorade Sports Science Institute: May 3, 2000 (LJ)

Benardot D and Thompson W. Energy: The importance of getting enough and getting it on time. American College of Sports Medicine's Health and Fitness Journal 1999; 3(4): 14-18 (RJA)

Benardot D. "NCAA Guideline 2e: Assessment of Body Composition" in: Halpin T and Dick RW (eds). "NCAA Sports Medicine Handbook - 1999-2000" Indianapolis, IN: The National Collegiate Athletic Association. 1999, pp 22-25 (BC)

Benardot D: "Nutrition for Gymnasts" in: Marshall NT (Ed): "The Athlete Wellness Book", USA Gymnastics Publications: Indianapolis, Indiana, 1999, pp 1-28 (BC)

Benardot D. Energy Balance in gymnastics: conflicting issues of weight, growth, injuries, and performance. Book of Abstracts: Fifth IOC World Congress on Sports Medicine November 4, 1999; 259-260 (AP)

Jonnalagadda SS, **Benardot D**, and Dill MN. Under-reporting of energy intake by elite female gymnasts. Journal of the American Dietetic Association 1999; 99: A-99 (RAB)

Doyle JA, **Benardot D**, Thompson WR, Papadopoulos H, and Kallish IS. Anaerobic performance characteristics of Elite gymnasts: Junior and senior women and senior men. Medicine & Science in Sports & Exercise 1999; 31(5):S170 (RAB)

Granata GP, Brandon LJ, **Benardot D**, Doyle JA, Rupp JC, and Thompson WR. The thermic effect of food in males of low and moderate body fatness. Medicine & Science in Sports & Exercise 1999; 31(5):S196 (RAB)

Dill MN, **Benardot D**, Martin DE, and Jonnalagadda S. Relationship between bone mineral density, energy intake and menstrual status in elite female gymnasts. Medicine & Science in Sports & Exercise 1999; 31(5): S248 (RAB)

Elliott-Loyd MB, Dill MN, Johnson B, Doyle A, **Benardot D**, Price L, Rupp JC, Brandon LJ, and Thompson WR. Effect of an 18-week walking program on body composition in black and white sedentary females. Medicine & Science in Sports & Exercise 1999; 31(5): S345 (RAB)

Benardot D. Overweight and Weight Management, The Health Professional's Guide to Understanding and Practice by Sharron Dalton. Gaithersburg, Maryland: Aspen Publishers, 1997. Journal of the American Dietetic Association 1998; 6:331-332. (BR)

Jonnalagadda S, **Benardot D**, and Nelson M. Energy and nutrient intakes of members of the United States women's gymnastics team. International Journal of Sport Nutrition. 1998; 8:331-344 (RJA)

Granata GP, **Benardot D**, and Brandon LJ. Relationships between blood pressure and dietary nutrients in African-American and Caucasian females. Medicine & Science in Sports & Exercise 1998; 30(5):S61 (RAB)

Deutz RC, **Benardot D**, Martin DE, and Cody MM. Relationship between energy deficits and body composition in elite female gymnasts and runners. Medicine & Science in Sports & Exercise 1998; 30(5):S339 (RAB)

Elliott-Lloyd MB, Papadopoulos C, **Benardot D**, Doyle JA, Price L, and Brandon LJ. Relationships between BMI and other body composition measures in African-American and Caucasian females. Medicine & Science in Sports & Exercise 1998; 30(5):S238 (RAB)

Jonnalagadda SS, **Benardot D**, and Nelson M. Nutrient intake of nationally ranked artistic female gymnasts. FASEB J 1998; 12(4):S1303 (RAB)

Kicklighter JR, Mullis RM, Mohr L, **Benardot D**, and Gordon R: Formative evaluation for planning a school-based nutrition intervention: Results from focus groups. School Food Service Research Review 1997; 21(2): 111-116 (RJA)

Benardot D: Working with young athletes: Views of a nutritionist on the sports medicine team. International Journal of Sport Nutrition. 1996; Vol 6, No 2 (June): 110-120 (RJA)

Steen SN, Bildsten C, Johnson R, Spears B, Day BB, and **Benardot D**. Timely statement of the American Dietetic Association: Nutrition guidance for child athletes in organized sports. Journal of the American Dietetic Association 1996; 96(6):610-611 (RJA)

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Granata GP, Brandon LJ, and **Benardot D**. Comparison of energy expenditure at rest and during exercise in African-American and Caucasian females. Journal of the American Dietetic Association 1996; 96(9): A74 (AB)

Benardot D: Gold-Medal Nutrition: Dietitians at the 1996 Olympics. Journal of the American Dietetic Association. October, 1996, p 993 (Published Interview) (RJA)

Grediagin MA, Cody M, Rupp J, **Benardot D**, Shern R: Exercise intensity does not effect body composition change in untrained, moderately overfat women. Journal of the American Dietetic Association. 1995; (95) 6:661-665 (RJA)

Benardot D, Englebert-Fenton K, Freeman K, Hartsough C, and Steen SN: Eating Disorders in Athletes: The Dietician's Perspective (Roundtable Discussion). Sports Science Exchange 1995; 5(4) (PN)

Benardot D, Martin DE, Doyle A, Thompson W: Predicted body fat % using dual-energy x-ray absorptiometry (DEXA) and anthropometric measures on the United States Rhythmic Gymnastics Team. Proceedings of the Third IOC World Congress on Sport Sciences. Atlanta, GA September 16-22, 1995 (AP)

Benardot D. Article Review/Editorial Comment of: Baker SK, Rusynyk T, Tiidus PM: Immediate Post-Training Carbohydrate Supplementation Improves Subsequent Performance in Trained Cyclists. Sports Med Train Rehabil 5:131-135, 1994. In: Perspectives in Applied Nutrition, Vol 2:4, Apr-June, 1995, p 33-34 (JR)

Benardot D. Article Review/Editorial Comment of: Adopo E, Peronnet F, Massicotte D, Brisson GR, Hillaire-Marcel C: Respective Oxidation of Exogenous Glucose and Fructose Given in the Same Drink During Exercise. J Appl Physiol 76:1014-1019, 1994. In: Perspectives in Applied Nutrition, Vol 2:4, Apr-June, 1995, p 34-35 (JR)

Benardot D. Article Review/Editorial Comment of: Steen SN: Nutrition for Young Athletes: Special Considerations. Sports Med 17:152-162, 1994. In: Perspectives in Applied Nutrition, Vol 2:4, Apr-June, 1995, p 35-36 (JR)

Benardot D: When You Think of Food, Think Energy. USA Gymnastics Volume 24 (3): 12, Sept/Oct, 1995 (LJ)

Benardot D and Martin DE. Predicted body composition using dual-energy x-ray absorptiometry and skinfolds on the united states national gymnastic team (women). Medicine & Science in Sports & Exercise, 1994; 26:5 (RAB)

