

CURRICULUM VITAE
Samantha Jo Brooks
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EDUCATION

University of Idaho

PhD Exercise Science & Health, College of Education

Fall 2018- Present

Dissertation: Wildland Firefighter In-Season and Off-Season Variation in Dietary Practices, Body Composition & Fitness: A Longitudinal Analysis

PhD Environmental Science, College of Natural Resources

Fall 2017- Spring 2018

University of Idaho

M.S. in Family and Consumer Sciences

Primary Emphasis: Childhood Nutrition and Child Feeding

Secondary Emphasis: Sports Nutrition

Thesis: Whole Grain Wheat Consumption in Young Children Can Increase Through Repeated Exposure and Use of Hard White Wheat

Graduated May 2017

University of Idaho

B.S. in Food and Nutrition

Nutrition Option

Graduated December 2016

Northern Arizona University

B.S. in Exercise Science

Minor: Chemistry

Graduated August 2013

TEACHING & RESEARCH APPOINTMENTS

Graduate Teaching Assistant: University of Idaho, College of Education, 2018-Present

MVSC 201 Physical Activity, Wellness & Behavior Change for Healthy Active Lifestyles

PEP/REC 455 Design & Analysis of Research in Movement Sciences

Graduate Teaching Assistant: University of Idaho, College of Natural Resources, 2017-2018

REM 507 Landscape and Habitat Dynamics

REM 459 Rangeland Ecology

REM 440 Wildland Restoration Ecology

Graduate Teaching Assistant: University of Idaho, Family and Consumer Sciences, 2016-2017

FCS 275 Experimental Foods

Graduate Research Assistant: University of Idaho, Family and Consumer Sciences, 2015-2016

Proctored or graded for:

FCS 361 Advanced Nutrition and Human Metabolism

FCS 486 Nutrition in the Life Cycle

RESEARCH EXPERIENCE

Wildland Firefighter In-Season and Off-Season Variation in Dietary Practices, Body Composition & Fitness:

A Longitudinal Analysis, 2018

University of Idaho, Human Performance Laboratory

PI: Ann Brown, PhD, CISSN

Funding: Seed Grant (\$12,000)

Research study to assess wildland firefighters' dietary practices, body composition, and fitness across one year.

Child Feeding Research: University of Idaho, 2018

Family and Consumer Sciences, Early Childhood Development & Education

PI: Ling-Ling Tsao, PhD

Funding: Faculty resources

Quantitative study looking at children's taste preferences of various types of vegetables.

Cortisol Levels, Body Composition, and Health Among Male and Female Collegiate Students: University of Idaho, 2018

University of Idaho, Human Performance Laboratory

PI: Ann Brown, PhD, CISSN

Funding: Faculty Resources

Research study to assess cortisol levels, body composition, and health among collegiate students.

Collegiate Dancer Health & Performance Capabilities: A Longitudinal Analysis: University of Idaho, 2018

University of Idaho, Human Performance Laboratory

Collaboration: UI Dance Program

PI: Ann Brown, PhD, CISSN

Funding: Faculty Resources

Research study to assess collegiate dancers' health and performance capabilities.

Sports Nutrition Research: University of Idaho, 2017

Family and Consumer Sciences, Nutrition Department

Project Title: Female Athlete Triad Study

PI: Katie Brown, PhD, RDN, LD

Funding: Faculty Resources

Research study to assess Division 1 college athletes' knowledge of the Female Athlete Triad, energy intake, and energy expenditure during the season.

Smokejumper Intake Recommendations Versus Food Items Offered: University of Idaho, 2017

College of Natural Resources, Forest, Rangeland, and Fire Sciences

PI: Ann Brown, PhD, CISSN Co-PI: Randy Brooks, PhD

Funding: Faculty Resources

Research study to assess Grangeville, ID Smokejumpers food items offered versus intake recommendations.

