

# CURRICULUM VITAE

**NAME:** Kathe A. Gabel, PhD, RD, CSSD  
**DATE:** January, 2012  
**DEPARTMENT:** HHP 117  
Health and Human Performance  
College of Allied Health Professions  
Montana State University - Billings

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## EDUCATION BEYOND HIGH SCHOOL:

### Degrees:

Ph.D., Utah State University, Logan, Utah, June 1987, Nutrition with Exercise emphasis  
M.S., Colorado State University, Fort Collins, Colorado, 1979, Administrative Food Service Management  
Dietetic Internship, R.D., Barnes Medical Center, St. Louis, Missouri, June 1974, Clinical and Administrative Experience  
B.S., Montana State University, Bozeman, Montana, June 1973, Dietetics

### Certificates and Licenses:

ADA Registration Number: 379227  
Certification, Certified Specialist in Sports Dietetics (CSSD), March, 2010  
Certification, Adult Weight Management,  
Certification, ISAK Kinanthropometry, Level One, 2011

## EXPERIENCE:

### Teaching, Extension and Research Appointments:

Professor, Montana State University – Billings, August 2011 - present  
Full time Faculty, Montana State University – Billings, August, 2009 – present  
Part-time Faculty, Montana State University – Billings, August 2008 to May 2009  
Professor, University of Idaho, 2002 – 2008  
Faculty Athletic Representative, University of Idaho, 1999 - 2006  
Visiting Professor (Research semester), University of Aberdeen, Scotland, January-August 1998  
Associate Professor, University of Idaho, 1995-2001  
Assistant Professor, University of Idaho, 1989-94  
Assistant Professor, Coordinated Program in Medical Dietetics, Utah State University, 1986-89  
Instructor, Utah State University, January 1985-December 1985  
Graduate Research Assistant, Utah State University, 1982 - 84  
Instructor and ADA Plan IV representative, Montana State University, 1979-82  
Graduate Teaching Assistant, Colorado State University, 1977-79

### Academic Administrative Appointments:

Director, Coordinated Program in Dietetics, University of Idaho, 1991-2008  
Co-Director, UI/EWU Consortium Coordinated Program in Dietetics, University of Idaho, 1989-92  
Director, Coordinated Program in Medical Dietetics, Utah State University, 1986-89

### Non-Academic Employment including Armed Forces:

Chief Dietitian for 200-bed hospital. St. Patrick Hospital, Missoula, Montana, 1974-77. Patient consultation, member of coronary, diabetic and rehabilitation teams. Supervised staff of 40.  
Instructor, affiliated School of Nursing and out-patient diabetic classes.

**Consulting:**

- Montana State University – Bozeman. 2009 – 2010. Development and writing of the Montana Dietetic Internship accreditation documentation, host for ADA site visit.
- Thomson Learning, Inc. 2006. In-depth review of 4 chapters: Diet planning, Weight and body composition, Diet and exercise for lifelong fitness and health, and Disordered eating and exercise patterns in athletes.
- University of Idaho, Athletic Programs, 1989-2005. Athlete assessment and individual counseling, group presentations.
- Washington State University, Athletic Programs, 1994-2000. Athlete assessment and individual counseling, group presentations.
- United States Olympic Sport Nutrition Program, 1993-99. Athlete counseling for regional athletes.
- Utah State University, Women's Gymnastics Team, September 1985-June 1989. Anthropometric, biochemical and dietary assessment, nutrition education, and research.
- Wayside Nursing Home, Missoula, Montana, September 1974-August 1977. Consultant Dietitian for 40-bed facility. Patient visitation, staff education, and training.

**TEACHING ACCOMPLISHMENTS:****Courses Taught at Montana State University - Billings**

- HHP 100 (4 cr.) Foundations in Exercise Science, Summer 2010, Summer 2011
- Biol 104 (2 cr.) Nutrition for Health Careers, Summer 2010 – Spring 2011
- Biol 221 (3 cr.) Human Nutrition, Spring, 2011
- HHP 364 (3 cr.) Research Methods in Health and Human Performance, 2009 – 10, Fall, 2011 - present
- HHP 430 (3 cr.) Exercise Physiology, Fall 2008 – present
- HHP 431 (1 cr.) Exercise Physiology Laboratory, Fall 2008 – present
- NUTR 411 (formerly HHP 432) (3 cr.) Nutrition in Health and Human Performance, Fall 2008 – present
- HHP 592 (3 cr.) Graduate HHP Seminar, joint teaching, Fall 2010

**Courses Taught at University of Idaho:**

- FCS 170 (3 cr.) Introductory Foods, 2006
- FCS 175 (1 cr.) Introductory Foods Laboratory, 2006 - 2007
- FCS 205 (3 cr.) Human Nutrition (1 section/semester), 2004-2006
- FCS 305 (3 cr.) Nutrition Related to Fitness and Sport (1 section), 1997-2007
- FCS 305 (2 cr.) Nutrition Related to Fitness and Sport (1 section), 1993-97
- FCS 361 (3 cr.) Advanced Nutrition (1 section), 2006 - 2007
- FCS 361 (4 cr.) Advanced Nutrition (1 section), 1993-2005
- FCS 362 (4 cr.) Introduction to Clinical Dietetics (1 section), 1993-2008
- FCS 365 (1 cr.) Advanced Nutrition Laboratory, (2 sections), 2006 - 2007
- FCS 404 (2 cr.) Nutrition and Genetics (1 section), 2000-02
- FCS 470 (3 cr.) Trends in Nutrition Research (1 section), 1993-1997
- FCS 472 (6 cr.) Clinical Dietetics II (practicum), jointly supervised, 1993-1995
- FCS 497 (3 cr.) Practicum (1 student), 2000-01
- FCS 499 (3 cr.) Directed Study (2 students), 2006
- FCS 499 (2 cr.), Directed Study (1 student), 2006
- FCS 499 (1 cr.), Directed Study (1 student), 2004
- FCS 499 (2 cr.), Directed Study (1 student), 2004
- FCS 499 (3 cr.), Directed Study (2 students), 2004
- FCS 499 (1-3 cr.), Directed Study (8 students), 1999-2003
- FCS 499 (1-3 cr.), Directed Study (3 students), 1998-1999
- FCS 499 (3 cr.), Directed Study (1 student), 2000-2001
- FCS 502 (3 cr.), Directed Study (1 students), 2004
- FCS 504 (4 cr.), Graduate level Advanced Nutrition (2 students), 2004
- FCS 504 (3 cr.), Directed Study (3 students), 1997-1998
- FCS 504 (3 cr.), Sports Nutrition (1 section), 1994-1995
- FCS 561 (3 cr.), Sports Nutrition (1 section), 1995-97, 1998-2003
- HEC 305 (2 cr.), Nutrition Related to Fitness and Sport (1 section), 1991-1993

HEC 305 (2 cr.), Nutrition Related to Fitness and Sport (2 sections), 1990-1991  
HEC 361 (3 cr.), Advanced Nutrition (1 section), 1990-1991  
HEC 361 (4 cr.), Advanced Nutrition (1 section), 1991-1993  
HEC 362 (4 cr.), Introduction to Clinical Dietetics (1 section), 1990-1993  
HEC 364 (4 cr.), Clinical Dietetics I, oriented/coordinated six clinical instructors and developed materials for class, 1992-1993  
HEC 375 (4 cr.), Introduction to Clinical Dietetics (1 section), 1989-1990  
HEC 404 (2 cr.), Nutrition Related to Fitness and Sport (2 sections), 1989-1990  
HEC 470 (3 cr.), Trends in Nutrition Research (1 section), 1992-1993  
HEC 470 (3 cr.), Trends in Nutrition Research (2 sections), 1989-1992  
HEC 470 (3 cr.), Trends in Nutrition Research Correspondence Study, 1990-1993  
HEC 472 (5 cr.), Clinical Dietetics II (practicum), 1991-1992  
HEC 472 (5 cr.), Clinical Dietetics II (practicum), jointly supervised, 1990-1991  
HEC 472 (6 cr.), Clinical Dietetics II (practicum), jointly supervised, 1992-1993  
HEC 488 (5 cr.), Food Systems Management II (practicum), jointly supervised, 1990-1992  
HEC 488 (6 cr.), Food Systems Management II (practicum), jointly supervised, 1992-1993  
HEC 504 (3 cr.), Sports Nutrition (1 section), 1990-1993

#### **Course taught at Washington State University**

HNFS 350 (3 cr.), WSU - Dynamics in Dietetics, 1994-95

#### **Students Advised:**

Undergraduate students at University of Idaho:

Nutrition majors, 2004 – 2008

Junior dietetic majors in the Coordinated Program in Dietetics, 1996-2008

Summer advisor for nutrition and dietetics majors, 2000-2008

Junior and senior dietetic majors in the Coordinated Program in Dietetics, 1991-96

Majors in Foods and Nutrition, specifically dietetic majors, 1989-91

Major Advisor: Graduate Students

Marissa D. Jones, 2010 – 2011 (M.S.), Incidence of Body Image Distortion in MSUB Female Students and Student Athletes.

