

# RACHEL A. CLARK, MS, RD

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CLINICAL ASSISTANT PROFESSOR

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## EDUCATION

### MASTER OF SCIENCE IN EXERCISE AND SPORTS NUTRITION, 2001

Texas Woman's University, Denton, Texas

Thesis: Is There a Discrepancy Between Crew Coaches' Sports Nutrition Beliefs and Actions?

*Dietetic Internship*, Dallas—Fort Worth metroplex, 2000

### BACHELOR OF SCIENCE IN DIETETICS, 1998

### BACHELOR OF SCIENCE IN NUTRITION, FITNESS AND HEALTH, 1998

Purdue University, West Lafayette, Indiana

Honors Research: Dietary Carbohydrate Intake and Caloric Expenditure of Rowers during Winter Training

## ACADEMIC APPOINTMENTS

Purdue University, West Lafayette, Indiana, <i>Clinical Assistant Professor</i>	2020 – present
Purdue University, West Lafayette, Indiana, <i>Senior Lecturer</i>	2019 – 2020
Purdue University, West Lafayette, Indiana, <i>Continuing Lecturer</i>	2010 – 2019
Purdue University, West Lafayette, Indiana, <i>Professional Staff</i>	2001 – 2010
Texas Woman's University, Denton, Texas, <i>Graduate Research Assistant</i>	1998 – 2001

## AWARDS

- Faculty Favorite, HHS Success Mentors Program, Purdue University 2023
- Real-World Experience Award, Dietetics Learning Community at Purdue University 2020 – 2021
- Outstanding Educator Award, Indiana Academy of Nutrition & Dietetics 2020
- Outstanding Dietetics Educator for Area 5 (IL, IN, OH, WV, KY, TN), Nutrition and Dietetic Educators and Preceptors (NDEP) 2017
- Real-World Experience Award, Dietetics Learning Community at Purdue University 2016 – 2017
- Distance Education Incentive Award 2008

## COURSES TAUGHT

- **NUTR 42400, Communication Techniques in Foods and Nutrition:** Prepare students, via experiential and didactic learning, to communicate foods and nutrition information to lay and professional audiences through oral, written, and mass media channels 2021 – present
- **NUTR 41500, Practicum in Nutrition, Fitness and Health:** Supervise and provide feedback to students as they work with adult community members' to assess nutrition and fitness status; develop nutrition and fitness recommendations/plans; provide health education; conduct personal training sessions; follow-up and monitor client progress; provide a personal food/cooking demonstration; and professionally document all interactions. 2001 – 2020
- **NUTR 33200, Nutrition Counseling:** Campaigned for creation of this course and then developed it to expand students' communication skills and counseling techniques necessary for future practitioners to elicit nutrition-related behaviors changes in individuals. 2014 – present
- **NUTR 24500/34500: Rookie/Continuing Experience in Sports Nutrition.** Collaborate with Purdue Athletics Department to provide students with ongoing, experiential learning and leadership opportunities in an active, growing Sports Nutrition department. 2012 – present
- **NUTR 39200: Performance Nutrition.** Examine both theory and practical application of nutritional parameters related to human performance in exercise, sport and tactical settings. 2017 – 2019

## COURSES TAUGHT, continued

- **NUTR 39800, French Culture, Food and Health:** Study abroad program that includes 1 week overseas and 6 hours of in-country instruction. 2015 – 2020
- **NUTR 34000, Field Experience in Nutrition, Fitness and Health:** Oversee experiential field work that furthers students' skills and abilities in real-world work settings. 2008 – present
- **NUTR 43600, Nutrition Assessment:** Anthropometric, biochemical, clinical and dietary aspects of assessing nutrition status of individuals and groups. 2007 – 2013
- **NUTR 30300, Essentials of Nutrition:** Basic and applied nutrition for non-nutrition majors. Collaborated with two instructors to develop the distance learning version in 2008. 2002 – 2010
- **NFS 5901, Sports Nutrition for Collegiate Athletes.** Visiting instructor at Texas Woman's University 2003
- Recurring guest lectures in:
  - NUTR 10500: Nutrition in the 21<sup>st</sup> Century
  - NUTR 10600: The Profession of Dietetics
  - NUTR 33000: Dietary Guidance to Promote Health and Prevent Disease
- Past guest lectures or co-teaching in:
  - HK 20000: Healthy Lifestyles
  - HK 20800: Prevention and Treatment of Athletic Injuries
  - HK 30100: Clinical Practice in Athletic Training
  - NUTR 30300: Essentials of Nutrition (for non-nutrition majors)
  - NUTR 31500: Fundamentals of Nutrition (for nutrition majors)
  - HK 31200: Exercise Testing and Prescription for Sport
  - HK 40500: Administration of Athletic Training Programs
  - HK 40900: Seminar in Sports Medicine
  - NUTR 42400: Nutrition Communications
  - NUTR 43600: Nutrition Assessment
  - NUTR 48000: Medical Nutrition Therapy
  - HK 46900: Exercise Prescription for Special Populations
  - HK 52700: Weight Management & Eating Disorders

