

Lanae Joubert, PhD, RD, CSSD, CSCS

1401 Presque Isle Ave.
Marquette, MI 49855
(906)227-2137 office
ljoubert@nmu.edu



EDUCATION

University of Northern Colorado, Greeley, CO [June 2010]

Internship Self-Directed Registered Dietitian Program

Oregon State University, Corvallis, OR [August 2007]

PhD in Nutrition and Food Management, Minor in Exercise & Sport Science

Dissertation: Relationships of exercise, nutrition, and homocysteine

Emphasis in adult education

Northern Michigan University, Marquette, MI [April 2001]

Post BS in Dietetics/Clinical Administration

Emphasis in exercise nutrition

Northern Michigan University, Marquette, MI [August 1998]

MS in Exercise Science

Thesis: Effect of hypohydration on blood lactate levels in females

California State University, Hayward, CA [June 1994]

BS in Kinesiology, Minor in Business Administration

Emphasis in exercise nutrition

CURRENT POSITION

Assistant Professor of Nutrition, School of Health and Human Performance; Northern Michigan University, Marquette, MI [August 2012 to current]

Courses Taught:

- Nutrition for Humans (HN 210 – 4 credits)
- Nutrition for the Health Professional (HN 301A – 2 credits and HN 301B 2 credits)
- Sports Nutrition (HN 516 – 3 credits) – graduate student course
- Nutrition for Fitness and Sports (HN 310 – 2 credits)
- Obesity and Weight Management (HN 415 – 4 credits) – undergraduate/graduate student course
- Cultural Food Patterns (HN 362 – 4 credits)
- Physiology of Exercise (ES 315 – 4 credits)
- Special Topics (HN/RE 495 – 2 credits)

Academic service and related responsibilities: Advisor for Sport Science majors and for Nutrition and Health minors; Faculty Evaluation Committee co-chair for faculty evaluation process; ETRPC Chair (2017-18); ETRPC Secretary (2013-14); Body composition testing coordinator for MHSAA wrestling athletes; Thesis director and reader for graduate students in Exercise Science program

Community service: Farm to School committee member; ACHIEVE committee member; Fuel Up To Play 60 program adviser for Cherry Creek Elementary School; nominated for consideration by the Commission on Dietetic Registration Nominating Committee as a potential candidate for the 2018 ballot for the Commission on Dietetic Registration Board Certified Specialist in Sports Dietetics position

PREVIOUS WORK EXPERIENCES

Director of Corporate Wellness, Advantedge Training, Marquette, MI [2009-2012]

- Direct businesses to incorporate healthy behaviors at the workplace
- Perform clinical assessment of blood lipids, blood pressure, body composition, and girth measurements to help clients understand health risks and behaviors to lower them
- Data entry, analysis, and monitoring of employer/employee website wellness program
- Train a variety of clientele as a certified strength and conditioning specialist
- Strategize behavior and nutrition modification plans for individual or group clients
- Create and present specific public speaking topics for corporate, sports teams, and educational groups

Graduate Teaching Assistant, Oregon State University, Department of Nutrition and Exercise Sciences, Corvallis, OR [2002-2007]

Courses Taught:

- Nutrition and Lifetime Fitness (NFM 232)
- Lifetime Fitness for Health (HHS 231)

TA for Courses:

- General Human Nutrition (NFM 225)
- Issues in Nutrition and Health (NFM 312)
- Human Nutrition Science (NFM 417/517)

Wellness Coordinator Graduate Assistant, Oregon State University, Department of Recreational Sports, Department of Housing and Dining Services, and Department of Student Health Services, Corvallis, OR [2001-2002]

- Organized and marketed collaborative health and wellness events across campus
- Developed and implemented the Wellness Passport Project for new incoming students
- Designed and completed a student survey about perceptions of food availability and nutrient content in on-campus dining facilities
- Mentored practicum students as they developed and completed their own senior research projects

Exercise Science Research Assistant and Adjunct Faculty, Northern Michigan University, Department of Health, Physical Education and Recreation, Marquette, MI [1997-2001]

- Adjunct Instructor for Health and Wellness (HP 200), Hiking (HP 222), and Senior Swim
- Research responsibilities included: method design, subject recruitment, data collection, analyses, and publication editing for research on youth rock climbers anthropometry and performance

Assistant Swim/Dive Coach and Nutritionist, Marquette Area Public Schools Marquette Senior High School, Marquette, MI [1999-2001]

- Assistant swimming and diving team coach and nutrition consultant for the Marquette high school student-athletes.
- Several student-athletes earned scholarships for college through a sports nutrition program I developed with funding from the United Dairy Industry of Michigan.

GRANTS

Awarded

Joubert, LM. Superior Health Foundation Grant (\$3,876) July 2017 Research project title: Reducing Stress through Exercise in Future Health Care Professionals.