Carrie Albers, 2006 – 2008 (M.S.), Nutrition Education

Christopher Baker, High Attitude Food Consumption, 2004 – 2005 (M.S.) Discontinued due to change to HPERD.

Jen Ropp, Juvenile Diabetes Mellitus, 2004 – 2007 (M.S.)

Sarah Allegretti, Assessing Knowledge, Beliefs, and Clinical Practices of WIC Staff members concerning Overweight and Obesity, 2003 – 2004 (M.S.)

Melissa Chlupach, Calcium Intake in Alaskan Adolescent Athletes and Non-athletes, 1999-2001 (M.S.)

Caren Jacobson, Needs of Idaho Food Service Personnel to meet USDA Requirements regarding U.S. Dietary Guidelines, 1993-96 (M.S.). Discontinued due to personal situation.

Leslie Hilbert, Nutrition Education/Athletes, January-November 1992. (M.S.) Student changed research topic November 1992.

Teri Crawford, Utah State University, Thesis: Diet, Diet Behavior, and Weight Changes In Hypercholesterolemic Subjects following Nutrition Education with or without Behavior Modification Techniques. 1987-89 (M.S.)

Deborah Pyke, Utah State University, Thesis: Bone Density, Osteoporosis and Prevention in Post-Menopausal Women. 1986-89 (M.S.)

Graduate Student Committees, University of Idaho:

Lindsay Smith, HPERD, 2007 – 2008 (M.S.)

Steve Kimpal, HPERD, 2001 – 2007 (Ph.D.)

Amber Bishop, HPERD, 2003 – 2004 (M.S. - discontinued)

Karen Human, HPERD, 2003 – 2004 (M.S.)

Karlie Newby, HPERD, 2003 – 2004 (M.S.)

Greg South, HPERD, 2003 – 2004 (Ph.D – discontinued)  
 Amber Larsen, HPERD, 2002 – 2003 (M.S.)  
 Elizabeth Perry, HPERD, 2002 – 2004 (M.S.)  
 Marylou Robertson, HPERD, 2001-2002 (Ph.D.)  
 Ron Sanders, HPERD, 2000-2001 (M.S.)  
 Joel Thomas, HPERD, 2000-2002 (M.S.)  
 Vance Sather, HPERD, 2000-2003 (M.S.)  
 Molly Berger, HPERD, 2000-2001 (M.S.)  
 Robin Lund, HPERD, 2000-2002 (Ph.D.)  
 Clay Robertson, HPERD, 2000-2002 (Ph.D.)  
 Jon Goodwin, HPERD, 2000-2001 (M.S.)  
 Dave Bell, HPERD, 2000-2002 (M.S.)  
 Michelle Roland, HPERD, 1999-2003 (Ph.D.)  
 Susan Orman, HPERD, 1998-2001 (Ph.D.)  
 Jackie Williams, HPERD, 1998-2007 (Ph.D.)  
 Sarah Naylor, HPERD, 1998-2000 (Ph.D.)  
 Bernard Holliday, HPERD, 1999-2002 (M.S.)  
 Gloria Murray, FST, 1997-1999 (M.S.)  
 Greg Sun, HPERD, 1996-1998 (M.S.)  
 Kristen Dieffenbach, HPERD, 1997-1998 (M.S.)  
 Mike Collins, HPERD, 1997-1999 (Ph.D.)  
 Zuk Ong, HPERD, 1996-1997 (M.S.)  
 Andria Scanlon, Education, 1995-1996 (Ph.D.)  
 Sharleen Hoar, HPERD, 1995-1996 (M.S.)  
 Craig Mott, HPERD, 1995-1996 (M.S.)  
 Bill Luke, Education, 1994-1995 (Ed.D.)  
 Melissa Broughton, Psychology, 1994-1996 (M.S.)  
 Susie Stoff, HPERD, 1994-1995 (M.S.)  
 Linda Howard, Health Sciences, 1993-1996 (Ph.D.)  
 Tracy Cohn, HPERD, 1993-1994 (M.S.)  
 Shauna Ostrem, HPERD, 1992-1993 (M.S.)  
 Lori Jenacek, HPERD and BSU, 1991- discontinued in 1994 (M.S.)  
 Stephanie Graft, HPERD, 1991-1992 (M.S.)  
 Marcus Dunbar, HPERD, 1991-1993 (M.S.)  
 Darlene Hall, Education, 1990-1993 (Ph.D.)  
 Connie Lorenz, HEC, 1990-1991 (M.S.)  
 Uzma Akram Kahlown, HEC, 1990-1992 (M.S.)  
 Linda Monroe, HPERD, 1990-1991 (M.S.)  
 Lynn Hanson, HPERD, 1990-1991, (M.S.)  
 Graduate Student Committees, Washington State University:  
 Gladys Tom, Nutrition, 2001- 2003 (M.S.)  
 James Kreiger, Exercise Science, 2000-2002 (M.S.)  
 Kathaleen Early, Nutrition, 1998-1999 (M.S.)  
 Sol Pol Wong, Nutrition, 1994-1998 (Ph.D.)  
 Suzanne Tavelli, Nutrition, 1994-1995 (M.S.)  
 Graduate Student Committees, Utah State University:  
 Mark Harris, HPER, 1988-1989 (M.S.)  
 Francis Putman, HPER, 1987-1989 (M.S.)  
 Shelley Tew, HPER, 1987-1989 (M.S.)  
 Desiree Binford, HPER, 1987-1988 (M.S.)  
 Allan Peck, HPER, 1987-1988 (M.Ed.)

## **Non-credit classes, workshops, seminars, invited lectures, etc.:**

### **Workshops:**

- Tale of an Herbal, Medicinal and Medieval Journey. Montana State University Billings Library, Billings, MT. 2011.
- Interactive Teaching Environment using Clickers – *Educating the Net Generation*. University of Idaho, Moscow, ID. 2006.
- Click or Clap? Which method works in the classroom? *UI Teaching Workshops*, University of Idaho, Moscow, ID, 2006.
- Best of CALS & CNR, *Alpha Zeta initiates*, CALS, University of Idaho, Moscow, ID, 2004.
- Mentoring, New Faculty Orientation, *UI Personnel*, University of Idaho, Moscow, ID, 2004.
- Low carb diets: fact, fiction or fantasy? *UI Personnel*. University of Idaho, Moscow, Idaho, 2004.
- How can I get enough to eat!!!!. *UI Basketball*. University of Idaho, Moscow, Idaho, 2002.
- Nutrition for the Balanced Sig Ep Man. *Sigma Phi Epsilon*, fraternity members, University of Idaho, Moscow, Idaho, 2002.
- Nutrition Stations—5 sites of nutrition education activities for basketball players. *UI Basketball Camp, Individuals*. University of Idaho, Moscow, Idaho, 2000. (1 session).
- Nutrition Stations—5 sites of nutrition education activities for basketball players, *UI Basketball Camp, Teams*. University of Idaho, Moscow, Idaho, 2000. (Two sessions).
- How to Feed and Care for Athletes. *UI Athletic Trainers*, University of Idaho, Moscow, Idaho, 1994.
- 5 and Me. *6th graders invited to the 1994 Youth Sport Jamboree*, University of Idaho, Moscow, Idaho, 1994.
- Sports Nutrition—Major Issues/Controversies. *Washington State University dietetic majors*, University of Idaho, Moscow, Idaho, 1992, 1993, 1994, 1995.
- Nutrition, Stress and Work Performance. *Washington State University employees*, Washington State University, Pullman, Washington, 1990.
- Sports Nutrition. *Stanford University varsity coaches, Stanford University women's gymnastics team*, Stanford, California, 1988
- Nutrition for Top Performance. *Converse Track and Field Workshop*, Utah State University, Logan, Utah, 1987.
- Bread and Water - Essentials for the Tennis Player. *Summer Tennis Workshop*, Utah State University, Logan, Utah, 1987
- Sports Nutrition. *Coaches, parents, athletes*, Bluff and Monticello, Utah, 1987.
- Nutrition Update. *School Lunch Managers*, Utah State University, Logan, Utah, 1987.
- Nutrition for Tennis Athletes. *Summer Tennis Workshop*, Utah State University, Logan, Utah, 1986.
- Nutrition Update. *School Lunch Managers*, Utah State University, Logan, Utah, 1984, 1985
- Clinical Nutrition. *Nurses*, twice yearly, Butte, Montana, 1981-82.
- What Can I Cook? *Preschoolers*, Montana State University, Bozeman, Montana, 1981.
- Energy Balance. *Home Economics teachers*, Billings and Bozeman, Montana, 1981.
- Nutrition Education. *Elementary teachers*, Sidney, Montana, 1980.