Benardot D: "Nutritional Readiness" in USA Gymnastics Safety Handbook, USA Gymnastics: Indianapolis, 1994. pp 71-74 (BC)

Benardot D: Eating Away from Home. USA Gymnastics, 1994; 1:10 (LJ)

Benardot D: Iron - Critical to Working Muscles. USA Gymnastics, 1994; 2:10 (LJ)

Benardot D: Staying Well Hydrated is Important. USA Gymnastics, 1994; 3:16 (LJ)

Benardot D: After Exercise Replenishment. USA Gymnastics, 1994; 4:13 (LJ)

Benardot D.: Nutrients as Ergogenic Aids for Sports and Exercise by Luke R. Bucci. Boca Raton, FL: CRC Press, Inc., 1993. Journal of the American Dietetic Association. 1994; 1, 115 (BR)

Benardot D: Calcium: What You Need to Keep Your Bones Strong. USA Gymnastics, 1994; 5:13 (LJ)

Benardot D. Article Review/Editorial Comment of: Anderson DE, Hickey MS: Effects of Caffeine on the Metabolic and Catecholamine Responses to Exercise in 50 and 280 C. Med Sci Sports Exerc 26:453-458, 1994. In: Perspectives in Applied Nutrition, Vol 2:2, Oct-Dec, 1994, p 37-38 (JR)

Benardot D. Article Review/Editorial Comment of: Bowman K et al: Endurance, Physical Activity, and Diet. Atherosclerosis 106:65-74, In: Perspectives in Applied Nutrition, Vol 2:1, July-Sept, 1994, p 30-31 (JR).

Benardot D. Article Review/Editorial Comment of: Peters HP et al: Gastrointestinal Problems as a Function of Carbohydrate Supplements and Mode of Exercise. Med Sci Sports Exerc 25:1211-1224, 1993. In: Perspectives in Applied Nutrition, Vol 2:1, July-Sept, 1994, p 30-31 (JR)

Benardot D. Article Review/Editorial Comment of: Chandler RM et al: Dietary Supplements Affect the Anabolic Hormones After Weight-Training Exercise. J Appl Physiol 76:839-845, 1994. In: Perspectives in Applied Nutrition, Vol 2:1, July-Sept, 1994, p 34-35 (JR)

Benardot D (Editor): "Sports Nutrition: A Guide for the Professional Working with Active People", Chicago, IL: The American Dietetic Association. 335 pages, © 1993 (BK)

Bortz S, Schoonen JC, Kanter M, Kosharek S, and **Benardot D**: Physiology of Anaerobic and Aerobic Exercise. In: Benardot D (Editor): "Sports Nutrition: A Guide for the Professional Working with Active People", Chicago, IL: The American Dietetic Association. 1993, pp. 2-10 (BC)

Berning J, McKibben G, **Benardot D**, and Fike S: Fuel Supplies for Exercise. In: Benardot D (Editor): "Sports Nutrition: A Guide for the Professional Working with Active People", Chicago, IL: The American Dietetic Association. 1993, pp. 11-20 (BC)

Kanter M, and **Benardot D**: Vitamins, Minerals, and Athletic Performance. In: Benardot D (Editor): "Sports Nutrition: A Guide for the Professional Working with Active People", Chicago, IL: The American Dietetic Association. 1993, pp. 26-37 (BC)

Manore M, **Benardot D**, and Love P: Body Measurements. In: Benardot D (Editor): "Sports Nutrition: A Guide for the Professional Working with Active People", Chicago IL: The American Dietetic Association. 1993, pp. 70-93 (BC)

Harkins C, Carey R, Clark N, and **Benardot D**: Protocols for Developing Dietary Prescriptions. In: Benardot D (Editor): "Sports Nutrition: A Guide for the Professional Working with Active People", Chicago, IL: The American Dietetic Association. 1993 pp 170-185 (BC)

Tveit P, and **Benardot D**: Meal Plans and Recipes. In: Benardot D (Editor): "Sports Nutrition: A Guide for the Professional Working with Active People", Chicago, IL: The American Dietetic Association. February, 1993, pp. 197-207 (BC)

Benardot D, Cody M, Grediagen A, and Love P.: Feeding Stations for Various Events. In: Benardot D (Editor): "Sports Nutrition: A Guide for the Professional Working with Active People", Chicago, IL: The American Dietetic Association. February, 1993, pp. 208-210 (BC)

Plombon M and **Benardot D**: Position of the American Dietetic Association and the Canadian Dietetic Association: Nutrition for physical fitness and athletic performance for adults. Journal of the American Dietetic Association. 1993; (93) 6:691-696 (RJA)

Rupp JC, Grediagin A, Cody M, and **Benardot D**. Effects of high-intensity versus low-intensity exercise on body composition. FASEB J 1993; 9(4): A981 (AB)

Benardot D, Joye A, and Shah B: Talent opportunity program (TOPS) gymnasts: Nutrient intake and body composition assessment results. Technique, 1993; 13(9):17-20 (PJ)

Benardot D and Joye A: Nutrient Intake and Body Composition Analysis of TOPs Gymnasts: Problems With Not Enough. USA Gymnastics, 1993; 6:10-12, 1993 (LJ)

Benardot D: Body Composition, Bone Density, and Nutrient Intake in Competitive Adolescent Female Gymnasts and Swimmers. USA Gymnastics 1993 National Congress, Atlanta, Georgia. September 9-12. Proceedings, 54-55 (AP)

Grediagin A, Cody MM, Rupp JC, and **Benardot D**: The Effect of Exercise Intensity on Body Composition Change in Untrained, Moderately-Overfat Women. Journal of the American Dietetic Association, 1993; 9: A-17 (RAB)

Benardot D: Nutritional Problems of Young Female Athletes. XIth International Congress of Dietetics, Jerusalem, Israel: March 22-27, 1992

Benardot D: Training Dietitians: Issues For the 1990s and Beyond. XIth International Congress of Dietetics, Jerusalem, Israel: March 22-27, 1992 (AP)

Benardot D: Microcomputer Assisted Evaluation of Body Composition, Strength, Biochemical Indices, and Nutrient Intake in Sports Nutrition Practice, XIth International Congress of Dietetics, Jerusalem, Israel: March 22-27, 1992 (AP)

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Benardot D: Sports Nutrition. Proceedings of the Maccabiah-Wingate International Congress on Sports Sciences and Coaching Pg 229-239 (n.d. 1991) (AP)

Benardot D: Nutrition for Optimal Gymnastic Performance. Proceedings of the United States Gymnastics Federation Congress 1991 World Gymnastics Championships (Indianapolis, IN), September 12-14, 1991 (AP)

Benardot D: "Underrepresented Groups in the 21st Century - Males in the Dietetic Profession." Journal of the American Dietetic Association, 1990; 9, A-146 (RAB).

