

HEIDI LYNCH, PhD, RDN

Assistant Professor, Kinesiology Department
Point Loma Nazarene University
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EDUCATION

Doctor of Philosophy in Exercise and Nutritional Sciences, Arizona State University (ASU), August 2017

Cumulative GPA: 3.92/4.00

Master of Science in Human Nutrition, Arizona State University, May 2011

Cumulative GPA: 3.74/4.00

Bachelor of Science in Applied Health Science, Wheaton College, May 2007

Cumulative GPA: 3.60/4.00 (Cum Laude)

ACADEMIC APPOINTMENTS

Assistant Professor, Department of Kinesiology, Point Loma Nazarene University, August 2017-present

- *KIN 626 Sport & Exercise Nutrition for Peak Performance*
- *KIN 646 Clinical Exercise Physiology*
- *KIN 650 Seminar in Kinesiology*
- *KIN 660 Directed Readings*
- *KIN 688 Internship in Kinesiology*
- *KIN 340 Physiology of Exercise*
- *EXS 330 Nutrition for Exercise & Sport Performance*
- *PED 200 Optimal Health*

Teaching Assistant, Department of Nutrition, Arizona State University

- *NTR 445 Management of Food Service Systems labs*, August 2014-2017
- *NTR 142 Applied Food Principles labs*, August 2014-December 2014

Adjunct Instructor, Department of Food and Nutrition, Maricopa Community Colleges, Estrella Community College

- *FON 241 Principles of Human Nutrition (online)*, August 2013-May 2014

Adjunct Instructor, Department of Food and Nutrition, Maricopa Community Colleges, Mesa Community College

- *FON 241LL Principles of Human Nutrition*, August 2013-May 2014

Teaching Assistant, Department of Nutrition, Arizona State University

- *NTR 341 Introduction to Therapeutic Diets*, January 2011-May 2011
- *NTR 444 Medical Nutrition Therapy*, January 2011-May 2011
- *NTR 448 Community Nutrition*, August 2009-May 2010

PEER-REVIEWED PUBLICATIONS

Lynch, H., Johnston, C., & Wharton, C. (2018). Plant-Based Diets: Considerations for Environmental Impact, Protein Quality, and Exercise Performance. *Nutrients*, 10(12), 1841.

Lynch, H., Uchanski, M., Patrick, M., & Wharton, C. (2018). Small Farm Sustainability in the Southwest: Challenges, Opportunities, and Best Practices for Local Farming in Arizona and New Mexico. *Food Studies*.

Messina, M., **Lynch, H.**, Dickinson, J. M., & Reed, K. E. (2018). No Difference Between the Effects of Supplementing With Soy Protein Versus Animal Protein on Gains in Muscle Mass and Strength in Response to Resistance Exercise. *International Journal of Sport Nutrition and Exercise Metabolism*, 1-36.

Lynch, H. M., Wharton, C. M., & Johnston, C. S. (2016). Cardiorespiratory fitness and peak torque differences between vegetarian and omnivore endurance athletes: A cross-sectional study. *Nutrients*, 8(11), 726.

ACADEMIC PRESENTATIONS

- “Changes in energy and macronutrient intake after exercise interventions: Is there a compensatory drive to eat? [oral presentation, part of 3-person symposium called “Energy Compensation and Exercise”].” Schubert M, **Lynch H**, Sawyer B. Presented at the Southwest American College of Sports Medicine (ACSM) annual meeting, Costa Mesa, CA; October 2018.
- “High-Intensity Interval Training and Moderate-Intensity Continuous Training Effects on Energy Intake among Compensators [poster presentation].” Beaver B, Pattison K, Dowden E, Sawyer B, Aguinaldo A, **Lynch H**. Presented at the Southwest American College of Sports Medicine (ACSM) annual meeting, Costa Mesa, CA; October 2018.
- “Muscle growth and strength development following a 12-week resistance training program are similar between young men and women consuming soy or whey protein supplements matched for leucine content [poster presentation].” **Lynch H**, Johnston C, Dickinson J, Buman M, Ransdell L, Swan P, Wharton C. Presented at the Southwest American College of Sports Medicine (ACSM) annual meeting, Long Beach, CA; October 2017.
- “Nutrient intake differences between vegetarian and omnivore endurance athletes [poster presentation].” **Lynch H**, Johnston C, Wharton C. Presented at the Southwest ACSM annual meeting, Costa Mesa, CA; October 2016.
- “Diet and performance: a comparison between vegetarian and omnivore endurance athletes [poster presentation].” Presented at the Sports, Cardiovascular, and Wellness Nutrition (SCAN) Symposium Portland, OR; April 2016.
- “Food system sustainability in the southwest: Developing a regional action plan to enhance resilience, livelihoods, and food security across New Mexico and Arizona [oral presentation].” Uchanski M, **Lynch H**. Presented at the Agriculture, Food, and Human Values Society (AFHVS) annual meeting, Chatham University, PA, June 2015.
- “Salivary cortisol response to familiar and unfamiliar exercise at the same intensity for the same duration [poster presentation]” Dooyema K, **Lynch H**, Davies M, Ianuzzo D. Presented at the Midwest ACSM annual meeting, Ball State University, IN, September 2005.

