

Academic Years: _____ to _____

Name: _____

Department: _____

Date: _____

Maximum Length: 2 pages

The Professional Development Plan (PDP) is a flexible document that reflects the strengths of the candidate and her/his professional development goals. It should align with the department, college, and university goals and serves as a guideline for professional growth and development. It is not a contract that obligates the candidate or university to specific actions or commitment of resources.

PROFESSIONAL GOALS/OBJECTIVES:

A. Teaching/Counseling/Librarianship comments:

My area of teaching expertise includes human nutrition, exercise and sports nutrition and senior capstone. During the next two years in my tenure process I would like to continue to enhance my teaching effectiveness and engagement in the classroom. In order to evaluate my teaching abilities I will do the following:

- Fall 2017 and Spring 2018, I will observe and evaluate professors in the KRA department as well as other departments to learn a variety of teaching styles to enhance my own ability. Through this, I will write and receive collegial letters.
- Fall 2017 and Spring 2018 and each semester after I will ask students for an additional, course specific, anonymous, mid and final semester evaluations. This has been very helpful in the past as students provide great feedback which allows me to make changes to improve the course which can be evidenced by updates in my syllabi.
- Fall 2017 and Spring 2018 and each semester after I will review the university course evaluations from students and make necessary adjustments to my curriculum and teaching.
- Attend sessions at the Institute for Student Success related to teaching strategies.

The variety of feedback should provide a comprehensive overview of my strengths and weaknesses as a professor. This information will assist my efforts to continually improve my teaching effectiveness.

A second goal for my teaching these next two years is to improve existing courses and to prepare 1-2 new courses starting Spring 2018.

- HED 344 Weight Control-NEW COURSE PREP
- KINS 497 Pharmacology and Ergogenic Aids – Transition to Nutrition for Chronic Disease

B. Scholarly/Creative Activities comments:

My area of research focuses on the importance and interdependence of exercise, nutrition, lifestyle and behavior change as it relates to sports performance and chronic disease.

- A systematic review and meta-analysis "Impact of fruit consumption on exercise-induced oxidative stress and inflammation, A systematic review and meta-analysis" is in the revision process and will be submitted to *Nutrition Reviews* by the end of November, 2017

¹ The PDP is developed every two years during the probationary period starting during the candidate's first semester at HSU. The two-year PDP cycle may not always coincide with a candidates' RTP cycle. The PDP inserted into the Working Personnel Action File (WPAF) may have been written and reviewed during the previous year.

- A second systematic review and meta-analysis “Effects of berry consumption high in anthocyanins on cardiometabolic outcomes in middle-aged men and women, A systematic review and meta-analysis” will be ready for submission Spring 2018.
- I currently have 2 LOI out for the Agricultural Research Institute (ARI) working with two colleagues from CalPoly-SLO and 2 LOI for the Highbush Blueberry Council. These 4 LOI correspond for match funding for the 2018-2019 research year. The invitation to submit full proposals will greatly impact my overall goals for the next two years.
 1. Evaluating the effects of highbush blueberries on fat oxidation rates in overweight, pre-diabetic, sedentary men
 2. Cardiometabolic disease risk modification by chronic highbush blueberry consumption
- I will submit for the HSU ARI 2018-2019 cycle
- Continue to read and evaluate current literature on the effects of nutrition on exercise and sport, the effects of nutrition and exercise on chronic diseases and effectiveness of health promotion and disease prevention measures
- Spring 2018 I will start developing relationships with local agencies with the potential for research collaboration or for participant recruitment in future research in chronic disease

C. Service comments:

As a Registered Dietitian I am able to serve the campus and surrounding community in an auxiliary role. As well my experience working with health promotion and disease prevention on a campus and community level will allow me to assist in additional ways.

- Continue to be a reviewer for the *Journal of Medicinal Food and Comparative Exercise Physiology*
- Serve as the KINS representative on the IRB Committee
- Continue to consult with HSU dining services as an RD to improve food nutritional quality and help educate students on nutrition
- Consult with athletics as a Certified Specialist in Sports Dietetics to improve the health and performance of student athletes, track and field and cross-country and some individuals.
- Provide talks/seminars to community and schools regarding nutrition, sports nutrition and health promotion and disease prevention
- Continue to provide nutrition services to the DHHS foster child program

FACULTY/COUNSELOR/LIBRARIAN

DATE

The following have reviewed and had the opportunity to comment upon this PDP:

DEPARTMENT CHAIR (Academic Depts. Only)

DATE

DEPARTMENT/UNIT PERSONNEL CMTE. CHAIR

DATE

DEAN/DIRECTOR

DATE