Benardot D: (Book Review)"Nancy Clark's Sports Nutrition Guidebook" (Champaign, IL:Leisure Press). Journal of the American Dietetic Association, 1990; 6, 885-886 (BR)

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Benardot D: Fluid Balance: An Important Factor in Maximizing Gymnastic Performance. Club News: The Official Publication of the United States Association of Independent Gymnastics Clubs. November, 1985 (LJ)

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Benardot D and Anthony J: Achieving maximum gymnastics performance through a specialized nutrition and fitness program. Technique, 1984; March-April (PJ)

Benardot D: Is Vegetarianism For You. Jazzercise Magazine, Number 3, 1984 (LJ)

Benardot D: Optimal Nutrition for Growing Gymnasts: One Key Toward Maximizing Athletic Performance. Club News: The Official Publication of the United States Association of Independent Gymnastics Clubs. pp 14-18, August, 1984 (LJ)

Benardot D: There's a Strong Connection Between Nutrition and What We Feel and Do. Jazzercise Magazine, 1984 (LJ)

Benardot D. The Nutritional Implications of Regular Exercise. Jazzercise, Inc. Jan., 1984 (LJ)

Benardot D. Some Important Nutrition Facts to Think About for Junior Jazzercisers. Jazzercise, Inc. Jan., 1984 (LJ)

Benardot D: "Four Steps to Less Fat and Better Nutrition", Bloomington, IL: Meridian Education Corporation. 127 pages, © 1983 (BK)

Benardot D. Determining Calorie and Nutrient Requirements. The Illinois Consumer Educator. 1983; 10(1): 2-3 (PJ)

Benardot D. Myths about Food Dispelled. Jazzercise Newsletter. Carlsbad, California. Fall, 1983 (LJ)

Benardot D. Eating a Wide Variety of Foods May be More Important Than you Think. Jazzercise, Inc. Carlsbad, California. Nov. 1983 (LJ)

Benardot D: Teaching Nutrition in the 80's. Illinois Vocational Home Economics Teachers Association Journal 1982; 15(2): 11-12 (PJ)

Benardot D. The Effect of the School Breakfast Program on Physical Growth Dissertation Abstracts International, Vol.41, Number 1, 1980 (AB)

Benardot D. The Child Care Food Program: Its Relation to Day Care Homes and Their Sponsoring Organizations, Voice for Children, 1976; 9(7): 13-15 (PJ)

Benardot D. Wild Foods (A Series of Five Articles) Cornell University Cooperative Extension News Service, Human Ecology. March through July, 1975 (LJ)

Benardot D. A Consumer's Approach to Wild Foods What's New in Home Economics. New York, Spring 1973 (LJ)

MANUSCRIPTS ACCEPTED FOR PUBLICATION (NOT YET IN PRINT)

Benardot D & Thompson WR. "Chapter 13: Nutrition for Personal Trainers" (Published by The American College of Sports Medicine, August, 2005)

Benardot D. Book: "Advanced Sports Nutrition: Fine-tune your food and fluid intake for optimal training and performance". Champaign IL: Human Kinetics Publishers © 2005, 400 pgs. (November, 2005 Publication Date)

Benardot D, Martin DE, Thompson WR, & Roman S. Between-meal energy intake effects on body composition, performance, and total caloric consumption in athletes. Medicine & Science in Sports & Exercise 2005; 37:5 (suppl). (May Publication Date)

Torstveit MK, **Benardot D,** & Sundgot-Borgen J. Body mass index is not a good predictor of body composition in elite female athletes. Medicine & Science in Sports & Exercise 2005; (May Publication Date)

MANUSCRIPTS BEING PREPARED FOR JOURNAL REVIEW (NOT IN PRINT)

Benardot D, Martin DE, Thompson WR, & Roman SB. The effect of between meal energy intake on body composition, exercise performance and total caloric consumption in athletes. (Expected submission to Medicine & Science in Sports & Exercise) RJA

Doyle JA, **Benardot D,** Thompson WR, & Martin DE. Anaerobic Power Characteristics of Elite Female Artistic and Rhythmic Gymnasts. (Expected submission to Medicine & Science in Sports & Exercise) RJA

CREATIVE PROJECTS

Benardot D. "Laboratory for Elite Athlete Performance Body Composition Assessment Software". 2000 (Computer program for assessment and data storage of elite athlete findings.)

Benardot D. "FIG Computerized Nutrition Assessment Program". 1998 (Computer program, and multi-language response forms to assess world-class gymnasts.)

Benardot D. "Nutrition for Gymnasts". USA Gymnastics: Indianapolis. 1997 (Slide Set, Manuscript, Audience Handouts, and Speakers Notes.)

Benardot D and Retton ML: "Three to Get Ready: Nutritional Readiness". USA Gymnastics: Indianapolis. 1994 (Video Tape)

Benardot D: Nutri-Facts". Nutrient intake, recipe analysis, and nutrition assessment computer software for nutrition professional in clinical and management settings. (IBM-PC Compatible Software) Version 2.0, 1994

Benardot D: Osteoporosis Risk Assessment Software to analyze lifestyle, medical history, and DEXA data to assess risk of osteoporosis. (IBM-PC Compatible Software). Version 1.0, 1994

Benardot D: TOPS Assessment. Software to analyze body composition, anthropometric, and skills data to predict success in young gymnasts in USA Gymnastics programs. (IBM-PC Compatible Software). Version 1.0, 1994.

Benardot D: Nourish-Check Athlete" version 1.0 for use by single users. Program includes sports nutrition information, nutrient intake analysis, and body composition analysis option. (IBM-PC Compatible Software). 1993.

Benardot D: Nourish-Check Professional" version 4.0. LAN version for use by University Students. Program includes nutrient intake, recipe analysis, body composition analysis, and food frequency analysis options. (IBM-PC Compatible Software). 1993

Benardot D: Nutri-Facts". Nutrient intake, recipe analysis, and nutrition assessment computer software for nutrition professionals in clinical and management settings. (IBM-PC Compatible Software). Version 1.0, 1991; Version 1.1, 1993.

Benardot D: Nourish-Check Professional". Nutrient intake, body composition, patient metabolic profile, and record keeping computer software for nutrition professionals. (V.3 1990) (IBM-PC Compatible Software) [Reviewed in September, 1990 Journal of the American Dietetic Association.]