OTHER PRESENTATIONS

- “Plant-based eating for anyone.” Presented at a Lunch N Learn for faculty and staff at Point Loma

Nazarene University (PLNU), September 2018.

- “Effects of a plant-based dietary intervention on cardiovascular health biomarkers [oral presentation].” Presented at PLNU faculty development/scholarship day, August 2018.
- “Introduction to Sports Nutrition.” Presented to 100 visiting coaches from China at Arizona State University, September 2016.
- “Fitness and strength: a comparison between vegetarian and omnivore endurance athletes.” Presented to 100 visiting coaches from China at Arizona State University, November 2016.

GRANTS RECEIVED

- **\$2,000 RASP grant** (internal grant for PLNU faculty)
 - Spring 2018
 - Funds research on “Effects of a plant-based dietary intervention on cardiovascular health biomarkers”
- **\$950 GPSA Individual Travel Grant**
 - Fall 2016
 - Covers expenses to travel to the Southwest ACSM annual meeting, October 2016
- **\$3,500 Graduate and Professional Student Association (GPSA) Athletics Research Grant (Terminal Research)**
 - Spring 2016
 - Funds support dissertation research on “Muscle growth and strength development following a 12-week resistance training program: a comparison between consuming soy and whey protein matched for leucine content”
- **\$950 GPSA Individual Travel Grant**
 - Spring 2016
 - Covers expenses to travel to SCAN symposium to present poster “Diet and performance: a comparison between vegetarian and omnivore endurance athletes”
- **\$2,500 SCAN Graduate Student Research Grant**
 - Spring 2016
 - Funds dissertation research
- **\$850 GPSA Individual Travel Grant**
 - Spring 2015
 - Provided funds to present research from a Local Foods Promotion Project (LFPP) grant at the AFHVS annual meeting in Pittsburgh
- **\$1,500 GPSA Athletics Research Grant (Independent Research)**
 - Spring 2015
 - Funds support second-year project in doctoral program: “Diet and performance: a comparison between vegetarian and omnivore endurance athletes”
- **\$5,000 Outward Focused Grant, Redemption Church**
 - Spring 2015
 - Supports work on Food Insecurity Nutrition Incentive (FINI) program to increase access of low-income refugees to fresh fruits and vegetables at an affordable price
- **\$500 GPSA Jumpstart Award**

- Fall 2014
- Helps fund research on a Local Foods Promotion Project (LFPP) that surveys the current local food systems in New Mexico and Arizona: “Expanding access to locally grown, fresh fruits and vegetables: a pilot food hub project”

HONORS AND AWARDS

- **ASU School of Nutrition and Health Promotion Charles Corbin Award, 2017**
 - Recognizes excellence in research, teaching, and service
- **ASU GPSA Teaching Excellence Award, 2016**
 - Recognizes excellence in graduate student teaching across all disciplines on all of ASU’s campuses
 - \$500 accompanied this award
- **Vegetarian Nutrition Dietetics Practice Group (VN DPG) Cindi Reeser State Coordinator of the Year Award, 2016**
 - Recognizes an individual who has demonstrated outstanding leadership and service as a state coordinator for the VN DPG and who has made exceptional contributions toward the promotion of vegetarian nutrition throughout the year
- **ASU SunAward, 2015**
 - Granted by Ms. Jacquelyn Ries for assisting with ASU event “More to Explore” for accepted applicants considering ASU’s School of Nutrition and Health Promotion
- **Wheaton College LaVern Bjorklund Wellness Award, 2007**
 - Given by the Applied Health Science (AHS) Department at Wheaton College to an AHS senior who demonstrates notable leadership in developing healthy lifestyle habits in both self and others and shows excellent promise in contributing to society in the area of wellness.

