

CURRICULUM VITAE

Name: Jacqueline Raymonde Berning, Ph.D., R.D., CSSD

Born: Heidelberg, Germany

Office: University of Colorado-Colorado Springs
Department of Health Science
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Colorado Springs, Colorado 80933
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E-mail: jberning@uccs.edu

Education:

Certified Board Specialist in Sports Dietetics (CSSD)
Academy of Nutrition and Dietetics, Chicago, IL, 2007, 2012

Colorado State University, Ft. Collins, Colorado
1986 -1994, Ph.D., Nutrition

Dietetic Internship, Mercy Hospital Denver, Colorado
Registered Dietitian (RD), 1985

University of Colorado, Boulder, Colorado
1982-1985, M.S., Exercise Physiology

Northern Arizona University, Flagstaff, Arizona
1978-1980, B.S., Clinical Dietetics

University of Southern Colorado, Pueblo, Colorado
1969-1974, B.A., Behavioral Science

Professional Experience:

2014-Present Professor and Chair, Department of Health Science
University of Colorado-Colorado Springs

2009-2014 Professor, Department of Biology
University of Colorado-Colorado Springs

2005-2012 Chair, Department of Biology
University of Colorado-Colorado Springs

2004-2009	Associate Professor, Department of Biology University of Colorado-Colorado Springs
1996-2003	Assistant Professor, Department of Biology University of Colorado-Colorado Springs
1995-1996	Full-time Instructor, Department of Biology, University of Colorado-Colorado Springs
1991-1995	Joint Appointment: Instructor, University of Colorado- Colorado Springs and Nutrition Coordinator, USA Swimming, US Olympic Training Center, Colorado Springs, CO
1984-2009	Nutrition Consultant, Denver Broncos Denver, CO
1995-2012	Staff Nutritionist, Cleveland Indians Baseball Team, Cleveland, Ohio
1988-2004	Nutrition Consultant, University of Colorado Athletic Department, Boulder, CO
1998-2012	Nutrition Consultant, Colorado Rockies Baseball Team Denver, CO
1984-1996	Nutrition Consultant, USA Swimming, Colorado Springs, CO
1980-1989	Sports Nutritionist, Western Dairy Council, Thornton, CO
1977-1978	Assistant Food Service Director, Leonardtwn School District, Leonardtwn, Maryland
1975-1977	Dietary Supervisor, Charles County Nursing Home, La Plata, Maryland
1974-1975	Dietetic Assistant, Bloomington Hospital, Bloomington, Indiana

Refereed Journal Articles:

Berning, J.R., Gorman, I.J. Nutrition Education in a Strength and Conditioning Program. *National Strength and Conditioning Journal*, Vol. 3, No. 7, June/July 1985.

Berning, J.R., Troup, J.P., VanHandel, P.J., Daniels, J., and N. Daniels, The Nutritional Habits of Young Adolescent Swimmers. *International Journal of Sport Nutrition*, Vol. 1, No. 3, September 1991.

Berning, J.R. Medium-Chain Triglycerides and Exercise. *International Journal of Sports Nutrition*, Vol. 6 Supp. June 1996.

West, C., and **Berning** J. Self-medication with Sucrose in Attention Deficit Hyperactivity Disorder. *Journal of Psychology and the Behavioral Sciences*. Volume 13, 1999

Kavouras, SA, Troup, JP, and **Berning**, JR. The influence of low versus high carbohydrate diet on a 45-min strenuous cycling exercise. *International Journal of Sport Nutrition & Exercise metabolism*. Volume 14, No.1; 62-72, Feb. 2004

Riebl, SK., Subudhi, AW, Broker, JP., Schenck, K., and **Berning** JR. The Prevalence of Subclinical Eating Disorders Among Male Cyclists. *Journal of the American Dietetic Association*. Vol 107, No. 7, PP 1214-1217, July 2007

Berning, J.R. and Karmally, W. Ethics Opinion: The RD and DTR are Obligated to Follow Ethical Standards When Writing Public Interest and Science-based Information in the Popular Press. *Journal of the American Dietetic Association*. Volume 107, No. 12, December 2007

Patricia L. Steinmuller, MS, RD, CSSD; Nanna L. Meyer, PhD, RD, CSSD; Laura J. Kruskall, PhD, RD, CSSD, FACSM; Melinda M. Manore, PhD, RD, CSSD, FACSM; Nancy R. Rodriguez, PhD, RD, CSSD; Michele Macedonio, MS, RD, CSSD, FACSM; Randy L. Bird, MS, RD, CSSD, CSCS; Jacqueline R. **Berning**, PhD, RD, CSSD; and ADA Quality Management Committee, American Dietetic Association Standards of Practice and Standards of Professional Performance for Registered Dietitians (Generalist, Specialty, Advanced) in Sports Dietetics. *Journal of the American Dietetic Association*. Volume 109, No. 3, March 2009