Benardot D: Sports Nutrition. In Building Strength: A Comprehensive Guide To Achieving Your Maximum Athletic Potential (an audio tape with Walt Evans and Mike Webster). 1988, GNC

Benardot D: Physio-Check" Physical and nutrition assessment computer software and manual. 1987. (IBM-PC Compatible Software)

Benardot D: Nourish-Check" Diet Analysis Computer Software and Manual. Meridian Education Corporation, Bloomington, IL. 1986 (IBM- PC Compatible Software)

Benardot D: NutriData: The Nutritional Analysis Manager. Meridian Education Corporation, Bloomington, IL. 1985 (IBM-PC Compatible Software)

Benardot D. Visions Discussion Guide for "What's Cookin'" (Color videocassette, 30 Minutes, U.S. Dept. HEW, 1980), The Wesley Foundation, 1983

Deshler D and **Benardot D.** Adult Educator Effectiveness; A Conceptual Framework for Research Directions. National Institute of Education, Washington, D.C., April, 1979 (Solicited Paper)

Benardot D. Outreach Through Nutrition. Cornell University Press. 1976 (Slide Set, Pictured Script, and Audio Tape)

GRANT ACTIVITIES

Benardot D. Prototype development of the 'Energy Watch'. Georgia Research Alliance. Funded Grant, December 2003: \$50,000. (With Dr. Alfred Martin)

Benardot D and Asal N: Obesity, Nutrition & Renal Cell Carcinoma in Blacks & Whites. American Cancer Society for \$207,202 over 3 years. Funded project to begin January 2003.

Benardot D. Georgia State University Technology Fee. For Computerized Human Patient Simulator with Pediatric Patient Simulator Option. Funded Grant, June 2002: \$249,535.

Benardot D. Georgia State University Technology Fee. For A.D.A.M Interactive Anatomy and Physiology Software for Health Science Students. Funded Grant, June 2002: \$7,720.

Benardot D. Georgia State University Technology Fee. For Support of Health and Human Sciences Computer Lab. Funded Grant, June 2002: \$15,365.

Benardot D and Martin D. Gatorade Sports Science Institute. To study "The Effect of Eating Frequency on Energy Intake, Body Composition, IGF-1, and Exercise Performance in Elite Athletes". Funded Grant, August 2001: \$60,610.

Benardot D. Georgia State University Technology Fee. To develop a "Computer Laboratory for Students in the Health and Human Sciences. Funded Grant, September, 2001: \$55,000.

Martin D and **Benardot D.** Georgia State University - Quality Improvement Grant Program For portable metabolic measurement unit. 1999. Funded Grant-May 2000: \$31,000

Benardot D: United States Olympic Committee and USA Gymnastics. For National Team Monitoring Project: Longitudinal Assessment of Bone Density, Body composition, and Nutrient/Energy Intake.1998 (Funded Grant; \$42,000)

Benardot, D: United States Olympic Committee and USA Gymnastics. To study within day energy balance and body composition, 1997 (Funded Grant; \$41,000)

Duda J and **Benardot D:** United States Olympic Committee. To study energy balance and psychological interrelationships, 1996 (Funded Grant: Benardot portion = \$10,000)

Martin D, **Benardot D**, Hillegass E: Georgia State University. For Cybex Fastex and Related Software/Computer. 1996 (Funded Grant: \$26,000)

Benardot D: USA Gymnastics. "Nutritional, Body Composition, and Bone Density Assessment of National Team Gymnasts." 1995 (Funded Grant: \$1,600)

Kicklighter J, Mullis R, **Benardot D**, Mohr L: Georgia Department of Education. Cafeteria Based Sports Nutrition Education Program. 1994 (Funded Grant: \$65,000)

Benardot D. USA Gymnastics "Nutritional, Body Composition, and Bone Density Assessment of National Team Gymnasts." 1994 (Funded Grant: \$1,600).

Benardot D. The Atlanta Knights Hockey Team. "Evaluation of Nutritional Status, Body Composition, and Bone Density of Professional Hockey Players." 1993 (Funded Grant: \$2,500)

Benardot D. Gatorade Sports Science Institute "Comparison of Bone Density, Calcium Intake, and Body Composition in Adolescent Female Athletes: Gymnastics, Swimming, and Soccer. 1993 (Funded Grant: \$750).

Benardot D. Quality Improvement Program Award – Research - University System of Georgia. For Lunar DPX-L Dual Energy X-Ray Absorptiometer (for analysis of bone densities and body composition) 1992 (Funded Grant: \$63,100)

Benardot D. SPENCO Medical Corporation: To develop research protocols to study "The Effectiveness of Selected Nutritional Products with Elite Athletes." 1986 (Funded Grant: \$20,000)

Benardot D. Kimberly-Clark Corporation: To support conference on "Sports Nutrition" 1986 (Funded Grant: \$1,000).

Benardot D and Rosenbloom C. Georgia State University: To study "Assessing the Nutritional Status of a Criminal Population." 1985 (Funded Grant: \$2,000)

Benardot D. Georgia State University: For travel, to study the nutritional status of Junior Elite Gymnasts at the National Training Camp in Waco, Texas. 1985 (Funded Grant: \$1,000)

Benardot D. Illinois State University: To study "The Effect of Commercial High Fiber Cereals on Blood Nutrients. 1983 (Funded Grant: \$2,000)

Benardot D. Illinois State University Graduate School and College of Applied Sciences: To study the effect of commercial high fiber cereals on blood nutrients. 1982 (Funded Grant: \$1,000)

Benardot D. Illinois State University College of Applied Sciences: To purchase equipment for anthropometric measurements. 1982 (Funded Grant: \$2,500)

Benardot D. Western Kentucky University: To study the nutritional status of scholarship athletes. 1980 (Funded Grant: \$1,000)

Benardot D. Cornell University Graduate School: To study the effect of the school breakfast program on participating children. (Dissertation topic). 1978 (Funded Grant: \$2,500)

PRESENTATIONS BEFORE PROFESSIONAL GROUPS

International

Annual Meeting of the American Overseas Dietetic Association Meeting. Topic: "Sports Nutritionist as Eating Disorder Watchdog – How to Save Athletes from Themselves". Lefkosia, Cyprus. March 26, 2004 (invited oral presentation)

Annual Meeting of the American Overseas Dietetic Association Meeting. Topic: "The Relationship Between Within-Day Energy Balance, Body Composition, and Performance". Camogli, Italy. April 11, 2003. (invited oral presentation)

Annual Meeting of the American College of Sports Medicine. Topic: "Mini-Symposium – A new view of energy balance: Implications for weight control and athletic performance." (With DE Martin, WR Thompson, & G Granata) San Francisco, CA. May 29, 2003. (refereed oral presentation)

Gatorade Sports Science Institute Conference on Ergogenic Aids. Topic: "Do Fat Burners Work?" Chicago, IL. July 26, 2003. (invited oral presentation)

Annual Meeting of the Czech Republic Society of Sports Medicine. Topic: "The effect of eating frequency on energy intake, body composition, and exercise performance in athletes" Brno, Czech Republic: 9/20-9/22, 2002. (Refereed)

Annual Meeting of the American College of Sports Medicine. Topic: "Body Composition and Bone Density Differences in Collegiate Athletes and Elite Cyclists." (With DE Martin and WR Thompson). St. Louis, MO. May 31, 2002 (Refereed).

