

# 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-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
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## PROFESSIONAL EXPERIENCE

<b>Teaching Assistant Professor</b> Nutrition and Exercise Physiology Elson S. Floyd College of Medicine Washington State University, Spokane, WA	Fall 2020-Present
<b>Instructor</b> Nutrition and Exercise Physiology Elson S. Floyd College of Medicine Washington State University, Spokane, WA	Fall 2016-Summer 2020
<b>Adjunct Faculty</b> Department of Human Physiology School of Nursing and Human Physiology Gonzaga University, Spokane, WA	Spring 2019
<b>Graduate Teaching Assistant</b> Nutrition and Exercise Physiology Washington State University, Spokane, WA	Fall 2011-Spring 2016
<b>Registered Dietitian and Tobacco Prevention Coordinator</b> Whitman County Department of Public Health, Colfax and Pullman, WA	2010-2011
<b>Undergraduate Internships</b>	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>
<b>Clerical Assistant</b> Criminal Justice Department Washington State University, Spokane, WA	2008
<b>Nutrition Research Assistant</b> Center for Public Health Nutrition University of Washington, Seattle, WA	2007-2008
<b>Lab Assistant</b> Chemistry Department Spokane Falls Community College, Spokane, WA	2005-2006

## TEACHING

### INSTRUCTOR/TEACHING ASSISTANT PROFESSOR

#### WASHINGTON STATE UNIVERSITY

Strength Training and Conditioning: Theory and Application (NEP 320)	
15 students; 100% responsibility; 3 lecture credits	Fall 2019
19 students; 100% responsibility; 2 lecture + 1 lab credit	Fall 2020

Vitamin and Mineral Metabolism (NEP 402)	
20 students; 100% responsibility; 3 lecture credits	Spring 2021
Nutrition Assessment and Lifestyle Counseling [M] (NEP 427)	
29 students; 100% responsibility; 2 lecture + 1 lab credit	Spring 2017
25 students; 100% responsibility; 2 lecture + 1 lab credit	Spring 2018
31 students; 33% responsibility; 2 lecture + 1 lab credit (lab only)	Spring 2019
16 students; 33% responsibility; 2 lecture + 1 lab credit (lab only)	Spring 2020
19 students; 100% responsibility; 2 lecture + 1 lab credit	Spring 2021
Exercise, Diet, and Disease (NEP 435)	
16 students; 100% responsibility; 4 lecture credits	Spring 2020
19 students; 100% responsibility; 4 lecture credits	Spring 2021
Nutrition and Exercise Throughout the Lifecycle (NEP 458)	
28 students; 100% responsibility; 3 lecture credits	Fall 2016
29 students; 100% responsibility; 3 lecture credits	Fall 2017
Exercise Testing and Prescription (NEP 476)	
31 students; 33% responsibility; 2 lecture + 1 lab credit (lab only)	Spring 2017
Human Health Behavior and Behavioral Interventions (NEP 477)	
10 students; 50% responsibility; 3 lecture credits	Fall 2020
ECGs, Medications, and Procedures (NEP 478)	
19 students; 100% responsibility; 2 lecture + 1 lab credit	Fall 2018
Nutrition and Exercise Practicum I (NEP 479); 1 lecture + 2 lab credits	
28 students; 50% responsibility	Fall 2016
27 students; 67% responsibility	Fall 2017
19 students; 67% responsibility	Fall 2018
26 students; 100% responsibility	Fall 2019
19 students; 100% responsibility	Fall 2020
Cardiopulmonary Rehabilitation (NEP 480)	
24 students; 100% responsibility; 3 lecture + 1 lab credit	Spring 2018
Nutrition and Exercise Practicum II (NEP 482)	
24 students; 50% responsibility; 1 lecture + 2 lab credit	Spring 2017
24 students; 50% responsibility; 2 lab credits	Spring 2018
18 students; 75% responsibility; 2 lab credits	Spring 2019
23 students; 100% responsibility; 2 lab credits	Spring 2020
13 students; 100% responsibility; 2 lab credits	Spring 2021
Exercise Internship Seminar (NEP 489)	
20 students; 100% responsibility; 1 lecture credit	Fall 2018
23 students; 50% responsibility; 3 lecture credits	Fall 2019
11 students; 50% responsibility; 3 lecture credits	Fall 2020
Exercise Internship (NEP 490)	
24 students; 100% responsibility; 10 lab credits	Summer 2018
17 students; 100% responsibility; 10 lab credits	Summer 2019
19 students; 100% responsibility; 10 lab credits	Summer 2020

11 students; 100% responsibility; 10 lab credits	Fall 2020
1 student; 100% responsibility; 10 lab credits	Spring 2021
Special Problems (NEP 499)	
1 student; 100% responsibility; 1 credit	Spring 2020
1 student; 100% responsibility; 1 credit	Spring 2021
Advanced Medical Nutrition Therapy (NEP 537)	
11 students; 25% responsibility; 5 lecture credits (simulation & grading)	Spring 2017
14 students; 25% responsibility; 5 lecture credits (simulation & grading)	Fall 2017
Special Projects or Independent Study (NEP 600)	
1 student; 100% responsibility; 5 credits	Fall 2018
1 student; 100% responsibility; 5 credits	Spring 2019
1 student; 100% responsibility; 1 credit	Spring 2019
2 students; 100% responsibility; 2 credits	Fall 2019
5 students; 100% responsibility; 1 credit	Spring 2020
1 student; 100% responsibility; 1 credit	Spring 2020

## **ADJUNCT FACULTY**

### **GONZAGA UNIVERSITY**

Nutrition and Metabolism (HPHY 244); 3 lecture credits	
120 students; 100% responsibility	Spring 2019