Meyer, N., Manore, M.M., **Berning**, J.R. Fueling for Fitness: Food and Fluid Recommendations for Before, During, and After Exercise. *ACSM Health and Fitness Journal*, Volume 16 :3 7–12, 2012

Byrd-Bredbenner, C., **Berning**, J., Martin-Biggers, J., Quick, V. Food safety in home kitchens: A synthesis of the literature. *Int. J. Environ. Res. Public Health*. 10(9), 4060-4085, 2013

Selected Issues for Nutrition and the Athlete: A Team Physician Consensus Statement. *Med Sci Sport Exerc*. 45(12), 2378-2386, 2013

Dick, R, **Berning**, J, Dawson, W, Ginsburg, R, Miller, C and Shybut, G. Athletes and the Arts- The Role of Sports Medicine in Performing Arts. Current Sports Medicine Reports. 12(6), 397-403, 2013

Professional Dietetic Publications:

Berning, J.R. Swimmers' Nutrition Knowledge and Practice. Sports-Nutrition News, Vol. 4, No. 6, April 1986.

Berning, J.R. Sports Nutrition: A Practical Approach. Directions in Applied Nutrition, Vol. 1, No. 7, May 1987.

Berning, J.R. Making Wise Food Choices at Home and On The Road. Sports Science Exchange, Vol. 1, No. 1, April 1988

Berning, J.R. Sports Nutrition: A Career for the Nineties. Nutrition Update, Summer 1991

Berning, J.R., Coyle, E.F., Garcia, P., O'Connor, H., Orbeta, S., and Terrados, F. Sports Foods for Athletes: What Works? Sports Science Exchange, (Roundtable), Vol. 9, No. 1, 1998

Berning, J.R. Practice Points: Fueling their engines for the long haul: Teaching good nutrition to young athletes. Journal of the American Dietetic Association, Vol 98, No.4, April, 1998, p. 418

Berning, J.R. Physical Activity Recommendations for Children. Nutrition Update. Spring/Summer, 1999.

Berning, J.R. Practice Points: Helping Adolescent Athletes Achieve a Gold Medal Diet. Journal of The American Dietetic Association, May 2001, page 325

Berning, J.R. Swimming: Breakfast and Recovery Strategies. The Clipboard. Gatorade Sports Science Institute, Spring, 2002

Berning, J.R. Recovery Nutrition for High School Athletes, Gatorade Sports Performance News. Fall, 2004

Berning, JR, and Horswill, CA. Active Voice: Guidance for Athletes who Manipulate Body Weight. ACSM Sports Medicine Bulletin. December 17, 2013

Books:

Berning, J.R. and Steen, S.N., editors, Sports Nutrition for the 90's: The Professionals Handbook. Aspen Publishers, Gaithersburg, MD. April 1991

Burke, E.R. and Berning, J.R. Training Nutrition: The Diet and Nutrition Guide for Peak Performance. Cooper Publishing. January 1996

Berning, J.R. and Steen, S.N., editors, Nutrition For Sport and Exercise 2nd Edition, Aspen Publishers, Gaithersburg, MD, May, 1998

Berning, J.R. Editor, Sports Nutrition Patient Manual. Aspen Publishing, Gaithersburg, MD, September 2002

Textbooks:

Byrd-Bredbenner, C., Beshgetoor, D, Moe, G and Berning, JR. Perspectives In Nutrition. **8th Edition**, McGraw Hill Publishing, IA October, 2008.

Byrd-Bredbenner, C., Beshgetoor, D, Moe, G and Berning, JR. Wardlaw's Perspectives In Nutrition. **9th Edition**, McGraw Hill Publishing, IA January, 2012

Byrd-Bredbenner, C., Beshgetoor, D, Moe, G and Berning, JR. Wardlaw's Perspectives In Nutrition: A functional Approach. **1st Edition**, McGraw Hill Publishing, IA January, 2013

Byrd-Bredbenner, C., Beshgetoor, D, Moe, G and Berning, JR. Wardlaw's Perspectives In Nutrition. **10th Edition**, McGraw Hill Publishing, IA Expected Release: January, 2015

Chapters In Books:

Berning, J.R., Nutritional Concerns for Women In: Sports Science Perspectives for Women. Edited by Puhl, Brown and Voy. Human Kinetics Publishers, Champaign, Illinois, 1985

Berning, J.R. Sanborn C.F. and Wagner, Wiltz W. Osteoporosis, Diet, and Exercise, in Scientific Foundations of Sports Medicine. B.C. Decker, Philadelphia, PA. Carol Teitz, M.D. editor, 1989.

