

Biographical Sketch:

Dr. Kristine Clark, Ph.D., R.D., FACSM**

Dr. Kristine Clark is the Director of Sports Nutrition for Penn State University's Athletic Department and is an Assistant Professor of Nutritional Sciences with Penn State's Nutrition Department. She was the Nutritionist for the United States Olympic Gold Medal winning women's soccer team from 1995-2007 and continues to serve the Olympics as a member of the USOC's Medical Advisory Board. In addition to counseling Penn State and Olympic level athletes, she advises coaches, physicians, athletic trainers, and athletic administrators on policies regarding weight loss, weight gain, food and beverage choices, eating disorders, and supplement use. While most of Dr. Clark's time is devoted to clinical nutrition, as an Assistant Professor she teaches students the role of nutrition in physical activity. Her research interests include snacking behaviors as they relate to satiety and weight loss among physically active individuals.

Dr. Clark is a past chair of SCAN (the Sports and Cardiovascular Nutritionist's Practice Group of the American Dietetic Association), past Board of Trustees member and current Fellow in the American College of Sports Medicine, a spokesperson for the International Food Information Council, and a board member for the American Council on Fitness and Nutrition. She is a frequent lecturer at national and international meetings on sports medicine and nutrition and a regular contributor to popular magazines devoted to physical activity, optimal lifestyles, nutrition, health, and wellness.