

HEIDI LYNCH, PhD, RDN

Associate Professor, Kinesiology Department
Point Loma Nazarene University
3900 Lomaland Dr., San Diego, CA 92106
hlynch@pointloma.edu

EDUCATION

Doctor of Philosophy in Physical Activity, Nutrition, and Wellness; Arizona State University (ASU), August 2017

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

Bachelor of Science in Applied Health Science, Wheaton College, May 2007 (Cum Laude)

ACADEMIC APPOINTMENTS

Associate Professor, Department of Kinesiology, Point Loma Nazarene University, August 2020-present

Assistant Professor, Department of Kinesiology, Point Loma Nazarene University, August 2017-2020

Courses taught:

- *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, August 2014-May 2017

Courses taught:

- *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, August 2013-May 2104

Course taught:

- *FON 241 Principles of Human Nutrition (online)*

Adjunct Instructor, Department of Food and Nutrition, Maricopa Community Colleges, Mesa Community College, August 2013-May 2104

Course taught:

- *FON 241LL Principles of Human Nutrition*

Teaching Assistant, Department of Nutrition, Arizona State University, August 2009-May 2011

- *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

Vento, K., Miller, M., Graff, C., Olono, C., Bryant, J., **Lynch, H.** (2021). Quality of Life is Lowest Among Female Athletes at the Community College Compared to University Sport Levels. *Journal of Amateur Sport*. Fall 2021 edition.

Beezhold, E. J., Sawyer, B. J., & **Lynch, H. M.** (2020). Energy expenditure in a Syme's amputee triathlete. *Journal of Kinesiology & Wellness*, 9, 47-55.

Adger, K., & **Lynch, H.** (2020). Exercise in the management of postural orthostatic tachycardia syndrome. *Journal of Kinesiology & Wellness*, 9, 28-37.

Lynch, H. M., Buman, M. P., Dickinson, J. M., Ransdell, L. B., Johnston, C. S., & Wharton, C. M. (2020). No Significant Differences in Muscle Growth and Strength Development When Consuming Soy and Whey Protein Supplements Matched for Leucine Following a 12 Week Resistance Training Program in Men and Women: A Randomized Trial. *International journal of environmental research and public health*, 17(11), 3871.

Ciuris, C., **Lynch, H. M.**, Wharton, C., & Johnston, C. S. (2019). A comparison of dietary protein digestibility, based on DIAAS scoring, in vegetarian and non-vegetarian athletes. *Nutrients*, 11(12), 3016.

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.

OTHER PUBLICATIONS

Guest, N. & **Lynch, H.** Plant-based diets and athletic performance. (2021). *Aspetar Journal*.

BOOK CHAPTERS

Lynch H, Berardy A, Wharton C. Food production and dietary patterns. In: Sabate J, ed. *Environmental Nutrition*. United Kingdom: Elsevier Academic Press; 2019: 101-122.

Berardy A, **Lynch H**, Wharton C. Food systems: Descriptions and trends. In: Sabate J, ed. *Environmental Nutrition*. United Kingdom: Elsevier Academic Press; 2019: 27-40.

ACADEMIC PRESENTATIONS

- “Soy protein and muscle growth [voiceover PowerPoint presentation in lieu of in-person oral

presentation due to COVID-19].” **Lynch H.** Presented at Korean Society Food Science & Technology conference, virtual location; June 2021.

- “Plant-based diets: what are they, and why should athletes care? [oral presentation as part of multi-presenter symposium].” **Lynch H.** Presented at the Southwest American College of Sports Medicine (SWACSM) annual meeting, Costa Mesa, CA; October 2020.
- “The Effects of High Intensity Interval Training Versus Moderate Intensity Continuous Training on Energy Compensation [voiceover PowerPoint presentation in lieu of in-person oral presentation due to COVID-19].” Pattison K, Dowden E, Beaver B, Barragan J, **Lynch H**, Sawyer B. Presented at the American College of Sports Medicine (ACSM) annual meeting, virtual location; June 2020.
- “An Evaluation of Physical Health, Dietary Habits, Nutrition Knowledge, and Quality of Life in Female Collegiate Soccer Players [poster presentation].” Graff C, Bryant J, **Lynch H.** Presented at the SWACSM annual meeting, Newport Beach, CA; October 2019.
- “Energy Expenditure in Para-Athletes during Exercise and Rest [poster presentation].” Beezhold E, Sawyer B, **Lynch H.** Presented at the SWACSM annual meeting, Newport Beach, CA; October 2019.
- “Plant-based diets and athletic performance: the current state of the evidence [oral presentation].” **Lynch H.** Presented at the Functional Foods Conference, San Diego, CA; May 2019.
- “Physical Health, Nutrition Knowledge, Food Consumption, and Quality of Life of Female Collegiate Runners [poster presentation].” Miller M, Alvar B, Ganz S, **Lynch H.** Presented at the Sports, Cardiovascular, and Wellness Nutrition (SCAN) Symposium, Phoenix, AZ; April 2019.
- “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 SWACSM 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 SWACSM 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 SWACSM 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 SWACSM annual meeting, Costa Mesa, CA; October 2016.
- “Diet and performance: a comparison between vegetarian and omnivore endurance athletes