Steen, S, N., and Berning J.R., Sound Nutrition for the Athlete IN: Eating, Body Weight and Performance in Athletes. Edited by Brownell, Rodin

and Wilmore. Lea and Febiger Publishers, Philadelphia, PA. 1992

Berning, J.R., Nutritional Concerns of Recreational Endurance Athletes with an Emphasis on Swimming IN: Nutrition for the Recreational Athlete. Edited by Catherine G. Ratzin Jackson. CRC Press, Boca Raton, Florida, 1995

Berning, J.R., Eating Right IN: Complete Home Fitness Handbook. Edited by: Edmund R. Burke. Human Kinetics Publisher, Champaign, Illinois 1996

Berning, J.R., Nutrition For The Athlete IN: Sports Medicine: Principles of Primary Care. Edited by Scuderi, McCann and Bruno. Mosby-Year Book, Inc, Philadelphia, Pa, 1997

Berning, J.R., Energy Intake, Diet and Muscle Wasting. IN: Overtraining in Sport. Edited by Kreider, Fry and O'Toole. Human Kinetics Publisher, Champaign, Illinois, September 1998

Burns, J. and Berning, J.R. Sports Drinks IN: Fluids and Electrolytes, I. Wolinsky, editor. CRC Press, Boca Raton, Florida. June 1999.

Berning, J.R., Nutrition for Exercise and Sports Performance IN: Krause's Food, Nutrition and Diet Therapy. 10th edition, W.B. Saunders Company Philadelphia, PA, Release date, November, 1999

Berning, J.R., Fueling Your Body for Racing. IN: The Running Times Guide to Breakthrough Running. Bakoulis and Karu, editors. Human Kinetics Publisher, Champaign, IL, May 2000

Berning, J.R., The Training Table IN: Nutritional Applications in Exercise and Sport. I. Wolinsky and J. Driskell, editors. CRC Press, Boca Raton, Florida, 2000.

Berning, J.R., The Vegetarian Athlete. Nutrition for Sport, The Encyclopaedia of Sports Medicine, An IOC Medical Commission Publication in Collaboration with the International Federation of Sports Medicine. Ronald J. Maughn editor. Blackwell Science, London 2000

Berning, J.R. The Female Athlete Triad Expert Opinion IN: Perspective in Nutrition, Sixth edition. McGraw Hill Publishing, Boston, MA. July 2003

Berning, J.R., Revised Nutrition for Exercise and Sports Performance (revised) IN: Krause's Food Nutrition and Diet Therapy. 11th edition. Elsevier Science Publishing, St. Louis, MO, October 2003

Berning, JR., Nutrition (revised) IN: ACE Personal Trainer Manual. Third edition. American Council on Exercise. July 2003

Berning, J.R., The Vegetarian Athlete (revised). Nutrition for Sport, The Encyclopaedia of Sports Medicine, An IOC Medical Commission Publication in Collaboration with the International Federation of Sports Medicine. Ronald J. Maughn editor. Blackwell Science, London 2013

Reports and Pamphlets:

Berning, J.R. and Gregg, S.G. The Swimmers Diet: Eating for Peak Performance. Published by United States Swimming, 1994

Berning, J.R. The Swimmers Diet: Fueling for Optimal Performance. Published by The Gatorade Company, Chicago, IL, 1996

Berning J.R USA Sports Medicine Topics, United States Swimming, Colorado Springs, CO Fall, 2001

Berning, JR, Optimal Dietary Intake. Published by the United States Anti-doping Agency, Colorado Springs, CO 2005

Barbe J, Berning JR, French, D, Rodgers, K, Seebohar, R, Smith, S. Eating for Peak Performance. Published by Western Dairy Association, Thornton, CO, 2006

Berning, JR, Manore, MM and Meyer, N Nutrition and Athletic Performance Before, During and After Exercise. Gatorade Sports Science Institute Spring 2010.

Visiting Professorships:

University of Tennessee at Martin, Visiting Professor, Martin, Tennessee. 1994

Russell Sage College, Visiting Nutrition Professor, Troy, New York, 1998

University of Wisconsin-Stout Visiting Nutrition Month Professor, Menomonee, Wisconsin, 1999

Southern Utah University, Convocations Speaker. Spring 2001

James Madison University, Nancy Powell Hardaway Speakers Series,
February 2002

Pepperdine University, Visiting Professor, July 2004, 2005

ACSM Visiting Professor for the Texas Chapter, Fall 2009

University of Arkansas HPER, Fall 2010

North Park University, Chicago, IL Fall 2011

University of Arkansas, Department of Exercise Science, Spring 2013

Drexel University, Visiting Nutrition Professor, Spring 2013

Presentations at Professional Meetings and Seminars:

Colorado Association for Health, Physical Education, Recreation
and Dance, Denver, Colorado, 1980, 1981, 1986, 1987.