### **GRADUATE TEACHING ASSISTANT**

#### **WASHINGTON STATE UNIVERSITY**

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

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)	Spring 2015
Electrocardiograms, Medication, and Procedures (NEP 478)	Fall 2012
Cardiopulmonary Rehabilitation (NEP 480)	Spring 2016

Co-mentored undergraduate research projects

Cancer, Cognition, and Exercise Research Project (NEP 499):	2013-2016	
<i>Nova Baker</i>	<i>Char-Lee Hansen</i>	<i>Mackenzie Stults</i>
<i>Marilyn Cellucci</i>	<i>Angelina Masino</i>	<i>Eleacia Walser</i>
<i>Claire Godbout</i>	<i>Nicole Moseley-Williams</i>	<i>Lauren Wampole</i>
Summer Undergraduate Research Fellowship Program: <i>Char-Lee Hansen</i>	Summer 2012	

## **CLINICAL PRACTICE**

### **Registered Dietitian and Clinical Exercise Physiologist**

Spokane Teaching Health Clinic	Fall 2019-Fall 2020
Preceptor for WSU dietetics student: Abbey Roberts (41 hours)	

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## SERVICE

### UNIVERSITY

<b>Roles and Responsibilities Interprofessional Activity – Presenter</b> Washington State University Health Sciences	September 2019
<b>Dare to Dream Event – Presenter</b> Washington State University Health Sciences	June 2019
<b>Health Sciences Industry Tour – Leader</b> Washington State University Health Sciences	March 2016
<b>Health Sciences Preview – Presenter</b> Washington State University Health Sciences	October 2015, February 2016
<b>Abstract Review Committee – Member</b> Inland Northwest Research Symposium	2015-2016
<b>Graduate Research Student Association – President</b> Washington State University Health Sciences	2015-2016
<b>Graduate Research Student Association – Vice-President of Programs</b> Washington State University Health Sciences	2014-2015
<b>WSU Tribal Extension Kalispell Youth Group and Yakima Valley Farmworkers Clinic Group campus visit – Leader</b> Washington State University Health Sciences	July 2014
<b>Riverpoint Interprofessional Education and Research Tour – Leader</b> Washington State University Health Sciences	February 2014
<b>Exploring Health Careers Event – Presenter</b> Washington State University Health Sciences	July 2012
<b>Tobacco Free Task Force – Member</b> Washington State University Health Sciences	2011-2012

### DEPARTMENT

<b>Curriculum Committee – Chair</b> Program in Nutrition and Exercise Physiology	2020-2021
<b>Admissions Committee – Member</b> Master of Science Coordinated Program in Dietetics	2020-2021
<b>Admissions Committee – Chair</b> Bachelor of Science in Nutrition and Exercise Physiology	2018-2020
<b>Admissions Committee – Member</b> Bachelor of Science in Nutrition and Exercise Physiology	2017-2021
<b>Ad Hoc Discipline Committee – Member</b> Program in Nutrition and Exercise Physiology	2017-2019

<b>Commission on Accreditation for the Exercise Sciences Committee – Member</b>	2017-2018
Bachelor of Science in Nutrition and Exercise Physiology	
<b>Graduate Programs Advisory Committee – Member</b>	2013-2014
College of Pharmacy	
<b><u>PROFESSIONAL</u></b>	
<b>President</b>	2019-present
Greater Spokane Dietetic Association	
<b>Health Promotion Clinical Director</b>	2017-present
Special Olympics Washington	
<b>President-Elect</b>	2018-2021
Greater Spokane Dietetic Association	
<b>Event Judge</b>	March 2019, 2020, 2021
HOSA Future Health Professionals	
<b>Peer-Review Board Member</b>	2017-2020
Community Engagement Institute	
<b>Event Judge</b>	March 2017, 2018, 2019
Eastern Washington Regional Science and Engineering Fair	
<b>Scholarship Chair</b>	2016-2017
Greater Spokane Dietetic Association	
<b>Scholarship Chair-Elect</b>	2014-2016
Greater Spokane Dietetic Association	
<b>Presentation Evaluator—Written &amp; Oral Projects</b>	May 2015, 2016
Spokane STEMposium	
<b>Convention Speaker Selection Committee</b>	2015-2016
Washington State Academy of Nutrition and Dietetics	

## **RESEARCH**

### **PEER-REVIEWED PUBLICATIONS**

**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.

### **FUNDING**

<b>Virginia Schafer Research in Human Nutrition Award: \$2500</b>	2015-2016
Health Sciences	
Washington State University, Spokane, WA	

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

### **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.

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### AWARDS

<b>President's Award</b> Washington State Academy of Nutrition and Dietetics	2021
<b>Recognized Young Dietitian of the Year</b> Washington State Academy of Nutrition and Dietetics	2020
<b>Outstanding Doctoral Oral Presentation Award</b> ACSM Northwest Annual Meeting, Tacoma, WA	April 2016
<b>3-Minute Research Synopsis: 3<sup>rd</sup> place</b> Washington State University, Spokane, WA	September 2015
<b>Alumni Leadership Scholarship</b> Washington State University, Spokane, WA	2007-2008
<b>Dean's List</b> Washington State University, Spokane, WA	2006-2009
<b>Honor Marshal, Commencement Ceremony</b> Spokane Falls Community College, Spokane, WA	2006
<b>Sprint Scholarship</b> Spokane Falls Community College, Spokane, WA	2005-2006
<b>Phi Theta Kappa Honors Society</b>	2006
<b>Dean's List</b> Spokane Falls Community College, Spokane, WA	2004-2006

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