GRADUATE AND UNDERGRADUATE MENTORSHIP

Graduate Committee Chair

Breanna Beaver, MS in Kinesiology (current)

Kristen Lifter, MS in Kinesiology (current)

Rachel Miller, MS in Kinesiology (current)

Graduate Committee Member

Kai Pattison, MS in Kinesiology (current)

Undergraduate Honors Committee Chair

Megan Miller, BA in Exercise and Sport Science (current)

Undergraduate Honors Committee Member

Jacob Barragan, BS in Applied Health Science (current)

SERVICE

SCAN DPG Symposium Planning Committee

- February 2018-present
- Participate in weekly email communication and monthly phone calls

SCAN DPG’s National Athletic Trainers’ Association (NATA) Committee

- April 2018-present
- Serve as liaison between Registered Dietitian Nutritionists and Certified Athletic Trainers

ASU Global Sports Institute for Impact and Innovation participant

- Spring 2015-present
- Interdisciplinary collaboration to promote the study of sport

Arizona's Vegetarian Nutrition (VN) Dietetics Practice Group (DPG) State Coordinator

- January 2015-present
- Update members on local and national news and events pertaining to vegetarian nutrition
- Contact key VN members and request donations for VN booth at Arizona Academy of Nutrition and Dietetics annual meeting
- Supervised VN booth at Arizona Academy of Nutrition and Dietetics annual meeting, June 2015

Member of Physical Activity, Nutrition, and Wellness Graduate Club

- 2014-present
- Attend monthly meetings and participate in service activities

Volunteer for ASU's GPSA

- 2015-2016
- Served as an Interview Travel Grant Reviewer, February 2015
- Served as a Research Grant Reviewer, October 2015

Member of GPSA's Wellness Team

- 2015-2016
- Participated in Think Tank meetings for promoting holistic wellness among ASU students

Sun Devil Fitness Research Grant Reviewer

- February 2015
- Reviewed grants to promote health and wellness at ASU

Member of Active@ASU

- 2015-2016
- Participated in bimonthly meetings with staff and students to develop programs promoting active lifestyles at ASU
- Represent the GPSA Wellness Team and graduate students to Active@ASU

TRAINING EXPERIENCE

National Institutes of Health (NIH) Office of Dietary Supplements (ODS) Mary Frances Picciano Dietary Supplement Research Practicum attendee

- June 7-9, 2016
- Applied for and selected to participate in annual ODS practicum with other researchers interested in dietary supplements

Training on NVivo software (QSR International)

- April 2-3, 2015
- Invited to participate in an intensive, hands-on training about using NVivo for qualitative research

PROFESSIONAL EXPERIENCE

Registered Dietitian, Uhling Consulting

- June 2013-August 2014
- Counseled patients on medical nutrition therapy in private practice outpatient setting and helped them create lifestyle changes
- Adept at counseling patients with chronic kidney disease, diabetes, hypertension, hypercholesterolemia, and obesity

Dietetic Internship, Arizona State University

- August 2012 – April 2013
- 9-month internship accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND)
- 11 weeks of clinical experience at Banner Desert Medical Center, including 6 weeks of pediatrics at Cardon Children’s Hospital
- 8 weeks of food service management at the VA hospital, Phoenix

Physical Therapy Technician, The Orthopedic Clinic Association (TOCA) Physical Therapy

- August 2011-August 2012
- Guided patients through their rehabilitation exercises, ensuring a safe environment
- Administered electrical nerve stimulation, ultrasound, heat, and ice modalities

PROFESSIONAL MEMBERSHIPS AND CERTIFICATIONS

- Member, ACSM, 2006-present
 - Member, Southwest ACSM, 2015-present
- Member, Academy of Nutrition and Dietetics (AND), Registration ID Number 86030072, 2012-present
 - Member, AND VN DPG, 2014-present
 - Member, AND SCAN DPG, 2013-present