18th International Health and Fitness Convention. Topic: "Sports Nutrition: Energy, fluids, and micronutrients" Sao Paulo, Brazil: 8/30/01-9/01/01 (Invited).

2001 ASCN/ACSM Sport Nutrition Symposium (in conjunction with the American College of Sports Medicine Annual Meeting). Topic: "The Adolescent Elite Athlete: What to do when athletes want to diet for weight loss?" Baltimore, MD, May 29, 2001 (Invited).

Gatorade Sports Science Institute Editors Conference on Emerging Sports Nutrition Issues: A 2001 Update. Topic: "Energy Eating: Six vs. Three Meals a Day". Cancun, Mexico, February 22-24, 2001 (Invited)

Annual Meeting of the Czech Republic Society of Sports Medicine. Topic: "The Influence of Within-Day Energy Balance on Body Composition". The Prague, Czech Republic, November 3, 2000 (Invited).

Medical and Technical Symposium of the French Medical Society and Federation Internationale de Gymnastique Annual Meeting, Topic: “Energy balance and substrate distribution in elite rhythmic gymnasts: Findings from the Seville, Spain (1998) and Osaka, Japan (1999) World Championships” Paris, France May 12, 2000 (Invited)

Fifth International Olympic Committee (IOC) World Congress on Sport Sciences: Topic “Energy Balance in Gymnastics: conflicting Issues of Weight, Growth, Injuries, and Performance”. Sydney, Australia November 5, 1999 (Refereed Symposium)

World Gymnastics Championships, Sports Medicine Conference of the Fédération Internationale de Gymnastique: Topic: “Predicted Energy Balance of Rhythmic Gymnasts Competing at the 1998 World Championships in Seville, Spain.” Tianjin, China, October 20, 1999 (Invited)

8th International Conference of the International Diabetic Athletes Association. Topic: The Influence of Within-Day Energy Balance on Body Composition and Resting Energy Expenditure: Implications for the Diabetic Athlete. Athens, Greece, September 3, 1998 (Invited)

Second I.O.C. Post Olympic Symposium on Sports Medicine. Topic: Nutrition Activities Before and During the 1996 Olympic Games with the United States Gymnastic Team. Wingate Institute, Israel, December 28, 1996 (Refereed)

First International Conference on Rhythmic Sportive Gymnastics. Topic: Sports Nutrition for Rhythmic Gymnasts: Concerns and Strategies. Budapest, Hungary, June 18-20. (Refereed)

Third IOC World Congress on Sport Sciences. Benardot D, Martin DE, Doyle A, Thompson W: Predicted body fat % using dual-energy x-ray absorptiometry (DEXA) and anthropometric measures on the United States Rhythmic Gymnastics Team. Atlanta, GA September 16-22, 1995. (Refereed poster presentation)

XIth International Congress of Dietetics, Jerusalem, Israel. Topic: Microcomputer Assisted Evaluation of Body Composition, Strength, Biochemical Indices, and Nutrient Intake in Sports Nutrition Practice. 1992 (Invited)

XIth International Congress of Dietetics, Jerusalem, Israel. Topic: Training Dietitians: Issues for the 1990s and Beyond. 1992 (Invited)

XIth International Congress of Dietetics, Jerusalem, Israel. Topic: Nutritional Problems of Young Female Athletes 1992 (Invited)

International Conference on Computer Applications in Sport and Physical Education, Wingate Institute, Israel. Topic: Microcomputer Applications in Sports Nutrition Practice. 1992 (Invited)

The Fédération Internationale de Gymnastique Scientific/Medical Symposium (World Gymnastics Championships, Sept 13, 1991), Indianapolis, IN Topic: Nutrition Factors and the Female Competitive Gymnast. (Invited)

International Congress On Sport Sciences and Coaching. Maccabiah-Wingate Institute, Israel. Topic: Sports Nutrition, June, 1989. (Invited)

National

Gatorade Sports Science Institute Symposium on Nutrition and American Football, Topic: “Power Supplements and American Football” (With Lawrence Spriet). Park City, UT: July 12, 2002 (Invited)

Presentation at the Sixth Annual Congress on the Sports Science and Medicine of Skating, Topic: “Thinness vs. Leanness: Problems with the Dieting Paradigm” Boston, MA January 20, 2001 (Refereed)

Presentation at the South-East Certified Athletic Trainers Annual Meeting, Topic: "Achieving Fluid and Energy Balance for Optimal Performance" Atlanta, GA April 2, 2000 (Invited)

Presentation at the Mid-West Certified Athletic Trainers Annual Meeting, Topic: "Achieving Fluid and Energy Balance for Optimal Performance" Omaha, NB March 18, 2000 (Invited)

Brazilian Conference on Sports Medicine, Sponsored by the Universidad Estácio de Sá, Topic: "Nutrition for Sport Performance." Rio de Janeiro, Brazil, November 17, 1999 (Invited)

Brazilian Conference on Sports Medicine, Sponsored by the Universidad Estácio de Sá, Topic: "Nutrition for Health" Rio de Janeiro, Brazil, November 18, 1999 (Invited)

Brazilian Conference on Sports Medicine, Sponsored by the Universidad Estácio de Sá, Topic: "Creatine as an Ergogenic Aid" Rio de Janeiro, Brazil, November 19, 1999 (Invited)

Gatorade Sports Science Institute Conference on Sports Nutrition: Topic: "Nutrition and Immune Function". Chicago, IL June 26, 1999 (Invited)

Annual Meeting of the American College of Sports Medicine. Topic: Clinical issues related to gymnastics participation. Seattle, Washington, June 5, 1999 (Refereed clinical session)

United States Figure Skating Association Sport Science Congress. Topic: Within-day energy balance comparisons of runners, gymnasts, and figure skaters. Salt Lake City, Utah. February 13, 1999 (Invited)

Annual Meeting of the American College of Sports Medicine. Granata GP, Benardot D, and Brandon LJ. Relationships between blood pressure and dietary nutrients in African-American and Caucasian females. (Refereed poster presentation)

Annual Meeting of the American College of Sports Medicine. Deutz RC, Benardot D, Martin DE, and Cody MM. Relationship between energy deficits and body composition in elite female gymnasts and runners. (Refereed poster presentation)

Annual Meeting of the American College of Sports Medicine. Elliott-Lloyd MB, Papadopoulos C, Benardot D, Doyle JA, Price L, and Brandon LJ. Relationships between BMI and other body composition measures in African-American and Caucasian females. (Refereed poster presentation)

Annual Meeting of FASEB. Jonnalagadda SS, Benardot D, and Nelson M. Nutrient intake of nationally ranked artistic female gymnasts. (Refereed poster presentation)

Annual Meeting of the American Dietetic Association. Presiding Officer for "Original Contributions in Sports Nutrition and Nutrition Education. Boston, MA October 27-28, 1997 (Invited)

