

Julie Larsen

PhD, RDN, ACSM-RCEP®

larsen2@wsu.edu

EDUCATION

- Doctor of Philosophy:** Nutrition and Exercise Physiology
Washington State University; Spokane, WA August 2011-May 2016
Dissertation: **Floor and Step Aerobics as an Exercise Intervention
to Enhance Cognition in Breast Cancer Survivors**
- Bachelor of Science:** Coordinated Program in Dietetics, Exercise Physiology and Metabolism
Washington State University; Spokane, WA August 2006-May 2009
Summa Cum Laude
- Associate of Arts:** Nursing Pre-Major
Spokane Falls Community College; Spokane, WA September 2004-June 2006
-

CERTIFICATIONS

- Registered Dietitian Nutritionist** June 2009-Present
Commission on Dietetic Registration
- Registered Clinical Exercise Physiologist®** August 2017-Present
American College of Sports Medicine
- Certified Clinical Exercise Physiologist** August 2008-December 2017
American College of Sports Medicine
- Basic Life Support for Health Care Providers** Current
American Heart Association
- Washington State Food Worker Card** Current
Spokane County
-

PROFESSIONAL EXPERIENCE

- Teaching Associate Professor** Fall 2022-Present
Nutrition and Exercise Physiology - Elson S. Floyd College of Medicine
Washington State University, Spokane, WA
- Teaching Assistant Professor** Fall 2020-Summer 2022
Nutrition and Exercise Physiology - Elson S. Floyd College of Medicine
Washington State University, Spokane, WA

Instructor	Fall 2016-Summer 2020
Nutrition and Exercise Physiology - Elson S. Floyd College of Medicine Washington State University, Spokane, WA	
Adjunct Faculty	Spring 2019
Department of Human Physiology - School of Nursing and Human Physiology Gonzaga University, Spokane, WA	
Graduate Teaching Assistant	Fall 2011-Spring 2016
Nutrition and Exercise Physiology Washington State University, Spokane, WA	
Registered Dietitian and Tobacco Prevention Coordinator	2010-2011
Whitman County Department of Public Health, Colfax and Pullman, WA	
Undergraduate Intern	2008-2009
Clinical Dietetics: Bonner General Hospital, Sandpoint, ID	<i>5 weeks</i>
Clinical Dietetics: St. Joseph's Medical Center, Lewiston, ID	<i>6 weeks</i>
Community Nutrition: West Central Community Center WIC, Spokane, WA	<i>5 weeks</i>
Outpatient Dietetics: Veteran's Affairs Medical Center, Spokane, WA	<i>5 weeks</i>
Foodservice Management: Spokane Public Schools, Spokane, WA	<i>5 weeks</i>
Cardiopulmonary Rehabilitation: Kootenai Medical Center, Coeur d' Alene, ID	<i>10 weeks</i>
Clerical Assistant	2008
Criminal Justice Department Washington State University, Spokane, WA	
Nutrition Research Assistant	2007-2008
Center for Public Health Nutrition University of Washington, Seattle, WA	
Lab Assistant	2005-2006
Chemistry Department Spokane Falls Community College, Spokane, WA	

SCHOLARSHIP OF EDUCATION: TEACHING

Associate Professor Assistant Professor Instructor Adjunct Faculty				
Course	Responsibility	Credits	Students	Semester
Nutrition and Metabolism (HPHY 244)	100%	3-0	102	Spring 2019
Strength Training and Conditioning: Theory and Application (NEP 320)	100%	3-0	15	Fall 2019
	100%	2-1	19	Fall 2020
	100%	2-1	16	Fall 2021
	100%	2-1	17	Fall 2022
	100%	2-1	12	Fall 2023
Essentials of Food Preparation for Health Sciences (NEP 340)	100%	2-1	22	Fall 2021