## LEADERSHIP

- **Interim Director of Didactic Program in Dietetics.** Manage all aspects of the undergraduate program in Dietetics, including curriculum; student recruiting, retention, and advising; accreditation; and communication with faculty and ACEND. 2020 – 2021
- **Teaching Kitchen Director.** Develop, administer, supervise, and manage undergraduate experiential learning and community outreach activities (e.g. cooking demonstrations and social media). Lyles-Porter Hall on West Lafayette campus of Purdue University. 2016 – 2021
- **Director of Nutrition, Fitness and Health undergraduate major.** Develop, evaluate, and update curriculum. Provide career advising. Recruit new students. Collaborate with Health and Kinesiology department. Represent this major in departmental Undergraduate Teaching Committee 2018 – 2020 and 2001 – 2015

## MENTORSHIP

- Faculty Advisor to *Nutrition Society* (student organization for undergraduates in the Nutrition Science department at Purdue University) 2020 – present
- 4-H Academy @Purdue [Extension] Instructor. Provide experiential learning opportunities to visiting high school students 2019 – 2021
- Collaborate with RD at campus Rec Sports to recruit and train undergraduate nutrition students from NUTR 33200 as Nutrition Coaches 2018 – present
- Graduate committee member for students pursuing Master's degrees 2006 – present
  - Kristina Kors (2020)
  - Lauren Link (2019)
  - Ryan Moran (2015)
  - Andrea Lopez (2008)

## MENTORSHIP, continued

- Nicholas Cooke (2007)
- Dietetics Learning Community Instructor 2015 – present
- Health Professions Week. Serve as resource for undergraduates exploring health professions 2018
- CAMP (Clinical Applications for future Medical Professionals) Instructor. Guide high school juniors and seniors in exploring health care professions through hands-on learning 2016
- *Sports Nutrition as a Career*, Indiana Wesleyan University, Invited Speaker 2016
- Horizons Student Support Program for first time college students. Guest instructor and Faculty Mentor 2003 – 2015
- Undergraduate career and course planning advisor to 10-20 students/year 2001 – 2010

## OUTREACH

- Invited expert on Nutrition FAQ panel for Women in Science (WISP) undergraduate student organization 2023
- *Purdue's For Me*. Host admitted students and their families and share the Nutrition Science department's unique offerings (1-9 times each spring semester) 2021 – present
- *Introducing Purdue*. Host potential students and their families to answer questions about careers in nutrition, and to share the Nutrition Science department's unique offerings (3-7 times each spring semester) 2021 – present
- *Fatigue – What You Can Do About It*. Purdue men's and women's crew team 2022
- *Eat Early & Eat Often*. Purdue men's and women's crew team 2022
- *Intuitive Eating*, Phi Mu sorority, Purdue University 2021
- Consultant for Purdue Foundry on development of the TA-DA app for photo-based food tracking, Angela Goldenstein, Director of Growth 2021
- Moderator for virtual May Conference, *COVID-19 Pandemic: Food Insecurity, Crisis Communication, Community Wellness*, presented by Purdue University Department of Nutrition Science 2021
- *Ease Your Online Transition with Online Discussion Done Right*, webinar presented in collaboration with Andria Brackenhoff of Packback.co 2020
- Fresh Thyme Dietitian Ambassador, West Lafayette IN store 2020 – present
- Consultant to Entrepreneurs in Residence at the Purdue Foundry on new supplement development 2019
- *New Year's Resolution: Eat Healthier*, <https://www.youtube.com/watch?v=uLHpI512I5s> 150 Years of Giant Leaps campaign, College of Health & Human Sciences at Purdue University, West Lafayette, IN 2019
- *Fuel Your Inner Athlete*, Indiana Dairy and Nutrition Council, Invited Expert Panelist 2018
- *Growing and Managing an Undergraduate Volunteer Workforce that Runs Itself*, Collegiate and Professional Sports Dietitians Association (CPSDA) 10<sup>th</sup> Annual Conference 2018
- *Sports Nutrition for the Multi-Sport Athlete in High School*, Lafayette Sports Medicine Symposium 2018
- *Fuel to Win*. 2-part series in Advanced PE at West Lafayette High School. Instructor: Shane Fry 2018
- *Diet, Nutraceuticals and OA*. David Van Sickle Musculoskeletal Days, Purdue College of Veterinary Medicine 2018
- *The Struggle is Real: Nutrition Counseling Skills for the Practicing RD*, May Conference at Purdue University, West Lafayette, IN 2017
- Health Education Series, hosted by Health & Kinesiology department and the Ismail Center, invited speaker & cooking class instructor, fall and spring semesters on various topics 2017 – present
- *Recognition & Recovery from Eating Disorders: What's Important for the ATC & PT*, Northeast Indiana Sports Medicine Symposium 2017
- Sports Nutrition programming consultation, Parkview Health, Fort Wayne IN 2016
- *Modern Sports Nutrition*, Indiana Athletic Trainers Association (IATA) Fall Symposium 2016
- *Fueling High School Athletes for Performance*, Lafayette Area Sports Medicine Symposium, Invited Speaker 2015
- *Sports Nutrition*, Recreational Sports Center Club Sports Presidents Meeting, Invited Speaker 2014
- FOX59 News Indianapolis, Invited expert 2013
- *Fueling High School Track & Field Athletes*, Indiana Coaches of Girls Sports Association 2013