Wyoming Association for Health, Physical Education,
Recreation and Dance, Casper, Wyoming, 1981-82.

Genessee Valley Sports Medicine Council, Rochester,
New York, 1982.

Sports and Cardiovascular Nutritionists, Annual Symposium,
Dallas, Texas, 1984, Houston, Texas, 1988.

Montana Association for Health, Physical Education,
Recreation and Dance, Billings, Montana, 1984, 1985.

Denver Dietetic Association, Denver, Colorado, 1984.

United States Olympic Swimming Team, Indianapolis,
Indiana, 1984.

Arizona Medical Association's 11th Annual Sports
Medicine Symposium, Phoenix, Arizona, 1985, 1986.

Women and Sport Sciences Conference, United States
Olympic Committee, Colorado Springs, Colorado 1986.

Southwest Texas State University, San Marcus, Texas, 1986.

University of Florida, Athletic Department,
Gainesville, Florida, 1986.

American College of Sports Medicine, Annual Meeting,
Nutrition Symposium, Indianapolis, Indiana, 1986.

Colorado High School Coaches Association, Denver,
Colorado, 1986, 1993.

AMI/Denver Broncos, Practicum in Athletic Training for
Coaches, Denver, Colorado, 1987.

Kansas Dietetic Association, Hays, Kansas, 1987.

Idaho Association for Health, Physical Education,
Recreation and Dance, Boise, Idaho, 1987.

American Dietetic Association Annual Meeting,
Atlanta, Georgia, 1987.

American College of Sports Medicine Clinical Conference,
Breckenridge, Colorado, 1988.

University of Southern California Strength and
Rehabilitation Clinic, Los Angeles, California, 1988.

Chicago Dietetic Association, Chicago, Illinois, 1989

Temple University Family Practice Conference, Lancaster
Pennsylvania, 1989

McGregor Football Clinic, Myrtle Beach, South Carolina,
1989

Washington State Dietetic Association, Seattle, Washington
1989

Arizona Dietetic Association, Phoenix, Arizona, 1989, 1995

National Athletic Trainers Annual Meeting, Dallas, Texas
1989

Colorado Dietetic Association, Denver, Colorado, 1989

NBA Team Physicians Annual Meeting, Palm Springs, California

1989

National High School Coaches Annual Meeting, Phoenix,
Arizona, 1989, 1990

American College of Sports Medicine Team Physician Course
Phoenix, 1990

Montana Dietetic Association, Great Falls, Montana, 1990

Virginia, South Dakota, Florida, North Dakota and Kansas State
High School Coaches Association Meetings, Summer, 1990

Human Kinetics Sports Nutrition Conference, Orlando, Florida 1991
Colorado Springs, 1993, Minneapolis, 1995

Vermont Dietetic Association Spring Meeting, Burlington,
Vermont, 1991

Hoxie High School Athletic Banquet, Hoxie, Kansas, 1991

South Dakota State College, Brookings South Dakota, 1992

Sports and Cardiovascular Nutritionists Annual Meeting, Indianapolis,
Indiana, 1992

American School Food Service Annual Meeting, Minneapolis, Minnesota,
1992

Nebraska High School Coaches Association Annual Meeting,
Lincoln, Nebraska, 1992, 1993, 1995, 2002

Nebraska Dietetic Association Fall Meeting, Omaha, Nebraska
1992

Iowa State University, Ames, Iowa, 1992

Oklahoma Dietetic Association Spring Meeting, Oklahoma City,
Oklahoma, 1993, 1994

Tennessee Dietetic Association Spring Meeting, Jackson, Tennessee,
1993, 2001

National Parks Association, Rapid City, South Dakota, 1993

Purdue University Nutrition Conference, West Lafayette, Indiana, 1993

The Dallas Cowboys Football Club, Dallas, Texas, 1993

National Football League (NFL) Drug Symposium, Washington D.C. and Denver, Colorado, 1993

Ohio State University Sports Medicine Expo, Columbus, Ohio, 1993

Massachusetts Dietetic Association Fall Meeting, Natick, Massachusetts, 1993

The Coaching Connection, Dallas Texas, 1994

Memphis Dietetic Association Spring Meeting, Memphis, Tennessee. 1994

University of Tennessee at Martin, Visiting Professor, Martin, Tennessee. 1994

University of Colorado Sports Medicine Conference, Denver, Colorado, 1995

Colorado Association of Physical Therapist Spring Meeting, Keystone, Colorado, 1995