Joubert, LM. *College of Health Sciences and Professional Studies Grants:*

\$5000 November 2017 Novel Perceived Exertion Scale for Rock Climbers (Co-PI)

\$5000 November 2015 Muscle Fatigue with Repeated Effort during Normoxia and Normobaric Hypoxia Conditions in Trained Rock Climbers (Co-PI)

\$5000 November 2013 Feasibility of Cycle Desk in College Classrooms (Co-PI)

\$1700 November 2012 Presentation for Midwest ACSM

Joubert, LM. *Fuel Up To Play 60! Grants:*

\$3900 January 2015 Disc Golf and Blender Bikes for Cherry Creek Elementary School

\$3800 January 2013 Snow Shoes and Food Taste Tests for Cherry Creek Elementary

\$2520 January 2012 Fresh Fruit Friday at Cherry Creek Elementary School

Joubert, LM. *Northwest Health Foundation Student Research Grant:*

\$3,000 June 2004 Research on Exercise, Nutrition, and Homocysteine

Joubert, LM. *American College of Sports Medicine EAS Research Initiative Grant:*

\$5,000 July 2004 Research on Exercise, Nutrition, and Homocysteine

Not Funded

(Co-PI) Native American Research Centers for Health (NARCH) \$375,000 (Co-PI) June 2017 Research project title: Great Lakes NARCH - Development and Implementation of a Culturally Inspired Exercise Program: Impacts on Native Health.

(Co-PI) Progressive Research and Innovative Mutual Exploration Fund (PRIME) \$19,992 August 2017 Research project title: Effects of Organic Liquid Amendments and Beneficial Microbes on Nutrient Profiles of Medicinal and Edible Plants Grown Comparatively in Aeroponic versus Soil Systems in a Greenhouse Setting.

(Co-PI) Patient Centered Outcomes Research Institute (PCORI - Pipeline to Proposal Tier A Award) \$49,932 (Co-PI) June 2017 Research project title: Rural Community Coalition for Cancer Research.

PEER REVIEWED PUBLICATIONS

Joubert, LM; Kilgas, MA; Holley, AM; Gautam, YR; Donath, L; Drum, SN. In-class cycling to augment college student academic performance and reduce physical inactivity. *International Journal of Environmental Research and Public Health* 2017, 14, 1343; doi:10.3390/ijerph14111343

Joubert, LM and MM Manore. (2008) The role of physical activity level and B-vitamin status on blood homocysteine levels. *Med. Sci. Sports Exer.* 40(11): 1923-1931.

Joubert, LM and MM Manore. (2006) Exercise, nutrition, and homocysteine. *Inter. J. Sports Nutr. Exer. Metab.* 16(4): 341-361.

Watts, PB; **Joubert LM;** Lish AK; Mast JD; Wilkins B. (2003) Anthropometry of young competitive sport rock climbers. *British J. Sports Med.* 37: 420-424.

ABSTRACTS/PRESENTATIONS AT CONFERENCES (*peer-reviewed)

- *VanHorn A; Stoolmiller, ML; Watts, PB; **Joubert, LM**; Klier, K; Rettke, D; Jones, AM; Drum, SN. Hang Board Performance Time Across Multiple Hangs in Normoxia and Normobaric Hypoxia. In *Proceedings of III Congress of the International Rock Climbing Research Association* (Watts, P. Editor). 2016: 60-61, Telluride, CO and presented at the *International Rock Climbing Research Association's Congress* August, 2016 Telluride, CO.
- ***Joubert, LM**; Larson, AJ; Weber, S. Nutrition and Hydration Strategies to Enhance Sport and Multi-pitch Climbing Performance. In *Proceedings of III Congress of the International Rock Climbing Research Association* (Watts, P. Editor). 2016: 72-77, Telluride, CO.
- ***Joubert, LM**; Larson, AJ. Nutrition for Rock Climbing Performance and Health. Co-presented at the *International Rock Climbing Research Association's Congress* August, 2016 Telluride, CO.
- ***Joubert, LM** (2016) The Salad Assignment Reinforces the Nutrient Density Concept in a University Human Nutrition Course. *Journal of the Academy of Nutrition and Dietetics*. 116(9): A-66. Presented at *National FNCE* Boston, MA.
- *Eastham, A.; **Joubert, LM**; Jensen, RL; Drum, SA (2015) The effect of yoga on growth hormone secretion in young men and women. Presented at *Midwest Region ACSM Fayetteville, IN*
- *Drum, S; Adolphs, M; Dixon, B.J.; Watts, PB; **Joubert, LM**; Jensen, RL. (2015) Metabolic Effects of Normobaric Hypoxic High Intensity Intermittent Exercise On Sedentary, Overweight and Obese Adults. *Med. Sci Sport & Exerc. Suppl.* 47(5S): 236. Presented at *National ACSM San Diego, CA*
- ***Joubert, LM**; Drum, SA; Holley, A; Kilgas, M. (2015) Feasibility of using a cycle desk during a semester long university lecture course. *Med. Sci Sport & Exerc. Suppl.* 47(5S): 528–529. Presented at *National ACSM San Diego, CA*
- *Kilgas, M; Holly, A; **Joubert, LM**; Drum, SA. (2014) Low intensity cycling throughout a semester-long lecture course does not interfere with student test performance. Presented at *Midwest Region ACSM Merrillville, IN*
- *Holly, A; Kilgas, M; Drum, SA; **Joubert, LM**. (2014) Student perceptions of using a cycle desk during a semester-long university lecture course. Presented at *Midwest ACSM Merrillville, IN*
- *Cialdella-Kam, LA; Lewis, K; Manore, MM; **Joubert, LM**. (2009) Carbohydrate And Protein Intake Before, During, And After Exercise: Are Active Women Following Current Recommendations? Presented at *National ACSM Seattle, WA*
- ***Joubert, LM** and MM Manore (2007) Level of Physical Activity (PA) Does Not Alter Blood Homocysteine Concentrations in Non-supplementing Adults. *Med. Sci Sport & Exerc. Suppl.* 39(5):S248. Presented at *ACSM New Orleans, LA*
- Watts, PB and **LM Joubert**. (2000) The relationship between anthropometry and performance in youth sport rock climbers. *Med. Sci Sport & Exerc. Suppl.* 32(5): S180. Presented at *National ACSM Indianapolis, IN*
- Joubert, .M** (2000) The effect of hypohydration on blood lactate response to submaximal exercise in females. *Med Sci Sport & Exerc. Suppl.* 32(5): S356. Presented at *National ACSM Indianapolis, IN*

