

Curriculum vitae

Amy Miracle, PhD, RD, CSSD, LD

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EDUCATION

Doctor of Philosophy, Kinesiology, Kinesiology and Nutrition Sciences Program, University of Nevada, Las Vegas, Las Vegas, NV, December 2013.

Master of Science/Dietetic Internship, Nutrition, Nutrition Program, Kent State University, Kent, OH, 2004.

Master of Art, Exercise Physiology, Exercise, Leisure and Sport, Kent State University, Kent, OH, 2003.

Bachelor of Science, Nutrition and Food, Nutrition Program, Kent State University, Kent, OH, 2000.

DISSERTATION

Dissertation: "Evaluation of the relationship between nutrition knowledge and disordered eating risk in female collegiate athletes"

THESIS

Thesis: "Impact of a one-time nutritional education session on dietary intake of college freshmen"

ACADEMIC INTERESTS

Sports nutrition knowledge among athletes
Influence of nutrition on performance and exercise training
Body/muscle dymorphic disorder
Eating pathology among athletes and non-athletes
International nutrition issues and global food ways
Chronic disease prevention

PROFESSIONAL EXPERIENCE

Assistant Professor: Nutrition and Dietetics Program, School of Health Sciences, College of Education and Health and Human Services, Kent State University, Kent, OH. August 2012 – Present.

Lecturer: Nutrition Program, Department of Kinesiology and Nutrition Sciences, University of Nevada, Las Vegas, Las Vegas NV. August 2010 – 2012.

Maintain 12 credit hour course loads each semester and regular office hours to support students in mastering nutrition sciences material. Provide service to university and community.

Visiting Lecturer: Department of Nutrition Sciences, University of Nevada, Las Vegas, Las Vegas NV. August 2007 – July 2010.

Part-time Instructor: Department of Nutrition Sciences, University of Nevada, Las Vegas, Las Vegas NV. January 2005 – July 2007.

Exercise Physiologist: Department of Physical Therapy, St. Rose Dominican Hospital, Henderson, NV. March 2005 – June 2006.

Administer exercise tests and nutrition assessment along with exercise and nutrition consultations in an effort to improve quality of life of residents in a 55+ community.

Part-time Instructor: Nutrition Program, School of Family and Consumer Studies, Kent State University, Kent, OH. August 2003 – December 2004.

Nutrition Outreach Program Coordinator: Nutrition Program, School of Family and Consumer Studies, Kent State University, Kent OH. January 2003 – December 2004.

COURSES TAUGHT

Nutrition

Nutrition for Fitness/Sports Nutrition
Nutrition/Intermediate Nutritional Science
Experimental Methods in Nutrition/Research and Statistics in Nutrition (writing intensive course)
Food Choices for Prescribed Dietary Modification
Maternal and Child Nutrition
Introduction to Nutrition & Dietetics
Human Nutrition (introductory course for non-majors)
Principles of Nutrition (introductory course for majors)
Introduction to Sports Nutrition
Nutrition, Health and Ethnic Issues
Sports Nutrition Practicum
Nutrition Assessment
Complementary and Integrative MNT

Independent Study in Nutrition

Kinesiology

Foundations of Kinesiology

RELEVANT PROFESSIONAL EXPERIENCE

Staff Dietitian: Athletics Department, Kent State University, Kent, OH. October 2012 – Present

Provide nutrition services including: education (for teams, individual student-athletes and coaching staffs), consulting with individual athletes and provide nutrition assessment, develop nutrition care plans, and provide medical nutrition therapy as part of a multidisciplinary sports medicine team. Also, communicate with athletic trainers, strength and conditioning staff, coaching staff

Dietetic Internship Preceptor: Kent State University, Kent, Ohio. January 2017- Present.

Provide sports nutrition experiences for KSU dietetic interns.

Course Development: Nutrition & Dietetics Program, School of Health Sciences, Kent State University, Kent, OH. November 2018 – Present

Development of new graduate course in nutrition: Foundations in Nutritional Research.

Course Development: Nutrition & Dietetics Program, School of Health Sciences, Kent State University, Kent, OH. January 2014 – Present

Development of new study abroad course for both nutrition majors and non-nutrition majors with a focus on cultural nutrition practices specific to Italy and a comparison to nutrition practices of the United States of America.

NUTR 121 Coordinator: Nutrition Program, Department of Kinesiology and Nutrition Sciences, University of Nevada, Las Vegas, Las Vegas, NV. August 2010 – May 2011

Coordinate instructors and teaching assistants for multi-section introductory nutrition course for non-majors. Maintain exam statistics for each course section and standardization of course materials.

NUTR 121 Co-developer of Standardized Materials: Nutrition Program, Department of Kinesiology and Nutrition Sciences, University of Nevada, Las Vegas, Las Vegas, NV. August 2007– May 2008

Worked in collaboration to create PowerPoint lectures, study aid materials, exam questions and course administration policies.