Alaska Department of Education Seward Wellness Conference, Seward, Alaska, 1995

New Hampshire Department of Education Wellness Conference, Dartmouth College. Hanover, New Hampshire, 1995

Ethyl Austin Martin Distinguished Lecturer, South Dakota State University, Nutrition Seminar. Brookings, South Dakota, 1996

Purdue University Winning Sports Nutrition Conference, Indianapolis, Indiana, 1996

International Diabetic Athletes Association Annual Meeting, Phoenix, Arizona, 1996

University of Alabama Nutrition Teleconference, Birmingham, Alabama, 1996

American College of Sports Medicine Annual Meeting Public Presentation Cincinnati, Ohio, 1996

Alaska Department of Education Elementary School Conference,
Anchorage, Alaska, 1996

Arizona Dairy Council Generation V Conference, Phoenix, Arizona, 1996

University of Nebraska at Kearney James E. Smith Midwest Conference
on World Affairs. Kearney Nebraska, 1997

Utah State University In-service Workshop for Home Economics
Teachers, 1997

Russell Sage College March Nutrition Month Speaker. Troy, New York,
1998

Blue Cross and Blue Shield of Montana Sports Nutrition Speaker, Helena,
Montana, 1998

Twin Falls Sports Medicine Conference Speaker, Twin Falls, Idaho, 1999,
2002

Good Samaritan Hospital Sports Medicine Conference Speaker, Kearney
Nebraska, 1999

University of Wisconsin-Stout Nutrition Month Speaker, Menomonee,
Wisconsin, 1999

New Mexico State Dietetic Association Annual Fall Meeting Speaker,
Albuquerque, New Mexico, 1999

Nutrition Solutions for Sports Performance. A teleconference for Coaches
and Athletes, Ann Arbor, Michigan, 1999

Idaho Dietetic Association Annual Spring Meeting Speaker, Boise, Idaho,
1999

Colorado Dietetic Association Annual Spring Meeting Speaker, Estes
Park, Colorado, 1999, 2002, 2004

American Dietetic Association Annual Meeting, Denver, Colorado, 2000

South Carolina High School Coaches Association, Greensboro, South
Carolina, 2000 Charleston, South Carolina, 2002

Utah State Dietetic Association Annual Meeting, Salt Lake City, Utah,
2000

Southern Utah University Convocations Speaker. Spring 2001

Arkansas High School Coaches Association Little Rock, Arkansas,
2000, 2001, Fayetteville, Arkansas, 2002

James Madison University Nancy Powell Hardaway Speakers Series,
February 2002

Oklahoma High School Coaches Association, Tulsa, OK, 2002

Panorama Orthopedic Sports Medicine Meeting for Athletic Trainers,
Denver, CO 2002

National Association for Sport and Physical Education, San Diego, CA,
2002

Colorado Strength Coaches Association, Colorado Springs, CO, 2002

Smart Lunch-Colorado State Legislature, Denver, Colorado, 2002

Wisconsin Food Stamp Annual Meeting, Lake Geneva, WI, 2002

National Strength and Conditioning Annual Meeting, Basketball Session,
Las Vegas, NV, 2002

Nurse Practitioner Meeting, Keystone, CO, 2002

Barbara Davis Center for Childhood Diabetes Annual Meeting, Keystone,
CO 2002

NCAA Athletes Appreciation Luncheon, UCCS, Colorado Springs, CO,
2003

National Athletic Trainers Association Annual Meeting, St. Louis, MO,
2003

Colorado Athletic Trainers Association Annual Meeting Greeley, CO 2003

South East Corrections Annual Meeting, Hot Springs, Arkansas, 2003

National Alliance for Youth Sports. International Conference, Atlanta,
GA, 2003

Professional Baseball Athletic Trainers Executive Meeting, Chicago, IL

November, 2004

Visiting Professor, Pepperdine University, Malibu, CA, Summer, 2004,2005

USA Triathlon Coaches College, USOC, Colorado Springs, 2004

SCAN Workshop–Pre- ADA Conference, Anaheim, CA, 2004

Colorado Dietetic Association Spring Meeting, 2004

Dallas Cowboys Football Club, Dallas Texas, 2004

Milwaukee Brewers Baseball Club, Spring Training Glendale AZ, 2004,2005, 2007

Southwest Regional Athletic Trainers Meeting, Phoenix, AZ, 2005

Arizona Dietetic Association Annual Meeting, 2005

Professional Baseball Athletic Trainers Association, Annual Cactus League Spring Conference, Phoenix, AZ, 2005