### **Honors and Awards:**

- Outstanding Faculty Award for Excellence in Teaching, Montana State University – Billings, 2009
- Hometown Spirit Faculty Award, University of Idaho, 2007
- Athena Woman of the Year, University of Idaho, 2006
- June Yerrington Award, Idaho Dietetic Association, Outstanding Life-time Service Award, 2003
- Area 1 ADA Outstanding Educator Award for Coordinated Programs in Dietetics, 2001
- UI Annual Award for Teaching Excellence, University of Idaho, 2000
- Academic Advisor of the Year, College of Agriculture, University of Idaho, 2000
- Nominee, Greek Teacher of the Year, Panhellenic Council, 1999
- Carnegie Foundation for the Advancement of Teaching, Idaho Professor of the Year, 1997
- Western Regional Award for Excellence in College and University Teaching, National Association of State University and Land Grant Colleges, USDA, 1997
- R. M. Teaching Award, College of Agriculture, University of Idaho, 1997
- UI Annual Award for Teaching Excellence, 1997
- UI Alumni Association Award for Faculty Excellence, 1996

Who's Who in America's Teachers, 1994  
Academic Advisor of the Year, College of Agriculture, University of Idaho, 1993

## **SCHOLARSHIP ACCOMPLISHMENTS:**

### **Refereed/Adjudicated Publications:**

#### **Book Chapters:**

Gabel, K. The Female Athlete, *Nutrition in Sports*, Vol. VII Encyclopedia of Sports Medicine, Oxford, Eng.: Blackwell Science Ltd. 2000.

#### **Journals:**

Robinson, M.L., Winters-Stone, K., Gabel, K., Dolny, D. Modifiable lifestyle factors affecting bone health using calcaneus ultrasound in adolescent girls. *J International Osteoporosis*. 18:8:1101-07, 2007.

Gabel, K. Special nutritional concerns for the female athlete. *Curr Sports Med. Rep.* 5:187 – 191, 2006.

Jensen, JK, Gustafson, D., Boushey, CJ, Auld, G., Bock, MA, Bruhn, CM, Gabel, K., Misner, S., Novotny R, Peck, L., Read, M. Development of a food frequency questionnaire to estimate calcium intake of Asian, Hispanic, and white youth. *J Am Diet Assoc*. 104 (5): 762-769, 2004.

Lambert, L, Gabel, K. Culbertson, J. Integration of service-learning activities into three food and nutrition courses: Benefits and Challenges. *NACTA Journal*, 48:3:53-59, 2004.

Novotny, R, Auld, GW, Bruhn, CM, Bock, MA, Gabel, K, Gustafson, D., Holmes, B., Peck, L., Pelican, S., Read, M Wolfe, F. Calcium intake of Asian, Hispanic and white youth. *Journal of the American College of Nutrition*. 22:1, 2003.

Read, M, Auld, GW, Bruhn, CM, Bock, MA, Gabel, K, Gustafson, D., Holmes, B., Novotny, R, Peck, L, Pelican, S, Read, M, Wolfe, F. (2002) Age differences in milk consumption as a snack and by eating occasion. *Topics in Clin Nutr*. 17:4, 2002.

K. Gabel & R. Lund. Weight loss at a cost: Implications of high protein-low carbohydrate diets for athletes. *Journal of Health, Physical Education, and Recreation*, 73:18-21, 2002.

Auld, G.W., C.M. Bruhn, J. McNulty, M.A. Bock, K. Gabel, G. Lauritzen, D. Medeiros, R. Newman, S. Nitzke, M. Ortiz, M. Read, H. Schutz, and E. Sheehan. Reported adoption of dietary fat and fiber recommendations among consumers. *J Amer Diet Assoc*. 100:52-58, 2000.

Murray, G., and K. Gabel. Licorice root: helpful or harmful. *Topics Clin Nutr*. 15:3:59-65, 2000.

Nitzke, S., G. Auld, J. McNulty, M. Bock, C. Bruhn, K. Gabel, G. Lauritzen, Y. Lee, D. Medeiros, R. Newman, M. Ortiz, M. Read, H. Schutz, and E. Sheehan. Stages of change for reducing fat and increasing fiber among dietitians and adults with a diet-related chronic disease. *J Amer Diet Assoc*. 99:728-731, 1999.

Gabel, K.A. and K.M. Kearney. Promoting reasonable perspectives of body weight: Issues for School Counselors. *Prof School Couns*. 1:5:32-35, 1998.

Bock, M.A., Read, M., Bruhn, C., Auld, G., Gabel, K., Lauritzen, G., McNulty, J., Medeiros, D., Newman, R., Nitzke, S., Ortiz, M., Schultz, H., Sheehand, E. Gender and ethnic differences in factors that influence food intake. *J Cons Studies & Home Econ*. 22:25, 1998.



- Auld, G.W., S.A. Nitzke, J. McNulty, M.A. Bock, C.M. Bruhn, K. Gabel, G. Lauritzen, Y.F. Lee, D. Medeiros, R. Newman, M. Ortiz, M. Read, H. Schutz, and E. Sheehan. A stage-of-change classification system based on actions and beliefs regarding dietary fat and fiber. *Amer J Health Promotion*. 12:3:192-201, 1998.
- Gabel, K., R. Newman, G. Lauritzen, G. Auld, M.A. Bock, C. Bruhn, Y.S. Lee, J. McNulty, S. Nitzke, M. Ortiz, M. Read, H. Schultz, and E. Sheehan. Fat and fiber knowledge and behaviors related to body mass index. *Nutr Research*. 17:1643-1653, 1997.
- Auld, G., S. Nitzke, J. McNulty, M.A. Bock, C. Bruhn, K. Gabel, G. Lauritzen, Y.S. Lee, D. Medeiros, R. Newman, M. Ortiz, M. Read, H. Schultz, and E. Sheehan. A stage-of change classification system based on actions and beliefs regarding dietary fat and fiber. *Amer J Health Promotion*. 12:1, 1997.
- Read, M., Auld, G., Bock, M.A., Bruhn, C., Gabel, K., Lauritzen, G., Lee, Y.S., Medeiros, D., McNulty, J., Newman, R., Nitzke, S., Ortiz, M., Schultz, H., and Sheehan, E. Age, dietary behaviors and the stages of change model. *Amer J Health Behav*.20:6:417-424.
- Medeiros, D., G. Auld, M.A. Bock, C. Bruhn, K. Gabel, G. Lauritzen, Y.S. Lee, J. McNulty, R. Newman, S. Nitzke, M. Ortiz, M. Read, H. Schultz, and E. Sheehan. Dietary fat and fiber knowledge, beliefs and practices are minimally influenced by health status. *Nutr Res*. 16:5:751-758, 1996.
- Gabel, K., and D. Pond-Smith. Coordinated Program Directors: Activities and perceptions about tenure, promotion and research. *J Amer Diet Assoc*. 95:1156-1157, 1995.
- Gabel, K., A. Aldous, and C. Edgington. Case study: Dietary intake of two elite male cyclists during 10-day, 2,050-mile ride. *Intl J Sports Nutr*. 5:56-61; 1995.

#### **International Presentations:**

- Gabel, K., Earth News: Adapt, Mitigate, or Die, Session Topic: Global Warming, Health and Crop Failure, *Oxford University Roundtable on World Food Crisis*, Oxford, England, 2009 (oral presentation).
- Gabel, K., Communities can Create Healthy Environments to Combat Endemic Obesity, *Oxford University - Nutrition Roundtable*, Oxford, England, 2006 (oral presentation).
- Gabel, K., Lambert, L. Incorporation of knowledge, skills, and competencies into existing dietetic education curricula. *XIV<sup>th</sup> International Congress of Dietetics*, Chicago, IL, 2004 (poster presentation).
- Gabel, K. Nutrition Knowledge, Beliefs, and Dietary Behaviour of Collegiate Athletes in the Western United States. *XIII<sup>th</sup> International Congress of Dietetics*, Edinburgh, Scotland, 2000 (oral presentation).
- Gabel, K.A. The Growing Fear of Fat in American Athletes. *International Conference - Current Research in Sport Sciences, Research Institute of Physical Culture & Mars International, Inc.*, St. Petersburg, Russia, 1994 (oral presentation).

**National Presentations:**

- Miner, K. and K.A. Gabel. Dietetic students participate in planning a state dietetic association meeting through a competitive supervised practice experience. *American Dietetic Association*, Boston, Massachusetts, 2007 (poster presentation).
- Ropp, J and K.A. Gabel. Development of a curriculum for youth with pre-diabetes mellitus or type 2 diabetes using the Idaho Plate method. *American Dietetic Association*, Honolulu, Hawaii, 2006 (poster presentation).
- Gabel, K.A., G. Auld and G. Lauritzen. Comparison of knowledge and beliefs about fat between high school and university athletes in the western states. *Society of Nutrition Education*, St. Paul MN, 1993 (oral presentation).
- Gabel, K.A. and D.I. Pond-Smith. Research, tenure and promotion of past and current coordinated program directors. *American Dietetic Association*, Anaheim, California, 1993 (oral presentation).
- Gabel, K.A. and A. Aldous. Dietary and hematological assessment of elite cyclists during ten day 2050 mile ride. *American Dietetic Association*, Denver, Colorado, 1990 (poster presentation).
- Clemstein, M. and K.A. Gabel. Effect of glucose polymers on cycling performance. *National Strength and Conditioning Association*, San Diego, California, 1990 (oral presentation).
- Gabel, K.A. and R.J. Brown. Effects of exercise and cheese supplemented diet on cholesterol and lipoprotein fractions in human subjects. *National Dairy Science*, Davis, California, 1986 (oral presentation).