Vitamin and Mineral Metabolism (NEP 402)	100%	3-0	20	Spring 2021
Nutrition Assessment and Lifestyle Counseling [M] (NEP 427)	100%	2-1	29	Spring 2017
	100%	2-1	25	Spring 2018
	33%	2-1*	31	Spring 2019
	33%	2-1*	16	Spring 2020
	100%	2-1	19	Spring 2021
	100%	2-1	21	Spring 2022
	100%	2-1	18	Spring 2023
Exercise, Diet, and Disease / Applied Pathophysiology (NEP 435)	100%	4-0	16	Spring 2020
	100%	4-0	19	Spring 2021
	100%	4-0	21	Spring 2022
Nutrition and Exercise Throughout the Lifecycle (NEP 458)	100%	3-0	28	Fall 2016
	100%	3-0	29	Fall 2017
Exercise Testing and Prescription (NEP 476)	33%	2-1*	31	Spring 2017
	100%	2-1	19	Spring 2022
	100%	2-1	17	Spring 2023
Human Health Behavior and Behavioral Interventions (NEP 477)	50%	3-0	10	Fall 2020
	100%	3-0	8	Fall 2021
	100%	3-0	9	Fall 2022
	50%	3-0	9	Fall 2023
ECGs, Medications, and Procedures (NEP 478)	100%	2-1	19	Fall 2018
Nutrition and Exercise Practicum I (NEP 479)	50%	1-2	28	Fall 2016
	67%	1-2	27	Fall 2017
	67%	1-2	19	Fall 2018
	100%	1-2	26	Fall 2019
	100%	1-2	19	Fall 2020
	100%	1-2	18	Fall 2021
	100%	1-2	17	Fall 2022
	100%	1-2	20	Fall 2023
Cardiopulmonary Rehabilitation (NEP 480)	100%	3-1	24	Spring 2018
Nutrition and Exercise Practicum II (NEP 482)	50%	1-2	24	Spring 2017
	50%	0-2	24	Spring 2018
	75%	0-2	18	Spring 2019
	100%	0-2	23	Spring 2020
	100%	0-2	13	Spring 2021
	100%	0-2	12	Spring 2022
	100%	0-2	17	Spring 2023
Exercise Internship Seminar (NEP 489)	100%	1-0	20	Fall 2018
	50%	3-0	23	Fall 2019
	50%	3-0	11	Fall 2020
	50%	3-0	13	Fall 2021
	100%	3-0	12	Fall 2022

	100%	3-0	15	Fall 2023
Exercise Internship (NEP 490)	100%	0-10	24	Summer 2018
	100%	0-10	17	Summer 2019
	100%	0-10	19	Summer 2020
	100%	0-10	11	Fall 2020
	100%	0-10	1	Spring 2021
	100%	0-10	12	Summer 2021
	100%	0-10	5	Spring 2022
	100%	0-10	12	Summer 2022
Interprofessional Capstone in Nutrition and Exercise Physiology [M][CAPS] (NEP 495)	100%	3-0	12	Spring 2022
	100%	3-0	12	Spring 2023
Special Problems (NEP 499)	100%	0-1	1	Spring 2020
	100%	0-1	1	Spring 2021
	100%	0-1	1	Summer 2022
Advanced Medical Nutrition Therapy (NEP 537) Grading and simulation only	25%	5-0	11	Spring 2017
	25%	5-0	14	Fall 2017
Special Projects or Independent Study (NEP 600)	100%	0-5	1	Fall 2018
	100%	0-5	1	Spring 2019
	100%	0-1	1	Spring 2019
	100%	0-2	2	Fall 2019
	100%	0-1	5	Spring 2020
	100%	0-1	1	Spring 2021

*Responsible for labs only.

Graduate Teaching Assistant

Course	Semester
Foods with Application to Physical Activity (NEP 340)	Fall 2011, 2014
Nutrition Assessment and Lifestyle Counseling (NEP 427)	Fall 2015
Advanced Exercise Physiology (NEP 463)	Fall 2013, 2015
Nutrition and Exercise Assessment (NEP 465)	Spring 2012-2016
Exercise Testing and Prescription (NEP 476)	Fall 2012
Electrocardiograms, Medication, and Procedures (NEP 478)	Spring 2015
Cardiopulmonary Rehabilitation (NEP 480)	Spring 2016

Taught weekly labs, graded, and occasionally lectured; 25-30 students per class; 0.25-0.5 FTEs each.

Academic Leader | Preceptor | Mentor

Project	Semester
CDC Division of Nutrition, Physical Activity, & Obesity Traineeship	Summer 2022
Spokane Teaching Health Clinic Dietetics Rotation	2019-2020
Cancer, Cognition, and Exercise Research (NEP 499)	2013-2016
Summer Undergraduate Research Fellowship Program	Summer 2012

SCHOLARSHIP OF APPLICATION: ACADEMIC SERVICE

WASHINGTON STATE UNIVERSITY

Teaching Academy Book Club Facilitator Washington State University	Fall 2023
Roles and Responsibilities Interprofessional Activity Presenter Washington State University Health Sciences	September 2019
Dare to Dream Event Presenter Washington State University Health Sciences	June 2019
Abstract Review Committee Member Inland Northwest Research Symposium	2015-2016
Graduate Research Student Association President Washington State University Health Sciences	2015-2016
Graduate Research Student Association Vice-President of Programs Washington State University Health Sciences	2014-2015
Tobacco Free Task Force Member Washington State University Health Sciences	2011-2012