Dietetic Internship Preceptor (Community): Department of Physical Therapy, St. Rose Dominican Hospitals, Henderson, NV. August 2005 – May 2006

Nutrition Outreach Program Development: Nutrition Program, School of Family and Consumer Studies, Kent State University, Kent, OH. January 2002 – December 2002

Primary in development of campus-wide nutrition and wellness program for the School of Family and Consumer Studies.

Course Development: Nutrition Program, School of Family and Consumer Studies, Kent State University, Kent, OH. January 2002 – May 2002

Primary in development of a one-credit hour introductory course (Introduction to Nutrition and Dietetics).

MASTERS THESIS/PROJECT COMMITTEES, DIRECTED

Absi, Leila (2018, May) Development of a Handbook to Nutritionally Prepare Running Enthusiast for Long-Distance Endurance Events

Alex, Melissa (2018, December) Relationship between Stress, Dietary Intake, and Perception of Performance amongst Female Long-Distance Runners

Barley, Brooke (2015, May) Dietary Behaviors and Intake of High School Wrestlers.

Betro, Alyssa (2017, May) Development of a Nutrition and Physical Activity Website Blog for Young Adult Women.

Cook, Ian (2016, May) Perceived Fatigue and Meal Timing in Female Collegiate Athletes.

Cooper, Christopher (2015, August) Knowledge and Perceptions of Nutrigenomics among Sports Dietitians.

Edinger, Jorden (2016, May) Diet Quality and Body Composition among College Students.

Holley, Siera (2015, May) Sports Nutrition Knowledge of Collegiate Athletes attending Division I, II and III NCAA affiliated schools.

Mealick, Chelsea (2016, May) Development of a Sports Nutrition Resource for High School Athletes.

Rennolds, Jessica (2014, Aug) Impact of an educational intervention on Female Athlete Triad knowledge in female collegiate athletes.

Rickard, Ashley (2014, Aug) Evaluation of the Prevalence of Muscle Dysmorphia Symptomology and the association with Dietary Intake in College Age Males.

Rogers, Erin (2016, May) Evaluation of the relationship between Dorm Living and Binge Eating Disorder.

Smith, Elsworth (2016, May) Evaluation of Fueling Station Usage in NCAA Student Athletes.

MASTERS THESIS/PROJECT COMMITTEES, SERVED ON

Alsaddah, Ala (2014, Dec) Comparing the Knowledge and Utilization of Nutrition Labels among International versus Non-International College Students at Kent State University.

Burnett, Lisa (In Progress) Fluid and Carbohydrate Intake during the Marathon in Elite Distance Runners.

Gay, Brielle (2018, May) The Perception and Nutrition Knowledge of Vegetarian Diets in Vegetarian and Non-vegetarian, Male and Female College Students

LaBonte, Luc (2015, December) Thermogenic Supplement Usage in College Students.

Mahoney, Sean (2017, December) Dietary Intake and Recovery Status among Division I and Division III Baseball Players during the Collegiate Baseball Season.

Reynolds, Robin (In Progress) Development of a Nutritional Website Focusing on the Female Athlete Triad.

Shaukat, Sadia (2014, May) Nutrition Education Material for the Prevention of Osteoporosis for South Asian women.

Skiba, Lindsay (2012, Dec) Assessment of Disordered Eating Behaviors in College-Aged Female Health and Human Services Majors.

Telmanek, Jaqualine (2015, December) Evaluation of the General Diets and Weight Pressures of Adolescent Female Athletes.

Tyler, Alyssa (2014, August) The Effect of High Intensity Exercise on pH and Inflammatory Biomarkers.

Warren, Brian (2014, May) Connecting the Dots: A study to determine the differences in diet quality of exercising and non-exercising Obese, overweight, normal weight, and underweight male and female college age students.

PUBLICATIONS

Trade Journals:

Kruskall, L. & **Miracle, A.** (2009). Caffeine and Exercise Performance. *ACSM's Health and Fitness Journal* 13(6), 17-23.

In Preparation:

Rennolds, J., **Miracle, A.**, Gordon, K., & Falcone, T. (in prep.) Impact of an educational intervention on Female Athlete Triad knowledge in female collegiate athletes.

Rickard, A., **Miracle, A.**, Caine-Bish, N., & Chinn, L. (in prep.) Prevalence of muscle dysmorphia and dietary intake of male athletes.

Barley, B., **Miracle, A.**, Caine-Bish, N., & Gordon, K. (in prep.) Dietary Behaviors and Intake of High School Wrestlers.

Cooper, C. **Miracle, A.**, Caine-Bish, N., & Gordon, K. (in prep.) Knowledge and Perceptions of Nutrigenomics among Sports Dietitians.