**Peer Reviewed/Evaluated Publications:****Reviewed by Editorial Board:**

- Gabel, K. *Talking Points Related to High Protein-Low Carbohydrate Diets* (31 pages and 2 presentation CDs) – presented to Idaho Potato Commission as part of grant requirements, 2005.
- Hilbert, L., and K. Gabel. Nutrition: A primary set for volleyball. *Natl Strength Cond Assoc J.* 14:3:18-19, 1992.
- Gabel, K. Demands for gymnastics. *Natl Strength Cond Assoc J.* 14:2:32-33, 1992.
- Berning, J., K. Gabel, and P. Martenilli. Roundtable - Sport-specific nutrition. *Natl Strength Cond Assoc J.* 13:5:12-16, 1991.
- Ellis, D., and K. Gabel. Weight guidelines for athletes. *Natl Strength Cond Assoc J.* 13:3:20-23, 1991.
- Gabel, K. Adequate nutrition: an edge for the collegiate gymnast. *Utah Science.* Spring 1989. pp. 18-23.
- Gabel, K.A. What do you say when asked? *Leisure Insights.* Winter, 1986. pp. 9-11.

**Reviews of Nutrition Resources:**

- Gabel, K. *Nutritional Assessment of Athletes*, book edited by J.A. Driskell & I. Wolinsky. *J. Nutr.* Ed. 2002.
- Gabel, K. *Sports Nutrition*, book by Driskell, J.A. *J Nutr Ed.* 32:235, 2000.



- Gabel, K. *Exercise Nutrition, and Health*, book by Snyder, A., *J Nutr Ed.* 31:2:126-127, 1999.
- Gabel, K. *The Ultimate Sports Nutrition Book* by Coleman, E. and Nelson Steen, S., *J Nutr Ed.*, 1996.
- Gabel, K. *Realities of Nutrition, Completely Revised*, book by Deutsch, R. and J.S. Morrill, *J Nutr Ed.*, 26:253, 1994.
- Gabel, K. *What to Eat and Drink on the Day of an Athletic Event*, pamphlet by Travis, S. and L. Marquart, *J Nutr Ed.* 25:365, 1993.
- Gabel, K. *Nutrition in the 90's: Current Controversies and Analysis*, book by Gaull, G., F. Kotsonis, and M. Mackey, *J Nutr Ed.* 25:1:47, 1993.
- Gabel, K. *Weight Management - The Fitness Way: Exercise, Nutrition, Stress Control, Emotional Readiness*, book by K. Dusek, *J Nutr Ed.* 23:3:139, 1991.
- Gabel, K. *Nutrition Alive, A Basic Approach*, book by E. Johnson and S. Houston, *J Nutr Ed.* 21:6:289, 1989.

**Abstracts:**

- Miner, K and K.A. Gabel. Dietetic student participation in planning a state dietetic association meeting through a competitive supervised practice experience. *American Dietetic Association* suppl. 2007. (abs.)
- Ropp, J and K.A. Gabel. Development of a curriculum for youth with pre-diabetes mellitus or type 2 diabetes using the Idaho Plate method. *American Dietetic Association*, suppl. 2006. (abs.)
- Lambert, L.G. and K.A. Gabel. Integration of service learning into three dietetic courses connecting university students with elementary nutrition education and school lunch program. *J Amer Diet Assoc.* 103 (suppl):9:A-98, 2003. (abs.)
- Chlupach, M.A. and K.A. Gabel. Calcium intake in Alaskan adolescent athletes and non-athletes. *J. Amer Diet Assoc.* 103 (suppl):9:A-85, 2003. (abs.)
- Gabel, K.A. Nutrition knowledge, beliefs, and dietary behaviour of collegiate athletes from the western United States. *XIII<sup>th</sup> International Congress of Dietetics - Book of Abstracts.* p. O-12, 2000 (abs.)
- Gabel, K.A. and D.I. Pond-Smith. Research, tenure and promotion of past and current coordinated program directors. *J Amer Diet Assoc.* 93(suppl):9:A-18, 1993 (abs.)
- Gabel, K.A., G. Auld, and G. Lauritzen. Comparison of knowledge and beliefs about fat between high school and university athletes in the western states. *J Nutr Educ* 18:32, 1993 (abs.)
- Hanson, L.A., D.G. Dolny, and K. Gabel. Role of nutrition education, diet modification and exercise on fitness levels in females. *Med Sci Sports Exer.* 24:S-77, 1992 (abs.)
- Gabel, K.A. and A. Aldous. Dietary and hematological assessment of elite cyclists during ten day 2050 mile ride. *J Amer Diet Assoc.* 90:A-107, 1990 (abs.)
- Gabel, K.A. Dietary, anthropometric and biochemical assessment of collegiate women gymnasts: 3 year study. *J Amer Diet Assoc.*, Abstracts, pp. 161, 1988 (abs.)
- Gabel, K.A. Anthropometric, dietary and hematological assessment of USU women gymnasts. *Utah Academy Science*, Ogden, Utah, 1987.

Gabel, K.A. and R.J. Brown. Effects of exercise and cheese supplemented diet on cholesterol and lipoprotein fractions in human subjects. *J Dairy Sci.* 69:Suppl 1:80, 1986 (abs.).

**Non-Reviewed/Non-Evaluated Publications:**

**Teaching:**

- Gabel, K., Foundations in Exercise Science, class workbook, Summer 2010, Summer 2011.
- Gabel, K., Nutrition for HealthCare, class workbook and D2L webpage, 2010 – 2011.
- Gabel, K., Human Nutrition, class workbook and D2L webpage, 2011.
- Gabel, K., Research in Health and Human Performance, class workbook & D2L webpage, 2009 – present.
- Gabel, K., Exercise Physiology, class workbook & D2L webpage, 2008 – present.
- Gabel, K., Exercise Physiology laboratory, lab notebook, 2008 – present.
- Gabel, K., Nutrition in Health and Human Performance, class workbook, 2008 – present.
- Gabel, K., Nutrition in Health and Human Performance, D2L webpage, 2010 – present.
- Gabel, K., Introductory Foods, class workbook and WebCT quizzes, 2006.
- Gabel, K., Introductory Foods Laboratory – Section 01, 2006 to 2008.
- Gabel, K., Advanced Nutrition Laboratory – Sections 01 and 02, 2006 to 2008.
- Gabel, K., Concepts of Human Nutrition, class workbook, 2004 – 2007.
- Gabel, K. WEB site for Courses: FCS 305, 361, 362, 404, 561, 2000 to present. FCS 205 was added in 2004.
- Gabel, K. AGD Commitment to Excellence – “Are you looking for a better grade this semester? Seek and you shall find.” Publication for AGD sorority. 1999.
- Gabel, K. Advanced Nutrition, lecture feedback workbook, 1994-2007.
- Gabel, K. Nutrition Related to Fitness and Sport, lecture feedback workbook, 1989-2007.
- Gabel, K. Advanced Nutrition, class workbook, 1990-1993.
- Gabel, K. Introduction to Clinical Dietetics, class workbook, 1989-2008.
- Gabel, K. Trends in Nutrition Research, class workbook, 1989-1998.

**Publications Related to Administration:**

- Self-study for the American Dietetic Association, site visit, Montana State University – Bozeman, Montana Dietetic Internship, 2010.
- Self-study for The American Dietetic Association, site visit, University of Idaho, Coordinated Program in Dietetics, 2007.
- Five Year Report for The American Dietetic Association, University of Idaho, Coordinated Program in Dietetics, 2002.
- Self-study for The American Dietetic Association, site visit, University of Idaho, Coordinated Program in Dietetics, 1995.
- Self-study for The American Dietetic Association—developmental accreditation, University of Idaho, Coordinated Program in Dietetics, 335 pp. 1991.
- CPDigest, (newsletter) Vol. 1, 1991, Vol. 2, 1992, Vol. 3, 1993, Vol. 4, 1994.
- Self-study for The American Dietetic Association, Utah State University, Coordinated Program in Dietetics, 378 pp. 1989.