Smokejumper Sleep and Body Composition Research: University of Idaho, 2017

College of Natural Resources, Forest, Rangeland, and Fire Sciences

PI: Randy Brooks, PhD

Funding: Faculty Resources

Research study to assess Grangeville, ID Smokejumpers sleep quality, alertness, and body composition across a fire season.

Wildland Firefighter Health and Safety Pilot Study: University of Idaho, 2016

College of Natural Resources, Forest, Rangeland, and Fire Sciences

PI: Randy Brooks, PhD

Funding: Faculty Resources

Pilot study to assess wildland firefighters' physical activity, nutrition practices, health, and safety.

International Graduate Research: University of Idaho, 2016

Family and Consumer Sciences, Nutrition Department

PI: Samantha Ramsay, PhD, RDN, LD

Funding: Faculty resources

Qualitative research study of children's eating behaviors and food environments in Guadalajara, Mexico.

Barley Plate Waste Research: University of Idaho, 2016

Family and Consumer Sciences, Nutrition Department

PI: SeAnne Safaai, PhD, RDN, LD

Funding: Faculty resources

Plate waste study evaluating High School students' barley consumption.

Child Feeding Research: University of Idaho, 2016

Family and Consumer Sciences, Nutrition Department

PI: Samantha Ramsay, PhD, RDN, LD Co-PI: Maddison Powell, PhD

Funding: Faculty resources

Quantitative study looking at children's taste preferences of various types of trout.

International Graduate Research: University of Idaho, 2016

Family and Consumer Sciences, Nutrition Department

PI: Samantha Ramsay, PhD, RDN, LD

Funding: Faculty resources

Qualitative research study of children's eating behaviors and food environments in Taiwan.

Sports Nutrition Research: University of Idaho & Washington State University, 2016

Family and Consumer Sciences, Nutrition Department

Project Title: WSU Athletics Plate Waste Study: Using a Plate Method to Assess Athletes Intake

PI: Katie Brown, PhD, RDN, LD Co-PI: Lindsay Brown, MS, RD, CSSD, LD

Evaluation of food choices and consumption of Washington State University athletes who participate in the Cougar Express mid-day meal compared to the "FUEL: Your Plate" nutrition education model.

Sports Nutrition Research: University of Idaho, 2016

Family and Consumer Sciences, Nutrition Department

Project Title: Female Athlete Study

PI: Katie Brown, PhD, RDN, LD

Funding: Idaho Dairy Council

Mixed methods approach to study female athlete intake, expenditure, and energy availability during the season.

Master's Thesis Research: University of Idaho, 2015-2016

Family and Consumer Sciences, Nutrition Department

Project title: Translational Study To Determine Whether Repeated Exposure Of Hard White Wheat Whole Grain And Hard Red Wheat Whole Grain Bread Will Increase Liking And Intake In Children

PI: Samantha Ramsay, PhD, RDN, LD, Co-PI: Ling-Ling Tsao, PhD

Funding: Idaho Wheat Commission \$60,604 for one year

Quantitative study looking at children's taste preferences of hard red wheat versus hard white wheat bread and tortillas.

Child Feeding Research: University of Idaho, 2015

Family and Consumer Sciences, Nutrition Department

Project Title: Taste Preferences and Repeated Exposure of Lentils

PI: Samantha Ramsay, PhD, RDN, LD, Co-PI: Susan Johnson, PhD

Funding: Idaho Pea and Lentil Council

Study of children's taste preferences and repeated exposures of lentils.

Sports Nutrition Research: University of Idaho, 2014-2015

Family and Consumer Sciences, Nutrition Department

Project Title: Female Athlete Pilot Study

PI: Katie Brown, PhD, RDN, LD

Funding: Idaho Dairy Council

Mixed methods approach to study female athlete intake, expenditure, and energy availability during the season.

International Graduate Research: University of Idaho, 2015

Family and Consumer Sciences, Nutrition Department

PI: Samantha Ramsay, PhD, RDN, LD

Funding: Faculty resources

Qualitative research study of children's eating behaviors and food environments in the southern region of Ghana.