Annual meeting of the American Dietetic Association. Granata GP, Brandon LJ, and Benardot D. Comparison of energy expenditure at rest and during exercise in African-American and Caucasian females. (Refereed poster presentation) 1996

Annual Meeting of the American Dietetic Association. Topic: The 1996 Olympics: An Inside Look Into Food and Nutrition. San Antonio, TX October 23, 1996. (Invited)

International Sports Nutrition Conference, Topic: Working with Young Athletes: Views of a Nutritionist on the Sports Medicine Team. Bloomington, MN. September 22, 1995. (Invited)

Annual Meeting of the American College of Sports Medicine. Benardot D and Martin DE: Predicted body composition using dual-energy x-ray absorptiometry and skinfolds on the United States national gymnastic team (women). (Refereed poster presentation) 1994

ASMF Strength and Conditioning Clinic, Topic: Sports Nutrition. February 12, 1994 (Invited)

Fortieth Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana. Topic: Predicted Body Composition Using Dual-Energy X-Ray Absorptiometry and Skinfolds on the United States National Gymnastic Team (Women). June 2, 1994 (Invited)

1994 National Congress, USA Gymnastics, Topic: Nutrition for Gymnasts, July 20-22, 1994. (Invited)

Eleventh Annual SCAN Symposium on "Wellness at a Crossroads", Atlanta, Georgia. Topic: Gymnasts: Updates in Sports Nutrition, Body Composition, and Bone Density. April 22, 1994 (Invited)

Annual Meeting of the American Dietetic Association. Grediagin A, Cody MM, Rupp JC, and Benardot D: The Effect of Exercise Intensity on Body Composition Change in Untrained, Moderately-Overfat Women. (Refereed podium presentation)

Seventh Annual Nutrition Symposium on "Contemporary Issues In Sports & Clinical Nutrition", Detroit, Michigan. Topic: The High Performance Athlete: Experience with Olympians. Nov 3, 1993 (Invited)

Sports Science Symposium, USA Gymnastics 1993 National Congress, Atlanta, GA,. Topic: Body Composition, Bone Density, and Nutrient Intake in Competitive Adolescent Female Gymnasts and Swimmers. Sept 11, 1993 (Invited)

United States Gymnastics Federation, National Coaches Meeting, Birmingham, Alabama. Topic: Nutritional Concerns of National Team Gymnasts 1992 (Invited)

American Society of Allied Health Professions Annual Meeting, Lexington, KY. Topic: Microcomputer Assisted Evaluation of Nutrient Intake, biochemical Indices Relevant to Nutritional Status, and Body Composition. 1991 (Invited)

The Hinman Dental Society Meeting. Atlanta, GA Topic: Obesity: Etiology and Treatment, April, 1991 (Invited)

Annual Meeting of The American Dietetic Association. Denver, CO. Topic: Underrepresented Groups in the 21st Century - Males in the Dietetic Profession, October, 1990. (Invited)

Annual Meeting of the American Dietetic Association. Kansas City, MO. Topic: Workshop Leader on Affirmative Action, October, 1989. (Invited)

Sports and Cardiovascular Nutrition (SCAN) Annual National Conference (A practice group of the American Dietetic Association). Houston, Texas. Topic: Computer Use In Sports Nutrition Practice, June, 1988. (Invited)

International Conference on Hyperlipidemia and Heart Disease, The Humana Heart Institute, Louisville, KY. Topic: Research In Diet, Exercise, and Heart Disease, July, 1988. (Invited)

High Technology in the Health Sciences, National Conference. The University of Tennessee-Memphis. (Speech sponsored by Southern Bell). Topic: High Technology and Computers In Nutrition Practice (Invited)

Day Care and Child Development Council of America National Conference. Washington, D.C. Topic: Federal Child Nutrition Programs, August, 1977. (Invited)

State and Local

Georgia Dietetic Association Annual Meeting. Topic: "What Works and What Doesn't for Optimal Performance", Jekyll Island, GA, April 20, 2002 (Invited).

Florida Dietetic Association Annual Meeting. Topic: "What Works and What Doesn't for Improving Sports Performance". July 15, 2002. (Invited).

Texas Dietetic Association Annual Meeting. Topic: "Youth Sports: What Parents Should Know About Nutrition". Dallas, TX. April 5, 2002 (Invited).

Lipscomb University Scholar/Lecture Series. Topic: "Current Issues in Sports Nutrition". Nashville, TN April 1, 2002 (Invited).

South Carolina Association of Health, Physical Education, Recreation, and Dance. Topic: "Sports nutrition for young athletes". Myrtle Beach, SC. November 17, 2001 (Invited).

Louisiana Dietetic Association Annual Meeting. Topic: "Current issues in sports nutrition". Baton Rouge, LA. April 24, 2001 (Invited)

Tennessee Dietetic Association Annual Meeting. Topic: "Energy balance, body composition, and athletic performance." Knoxville, TN. March 14, 2001 (Invited)

Auburn University Conference on Sports Medicine. Topic: "Current Issues in Sports Nutrition". Auburn University, Alabama, January 18, 2001 (Invited)

The University of Massachusetts Mini-Conference to Open new Center for Nutrition in Sport: Topic: "Do Elite Athletes Eat Too Little?" Amherst, MA October 1, 1999 (Invited)

Annual Meeting of the Arkansas Dietetic Association. Topic: Nutrition in sport. Little Rock, Arkansas, May 7, 1999 (Invited)

Annual Meeting of the South Carolina Dietetic Association. Topic: Energy balance and body composition: Critical issues for elite athletes. University, May 4, 1999 (Invited)

Annual Meeting of the Mississippi Dietetic Association. Topic: Sports Nutrition Myths. Biloxi, Mississippi, April 14, 1999 (Invited)

Guest Lecturer, Division of Nutritional Sciences, Cornell University. Topic: Issues of energy balance in child athletes. Ithaca, NY. October 21-22, 1998 (Invited)

Annual Meeting of the Florida Dietetic Association. Topic: Energy balance as a predictor of athletic success. Palm Beach Gardens, Florida. July 13, 1998 (Invited)

Guest Speaker, Emory University School of Medicine, Community Medicine Series. Topic: Sports Nutrition. Grady Hospital, Atlanta GA, June 23, 1998. (Invited)

Annual Meeting of the Tennessee Dietetic Association. Topic: Gold Medal Nutrition. Knoxville, TN April 17, 1997 (Invited)

Annual Meeting of the South Carolina Office of Public Health Nutrition. Topic: Sports Nutrition: Applications for Public Health. Columbia, SC. Sept. 12, 1996. (Invited)

Annual Meeting of the Georgia Nutrition Council and the Atlanta Dietetic Association. Topic: Elite Gymnasts and Bone Health. Atlanta, GA. March 14, 1996. (Invited)