**Presentations and Other Creative Activities:**  
**National Presentations (Invited):**

- Planning Scientific Nutritional Counseling (Training with Nutrition Nuggets). *National Athletic Trainers Association*, annual meeting, Atlanta, GA., 2006.
- Eating to Compete: Is there a Gender Difference? *National Athletic Trainers Association*, annual meeting, St. Louis, MO, 2003.
- Gain or No Gain: Two sides to every product and strategy. *Northwest Athletic Trainers Association*, annual meeting, Boise, Idaho, 2001.
- Ethics in Clinical Dietetics. *Dietetic Educators' Practitioners*, annual meeting, American Dietetic Association, Asilomar, California, 2000.
- Eating Disorders: The Dark Side of Sports Nutrition. *Athletic Therapy Today Conference*, Human Kinetics, Orlando, Florida, 1996.
- Nutritional Analysis at the Training Table, *Athletic Therapy Today Conference*, Human Kinetics, Orlando, Florida, 1996.
- Road Kill or Road Mix? Which will it be? *Northwest Athletic Trainers Association*, annual meeting, Boise, Idaho, 1996.
- Eating Disorders: The Dark Side of Sports Nutrition. *Northwest Athletic Trainers Association*, annual meeting, Boise, Idaho, 1996.
- Sports Nutrition Quest 91. *National Strength and Conditioning Association*, annual meeting, St. Louis, Missouri, 1991.
- Nutritional Concerns for the Endurance Cyclist. *Northwest American College of Sports Medicine*, annual meeting, Spokane, Washington, 1991.
- Idaho Explosions!! *American Dietetic Association*, annual meeting, Dallas, Texas, 1991.
- Nutrition Coaching for Gymnasts. *U.S. Gymnastics Federation*, annual meeting, Anaheim, California, 1988.
- Optimal Nutrition for Optimal Performance. *National Coaches Association*, annual meeting, Utah State University, Logan, Utah, 1988.
- How to Tumble and Eat at the Same Time: Nutrition for the Gymnast. *Leading Edge in Nutrition Education Conference*, Salt Lake City, Utah, 1988.

### **State Presentations (Invited):**

- MDI Update and Preceptor Training. *Montana Dietetic Association annual meeting*, Billings, MT, June, 2010.
- Exercise is Medicine. *Montana Dietetic Association annual meeting*, Billings, MT, June, 2010.
- Nutrition Guidelines for Triathletes. *USA Triathlon seminar*, Washington State University, Pullman, WA, 2006.
- ADA Benefits – What do they mean to you? *Idaho Dietetic Association annual meeting*, Idaho Falls, ID, 2006.
- To Eat or To Supplement. *Idaho Athletic Trainers' Association 2005 Annual Meeting and Clinical Symposium*, University of Idaho - Moscow, ID, 2005
- Nutrition: Links to Genetics. *Idaho Nurse Educators' Conference – Voyage of Discovery: Nursing Education*, Lewis & Clark College – Lewiston, ID, 2003.
- Weight Gain or Loss: Painful or Powerful? *Washington High School Coaches Clinic*. Pullman Rehabilitation Clinic. Pullman, Washington, 2000.
- Changing Nutrition Trends in the United States – The New Millennium: Looking back, Looking Ahead. 19<sup>th</sup> *International Exchange Conference*. Lewis & Clark College, Lewiston, Idaho, 1999.
- Water, Drinks and the Ergo-stuff! *Washington High School Coach's Clinic*. Pullman Rehabilitation Clinic. Pullman, Washington, 1999.
- Professional Development Portfolio. *Idaho Dietetic Association*, annual meeting for Idaho Dietitians, Boise, Idaho, 1999; Lewiston, Idaho, 2001.
- Professional Development Portfolio. *Treasure Valley Dietetic Association*, monthly meeting for dietitians, Boise, Idaho, 1999; *Northern Dietetic Association*, Sandpoint, Idaho, 2001; *Greater Spokane Dietetic Association*, Spokane, Washington, 2001.
- The Alphabet Soup of Nutrition (Antioxidants). Women and Wellness Conference. *Pullman Memorial Hospital/Auxiliary*, Pullman, Washington 1996.
- What's New with Computers at UI? *Idaho Dietetic Association*, annual meeting, Boise, Idaho. 1996.
- Make a Difference in the Score. *Washington Dietetic Association*, annual meeting for Washington Dietitians, Spokane, Washington, 1995.
- Renewal of the Olympic Diet. *Idaho Dietetic Association*, annual meeting for Idaho Dietitians, Moscow, Idaho, 1994.
- Sports Nutrition: A Four Point Play. *Sports Medicine Seminar*, Coaches and Educators involved in Athletics, College of Southern Idaho, Twin Falls, Idaho, 1993.
- Put Potatoes at the Top of your Grocery List (Nutrition and the Immune System). *Great Potato Conference*, K-12 Educators, Camp Sawtooth, Idaho, 1993.
- How to Eat, Grow and Perform at the Same Time (Sports Nutrition and the Adolescent). *Great Potato Conference*, K-12 Educators, Camp Sawtooth, Idaho, 1993.

Nutrition and Athletic Performance. *Idaho Home Economics Association*, annual meeting for Idaho Home Economists, Moscow, Idaho, 1992.

Is it Bogus? or the real Bogart (Research Evaluation). *Idaho Dietetic Association/Idaho Public Health Association*, annual meeting for Idaho Dietitians and Public Health Professionals, Boise, Idaho, 1992.

How many Cards do you need to play Research? (Research for the R.D.) *Idaho Dietetic Association/Idaho Chapter of Association of School and Hospital Foodservice Administrators*, annual meeting for Dietitians and Food Service Managers, Post Falls, Idaho, 1991.

Nutrition Research for the Clinician. *Greater Spokane Dietetic Association*, monthly meeting for Dietitians, Spokane, Washington, 1990.

Sports Nutrition for School Foodservice. *Boise School District*, annual meeting for Foodservice personnel, Boise, Idaho, 1990.

Health Fraud and Quackery. *Utah State Health Educators*, annual meeting, Utah State University, Logan, Utah, 1989.

Wellness in the Workplace. *Institute of Food Technologists - Bonneville Section*, monthly meeting, Brigham City, Utah, 1989.

Fit, Fun, and Fabulous, Fit-not Fat, and How to Survive the Teen Years. *Loa Extension*, monthly meeting for citizens, Loa, Utah, 1989.

Sunrider Update. *Nutrition Council of Utah*, Salt Lake, City, Utah, 1988.

How to Market Nutrition in the University Food Service. *National Association of College and University Foodservice*, state meeting, Utah State University, Logan, Utah, 1988.

The Case of a Shrinking Body. *Expanding Your Horizons in Science and Mathematics*. Conference for 7th-12th grade women - Utah Math Science Network, Utah State University, Logan, Utah, 1988.

The Quack: Playing with a Half Duck. *Adult Leaders School*, Utah State University, Logan, Utah, 1988.

Research in Your Own Backyard. *Utah Dietetic Association*, annual meeting for Utah dietitians, Bountiful, Utah, 1988.

Healthy Lifestyles. *Utah School Food Service Association*, Salt Lake City, Utah, 1988.

Don't Let the Sun Get in Your Eyes: Analysis of Sunrider Products. *Utah Dietetic Association*, annual meeting for Utah dietitians, Salt Lake City, Utah, 1988.

Nutrition Update: Fat, Fiber, Sugar, Cholesterol, Sports Nutrition. *Vocational Home Economics Education*, annual conference, Mountain View H.S., Layton, Utah, 1988.

Become a Nutrition Coach - Utah Needs You! *Utah Home Economics Association*, annual conference, Park City, Utah, 1988.

Nutrition Coaching and Nutrition - Especially for Women. *Davis County*, symposium, Kaysville, Utah, 1988.

Fish Oil and Heart Disease. *Utah State University*, Meat Specialists conference, Logan, Utah, 1987.

Nutrition, Fat, and Fitness related to Cardiovascular Disease. *Expanded Food and Nutrition Program*, annual meeting, Logan, Utah, 1987.

Jack Sprat and Friends - Anorexia, Bulimia, and Compulsive Eating. *Adult Leaders School*, Logan, Utah, 1987.

Notorious Four - Fat, Sugar, Fiber, and Cholesterol. *Adult Leaders School*, Logan, Utah, 1987.

Nutrition for Recreation. *Utah Recreation and Parks Association*, state meeting, Orem, Utah, 1986.

Nutritional Adequacy of Collegiate Women Athletes. *Gladys Branegan Lecture - Women's Week*, Montana State University, Bozeman, Montana, 1986.

Get Off Your Duff. *Utah District - School Lunch Personnel*, annual meeting, Ogden, Utah, 1985.

Nutrition Education in the Foodservice. *Utah District - School Lunch Personnel*, annual meeting, Woods Cross, Utah, 1984.

Increase Food Sales with Nutrition. *National Association of College and University Foodservice*, state meeting, Logan, Utah, 1984.

Sports and Nutrition. *Montana State Health Conference*, Bozeman, Montana, 1981.

**Local Presentations (Invited):**

Choices for the Active: Drink or Supplement, *Montana Family Medicine Residency - Sports Medicine Conference*, Billings, MT, June, 2011.

Supplement Use for Weight Gain, *Montana Family Medicine Residency - Sports Medicine Conference*, Billings, MT, May 2010.

Nutrition and Supplements for Sport, *The 19<sup>th</sup> Annual Magic City Sports Medicine Conference* sponsored by AMP-Athletic Medicine & Performance, Billings, MT, May 2010.