Holley, S., **Miracle, A.**, Caine-Bish, N., & Gordon, K. (in prep.) Sports Nutrition Knowledge of Collegiate Athletes attending Division I, II and III NCAA affiliated schools.

PRESENTATIONS

National Conferences:

Miracle, A. (2008, December). Providing Nutrition Guidance as a Fitness Professional: A Case Study Perspective. Athletic Business Conference + Expo, San Antonio, TX.

Miracle, A. (2008, March). How to Provide Nutrition Guidance as a Fitness Professional: A Case Study Approach. ACSM's Health and Fitness Summit and Exposition, Long Beach, CA.

Workshops and Other Presentations:

Miracle, A. (2013, March). Nutrition for Top Performance. Hiram College Athletics Department, Hiram, OH.

Miracle, A. (2010, January). Maximizing Athletic Performance with Sports Nutrition CCSD Secondary PE/APE Conference (NAHPERD), Chaparral H.S., Las Vegas, NV.

POSTER PRESENTATIONS

National Conferences:

Rennolds, J., **Miracle, A.**, Gordon, K., & Falcone, T. (2015) Impact of an educational intervention on Female Athlete Triad knowledge in female collegiate athletes. Food and Nutrition Expo, Nashville, TN.

Gordon, K. L., Bailey, L., Caine-Bish, N., & **Miracle, A.** (2014). Assessment of disordered eating behaviors in college-aged female health and human services majors. Food and Nutrition Expo, Atlanta, GA.

Wight, M., Vergara, C., and **Miracle, A.** (2010). Nutrition periodization: An educational approach for enhancing the athlete's knowledge of food and nutrition as it relates to the training season. SCAN Symposium, San Diego, CA.

State and Local Conferences:

Miracle, A. (2002) High dietary protein intake increases serum enzyme activity following damaging exercise in humans. The Ohio Academy of Science Symposium at Capital University, Columbus, OH.

Miracle, A. (2002) Varying Protein Intakes, Serum Enzyme Activity and Exercise. GSS Research and Presentation Colloquium, Kent State University, Kent, OH.

GRANTS

Masculinity and Muscles: Examining the effects of gender, sexual orientation, and athlete status on muscle-dysmorphia and dietary intake of a sample of college men

Granting Agency: The William's Institute

Authors: Wagner, L. & **Miracle, A.**

Submitted: March 2013

Funding request: \$ 4,999.71

Status: Not Funded

Daily blueberry consumption on hypertension, cognition and vascular function in postmenopausal women with pre- and stage-1 hypertension

Granting Agency: U.S. Highbush Blueberry Council

Authors: Kingsley, J. D., McDaniel, J. & **Miracle, A.**

Submitted: January 2015

Funding request: \$59,297.62

Status: Not Funded

SERVICE

University

FlashFolio Super User, Kent State University, 2015 – Present

Academic Hearing Panelist, Office of Student Conduct, Kent State University, 2015 – Present

Consulting Dietitian for UNLV Athletics, 2007 – 2012

Graduate Student Senator, Kent State University, 2001 – 2002
Representative for School of Family and Consumer Studies

School

Research Advisory Council, 2015-2017 academic years
Representative for School of Health Sciences

Search Committee – Nutrition & Dietetics TT, 2015-2016
School of Health Sciences, Kent State University

Search Committee – Nutrition & Dietetics NTT, 2014-2015
School of Health Sciences, Kent State University

Small Grant (\$500) Committee, 2012 – Present
School of Health Sciences, Kent State University

Academic Standards Committee, 2011
School of Allied Health Sciences, UNLV
Kinesiology and Nutrition Sciences representative

Search Committee – Department of Physical Therapy, 2011
School of Allied Health Sciences, UNLV
External member

Course Evaluation Ad Hoc Committee, 2011
School of Allied Health Sciences, UNLV
Nutrition Sciences Representative

Curriculum Committee, 2001 – 2003
School of Family and Consumer Studies, Kent State University
Graduate Representative

Athletics Department

Student-Athlete Success Team Member – Kent State University, 2015 – Present
Multi-disciplinary team identifies and addresses student-athlete social and health issues

Mid-American Conference Mental Health Summit Attendee – Sports Dietitian
Representative for Kent State University, 2016-2017

Community

Aid Station Captain – Silverman Triathlon, 2007-2010

Mentor – Kent City Schools Roosevelt High School
Athletic Training Prep Program Capstone Project

MEMBERSHIPS AND AFFILIATIONS

American Dietetic Association

DPG: Sports, Cardiovascular and Wellness Nutritionists (SCAN)

Ohio Dietetic Association

Collegiate and Professional Sports Dietitians Association

CERTIFICATIONS

Registered Dietitian (RD), Registration # 930471, 2004 – Present

Licensed Dietitian (LD), Ohio Board of Dietetics, Registration #7561, 2014 - Present

Certified Specialist in Sports Dietetics (CSSD), 2008 – Present