COLLEGE OF MEDICINE

Faculty Rank, Promotion, and Tenure Committee College of Medicine	2022-2025
---	-----------

DEPARTMENT OF NUTRITION AND EXERCISE PHYSIOLOGY

Program Director Bachelor of Science in Nutrition and Exercise Physiology	2022-Present
Curriculum Committee Chair Program in Nutrition and Exercise Physiology	2020-Present
Admissions Committee Member (Chair in 2019, 2020, 2023, 2024) Bachelor of Science in Nutrition and Exercise Physiology	2017-Present
Admissions Committee Member Master of Science Coordinated Program in Dietetics	2020-2021
Ad Hoc Discipline Committee Member Program in Nutrition and Exercise Physiology	2017-2019
Commission on Accreditation for the Exercise Sciences Committee Member Bachelor of Science in Nutrition and Exercise Physiology	2017-2018

SCHOLARSHIP OF APPLICATION: PROFESSIONAL SERVICE

DIETETICS

Member and Student Advisory Committee National Academy of Nutrition and Dietetics	2023-2025
---	-----------

Secretary Washington State Academy of Nutrition and Dietetics	2022-2024
Membership Chair Greater Spokane Dietetic Association	2022-2024
President Greater Spokane Dietetic Association	2019-2022
President-Elect Greater Spokane Dietetic Association	2018-2021
SNAP-Ed Review Panelist Spokane Regional Health District	Spring 2020
Scholarship Chair Greater Spokane Dietetic Association	2016-2017
Scholarship Chair-Elect Greater Spokane Dietetic Association	2014-2016
Convention Speaker Selection Committee Washington State Academy of Nutrition and Dietetics	2015-2016
<u>EXERCISE PHYSIOLOGY</u>	
Program Development Committee Member Providence Basecamp Spokane	2022-2023
Guest In-Service Presenter: Post-COVID-19 Exercise Recommendations St. Luke's Cardiopulmonary Rehabilitation	April 2022
<u>HEALTHCARE</u>	
Health Promotion Clinical Director Special Olympics Washington	2017-Present
iPALS Facilitator: Creating an Inclusive Healthcare System for People with Intellectual Disabilities Special Olympics Washington and University of Washington	February 2022
Event Judge HOSA Future Health Professionals	2019-2022
Peer-Review Board Member Community Engagement Institute	2017-2020
Event Judge Eastern Washington Regional Science and Engineering Fair	2017-2019
Presentation Evaluator—Written & Oral Projects Spokane STEMposium	May 2015, 2016

SCHOLARSHIP OF DISCOVERY: RESEARCH

PEER-REVIEWED PUBLICATIONS

Miller L, Thompson K, Pavlenco C, Saradhi Mettu V, Haverkamp H, Skaufel S, Basit A, Prasad B, **Larsen J**. The Effect of Daily Methylsulfonylmethane (MSM) Consumption on High-Density Lipoprotein Cholesterol in Healthy Overweight and Obese Adults: A Randomized Controlled Trial. *Nutrients*. 13; 3620, 2021.

Larsen J and Knuth J. Effects of Aerobic Exercise Modality on Cognition and Fitness in Breast Cancer Survivors. *International Journal of Exercise Science*. 12:3;1023-1033, 2019.

Larsen J, Cassel C, Knuth J. A Quasi-Experiment of Exercise Modality Effects on Cognition and Fitness in Healthy Women. *Journal of Sports Science*. 4:6;333-340, 2016.

ORAL PRESENTATIONS

Conference Presentation

April 15, 2016

Larsen J and Knuth J. Effects of Aerobic Exercise on Cognitive Outcomes among Breast Cancer Survivors. American College of Sports Medicine Northwest and Alaska Annual Meeting. Tacoma, WA.

Invited Speaker

August 20, 2015

Mukogawa Fort Wright Institute Pharmacy and Nutrition Sciences Symposium
Presentation Title: *Effects of Exercise on Cognition and Satisfaction in Breast Cancer Survivors*

POSTER PRESENTATIONS (PUBLISHED WHERE INDICATED)

Larsen J and Knuth J. Effects of Aerobic Exercise on Cognitive Outcomes among Breast Cancer Survivors. American College of Sports Medicine Annual Meeting. Boston, MA. June 2, 2016.

Larsen J, Knuth, J. Effects of Aerobic Exercise on Cognitive Outcomes among Breast Cancer Survivors. *International Journal of Exercise Science: Conference Proceedings*. 8:4, 2016. American College of Sports Medicine Northwest and Alaska Annual Meeting. Tacoma, WA. April 15, 2016.