Spin for a Color! (Nutrition & Phytochemicals) *Chicks in Science*, booth presentation to young girls, Montana State University Billings, Billings, MT, 2008.

Nutrition Action for Kids!, workshop presented to pre-school children enrolled in the *Kids on Campus (K+)* program, University of Idaho, Moscow, Idaho, 2007.

Sport nutrition workshops were presented to INTR 204 – Life Skills for Athletes, 2 sections, University of Idaho, 2005.

Trans What? - Trans fatty acids, *PowerPoint* presentation given to *Food and Nutrition club members and guests*, University of Idaho, Moscow, Idaho, 2005.

*Cooking for Life*, and *Vegetarian Cooking*, two cooking demonstrations presented to UI personnel enrolled in the *Wellness program at the UI Student Recreation Center*, 2005.

Andro, Creatine and HMB – do they work? *Lewiston High School basketball and wrestling teams*, Lewiston High School, Lewiston, Idaho, 2001.



Nutrition Basics for New Athletes (2 sessions) Orientation-*Athletic Department*, University of Idaho, Moscow, Idaho, 2000.

Energy for Soccer Success. *Lewiston High School soccer teams*, Lewiston High School, Lewiston, Idaho, 2000.

Diet Assessment. *UI women's tennis team*, University of Idaho, Moscow, Idaho, 2000.

What shall I eat to perform? *WSU women's tennis team*, Washington State University, Pullman, Washington, 1999.

One more time..... *WSU volleyball team*, Washington State University, Pullman, Washington, 1999.

Frog your Favorite Food, Personal Development class, *High School Seniors*, Troy High School, Troy, Idaho, 1999.

Careers in Dietetics, Freshmen Transition Seminar - INTR 101, *UI Students*, University of Idaho, Moscow, Idaho, 1999.

What's new in Tennis Nutrition? *UI Vandal Tennis Coaches Clinic*, University of Idaho, Moscow, Idaho, 1999.

High Energy for a Fast Pace, *UI women's soccer team*, University of Idaho, Moscow, Idaho, 1998.

Eating for Athletic Success, *WSU women's basketball team*, Washington State University, Pullman, Washington, 1998.

What do these LETTERS mean? *UI Graduates*, Graduation Reception at UI-Coeur d'Alene Center, Coeur d'Alene, Idaho, 1998.

Break, Graze, Snack. *WSU women's volleyball team*, Washington State University, Pullman, Washington, 1997.

Opportunities in Sports Nutrition. *WSU Foods and Nutrition Club*, Washington State University, Pullman, Washington, 1997.

Nutrition for Coaches. *UI Vandal Tennis Coaches Clinic*, University of Idaho, Moscow, Idaho, 1997.

How to be an Athlete Trainer and Eat at the Same Time. *WSU and UI student athletic trainers*. University of Idaho, Moscow, Idaho, 1997.

How to start out healthy and stay healthy? *WSU first year athletes*, Washington State University, Pullman, Washington, 1996.

What does the analysis mean? *UI women's cross country track team*, University of Idaho, Moscow, Idaho, 1996.

Getting started....., *UI women's cross country track team*, University of Idaho, Moscow, Idaho, 1996.

What does it take to Gain, *UI men's basketball team*, University of Idaho, Moscow, Idaho, 1996.

Fat Phobia in Athletes, *Pullman Dietetic Association*, 1996.

What it takes to Run, *WSU cross country men and women's teams*, Washington State University, Pullman, Washington, 1995.

Eating on the Road, *UI women's volleyball team*. University of Idaho, Moscow, Idaho., 1995.

Dive for Good Nutrition, *Pullman swim team*. Washington State University, Pullman, Washington, 1995.

Getting Started, *High School Coaches*. Pullman High School, Pullman, Washington, 1995.

Hitting High on Nutrition, *WSU female basketball athletes, trainers, and coaches*. Washington State University, Pullman, Washington, 1995.

What's Best on the Road, *WSU female basketball athletes, trainers, and coaches*. Washington State University, Pullman, Washington, 1995.

Recovery from A Hard Day of Training, *WSU female soccer athletes, trainers, and coaches*. Washington State University, Pullman, Washington, 1994.

The Basics. *WSU female crew athletes, trainers, and coaches*, Washington State University, Pullman, Washington, 1994.

Ethical Issues in Dietetics. *FCS 450 - Professional Development class*, University of Idaho, Moscow, Idaho, 1994.

5 Per Week, 5 Per Day. *Pullman Lunch Bunch*, Pullman Memorial Hospital, Pullman, Washington, 1994.

Number 5 and Nutrition. *Introduction to Athletic Injuries class*, University of Idaho, Moscow, Idaho, 1994.

Pumping Immunity - Nutrition and the Immune System. *Pullman Dietetic Association*, Washington State University, Pullman, Washington, 1993.

Quick Meals for Short Runs. *Bloomsday Clinic*, Gritman Medical Center, Moscow, Idaho, 1993.

How to Feed a Muscle. *UI men's basketball team*, University of Idaho, Moscow, Idaho, 1993.

ADA Self Assessment Modules. *Moscow/Pullman Dietitians*, Pullman, Washington, 1991.

Sports Nutrition for a 10K. *Bloomsday Clinic*, Gritman Medical Center, Moscow, Idaho, 1990.

Treatment for Obesity. *Moscow/Pullman Dietitians*, Moscow, Idaho, 1990.

What does a Basketball Player Eat? *UI women's basketball team*, University of Idaho, Moscow, Idaho, 1989.

Update on Sports Nutrition. *Logan Dietetic Journal Club*, Utah State University, Logan, Utah, 1989.

Quacks in Nutrition. *LDS Clinical Staff*, LDS Hospital, Salt Lake City, Utah, 1989.

Nutrition: A Concern for Women. *Utah State University. Mother's Weekend*, Panhellenic Council, Utah State University, Logan, Utah, 1988.

Food, Fluids, and Fast Finishes! *Summit Cyclists*, Logan, Utah, 1988.

Eating Alone, U.S. Dietary Guidelines, and High Blood Pressure - How does diet affect? *Senior Citizens Center*, Logan, Utah, 1986.

Update in Fish Oil Research. *Logan Dietetic Journal Club*, Utah State University, Logan, Utah, 1986.

Nutrition and You. *Fitness Fair*, Montana State University, Bozeman, Montana, 1981.

Food Choices for Men. *Optimist Club*, Bozeman, Montana, 1981.

The Basics. *Credit Women Organization*, Bozeman, Montana, 1981.

Job Opportunities in Food and Nutrition. *Student chapter of Home Economics Association*, Montana State University, Bozeman, Montana, 1981.

Natural Foods and Where to Begin. *Women's Week*, Montana State University, Bozeman, Montana, 1980.

Recovery and Nutritional Support. *Make Today Count* (support group for chronically ill), Bozeman, Montana, 1980.

**Grants and Contracts Awarded:**

Gabel, K., 2012. Registration and travel for the 17<sup>th</sup> European College of Sport Science Congress. Faculty Development Funds. Funded by the College of Allied Health Professions. Montana State University Billings. \$2960.

Fitzgerald, L., Shaw, J., Gabel, K., 2011. Climb to Success: Synergy in Academia and Research (Proposal for a Climbing wall - AOL program). Creative and Research Endeavors proposal. Funded by Montana State University Billings. \$5223

Gabel, K., 2011. Travel and lodging for International Society for the Advancement of Kinanthropometry (ISAK) conference and training, certification for Level One. Faculty Development Funds. Funded by Provost's Office, Montana State University Billings. \$1800.

Gabel, K., 2011. Effect of Passive and Active Recovery on Concentrations of Lactate and Blood Glucose Before and Post-Exercise in Trained Young Adults. Creative and Research Endeavors Mid-Year Proposal. Funded by Montana State University Billings. \$1236.

Gabel, K. 2010. Undergraduate Research Integrated into the Classroom to Investigate the Effect of High Carbohydrate Intake on Concentrations of Lactate and Blood Glucose Before, During, and Post-Exercise in Trained Young Adults. MSUB RACE grants. Funded by Montana State University Billings. \$3469.

Gabel, K. Fins, L, Krumpel, E, Marshall, J., Priest, D., Robberecht, R. 2007. Enhancing Teaching and Learning with Student Response Systems, Idaho Technology Incentive Grants. Funded by the State of Idaho. \$73,100.

Gabel, K., Raidl, M. 2004. Talking Points to Counter the Claims of High Protein-Low Carbohydrate Diets and the Atkins Nutritional Approach. Funded by the Idaho Potato Commission. \$12,820.

Gabel, 1999. Computer Enhanced Lectures for FCS 305. Teaching/Learning Grants. Funded by University of Idaho. \$2,500.