Undergraduate Research: University of Idaho, 2014-2015

Family and Consumer Sciences, Nutrition Department

Project Title: Vitamins & Mineral Knowledge of Dietetics Students

PI: Katie Brown, PhD, RDN, LD

Quantitative study using surveys to assess Dietetics students' knowledge of vitamins and minerals.

PUBLICATIONS

Brown, K.N., Ellis, J., **Brooks, S.**, Anderson, A., & Krick, R. (2018). Selection and Intake of Carbohydrate, Protein, and Vegetables Among NCAA Division 1 Athletes. *Sports Cardiovascular and Wellness Nutrition PULSE*, 37(2), 11-15.

Worden, S., Collins, C., Roe, A., Brown, K., Kolden, C., Nelson, A., ... & Ramsay, S. (2017). Wildland Firefighters' Self-Reported Nutrition and Hydration Concerns that May Impact Health and Safety. *Journal of Nutrition Education and Behavior*, 49(7), S85.

Ramsay, S., Davis, J., Keeney, L., **Worden, S.**, Lee, S. G., Ferrante, M., ... & Lizarraga, D. L. (2017). Use of the Socioecological Model to Identify Factors of an Obesogenic Environment in Families with Young Children in Mexico. *Journal of Nutrition Education and Behavior*, 49(7), S12-S13.

Worden, S., Davis, J., Roe, A., Powell, M., Hunt, C., Hernandez, R., ... & Ramsay, S. (2017). Repeated Exposure Increases Children's Intake of Idaho Trout: A Pilot Study with Young Children. *Journal of Nutrition Education and Behavior*, 49(7), S72.

Worden, S., & Brown, K. (2016). Methodology for Assessing Female Collegiate Athletes' Total Dietary Intake, and Intake of Food Provided by a University Athletic Department: A Pilot Study. *Journal of the Academy of Nutrition and Dietetics*, 116(9), A24.

Worden, S., Keeney, L., Smith, B., Tsao, L., & Ramsay, S. (2016). Taste Preferences of Whole Grain Bread and Tortilla Products in Young Children: A Comparison of Hard White Wheat Versus Hard Red Wheat. *Journal of the Academy of Nutrition and Dietetics*, 116(9), A32.

Smith, B., Deobald, C., **Worden, S.**, Keeney, L., & Ramsay, S. (2016). Eliminating Color Differences in Whole Grain Bread Prepared with Hard Red and Hard White Wheat: Application for Sensory Studies. *Journal of the Academy of Nutrition and Dietetics*, 116(9), A50.

Keeney, L., Ferrante, M., Davis, J., **Worden, S.**, & Ramsay, S. (2016). Pilot Study of International Mealtimes: Feeding Young Children and Food Environments in Ghana, Africa. *Journal of the Academy of Nutrition and Dietetics*, 116(9), A90.

GRANTS AWARDED

Seed Grant (\$12,000)

University of Idaho, Office of Research and Economic Development, Spring 2018

Travel, Research, and Educational Experience Grant (\$325)

Association for Fire Ecology, Joint Fire Sciences Program, Fall 2017

Travel Grant (\$700)

University of Idaho, Graduate Student and Professional Association, Summer 2017

Travel Grant (\$900)

University of Idaho, Graduate Student and Professional Association, Fall 2016

Travel Grant (\$900)

University of Idaho, Graduate Student and Professional Association, Spring 2016

International Experience Grant (\$1,000)

University of Idaho, International Programs Office, 2015

TEACHING EXPERIENCE

Health for Tactical Athletes, 2018

Taught a guest lecture for ISEM 301- The Holistic Athlete in Moscow, ID.

Healthy Diabetes Plate Curriculum Instructor, 2016

Taught Healthy Diabetes Plate curriculum to small group class at the Kroc center in Coeur d'Alene, ID.

Barley Curriculum Instructor, 2016

Taught nutrition education lessons to High School students in Coeur D'Alene, Idaho.

High School Nutrition Education Instructor, 2016

Taught lesson on Fast Food & Sugary Drinks in a health class in Moscow, ID.