## OUTREACH, continued

- *Nutrient Timing for Optimal Athletic Performance*, Indiana State National Strength & Conditioning Association (NSCA) Clinic 2013
- *The Science of Nutrition*, a zipTrips™ electronic field trip, featured scientist <http://www.youtube.com/watch?v=kl41M5s1umw> 2012
- *Sports Nutrition Program*, Big 10 Network / [www.BoilerBytes.com](http://www.BoilerBytes.com) 2012
- *Student Athletes Excel with New Sports Performance Center*, Big 10 Network [www.BoilerBytes.com](http://www.BoilerBytes.com) 2012
- *Nutritional Effects on Injury and Illness*, Lafayette Area Sports Medicine Symposium, Invited Speaker 2011
- *Best Nutrition Practices for Triathletes*, Tri-Tippecanoe Spring Symposium, Invited Speaker 2011
- *Adolescent Athletes and Dietary Supplements*, Lafayette Area Sports Medicine Symposium, Invited Speaker 2010
- *The Sharon Versyp Show*, Big 10 Network, Guest 2009
- *Eating for Sports*, Indiana Youth Summit: Hoosier Teens Talk Health, Invited Speaker 2008
- Radio segments on WBAA-AM/FM in West Lafayette, Guest 2003 –2008

## PUBLICATIONS & PROFESSIONAL PRESENTATIONS

- *Coming Together: A Culinary & Cultural Experience*. Purdue University Office of Experiential Education Celebration event. 2023
- Contributor, experiential learning activities included as ancillary material with *Communicating Nutrition* by Barbara J. Mayfield 2023
- Link L, Clark RA and Starkoff B. (2021). Sports Nutrition. In *Indiana Diet Manual* (10<sup>th</sup> ed, pp 100-111). <http://eatrightin.org/dietmanual2021/> 2021
- A.H. Ismail Center for Health, Exercise & Nutrition at Purdue University monthly newsletter contributor 2014 – 2017
- Monthly sports nutrition newsletter for Intercollegiate Athletics at Purdue University 2009 – 2014
- Black DR, Leverenz LJ, Coster DC, Larkin LL, Clark RA. *Physiological Screening Test Manual for (PST) Eating Disorders/Disordered Eating Among Female Collegiate Athletes*. Monterey, CA: Healthy Learning in association with the National Athletic Training Association 2010
- Subject matter expert for the Nutritional Aspects of Injuries and Illnesses Project Team for the *Athletic Training Educational Competencies*, 5<sup>th</sup> edition, National Athletic Training Association 2009 – 2010
- Nichols DL, Sanborn CF, Essery EV, Clark RA, Letendre JD. Impact of curriculum-based loading and nutritional education program on bone accrual in children. *Pediatric Exercise Science* 20:411-425, 2008
- Campbell WW, Geik (Clark) RA. Nutritional Considerations for the Older Athlete. *Nutrition* 20(7-8): 603-608, 2004
- Textbook reviewer
  - *Sport and Fitness Nutrition* by Robert Wildman and Barry Miller, Wadsworth Thomson 2002
  - *Nutritional Analysis Manual* by Barbara Mayfield, Jones & Bartlett 2002
- Invited contributor in various publications including *Muscle and Fitness HERS*, *Muscle and Fitness*, *STACK magazine*, *Chicago Daily Herald*, *Backpacker Magazine* and *Dance Spirit magazine* 2002 – present