Colorado Springs Women and Business Conference, Colorado Springs, CO, 2005

Wyoming Dept of Education Conference on Children, Casper WY, 2005

Douglas County High School Athletes Castle Rock, Colorado 2006

California Dietetic Association Annual Meeting, Los Angeles, California, 2006

University of New Mexico Department of Athletics, Albuquerque, New Mexico, 2006

Boys and Girls Club of America, National Convention, Denver, Colorado 2006

Colorado Department of Corrections Inservice, Colorado Springs, Colorado 2006

Northwest ACSM Regional Meeting, Corvallis Oregon, 2006

US Lacrosse National Convention, Philadelphia, Pennsylvania 2006

Good Samaritan Hospital, Inservice for Physicians, Kearney, Nebraska

2006, 2007

Professional Baseball Athletic Trainers (PBAT) Cactus League Spring Training Meeting, Phoenix, Arizona, 2006, 2008

Professional Baseball Athletic Trainers (PBAT) Grapefruit League Spring Training Meeting, Tampa, Florida, 2006

United States Soccer Association, Women's U-14 National Soccer Team Pomona, CA, 2007, 2008

UCCS Cross Country and Track Team, 2007, 2008

Professional Baseball Athletic Trainers (PBAT) Annual Winter Meeting St. Louis, MO, 2008

Idaho Medical Association, Sun Valley, Idaho, 2008

Idaho Dietetic Association, Idaho Falls, Idaho, 2009

Central States Swim Clinic, Chicago, IL 2009, 2011

Frito-lay Research and Development Team, Plano, TX, 2009

Daniel Graham Football Camp, Denver, CO 2009

North Platte High School Coaches Conference, North Platte, NE 2009

University of Texas, Austin Guest lecture, Austin, TX 2010

Texas State University, Guest Lecture, San Marcos, TX 2010

Texas A&M University, Guest Lecture, College Station, TX, 2010

University of Texas at El Paso, Guest Lecture, El Paso, TX, 2010
Rocky Mountain ACSM Chapter Annual Meeting, Golden, CO, 2010

SEC Athletic Trainers Spring Meeting, Panama City, FL, 2010

National Athletic Trainers Annual Meeting, Philadelphia, PA, 2010

Bureau of Prisons, Legal Conference, Washington, DC 2010

Colorado Department of Corrections, Women Working in Corrections, Denver, CO, 2010

Joint Commission on Sports Medicine and Science Annual Meeting, Charlotte, NC, 2010

Women Working in Corrections Conference, Denver, CO 2010

College Strength Coaches Annual Meeting, Orlando, FL 2010

Sports and Cardiovascular Nutritionists (SCAN) Annual Meeting, San Diego, CA 2010

University of Arkansas, Guest Lecture in Sports Nutrition, Fayetteville, AR Fall 2010

North Park University, Guest Lecture in Sports Nutrition, Chicago, IL, 2011

Lakewood Orthopedics and Sports Medicine January Clinic, Presenter, Dallas, Texas 2011

ACSM Team Physician Clinic, Luncheon Speaker on Sports Nutrition, San Diego, CA 2011

Boise Idaho Dietetic Association, Sports Nutrition Lecture, Boise, Idaho 2011

Idaho Medical Association, Two Presentations on Sports Nutrition, Winter Meeting Macall, Idaho 2011

Central States Swim Clinic, Three Sports Nutrition Presentations, Chicago, IL 2011

Castle View High School, Presentation to Football Team and Coaches, Castle Rock, CO 2011

Good Samaritan Hospital, Physician In-service Kearney, Nebraska, 2012

Eastern States Swimming Clinic, Philadelphia PA, 2012

The Academy of Nutrition and Dietetics Annual Meeting, Presentation and Facilitator of 2 sessions, 2012

US Lacrosse Annual Sports Medicine Meeting, Sports Nutrition Presentation, Baltimore, MD 2011, 2012

Gatorade Speaker for High School Coaches and Athletic Directors, Chicago, IL, 2012

ConAgra Webinar on Food Safety, 2013

Boulder Colorado Swimming Club, Boulder Colorado, 2013

Idaho High School Coaches Association, Jackpot, Nevada, 2013

Twin Falls Idaho Sports Medicine Symposium, Twin Falls, Idaho, 2013

University of Arkansas Visiting Professor, Spring Symposium, 2013

Drexel University, Sports Nutrition Conference, Philadelphia, PA, 2013

Grants:

1984-1986 National Dairy Council Research Grant ----

Bone density and diet in Female Athletes

JR Berning, Co-Investigator \$25,000.00

1991-1993 National Meat and Livestock Board Research grant--

Vegetarianism and Iron Deficiency in Female Swimmers

JR Berning, Co-Investigator \$50,000.00

1991-1994 M and M Mars Research Grant--

Medium Chain Triglycerides and athletic performance

JR Berning, Co-Investigator \$55,000.00

1996-1997 CRCW University of Colorado--

Bone density and diet of female Gymnasts

JR Berning, Co-Investigator \$5,000.00

1998-Gatorade Sports Science Institute

The Metabolic Effects of Consuming a Sports Drink During a
NASCAR Race

J.R. Berning and B. Johnson \$750.00

1998-Gatorade Sports Science Institute

Carbohydrate Supplementation and Overtraining in Collegiate
Cross Country Runners.