Middle School Nutrition Education Instructor, 2016
Taught lesson on MyPlate to Middle School students in Moscow, ID.

Cooking Matters Course Nutrition Instructor, 2016
Taught cooking classes to children at the Post Falls Boys and Girls Club.

Eat Smart Idaho: Volunteer Instructor, 2016
Presented nutrition curriculum to Middle School and High School students in Moscow, ID.

Sugar Stacks Nutrition Education Instructor, 2016
Taught a lesson on sugar and athletic performance to High School volleyball teams at Washington State University in Pullman, WA.

Student Athlete Nutrition Series: University of Idaho, 2014-2015
Campus Dietitian: Marissa Rudley, RDN, LD
Presented multiple lectures to University of Idaho athletes on sports nutrition practices.

PROFESSIONAL EXPERIENCE

Oral Presentation: 7th International Fire Ecology and Management Congress: Orlando, FL, 2017
Wildland firefighters' hydration on a fire assignment: Self-reported contributing factors and perceptions

University of Idaho Natural Resource Camp Chef: Ketchum, ID, 2017
Developed menu, purchase orders, and prepared food at Central Idaho 4-H Camp.

Performance Nutrition Intern: Washington State University: Pullman, WA, 2017
Developed recipes and prepared food items for WSU athletes in the training table. Prepared and taught education materials.

Clinical Dietitian Intern: St. Joseph's Regional Medical Center: Lewiston, ID, 2017
Screened, assessed, and interviewed patients. Taught group and individual education sessions for chronic and acute disease patients including oncology, diabetes mellites, chronic obstructive pulmonary disease, renal failure, cardiac, and wound care.

Idaho Academy of Nutrition and Dietetics Oral Presentation: Pocatello, ID, 2016
Presented a session about experiences during international research and its effects on the Dietetics profession.

Sensory Evaluation: Moscow, ID, 2016
Conducted sensory evaluation and taste preferences of developed lentil granola recipes.

University of Idaho Etiquette Dinner Winning Menu, 2015
Organized and prepared a five-course meal to a panel of judges and received an award for the best menu that will be presented as the meal for the University of Idaho Etiquette Dinner.

Fueling Station Coordinator: Vandal Athletics, 2015
Organized and maintained the fueling station, giving student athletes access to foods that support athletic performance. Collaborated with Athletic Director, Strength Coaches, and Campus Dietitian to order and prepare food items. Managed undergraduate volunteers.

Supervised Practice Hours: Coordinated Program in Dietetics, Various Locations 2015-2016
Completed multiple rotations in a large food service facility, in multiple community nutrition sites, and in the Moscow School District.

Program Evaluation, 2015
Performed a program evaluation of the Potlatch 4H After School Program.

Promotional Video: College of Agriculture and Life Sciences, 2015
Stared in promotional video of potato research at the University of Idaho.

Recipe Creation: University of Idaho, Idaho Pea and Lentil Council, 2015
Developed recipes using Idaho pulse products for use in promotional material.

Wedding Catering: Events By Mackenzie, 2015

Prepared dinner and catered wedding of 200 people.

Grant Writing & Manuscripts Revisions, 2015

Assisted with grant writing, literature reviews, manuscripts, and journal formatting for faculty submission to journals.

Sports Nutrition Video: Pullman, WA, 2015

Scheduled and recorded a sports nutrition video. The RD preformed a 24-hr recall on an athlete as an example for students.

Sports Nutrition Video: Boise, ID, 2015

Scheduled and recorded a sports nutrition video. The RD preformed a 24-hr recall on a triathlete as an example for students.

Volunteer Coordinator: Summer Lunch Program: Moscow, ID, 2014-2015

Organized volunteers and served children meals during summer lunch hours.

ARTICLES & ABSTRACTS

Brooks, S., Collins, C., Brooks, R., Brown, A.F. (2018). Wildland Firefighters' Provided Hydration and Nutrition While on a Fire Assignment. Poster Presented at the American College of Sports Medicine Northwest Annual Meeting: Bend, OR, 2018.