[poster presentation].” **Lynch H**, Johnston C, Wharton C. Presented at the 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

- **\$3,000 Wesleyan Center grant**
 - Funds research for hospital food waste study with Loma Linda University Hospital
- **6-unit course release from the Wesleyan Center grant**
 - Course release to support work on the *Athlete Health Initiative*
- **\$2,000 RASP grant**
 - Spring 2019
 - Funds research for the *Athlete Health Initiative*
- **\$2,000 RASP grant**
 - 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 among graduates from the Physical Activity, Nutrition and Wellness (now Exercise and Nutrition Sciences) PhD program at ASU
- **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.

SERVICE

Departmental:

- Assessment committee, 2018-2019
- Participated in some curriculum committee meetings (not officially on this committee), 2018-2019
- Search committee for tenure-track positions, 2017-2018

University:

- Faculty governance committee, 2019-present
- Faculty ethos committee, 2018-2019
- Lunch N Learn presentation, “Plant-based eating for anyone”, September 2018.
- PLNU faculty development/scholarship day presentation, “Effects of a plant-based dietary intervention on cardiovascular health biomarkers [oral presentation],” August 2018.
- Have met with seven PLNU student athletes individually (with one of these athletes twice) about developing a personal nutrition plan for sport performance. An eighth student will meet with me at the start of the school year.

External Service:

- **Professionals in Nutrition for Exercise & Sport (PINES) Board Member**, Education Subcommittee, 2020-present
- **Manuscript reviewer for peer-reviewed journals**, 2017-present
Journal of Nutrition
Nutrients
Sustainability
Trends in Food Science & Technology
International Journal of Environmental Research and Public Health
Sports Health: A Multidisciplinary Approach
- **SCAN DPG’s National Athletic Trainers’ Association (NATA) Committee**, April 2018-present
 Serve as liaison between Registered Dietitian Nutritionists and Certified Athletic Trainers
- **SCAN DPG Symposium Planning Committee**, February 2018-May 2019
 Participate in weekly email communication and monthly phone calls

- Radio interview with Dr. Ira on SiriusXM110 about vegetarian diets and athletic performance, December 12, 2017

Church Service:

- Elder (serves on "Session") at Covenant Church, 2020-present
- Greeter at Covenant Church (<https://www.covenantsd.org/>), 2018-present
- Served at a picnic for refugee families, 7/27/19
- Presented on September 22, 2019 about sustainability and environmental nutrition and how these topics relate to Christianity

Community Service:

- Served with the group "I Love a Clean San Diego" for Beach Clean-Up Day, fall 2017

Previous Service:

- **Arizona's Vegetarian Nutrition (VN) Dietetics Practice Group (DPG) State Coordinator**, January 2015-2017
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**, 2014-2017
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

PLNU GRADUATE AND UNDERGRADUATE MENTORSHIP

Graduate Committee Chair: Theses for MS in Kinesiology

Breanna Beaver, 2017-2018

Rachel Miller, 2017-2018

Kristen Lifter, 2017-present

Graduate Committee Member: Theses for MS in Kinesiology

Kirsten Thornhill, 2018-present
Jacob Castanho, 2017-2019
Kai Pattison, 2017-2018

Graduate Capstone Project Mentor for MS in Kinesiology

Carly Graff, 2018-present
Erin Beezhold, 2018-present
Kassandra Adger, 2018-present
Christine Ngo, 2018-2019
Gabby Abalos, 2018-2019

Undergraduate Honors Committee Chair

Megan Miller, BA in Exercise and Sport Science, 2018-2019

Undergraduate Honors Committee Member

Jacob Barragan, BS in Applied Health Science, 2018-2019

EXTERNAL GRADUATE STUDENT MENTORSHIP

- Dissertation reader for Alba Reguant Closa. Dissertation title, "The Integration of Environmental Sustainability in the Athlete's Plate Nutrition Educational Tool." University of Andorra. PhD advisor: Dr. Nanna Meyer (University of Colorado Colorado Springs). Spring 2020
- MS thesis reader for Krista Reed. Thesis title, "Are there differences between strength-trained women following plant-based versus omnivorous diets? A pilot study examining anaerobic fitness, strength, body composition, and physical activity." Thesis advisor: Dr. Matthew Schubert (California State University San Marcos). Spring 2019.

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 with chronic kidney disease, diabetes, hypertension, hypercholesterolemia, and obesity in private practice outpatient setting and helped them create lifestyle changes

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)

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

- August 2011-August 2012
- Guided patients through their rehabilitation exercises, ensuring a safe environment

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
- Member, Professionals in Nutrition for Exercise and Sport (PINES), 2017-present