14th Annual Tennessee Strength and Conditioning Clinic, Topic: Sports Nutrition .March 4, 1994. (Invited)

Touchdown '93, Sponsored by Children's Hospital, Washington, D.C, University of Maryland, State Park, MD. Topic: Nutrition fundamentals for performance. July 26, 1993 (Invited)

Tennessee Athletic Trainer's Society Meeting, Nashville, TN. Topic: Nutrition for Optimal Athletic Performance. 1992 (Invited)

Annual Meeting of the Georgia Public Health Association. Jekyll Island, GA. Topic: Computer Use in Dietetic Practice, April, 1990. (Invited)

Annual Meeting of the Georgia and South Carolina Nutrition Councils. Hilton Head, SC. Topic: (Poster Session) Body Composition Values of Young, Competitive, Female Gymnasts, January, 1990. (Invited)

Meeting of the Israel Dietetic Association. Tel Aviv, Israel. Topic: 1-Day Workshop on Sports Nutrition, June, 1989. (Invited)

Meeting of the Atlanta District Dietetic Association. Atlanta, GA. Topic: Computer Use In Dietetic Practice, April, 1989. (Invited)

Annual Meeting of the Illinois Dietetic Association. Chicago, Illinois. Topic: Sports Nutrition, May, 1989. (Invited)

South Carolina Dietetic Association Annual Meeting, Myrtle Beach, S.C. Topic: Sports Nutrition, July, 1987. (Invited)

Coastal Empire Dietetic Association, Savannah, GA. Topic: Sports Nutrition, April, 1987. (Invited)

Georgia Nutrition Council Annual Meeting. Callaway Gardens, GA. Topic: Nutrition Programs in the State of Georgia, March, 1987 (Invited)

Georgia Nutrition Council Annual Meeting. Atlanta, Ga. Topic: Nutritional Status of Jr. Elite Gymnasts, April, 1986. (Invited)

Southern Region Human Service Educators Annual Meeting. Atlanta, Georgia. (Keynote Speaker) Topic: Nutrition and Personal Health, May, 1986. (Invited)

United States Public Health Service. Atlanta, Georgia. Topic: Current Issues in Public Health Nutrition, June, 1986 (Invited)

Morrison's Management Services National Conference. Hendersonville, North Carolina. Topic: Complex Carbohydrates, July, 1985. (Invited)

American Cancer Society, Georgia State University, Georgia School Food Service Combined Conference. Atlanta, Georgia. Topic: Nutrition and Cancer Prevention, October, 1985. (Invited)

Department of Mental Health and Human Services, Clinical Supervisors Breakfast. Atlanta, Georgia. Topic: Nutrition and Behavior, Sept. 1985. (Invited)

Atlanta Dietetic Association Meeting. Atlanta, Georgia. Topic: Nutrition for Athletes, January, 1985 (Invited)

Illinois Consulting Dietitians State Workshop Illinois State University, Normal, Il. Topic: Consulting with Sports Teams and Individual Athletes. (Invited)

Illinois Home Economics Association State Conference. Springfield, Il. Topic: Anorexia Nervosa and Bulimia, June, 1982 (Invited)

Illinois Vocational Home Economics Teachers Association State Conference. Chicago, Il. Topic: Current Nutrition Research of Interest to the Home Economics Teacher, July 1982 (Invited)

Illinois Vocational Home Economics Teachers Association State Conference. Chicago, Il. Topic: Teaching Nutrition in the 80s, July 1981. (Invited)

Kentucky Dietetic Association Annual Meeting. Bowling Green, Ky. Topic: Legislation Affecting Child Nutrition Programs, May, 1980. (Invited)

PRESENTATIONS BEFORE NON-PROFESSIONAL GROUPS

United States Disabled Athlete Fund Conference Topic: The Importance of Energy and Fluid Balance in Athletic Performance, Atlanta, GA. August 28, 2000

Cleveland State Community College. Topic: Sports Nutrition for Power and Endurance Athletes, Cleveland, Tennessee, September 23, 1998

USA Gymnastic Congress and National Championships. Topic: Nutrition for Gymnasts. Indianapolis, IN. August 26, 1998.

Tennessee Strength and Conditioning Coaches Association Annual Meeting. University of Tennessee, Knoxville, March 15, 1997.

USA Gymnastics National Team Meeting, Men's Gymnastics Team. Denver, CO. Topic: Results of Nutrient/Energy Intake Assessment in Laboratory for Elite Athlete Performance. August 16, 1997.

USA Gymnastics National Team Meeting, Artistic Gymnastics (Women). Boston, MA. Topic: Results of Physiological and Nutritional Testing in Laboratory for Elite Athlete Performance. June 27, 1996

USA Gymnastics Olympic Trials. Boston, MA. Topic: What My Parents Did Right: Tips for parents raising competitive athletes. June 28, 1996

United States Association of Independent Gymnastics Clubs Annual Seminar, Princeton, NJ and Las Vegas, NV. Topic: Nutrient-related Injury and Health Risks in Gymnastics, July 24 and August 4, 1993.

United States Gymnastics Association Congress, Anaheim, California: Topic: Nutritional Strategies for Optimizing Athletic Performance in Gymnasts, August 1, 1992.

United States Association of Independent Gymnastics Clubs Annual Coaches Meetings, Orlando, Florida and Las Vegas, Nevada: Topic: Nutritional Issues for Optimizing Athletic Performance in Gymnasts, July-August, 1992.

United States Coaches Association Meetings, Chattanooga, Tennessee, Nashville, Tennessee, and Myrtle Beach, South Carolina: Topic: Nutrition for Power Sports, March, 1992

Annual Meeting of the United States Coaches Association, Myrtle Beach, SC: Topic: Nutrition for Optimal Athletic Performance: Football and Basketball, February, 1992.

Olympic Athletes of Israel, The Wingate Institute, Israel. Topic: Nutrition for Optimal Athletic Performance, February, 1992.

United States Gymnastics Federation Congress - 1991 World Gymnastics Championships: Topic: Nutrition for Optimal Gymnastic Performance, Sept 13, 1991.

The Atlanta Hawks (Training Camp): Topic: Sports Nutrition for Power and Endurance - Basketball. October 2, 1991.

South Carolina Athletic Trainer Association Annual Meeting. Columbia, S.C. Topic: Sports Nutrition, July, 1991.

Georgia Strength and Conditioning Association Annual Meeting. St. Simons Island, GA. Topic: Sports Nutrition, March, 1991.

Tennessee Strength and Conditioning Association Annual Meeting. Knoxville, TN. Topic: Sports Nutrition, March, 1991.

United States Gymnastics Federation Regional Meeting. Atlanta, GA. Topic: Sports Nutrition, February, 1991.

United States Gymnastic Association National Clinics and Seminars. Chicago, Illinois. Topic: Sports Nutrition/Nutrition For Maximizing Gymnastic Performance, January, 1991.