- Gabel, K. 1999. Analysis of Sports Nutrition Surveys. Marion Featherstone Enrichment Award. Funded by Family and Consumer Sciences, University of Idaho. \$400.
- Western Regional Project W-191 Committee. 1996-2001. Factors affecting dietary intake of calcium rich foods in adolescents (five year project). Funded by the Idaho Agricultural Experiment Station at Univ. of Idaho.
- Fletcher, J., Gabel, K., Loker, S. 1996. Peer Review of Teaching for Faculty Development and Evaluation. Teaching/Learning Grants. Funded by University of Idaho. \$2,150.
- Travel Grant, 2000. Funding for travel to international conference to present research. Funded by the UI Research Office. \$900.
- Travel Grant. 1994. Funding for travel to international conference to present research. Funded by the UI Research Office. \$900.
- Travel Grant. 1993. Funding for travel to ADA convention to present research. Funded by the UI Research Office. \$735.
- Western Regional Project W-182 Committee. 1990-1996. Dietary fat and fiber - A multi state survey: Knowledge, perceived risk and dietary practices (five year project). Funded by the Idaho Agricultural Experiment Station at Univ. of Idaho. \$7,500.
- Hendricks, D., Gabel, K. and Lauritzen, G. 1988. Surveying women from Montana and Utah to estimate dietary practices, bone fractures and osteoporotic events. Funded by the Utah Agricultural Experiment Station at Utah State Univ. \$6,000.
- Gabel, K. 1988. Computer use in Utah health care facilities. Funded by the College of Family Life at Utah State University. \$1,750.
- Gabel, K. 1987. Funding to support research with Utah State female gymnasts. Funded by the Women and Gender Research Institute at Utah State University. \$100.

**Written, but not funded:**

- Gabel, K., et al, 2003. Community Challenge: Healthy Environments for Youth. USDA-NRI Integrated programs, \$1 million.
- Gabel, K., 1999. Computer-based Multimedia Project – Sports Nutrition. Northern Rockies Consortium for Higher Education Instructional Improvement. \$3,000.
- Gabel, K., Branen, L. 1996. Equipment acquisition for the Advanced Nutrition Laboratory and related courses. National Science Foundation. \$11,336.95.

**Non-University Honors and Awards:**

- Marion Featherstone Family and Consumer Science Faculty Enrichment Award, 1999
- Finalist for the Democracy Award, Faculty Women's League, Utah State University, 1987, Utah
- Outstanding Young Women of America, 1985, Utah
- Outstanding Young Dietitian, 1977, Montana

College Honors as an Undergraduate Student:

- Five-Year Speaker for Class of 1973, Montana State University
- Who's Who in American Colleges and Universities
- Phi Upsilon Omicron
- National Spur Award
- Outstanding Senior of Alpha Gamma Delta
- Stokely Van Camp Award
- Outstanding Home Economics Senior, Montana State University

**Professional Development:**

International Society for the Advancement of Kinanthropometry (ISAK) training, certification for Level One.  
Practical exam: passed after training.

**SERVICE:****Major Committee Assignments:**National:

Western Regional Committee #191: Calcium Intake of Adolescents, 1996-2004  
Secretary, 2000-01

Host for Regional meeting, 1999-2000

Western Regional Committee #182: Fat and Fiber, 1990-96  
Secretary, 1991-92

Co-chair, questionnaire revision, 1991-92

Co-chair, cover letter revision, 1991-92

Society of Nutrition Education

Volunteer, national meeting, 1994

Membership Committee, 1993

National Strength and Conditioning Association (NSCA)

Sports Nutrition Development Committee, 1990-92

Montana State University Billings:

## Committees:

Outstanding Senior Selection Committee, April, 2011

University General Education committee, 2009 – 2010.

University Assessment Committee, CAHP representative, 2010 – present.

## General Service

MSUB Student Move-In, August, 2011

MSUB – College of Allied Health Professions

## Committees:

National Allied Health Professions Week, Nov 6 – 12, 2011

MSUB - Department of Health and Human Performance:

Peer Reviews completed for HHP colleagues

Tom Dell, October, 2011

Ms. Suzette Nynas, March, 2010

Dr. Agnes Samples, Jan., 2009

Dr. Loretta Morgan, Feb., 2009

Mr. Jade Sobek, April, 2009.

## Search Committees:

AT Program Coordinator, June, 2011

Assistant Professor, HHP, Nov. 2011

University of Idaho:

University Vision and Resources Task Force, 2004

Steering Team

Teams: Deans; On-going Complementary Investigation; Program Planning,

Communication and Assessment; Similar Experience, UI Now and Then, and Statewide

Teaching Enhancement Committee, 2004 – 2007

Selection Committee, Head Tennis Coach, Chair, 2004

NCAA Liaison, UI Athletics NCAA Certification, 2004 - 2005

Member, Steering, Academic Integrity, Rules Compliance, Equity and Student-Athlete  
Welfare

Selection Committee, Women's Swim Coach, 2003

University Accreditation, 2002  
Chair, Student Athletes  
Selection Committee, Men's Basketball Coach, 2001  
Basketball Issues, 2000-present  
Big West Athletic Conference Compliance Committee, 1999-present  
Construction of Kibbie Dome Extension, 1999-2000  
Selection Committee, Women's Basketball Coach, 2001  
Selection Committee, Volleyball coach, 2000  
Faculty Athletic Representative: 1999-2005  
Medical Services Committee, 1999-2005  
NCAA Certification, 2004 – 2005  
NCAA Liaison, 2004 – 2005  
Committee member, Academic Integrity, Rules Compliance, Equity and Student-Athlete Welfare, 2004 – 2005  
NCAA Accreditation, 1996-97  
Chair, Minority Issues, 1996-97  
Parking, 1996-98  
Library Affairs committee, 1993-96  
Chair, 1994-95  
Essay judge for National Library Week, 1995  
Chatauqua (Grand opening for Library), 1994  
Admissions Committee (Alternate), 1992-94  
Faculty Appeals Hearing Board (Alternate), 1990-91  
Health Promotion Committee, 1989-94

College of Agricultural and Life Sciences:

Mentoring committee for Lori Moore, 2004 – 2008  
Award Review and Selection, 2001, 2003  
Teaching Awards, Chair, 2000-02  
Restructuring, Repositioning, and Reduction 1996-98  
Teaching, Recognition, and Reward, 1995-98  
Advisor: Alpha Zeta, (College of Agriculture Honor Society), 1990-96. Second term: 1999-present  
Teaching Evaluation, 1995  
Program Review, 1995  
Chili judge for FST club, 1994  
Awards, 1994  
Tenure and Promotion committee, 1990-92  
Marketing committee, 1990

School of Family and Consumer Sciences:

*Standing:*

Facilities, 1999-2008  
Strategic Planning, 1998-99  
Chair, Graduate committee, 1996-98  
Graduate committee, 1994-2008  
Chair, Recruitment/Program Assessment, 1991-93  
WSU/UI Nutrition Dietetics committee, 1991-92  
Food and Nutrition Research committee, 1990-93  
Recruitment committee, 1989-93  
Curriculum committee, 1989-93

*Appointed:*

Tenure/Promotion, 2004, committee member for S. McCurdy, 2004  
Tenure/Promotion, Chair for L. Branen, 2002  
Tenure/Promotion, committee member for J. Culbertson, 2002  
Tenure/Promotion, Chair for M. Houghton, 2000  
3 Year Review for Y. Genztler, 1998



Promotion, Chair for N. Wanamaker, 1996  
Tenure/Promotion, Chair for L. Branen, 1995  
Role Delineation, 1994  
Graduate Quality Indicators, 1994  
3 Year Review for A. Vail, 1993  
3 Year Review for K. Keim, 1993  
Mission Statement revision, 1992  
Faculty Retreat, 1991  
Display for School of Home Economics, 1990  
Food Vending, 1990

*Search Committees:*

Search, Asst/Assoc. Professor, CPD – Clinical Nutrition, 2007  
Search, Temporary Foods and Nutrition Instructor, Chair, 2006  
Search, Asst/Assoc. Professor, CPD - Food Service Management, Chair, 2006  
Search, Asst/Assoc. Professor, CPD - Food Service Management, Chair, 1999  
Search, Account Technician, 1998  
Search, Asst/Assoc Professor, Nutrition/Extension, 1996  
Search, Asst/Assoc Professor, CPD – Clinical Nutrition, 1994  
Search, undergraduate secretary, 1994  
Search, undergraduate secretary, 1992  
Search, Asst/Assoc Professor, CPD – Clinical Nutrition, 1992  
Search, Asst/Assoc. Professor, Food Science & Toxicology/Home Economics 1991  
Search, office secretary, 1991  
Search, Extension Human Nutrition Specialist, 1990  
Search, EFNEP, 1989

**Professional and Scholarly Organizations:**

American Dietetic Association (ADA): 1974-present

Accreditation site visitor, 1992-97

Visits completed:

University of Kentucky, April 19-21, 1993

University of Texas - Austin, October 11-13, 1993

Documentation reviews completed:

University of Illinois - May 1997

Widener University, September 1996

Mount Mary College, February 1996 (Lead Reviewer)

University of Southern Mississippi, September 1995

University of Texas - Pan American, May 1994

Kansas State University, April 1994

ADA Practice Groups:

Food and Culinary, 2006 - present

Dietetic Educators of Practitioners, 1986-2008

Sports and Cardiovascular Nutritionists, 1985-present

Research, 1992-95, 2007 - present

Idaho Dietetic Association: 1989-2008

Secretary, interim, 2006

Chair, Council on Practice, 2004 – 2006

Delegate, 1997-2003

Table Facilitator, 2001, 2002

Area 1 Reference Panel, Chair, 1999

Awards committee, 1999

Area 1 Recorder, 1997-1999

Area 1 Reference Panel, 1997

*DietEcho* Newsletter Editor, 1993-1997

Chair, Membership, 1993-1997

Chair, Awards, 1992-93

President, 1991-92  
President Elect, 1990-91  
IDA Convention Committee for Lewiston, 1999-2001  
Chair, Speakers  
IDA Convention Committee for Moscow, 1993-94  
Chair, Poster Session  
Chair, Speakers  
IDA Convention Committee for Post Falls, 1990-91  
Chair, Poster Session  
Co-Chair, Exhibits  
Utah Dietetic Association: 1982-89  
Chair, Public Relations, 1988-89  
Chair, Awards, 1987-88  
Montana Dietetic Association: 1974-82  
Secretary, 1979-81  
Chair, Public Relations, 1976-77  
Missoula Dietetic Association: 1974-77  
Chair, 1976-77

**Outreach Service:**

Judge, Graduate Student Poster Contest, 2004  
Volunteer, Residence Hall Student "Move-In" Program, University of Idaho, 2000  
Volunteer, Freshman Calling Program, University of Idaho, 2000  
Mentor, Academic Excellence, Alpha Gamma Delta (UI sorority), 1999-2000  
AGD Executive Council, Scholarship Alumni Representative, Alpha Gamma Delta (UI sorority), 1996-97  
Arranged campus visit for Dr. Sooja Kim Warner, A Scientific Review Administrator for the NIH Nutrition Study Section. Invited UI and WSU faculty and administrators to meetings and organized tours on both campuses, February 1993  
Represented the profession of Dietetics and University of Idaho at the Orofino Career Expo, Orofino, Idaho, November 1993  
Invited Reviews of Books and Papers:  
Journal of Nutrition Education. Review of 2 papers for publication, 2001.  
Journal of Nutrition Education. Review of 2 papers for publication, 2000.  
Journal of The American Dietetic Association. Review of 1 paper for publication, 2000.  
Journal of The American Dietetic Association. Review of 1 paper for publication, 1999.  
Journal of Applied Physiology, Review of 3 papers for publication, 1998.  
American College of Sports Medicine. Review of 15 Sports Nutrition abstracts for convention, 1996.  
American College of Sports Medicine. Review of 14 Sports Nutrition abstracts for convention, 1995.  
American College of Sports Medicine. Review of 15 Sports Nutrition abstracts for convention, 1994.  
American College of Sports Medicine. Review of 14 Sports Nutrition abstracts for convention, 1993.  
American College of Sports Medicine. Review of 10 Sports Nutrition abstracts for convention, 1992.  
American College of Sports Medicine. Review of 22 Sports Nutrition abstracts for convention, 1991.  
Society of Nutrition Education. Review of 19 sports nutrition/education abstracts for convention, 1995.  
Associate Editor for the Strength Training and Conditioning for Volleyball Manual, National Strength and Conditioning Association, 1990.  
National Strength and Conditioning Association Journal. Review of 1 paper, 1990.  
Invited Reviewer for the Journal of Nutrition Education, 1989 to present.  
Invited Reviewer for the National Weight Control Resource Directory (SNE, ADA and DHHS), 1988.

Invited Reviewer for the Journal of American Dietetic Association, 1988.

Reviews Completed for other Faculty Members:

- Breast Feeding Beliefs of Hispanic Women (proposal) by M. Houghton, 2000.
- Infant feeding practice of former Soviet immigrants (paper) by M. Houghton, 1997.
- Nutrition & exercise: What your body needs, (newsletter article) by Kathy Keim, 1993.
- Effects of restrained and satiety feeding on preschool children's food intake and waste (paper) by L. Branen and J. Fletcher, 1993.
- Communicating about agricultural chemicals: different strategies for different audiences (proposal) by M. Swanson, 1992.
- Sources of nutrition information and classroom nutrition education priorities of Idaho elementary school teachers (paper) by E. Long (affiliate faculty), 1992.
- Behavioral and health factors that influence the food consumption of young adults (proposal) by K. Keim, 1992.
- Nutrient Intake and Eating Attitudes Test Results of Weight Preoccupied and Non-weight Preoccupied College Females (paper) by L. Branen, 1992.
- Weight preoccupation: Results of focus group interviews (paper) by L. Branen, 1991.
- Dye setting with laser treatment (paper) by K. Kearney, 1991.
- An evaluation of risk factors and consequences of housing problems and the effectiveness of existing housing assistance programs of rural elderly (proposal) by D. Williams and V. Junk, 1991.
- Effect of slowly absorbed carbohydrate on plasma glucose during exercise in persons with type I diabetes mellitus (paper) by K. Keim, 1991.

Extension Publications:

- Analysis of Sunrider Products - Herbs and Chemistry, USU Extension. 670 pp. 1988.
- 600 - You have to be kidding! USU Extension Cord, 3 pp. June/July, 1988.
- Dehydration: Summertime Challenge. USU Extension Cord, 3 pp. Sept./Oct., 1987.
- Omega Who? USU Extension Cord, 2 pp. June, 1987.
- Carnitine! USU Extension Cord, 2 pp. April/May, 1987.
- College Eating (recipe book) - USU Food Services, 25 pp. 1987.

Newspaper Articles:

- Food for Your Muscle, *Idaho Statesman*, Boise, Idaho, 1992.
- Feeling Blah? Iron Out a Diet, *Herald Journal*, Logan, Utah, 1987.
- So You Want to Ride to Jackson, *Herald Journal*, Logan, Utah, 1987.
- Eating for the Cold, *Herald Journal*, Logan, Utah, 1987.
- Martina's Secret: Drink More Fluids, *Herald Journal*, Logan, Utah 1987.
- Sports Health: Exercise Got You Down?, *Herald Journal*, Logan, Utah, 1987.
- Eating Good Nibbles and Bits, *USU Statesman*, Logan, Utah, 1987.

Newsletters (*DietEcho*):

- Fall, 12 pp, 1997
- Summer, 10 pp, 1997
- Spring, 10 pp, 1997
- Fall, 12 pp. 1996 (mailed copies, plus e-mail version)
- Summer, 8 pp. 1996
- Spring, 10 pp. 1996
- Winter, 12 pp. 1996
- Fall Issue, 15 pp., 1995
- Summer Issue, 7 pp., 1995
- Spring Issue, 6 pp, 1995
- Winter Issue. 12 pp, 1995
- Fall Issue. 6 pp, 1994
- Summer Issue. 7 pp, 1994
- Spring Issue. 12 pp, 1994
- Winter Issue. 14 pp, 1994



Newsletter Articles:

What is a FAR?, *Vandal Voice*, 2004  
COP Chair, *DietEcho*, Quarterly electronic articles, 2004  
Delegate's Message, *DietEcho*, monthly electronic versions, 2000-2003  
Delegate's Message, *DietEcho*, Winter, Spring 2000, Fall, Summer, Spring, Winter 1999; Fall, Summer, Spring, Winter 1998  
Pyruvate - Hype and Rip? *DietEcho*, Fall 1997  
Delegate's Message - ADA Position Papers, *DietEcho*, Fall 1997  
Delegate's Message - Who are We? What do we Do?, *DietEcho*, Summer 1997  
Nutrition and the Immune System, *DietEcho*, Summer 1993  
President's Message - Commitment to the Profession and Licensure, *DietEcho*, Fall 1992  
President's Message - Creativity of Dietitians, *DietEcho*, Spring 1992  
President's Message - Activities in Idaho, *DietEcho*, Fall 1991

Radio Tapes:

*Health Fraud and Quackery*, KUSU-FM, 1988.  
*Sports Nutrition*, KUSU-FM, 1987.  
*Dehydration - Summertime Challenge*, KUSU-FM, 1987.  
*Omega-3 and Fish* - KUSU-FM, 1986.

Slide/Script Programs:

*CPD Orientation*, 45 Powerpoint slides, 2001 – 2008.  
*Tribute to Retired Idaho Dietitians*, 65 Powerpoint slides, 2001.  
*Margaret Ritchie School of Home Economics - Past to Present*, program for school, 30 slides, 1991.  
*The Quack: Playing with a Half Duck*, program for county agents to use for presentations on health fraud and quackery, 50 slides, 1988.

**Community Service:**

Volunteer, Student-Move In, Montana State University Billings, Fall, 2011  
Judge, Troy Junior Miss contest, 2007  
Participant, *Relay for Life*, American Cancer Society, 2004  
Volunteer, Palouse Spring Triathlon, 2001, 2002, 2003  
Presentations and tour for Adventure Club, two classes of students, 2000  
Judge, State Junior Miss competition, academic achievement, 1997