INVITED SPEAKER FOR PRESENTATIONS:

- “Sports Nutrition: How My Passion Became My Job”(2017) AHEC UP-high school students, Marquette, MI
- “Nutrition and Oral Health” (2017) Superior District Dental Society, Marquette, MI
- “Nutrients in Foods” (2017) Transition Marquette, Marquette, MI
- “The Salad Assignment Reinforces the Nutrient Density Concept in a University Human Nutrition Course” (2016) Food & Nutrition Conference and Expo Boston, MA
- “Nutrition for Rock Climbing Performance” (2016) International Rock Climbing Research Association Congress, Telluride, CO
- “Exercise, Nutrition and Homocysteine” (2013) Rocky Mountain ACSM, Denver, CO
- “Farm to School Central UP Update” (2013) NMU *At the Table Event*, Marquette, MI
- “Performance Nutrition” (2012) NMU Student Athletes, Marquette, MI
- “Heart Healthy Nutrition” (2011) UPHP employees, Marquette, MI
- “Baby Steps to a New You” (2011) VAST employees, Marquette, MI
- “What’s In Your Fridge” (2011) Lake Superior Community Partnership, Marquette, MI
- “Nutrition for Optimal Performance” (2006) Cheerleading Squad of Philomath High School, Philomath, OR
- “Nutritional Strategies on a Budget” (2006) Cheerleading Team of Oregon State University, Corvallis, OR

“How to Read a Food Label” (2006) Honors College Residence Hall of Oregon State University, Corvallis, OR
“What is Healthy Eating?” (2005) Participants of Beaver Strides, Oregon State University, Corvallis, OR
“How to Get My Teen to Eat Better” (2000) Parents of Marquette Senior High School Swimming and Diving Team, MI
“Optimal Nutrition for Peak Performances” (1999) Olympic Training Center Athletes, Marquette, MI

THESIS/DIRECTED STUDY PROJECTS (* Director):

Ongoing:

*Meagan Hennekens (2017) - The Effects of 14-week Yoga & Walking Programs on Nursing Student Serum Cortisol Levels.

Completed:

Marisa Michaels (2017) - Assessment of eating patterns and risk for disordered eating behaviors in adolescent recreational and competitive rock climbers *Stirling University, UK*
Michael Shrake (2017) - Go for a walk! Monitoring walking for depressed mood
Ryan Meidinger (2017) – Post-activation potentiation: decay or fatigue delay.
Brandon Jones (2017) The Effect of Hyperthermic Whole Body Heat Stimulus (Sauna) on Heat Shock Protein 70 and Skeletal Muscle Hypertrophy in Young Males during Weight Training.
Maxwell Adolphs (2015) The metabolic effects of hypoxic high intensity intermittent exercise on sedentary, overweight and obese adults.
*Aaron Eastham (2015) The Effect of Yoga on Growth Hormone Secretion in Young Men and Women.
*Brigitte LaPointe (2015) Effects of a 6-week strength and conditioning program on high school female basketball players.
*Carly Guggemos (2014) Vegan Fare: The Endurance Athlete’s Recipe Guide to Plant Based Eating.

PROFESSIONAL AFFILIATIONS/CERTIFICATIONS

National Strength and Conditioning Association:

Certified **Strength and Conditioning Specialist** since 2009

Commission on Dietetic Registration:

Registered Dietitian Nutritionist since 2010

Board Certified Specialist in Sports Dietitian since 2014

American Heart Association:

BLS for Healthcare Provider (CPR/AED, First Aid) since 1998

American College of Sports Medicine: *member*

Midwest Region affiliate

Academy of Nutrition and Dietetics: *member*

Sports, Cardiovascular, and Wellness Nutrition *Practice Group affiliate*

Nutrition Education for the Public *Practice Group affiliate*

Professionals in Nutrition for Exercise and Sport: *member*

Center for Science in Public Interest: *member*

International Rock Climbing Research Association: *member*