## RESEARCH

- Consultant on study: Behavioral and Neural Effects of Ketogenic Diets. Primary Investigator: Kimberly Kinzig, PhD 2019
- Developed menus and metabolic kitchen procedures for studies on the relationship between calcium and race, nationality and body weight. Primary investigator: Connie Weaver, PhD 2002-2004

## CLINICAL EXPERIENCE

### Consultant Sports Dietitian

- Individual consultations for various collegiate, high school and recreational athletes 2002 – present
- Interim Sports RD at Purdue Athletics 2021
- West Lafayette High School girls basketball team, Consultant Sports RD 2004 – present

## CLINICAL EXPERIENCE, continued

- Lafayette Jefferson High School Athletics, Consultant Sports RD 2015 – 2016
  - Write proposals to secure grant money
  - Collaborate/coordinate with researchers, athletic director, athletic trainers, coaches, school district RD and parents
  - Develop and implement team nutrition education
  - Supply post-competition fuel
  - Provide sports nutrition content for team handbooks
  - Teach food preparation skills in cooking demonstrations
  - Make referrals for eating disorder treatment
  - Recruit and coordinate undergraduate university students to support above efforts
  - Preliminary work to:
    - Develop policies/procedures on supplementation, body weight and eating disorders
    - Develop and implement nutrition education for coaching staff
    - Screen high-risk populations for eating disorders and make referrals
- Woodvale Atlantic Rowing Race, Consultant to two rowers in this 2900-mile race 2005

## Collegiate Sports Dietitian

DEPARTMENT OF INTERCOLLEGIATE ATHLETICS, Purdue University, West Lafayette, Indiana 2001 – 2014

- Assess and counsel individual athletes and teams on all aspects of sports nutrition
- Provide medical nutrition therapy as needed
- Collaborate with team physicians, athletic trainers, sport performance coaches, and sport coaches to provide the highest level of nutritional care
- Evaluate dietary supplements for legality, safety, quality and efficacy. Serve as designated department resource for questions regarding NCAA banned substances. Recommend and monitor appropriate supplementation. Educate athletics staff on all matters regarding dietary supplements
- Design and manage ‘Fueling Station’ areas for storage and distribution of recovery products and dietary supplements within weight training facility
- Develop policies/procedures for and manage use of cutting edge body composition device (Lunar iDXA, a dual energy x-ray absorptiometry technology). Interpret results and make subsequent body weight/composition recommendations/plans
- Develop and implement performance-oriented menus and nutrition education at training table
- Coordinate nutritional care for athletes with eating disorders/disordered eating, as part of a multi-disciplinary team (dietitian, physician, therapist, and athletic trainer)
- Measure full body, spine and hip bone density in high-risk and bone-injured student-athletes using gold standard method and equipment (Lunar iDXA)
- Teach food preparation skills in cooking demonstrations
- Supervise one sports dietitian and facilitate a team of undergraduate nutrition student volunteers to expand sports nutrition impact

## Athlete

- Runner. Completed *Dances with Dirt*, a 50K trail run in Brown County State Park, Gnowbone, Indiana, plus dozens of other marathons, half-marathons, 15km, 10km, 5 mile, and 5k races
- Purdue University Crew Team, Member, Most Valuable Oarswoman (1998) and competitor at *Henley Women’s Regatta* in Henley-on-Thames, England (1997) 1994 – 1998

## AFFILIATIONS and LEADERSHIP

Nutrition and Dietetic Educators and Preceptors (NDEP), Member	2020 – present
Collegiate and Professional Sports Dietitians Association (CPSDA), Member	since its formation in 2010
Sports & Human Performance Nutrition (SHPN, formerly SCAN), Member	1998 – present
Sponsorship Advisory Committee	2017 – 2018
Nominating Committee Chairperson	2009 – 2010
Presenter at Annual Symposium	2003

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Sports Dietetics—USA (SD-USA), Member	since its formation in 2004
Appointed Chair of Collegiate Sports Dietitians division	2011 – 2013
Central Indiana Academy of Nutrition and Dietetics (CIAND), Member	2022 – present
Western Indiana Academy of Nutrition and Dietetics (WIAND), Member	2006 – 2022
Secretary	2007 – 2008
American College of Sports Medicine (ACSM), Member	1999 – present
Academy of Nutrition and Dietetics (AND), Member	1995 – present

**OTHER PROFESSIONAL EMPLOYMENT**

Student Sports Nutritionist, Texas Woman’s University, Denton, Texas	1998 – 2000
Doping Control Technical Officer for the United States Olympic Committee	2000