J.R. Berning and William Roach \$250.00

1999-President's Fund for the Support of the Recruitment and Retention
of Minority and Women Faculty, University of Colorado

JR Berning, S.L Berry-Lowe, R. Pyati \$3500.00

1999- UCCS Teaching Enhancement Grant

JR Berning \$300.00

2009-The Medical Education and Research Institute of Colorado (MERIC)
JR, Berning (PI), A, Subudhi and JP, Broker \$141,000.000

2009- National Heart Lung Blood Institute-RFA Childhood Obesity
Prevention and Treatment Research Consortium Grant.
“Preventing Excess Weight Gain in Fifth Graders: Five Alive”,
James O. Hill, PI; Dan Feiten, Co-Investigator; JR Berning, Co-
Investigator \$8,000,000.00 (not funded)

Courses Taught at the University of Colorado-Colorado Springs:

1991-Present Biology 1050 Personal Nutrition. This class is directed to students who want to know how to improve their nutritional status. The class is very applied and takes a tour of the grocery store in town to apply their newly gained knowledge. Class size: about 130 students, with a wait list of about 20. This class is approved for LAS natural science requirements. Cross listed with HSCI 1060

1991-Present Biology 2050 Nutrition for the Health Sciences. This class is designed for the student who is planning a career in nutrition and/or allied health profession. The class focuses on the science behind nutrition and its clinical applications. This class is a core requirement for nursing students. Class size: 150, Cross-listed with HSCI 2070

1992-Present Biology 4770/5770 Human Metabolism. This class is designed for sports science and nutrition and health science majors. The content of the class focuses on exercise and nutrition recommendations for physical activity and sport. In addition to nutrition recommendations, the class focuses on the substrates and their involvement in the metabolic pathways that create energy within the body during physical activity and exercise. Graduate students must present a research paper to the class show competence in reporting a scientific presentation. Class size: 50 Cross-listed with HSCI 4770

1995-Present Biology 4010 Biology Seminar. This class is for the senior biology major. Students present on a relevant topic in nutrition and exercise and lead the class in a discussion about the topic. Class size: limited to 20.

1996-Present Biology 4300 Advanced Nutrition. This class is for junior and seniors who are interested in a career in nutrition or an allied health profession in which nutrition plays major roles. It is an in-depth course on the energy providing nutrients and their biochemical role in the body. Class size: 50. Cross listed with HSCI 4430

2002-Present ID 101 Freshman Seminar. Three-credit interdisciplinary

learning experience to help freshmen succeed in college. Students refine their skills in speaking, writing, teamwork, and technology; examine a topic based on the fundamentals of various disciplines; and work closely with faculty and peers.

Courses Taught at the University of Northern Colorado:

Fall 1986 Human Nutrition 356 Sports Nutrition. This class was designed for the potential dietitian and sports scientists who wanted to know about substrate utilization during exercise and how to counsel an athlete with nutrition problems. Class size: 35

Courses Taught at the University of Colorado- Boulder Campus

Spring 1999 Kine 3420 Nutrition and Exercise. This class is designed for students who are interested in nutrition and exercise. CU-Boulder offers natural science credit and upper division credit for this class. This class was team taught with an instructor from the Kinesiology Dept in Boulder. Class size: 496

Honors/Recognitions:

Outstanding Student Abstract and Presentation. Rocky Mountain Chapter American College of Sports Medicine Annual Meeting, February 1985

Mayor's Council on Physical Fitness, Denver, Colorado 1985-1988

Gatorade Sports Science Institute Advisory Board Member, Chicago, Illinois 1988-Present

Sports and Cardiovascular Nutritionist (SCAN), A Practice Group of the American Dietetic Association Achievement Award, 1989-1990

Outstanding Registered Dietitian of the Year for the State of Colorado, 1995

Ethyl Austin Martin Distinguished Lecturer, South Dakota State University, 1996

American Dietetic Association Spokesperson, 1998-2005

Outstanding Teaching Award, College of Letters Arts and Sciences University of Colorado- Colorado Springs, May 2000