Larsen J, Hansen C, Knuth J. Identification of a Preferred Exercise Modality for Breast Cancer Survivors. *International Journal of Exercise Science: Conference Proceedings*. 8:2, 2014. American College of Sports Medicine Northwest Annual Meeting. Wenatchee, WA. April 17, 2014.

Larsen J, Hansen C, Knuth J. Identification of a Preferred Exercise Modality for Breast Cancer Survivors. Inland Northwest Research Symposium. Spokane, WA. March 7, 2014.

Larsen J, Hansen C, Knuth J. Identification of a Preferred Exercise Modality for Breast Cancer Survivors. American Institute for Cancer Research. Bethesda, MD. November 8, 2013.

Larsen JA, Hansen C, Schmitter-Edgecombe M, Knuth J. Comparison of Exercise Modalities on Cognition, Fitness, and Satisfaction. *The Journal of the Federation of American Societies for Experimental Biology*. 27:1124.1110, 2013. Experimental Biology. Boston, MA. April 23, 2013.

Larsen JA, Hansen C, Schmitter-Edgecombe M, Knuth J. Comparison of Floor Aerobics and Treadmill Walking on Cognitive Changes and Participant Satisfaction. Inland Northwest Research Symposium. Spokane, WA. March 1, 2013.

Larsen JA, Hansen C, Knuth J. Comparison of Exercise Modalities on Cognition, Fitness, and Satisfaction. Wiley Research Exposition. Pullman, WA. February 1, 2013.

Hansen C, **Larsen JA**, Knuth J. Using Nutrition Education to Increase Adherence to Exercise. Washington State University College of Pharmacy Annual Research Day. Pullman, WA. August 14, 2012.

Larsen JA, Hansen C, Knuth J. Comparison of Exercise Modalities on Cognition, Fitness, and Satisfaction. Washington State University College of Pharmacy Annual Research Day. Pullman, WA. August 14, 2012.

FUNDING

Virginia Schafer Research in Human Nutrition Award: \$2500 Health Sciences Washington State University, Spokane, WA	2015-2016
Margaret M. Hard Research Award: \$1800 College of Agricultural, Human, and Natural Resource Sciences Washington State University, Pullman, WA	2015-2016
James and Diann Robbers Student Research Award: \$2000 College of Pharmacy Washington State University, Spokane, WA	2013-2014
Charles Glen King Travel Award: \$500 College of Pharmacy Washington State University, Pullman, WA	March 2013
Margaret Nicholson Schafer Fellowship in Human Nutrition, Dietetics, and Exercise Physiology: \$2000 College of Pharmacy Washington State University, Pullman, WA	2012-2013
College of Pharmacy Seed Grant—Co-Investigator: \$2000 Washington State University, Pullman, WA	2012-2013

AWARDS AND HONORS

Educator Academy – College of Medicine Washington State University	Inducted 2023
LIFT Faculty Fellowship Washington State University Transformational Change Initiative	2023
Teaching Academy Washington State University	Inducted 2023
Outstanding Dietitian of the Year Washington State Academy of Nutrition and Dietetics	2023
President’s Award Washington State Academy of Nutrition and Dietetics	2021
Recognized Young Dietitian of the Year	2020

Washington State Academy of Nutrition and Dietetics

Outstanding Doctoral Oral Presentation Award

ACSM Northwest Annual Meeting, Tacoma, WA

April 2016

3-Minute Research Synopsis: 3rd place

Washington State University, Spokane, WA

September 2015

ADDITIONAL TRAINING

**Collaboration for Interprofessional Health Education Research and Scholarship –
Educational Scholars Program**

Washington State University College of Medicine

2022-2023

Book Club: Reach Everyone, Teach Everyone

Washington State University Teaching Academy

Fall 2022

TEACHxWSU Conference: Universal Design for Learning

Washington State University Teaching Academy

October 2022

Distance Delivery Mastery Certificate Program

Washington State University Academic Outreach and Innovation

Summer 2022

Inclusive Excellence Scholar in Residence: Health Justice & Belonging

Washington State University

February 2022

American College of Sports Medicine Annual Meeting

American College of Sports Medicine

2016-2023

**Washington State CYSHCN Nutrition Network
(Children and Youth with Special Healthcare Needs)**

Center on Human Development and Disability

2010-Present

Food and Nutrition Conference and Expo

Academy of Nutrition and Dietetics

Fall 2021

Faculty Training Course: Law for Fitness Managers & Exercise Professionals

Fitness Law Academy

Summer 2021

Washington State Academy of Nutrition and Dietetics Annual Meeting

Washington State Academy of Nutrition and Dietetics

Spring 2021