Smith, S., **Brooks, S.**, Meenan, M., Brown, A.F., (2018). Relationship Between Diet, Body Composition, and Performance in Collegiate Dancers Across an Academic Semester. Poster Presented at the American College of Sports Medicine Northwest Annual Meeting: Bend, OR, 2018.

"Wildland firefighters' hydration on a fire assignment: Self-reported contributing factors and perceptions" **Samantha Brooks, MS**, Callie Collins, Andrew Nelson, PhD, Randy Brooks, PhD, Ann Brown, PhD, CISSN. Poster presented at the 7th International Fire Ecology and Management Congress: Orlando, FL, 2017

"Wildland firefighter perceptions regarding health and safety issues on the fire line" Randy Brooks, Callie Collins, **Samantha Brooks**, Andrew Nelson, Ann Brown. Poster presented at the 7th International Fire Ecology and Management Congress: Orlando, FL, 2017

"Implications of body composition changes across a fire season: A case study of WLFF" Callie Collins, **Samantha Brooks**, Stephen James, Ann Brown, Andrew Nelson. Poster presented at the 7th International Fire Ecology and Management Congress: Orlando, FL, 2017

"Mindful Eating" **Samantha Worden**. Published article for the Coeur d'Alene Press, December 7, 2016

"It's GHANA be great!" article for the Communicator, University of Idaho, 2016

"Carbohydrate Selection and Consumption among Division 1 Athletes: How does This Compare to Recommendations? Jenna Ellis, MS Candidate, **Samantha Worden, MS Candidate**, Rachel Krick, Anette Anderson, Katie Brown, PhD, RDN, LD, Lindsay Brown, MS, RD, CSSD, LD. Submitted to Idaho Academy of Nutrition and Dietetics March 2016

"Fueling Stations: Does Preparing Food For Athletes Influence Consumption?" **Samantha Worden, MS Candidate**, Katie Brown, PhD, RDN. Poster presented at the Idaho Academy of Nutrition and Dietetics Conference, April 2015

HONORS, SCHOLARSHIPS, AND AWARDS

Student Poster Award: Association for Fire Ecology 2017

Graduate and Professional Association Thesis Binding Award (\$50)

Academy of Nutrition and Dietetics (\$100)

Mary Hall Niccolls Scholarship (\$1,250)

Mary Hall Niccolls Scholarship (\$1,250)

Alberg/Beck Study Abroad Scholarship (\$200)

CALS Study Abroad Scholarship (\$400)

Mary Hall Niccolls Scholarship (\$1,313)

Mary Hall Niccolls Scholarship (\$1,312)

Professional Development Award (\$500)

Dean's List 2014-2015

CONFRENCES & ORGANIZATIONAL MEETINGS

American College of Sports Medicine Northwest, Bend, OR, 2018
7th International Fire Ecology and Management Congress: Orlando, FL, 2017
Society of Nutrition Education and Behavior, Washington, D.C., 2017
Idaho Academy of Nutrition and Dietetics, Boise, ID, 2017
Food and Nutrition Conference and Expo, Boston, MA, 2017
Idaho Academy of Nutrition and Dietetics, Pocatello, ID, 2016
Food and Nutrition Conference and Expo, Nashville, TN, 2016
Idaho Academy of Nutrition and Dietetics, Boise, ID, 2015

PROFESSIONAL AFFILIATIONS

American College of Sports Medicine, member since 2018

Northwest American College of Sports Medicine, member since 2018

Academy of Nutrition and Dietetics, member since 2016
Research Dietary Practice Group

Idaho Academy of Nutrition and Dietetics, member since 2015

CERTIFICATIONS & LICENSES

Mental Health First Aid USA
ServSafe Certification
Washington Food Handlers Permit

SKILLS

Trained in Meditech, Nutrikids, ASA 24, Actigraph, Microsoft Office suites, Various Statistical Programs (SPSS, SAS, R), Remark OMR software, and BBLearn.