Teacher of the Year Award for the University of Colorado-Colorado Springs Campus, May 2003

Outstanding Faculty Student Award For the Health Care Sciences, Bethel College of Nursing and Health Science, University of Colorado-Colorado Springs, May 2006

University of Colorado at Colorado Springs, Emerging Leaders Program. 2006-2007

University of Colorado at Colorado Springs, Faculty Service Award, 2010

Academy of Nutrition and Dietetic Mary Abbott Hess Award for an Innovation Culinary, 2014

Professional Societies:

1984-Present American College of Sports Medicine
1985-Present Academy of Nutrition and Dietetics
1985-Present Sports and Cardiovascular Nutritionists, A Practice Group of the American Dietetic Association
1989-1990 Chair, Sports and Cardiovascular Nutritionist (SCAN), A Practice Group of the American Dietetic Association

University/LAS Service:

Summer 1994 UCCS Wellness Committee, Presentation on Nutrition
1997-Present Nutrition Consulting with the UCCS Basketball Team
1997 Presented Nutrition in-service to the UCCS Student Success Center
1996-1999 LAS Committee on Academic Progress. Committee member
1996-1997 Beth-El Merger Committee. Committee member
1998-2001 UCCS Food Service Advisory Committee, Committee Member
2000-2003 Guest Speaker for the University of Colorado-Colorado Springs Annual Athletes Appreciation Luncheon
2001 Guest Speaker CU-Boulder Wellness Day
1999-2002 LAS Committee on Curriculum and Review, Committee Member

2002-2008 LAS Teaching Committee

2002 Guest Lecturer Smart Lunch for the Colorado Legislature

2004 Guest Speaker for the University Club Luncheon

2005-2008 Faculty Assembly

2007 Incoming Faculty President

2007 Vice President CU-system Faculty Council

2007-2010 UCCS- SIS Committee

2007 CU System Faculty Council, Vice Chair

2007 UCCS Faculty Vice President

2008 Inservice for UCCS CU-Foundation Employees

2008 UCCS Faculty President

2008, 2009 CU System Faculty Council Secretary

2008-2012 CU President's Task Force on Efficiency

2009 VPAAR and Daniel Graham Foundation Presentation

2009 UCCS Faculty Past President

2009-present Presidential Scholarship Selection Committee

2010-2014 LAS Dean's Review Committee, Chair (2012, 2013)

2012-present Intercollegiate Athlete Advisory Committee, Chair

Community Service:

1994-1999 Member of the Colorado Health Department's Osteoporosis Prevention Committee

1997 Presentation for Columbia Health Care, Colorado Division's conference on Active Woman's: Lifetime Fitness, Denver, Colorado

- 1997 Presentation at Penrose Hospital's Women's Life Festival, Colorado Springs, Colorado
- 1997 Presentation for the University of Colorado at Colorado Springs to the Colorado Springs Civitan Club, Colorado Springs, Colorado
- 1996-1999 Rock Ridge Elementary. Member of Shared Management Council, Castle Rock, Colorado
- 1999-2001 Castle Rock Middle School Parent Advisory Committee
- 2002-2005 President of Douglas County High School Baseball Booster Club, Castle Rock, Colorado
- 2006-2010 Volunteer Douglas County High School Soccer and Basketball Booster Club, Castle Rock, Colorado

Professional Service:

- 1991-1997 Editorial Board, International Journal of Sport Nutrition, Human Kinetics Publisher, Champaign, Illinois
- 1991-Present Editorial Advisory Committee, Nutrition Update, The Nutrition Update Group, East Hanover, New Jersey
- 1997- 2000 Advisory Editorial Board, ACSM's Health and Fitness Journal. Williams and Wilkins Publishers, Baltimore, MD,
- 1998-2003 Reviewer for International Journal of Sport Nutrition and Metabolism. Human Kinetics, Champaign, Illinois
- 2007-Present Reviewer for International Journal of Sports
- 2007-2009 American Dietetic Association Food and Nutrition Expo Annual Meeting Program Planning Committee
- 2008-2009 SCAN Sports and Cardiovascular Nutritionists, a practice group of the American Dietetic Association. Development of Standards of Practice Committee
- 2009-2013 Reviewer for American Journal of Lifestyle Medicine
- 2009-20012 Chair, American Dietetic Association Professional Development Committee

- 2012, 2013 Nominated to run for the Board of Directors of The Academy of Nutrition and Dietetics
- 2012-2014 Member of the Academy of Nutrition and Dietetics Evidence Analysis Library for Sports Dietetics Position Paper
- 2013-Present Chair of The Academy of Nutrition and Dietetics Appeals Committee
- 2014-2015 Chair SCAN Annual Symposium