

Julie A. Larsen

Ph.D., RDN, ACSM RCEP®

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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**
Mentors: Judy Knuth, M.S. and Kathryn E. Meier, Ph.D.
Committee: Dennis Dyck, Ph.D. and Mel Haberman, Ph.D.
- Bachelor of Science:** Coordinated Program in Dietetics, Exercise Physiology and Metabolism
College of Pharmacy
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
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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-present
American College of Sports Medicine
- Basic Life Support for Health Care Providers** Current
American Heart Association
- Heartsaver First Aid** Current
American Heart Association
- Washington State Food Worker Card** Current
Spokane Regional Health District
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PROFESSIONAL EXPERIENCE

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

AWARDS

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
Alumni Leadership Scholarship Washington State University, Spokane, WA	2007-2008
Dean's List Washington State University, Spokane, WA	2006-2009
Honor Marshal, Commencement Ceremony Spokane Falls Community College, Spokane, WA	2006

Sprint Scholarship Spokane Falls Community College, Spokane, WA	2005-2006
Phi Theta Kappa Honors Society	2006
Dean's List Spokane Falls Community College, Spokane, WA	2004-2006

RESEARCH

PEER-REVIEWED PUBLICATION

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.

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

ORAL PRESENTATIONS

Conference Presentation 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.	April 15, 2016
Invited Speaker Mukogawa Fort Wright Institute Pharmacy and Nutrition Sciences Symposium Presentation Title: <i>Effects of Exercise on Cognition and Satisfaction in Breast Cancer Survivors</i>	August 20, 2015

POSTER PRESENTATIONS (PUBLISHED WHERE INDICATED)

1. **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.
2. **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.
3. **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.
4. **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.
5. **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.
6. **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.
7. **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.
8. **Larsen JA**, Hansen C, Knuth J. Comparison of exercise modalities on cognition, fitness, and satisfaction. Wiley Research Exposition. Pullman, WA. February 1, 2013.
9. 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.
10. **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.

TEACHING

INSTRUCTOR—WASHINGTON STATE UNIVERSITY

Nutrition Assessment and Lifestyle Counseling [M] (NEP 427); 3 credits 29 students; 100% responsibility	<i>Spring 2017</i>
Nutrition and Exercise Throughout the Lifecycle (NEP 458); 3 credits 28 students; 100% responsibility	<i>Fall 2016</i>
29 students; 100% responsibility	<i>Fall 2017</i>
Exercise Testing and Prescription (NEP 476); 3 credits 31 students; 33% responsibility	<i>Spring 2017</i>

Nutrition and Exercise Practicum I (NEP 479); 3 credits	
28 students; 50% responsibility	<i>Fall 2016</i>
27 students; 67% responsibility	<i>Fall 2017</i>
Nutrition and Exercise Practicum II (NEP 482); 3 credits	
24 students; 50% responsibility	<i>Spring 2017</i>
Advanced Medical Nutrition Therapy (NEP 537); 5 credits	
11 students; 33% responsibility	<i>Spring 2017</i>
14 students; 33% responsibility	<i>Fall 2017</i>

GRADUATE TEACHING ASSISTANT—WASHINGTON STATE UNIVERSITY

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

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

SERVICE

UNIVERSITY

Committee Member

CoAES Accreditation Committee, Nutrition and Exercise Physiology	present
Graduate Programs Advisory Committee, College of Pharmacy	2013-2014
Washington State University Spokane Tobacco Free Task Force	2011-2012

President

Graduate Research Student Association	2015-2016
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Vice-President of Programs

Graduate Research Student Association	2014-2015
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Co-Mentor for Undergraduate Research

Cancer, Cognition, and Exercise Research Project (NEP 499):	2013-2016
<i>Nova Baker</i>	<i>Nicole Moseley-Williams</i>
<i>Marilyn Cellucci</i>	<i>Mackenzie Stults</i>
<i>Claire Godbout</i>	<i>Eleacia Walser</i>
<i>Char-Lee Hansen</i>	<i>Lauren Wampole</i>
<i>Angelina Masino</i>	

Summer Undergraduate Research Fellowship Program: <i>Char-Lee Hansen</i>	Summer 2012
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Presenter for Campus Events and Tours

Health Sciences Industry Tour	March 2016
Health Sciences Preview	October 2015, February 2016
WSU Tribal Extension Kalispell Youth Group and Yakima Valley Farmworkers Clinic Group campus visit	July 2014
Riverpoint Interprofessional Education and Research Tour	February 2014
Exploring Health Careers	July 2012

COMMUNITY**Health Promotion Clinical Director**

Special Olympics Washington	2017-present
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Scholarship Chair/Chair-Elect

Greater Spokane Dietetic Association	2014-2017
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Committee Member

17 th World Fitness Expo Organizing Committee, Atlanta, GA	present
Oregon/Washington State Academy of Nutrition and Dietetics Convention Speaker Selection Committee	2015-2016

Volunteer

Poster Evaluator—Eastern Washington Regional Science and Engineering Fair	March 2017
Event Volunteer: Mobius Science Center and Museum	June 2015-January 2017
Presentation Evaluator—Written & Oral Projects: Spokane STEMposium	May 2015, 2016
Pines Middle School Presenter: American Physiological Society Physiology Understanding (PhUn) Week	November 2011