United States Gymnastic Association National Clinics and Seminars, Cherry Hill, NJ, and Las Vegas, NV. Topic: Sports Nutrition/Nutrition for Maximizing Gymnastic Performance, July 1987.

Athletic Coaches and Staff, Georgia State University, Atlanta, GA. Topic: Nutrition for Athletic Performance, April 1987.

Coaches, Coaching Staff, Athletes, and Parents. Shiloh High School, Gwinnett County Public Schools, Lawrenceville, GA. Topic: Sports Nutrition, February, 1987.

Georgia Dietetic Association Annual Meeting. Atlanta, Ga. Topic: Nutrition Assessment Techniques, August, 1986.

United States Gymnastic Association Clinics. Philadelphia, Pa.; Chicago, Il.; Los Vegas, Nv. Topic: Sports Nutrition, July-August, 1986.

Illinois State University Committee on Health and Fitness. Topic: Interrelationship of Exercise and Nutrition, October, 1983.

Illinois State University Committee On Health And Fitness. Topic: Effects Of Alcohol On Nutritional Status, November, 1983.

AWARDS/HONORS

Recognition of Service Award Presented by the American Dietetic Association in recognition of service as a member of the 1999 Annual Meeting Program Committee.

Recognition of Service Award Presented by the American Dietetic Association in recognition of service as a member of the 1998 Annual Meeting Program Committee.

Recognition of Service Award Presented by the American Dietetic Association in Recognition of Service as a member of the 1997 Annual Meeting Program Committee.

Outstanding Educator Award. Presented by USA Gymnastics at Annual Congress, Boston, MA, June 1996.

Alumni Honor Roll. Presented by the State University of New York (System) in Albany, New York. November, 1995

SCAN Achievement Award. Presented by the Sports and Cardiovascular Nutrition (SCAN) practice group of The American Dietetic Association, San Diego, California. April, 1993

Who's Who in American Education, 1992-1993 Edition. The National Reference Institute, Chicago, IL.

Recognition of Service Award. Presented by The American Dietetic Association in Recognition of Service as a Site Visitor for the Council on Education Division of Education Accreditation/Approval from 1988 through 1991. October 1991.

Outstanding Service Award. Presented by The American Dietetic Association in Recognition of Service on the Affirmative Action Committee of the House of Delegates from 1988 through 1990. October, 1990.

Masters of Innovation Award. (2nd Place) Presented by Zenith Data Systems for development of a computer software package submitted in a national competition. May, 1989.

Outstanding Merit Award. Presented by the Intersorority Council of Georgia State University. March 6, 1989

SERVICE TO UNIVERSITY, SCHOOL AND DEPARTMENT

Department

- Nutrition Faculty Search Committee *Chair*, 1999
- Cardiopulmonary Care Sciences Search Committee, 1999
- Criminal Justice Faculty Search Committee, 1997-98
- Graduate Program Director, 1994-present
- Associate Director for Research, Center for Sports Medicine, Science & Technology, 1994-Present
- Department Chair, Department of Nutrition and Dietetics, 1984-92

College

- Chair, Master of Public Health Institute Development Committee, 2000-present
- Chair, Graduate Faculty Committee, 1998-present
- Chair, Laboratory Space Committee, 1999-present
- Chair, Strategic Planning Committee, 1999-present
- Chair, College Research Committee, 1998-present
- Acting Associate Dean for Research, 1998-99
- College Student Services Committee, 1997-98
- College Promotion and Tenure Committee, 1996-97
- College Interdisciplinary Graduate Program Committee, 1996-97
- ad hoc Hearing Committee on Student Appeals, 1995
- Numerous Search Committees (1985-Present)

University

- University Radiation Safety Committee, 2004-Present
- Chair, Vice President for Development Triennial Evaluation Committee, 2001
- State Charitable Contributions Campaign Co-Director, 2000-present
- Academic Advisement Taskforce, 1999-present
 - Chair, Undergraduate Advisement Subcommittee
 - Member, Advisement Center Director Search Committee
- University Senate, 1995-1999; 2000-present
 - Senate Research Committee, 1995-Present
 - Chair, Center Review Subcommittee (1998-99)
 - Internal Grants Subcommittee (2001-Present)
 - Intellectual Property Subcommittee (2001-Present)
 - Strategic Planning Committee (2001-2002)
 - Senate Planning Committee, 1995-98
 - Senate Budget Committee, 1998-00
 - Senate Planning and Development Committee, 2000-Present
- Indian Creek Renovation Committee, 1994-96
- Faculty Awards Selection Committee, 1995-96
- Suburban Campus Committee, 1995-96
- University Food Service Advisory Committee, 1994-95
- Olympic Steering Committee, 1994-95
- University Y2K Committee, 1999-00

OTHER ACTIVITIES-INTERESTS

- American Dietetic Association Annual Meeting Program Planning Committee. (1996-Present)
- Member, American Dietetic Association Task Force on Registration Eligibility/Licensure. (1991-1992)
- Member, Affirmative Action Committee, American Dietetic Association. (1987-1990)
- Site Reviewer for CP Accredited Programs, American Dietetic Association. (1988-1991)
- Committee Chairman, SCAN (Sports and Cardiovascular Nutrition Practice Group of the Am. Dietetic. Assoc.) Research Grant Committee. (1986-1989)
- State Legislative Coordinator, Georgia Dietetic Association (1986)
- Chairman, Nutrition Services Committee, GA Dept Human Resources (1986-1991)
- Journal Editor (Sports Nutrition Content), Perspectives in Applied Nutrition, Mosby, Inc. (1993-1996)
- Book Reviewer, West Publishing Company. (1990-Present)
- Nutrition Consultant, *The Atlanta Knights* professional hockey team. (1992-94)
- Nutritionist, USA Gymnastics, Women's National Senior and Junior Teams. (1991-1996)
- Nutritionist, Sports Medicine Advisory Board - United States Association of Independent Gymnastic Clubs (1984-1991)
- Member, Board of Directors - United States Association of Independent Gymnastic Clubs (1990-96)
- Member, Board of Directors - Gainsborough Community Center and Pool (1993-95)
- Manager and (certified) Coach, Little League Baseball (1985-1993)
- Treasurer, Dunwoody High School Swim Team Boosters Club (1996-98)

ORGANIZATIONS

- Member, The American Dietetic Association
- Member, American College of Sports Medicine
- Member, The Atlanta Dietetic Association
- Member, The Georgia Dietetic Association
- Member, SCAN (Sports and Cardiovascular Nutrition) practice group of the American Dietetic Association
- Member, American Society of Allied Health Professions
- Member, United States Figure Skating Association Sports Medicine Society
- Past Member, Omicron Nu (National Honor Society)
- Past Member, Phi Upsilon Omicron (National Home Economics Honor Society)