

Lanae M. Joubert

Associate Professor of Nutrition, Tenured
 School of Health and Human Performance Northern Michigan University
 1401 Presque Isle Ave; PEIF 213
 Marquette, MI 49855
 (906) 227-2137



EDUCATION/TRAINING

| INSTITUTION/BOARD | DEGREE | COMPLETED | FIELD OF STUDY |
|---------------------------------|--------|-----------|-------------------------------------|
| California State University | BS | 06/1994 | Kinesiology |
| Northern Michigan University | MS | 08/1998 | Exercise Science |
| Northern Michigan University | BS | 05/2001 | Clinical Dietetics & Administration |
| Oregon State University | PhD | 08/2007 | Nutrition and Food Management |
| University of Northern Colorado | RDN | 09/2010 | Registered Dietitian Internship |

ADDITIONAL CURRENT CERTIFICATIONS

Registered Dietitian Nutritionist; Commission on Dietetics Registry (since 09/2010)
 Board Certified Specialist Sports Dietitian; Commission on Dietetics Registry (since 09/2014)
 Certified Sports & Conditioning Specialist; NSCA (since 03/09)
 Certified Basic Life Support; CPR/AED; American Heart Association (since 1998)
 Certified in Adult Mental Health First Aid; National Council for Mental Wellbeing (since 11/2022)
 Certificate of Training in Childhood and Adolescent Weight Management; (obtained 05/2019)

EMPLOYMENT

2018-current Tenured, Associate Professor of Nutrition, School of Health and Human Performance; Northern Michigan University, Marquette, MI

2012-2017 Assistant Professor of Nutrition, School of Health and Human Performance; Northern Michigan University, Marquette, MI

Lead Instructor:

- Nutrition for Humans (HN 210 – 4 credits)
- Nutrition for the Health Professional 1 (HN 301A-now AH201 – 2 credits)
- Nutrition for Health Professionals 2 (HN 301B-now AH201 - 2 credits)
- Nutrition for Fitness and Sports (HN 310 – 2 credits)
- Obesity and Weight Management (HN 415 – 4 credits) – undergraduate/graduate student course
- Cultural Food Patterns (HN 362 – 4 credits)
- Physiology of Exercise (ES 315 – 4 credits)
- Sports Nutrition (HN 516 – 3 credits) – graduate student course
- Special Topics: Food Sustainability in Schools and Outdoor Settings (HN/RE 495 – 2 credits)

These courses were newly offered but cancelled due to low enrollment:

- Special Topics (HN495) Motivational Interviewing for Health Professionals (2 credits)
- Special Topics (HN/HM495) Food System Comparisons: Rural vs Urban (4 credits & approved as Gen Ed SORC)

2009-2012 Director of Corporate Wellness, Advantedge Training/Synergy Fitness, Marquette, MI

- Direct businesses to incorporate healthy behaviors at the workplace
- Perform clinical assessment of blood lipids, blood pressure, body composition, and girth measurements to help clients understand health risks and behaviors to lower them
- Data entry, analysis, and monitoring of employer/employee website wellness program

- Train a variety of clientele as a certified strength and conditioning specialist
 - Strategize behavior and nutrition modification plans for individual or group clients
 - Create and present specific public speaking topics for corporate, sports teams, and educational groups
- 2002-2007 Graduate Teaching Assistant, Oregon State University, Department of Nutrition and Exercise Sciences, Corvallis, OR
- Lead Instructor:
- Nutrition and Lifetime Fitness (NFM 232)
 - Lifetime Fitness for Health (HHS 231)
- Teaching Assistant:
- General Human Nutrition (NFM 225)
 - Issues in Nutrition and Health (NFM 312)
 - Human Nutrition Science (NFM 417/517)
- 2001-2002 Wellness Coordinator Graduate Assistant, Oregon State University, Department of Recreational Sports, Department of Housing and Dining Services, and Department of Student Health Services, Corvallis, OR
- Organized and marketed collaborative health and wellness events across campus
 - Developed and implemented the Wellness Passport Project for new incoming students
 - Designed and completed a student survey about perceptions of food availability and nutrient content in on-campus dining facilities
 - Mentored practicum students as they developed and completed their own senior research projects
- 1999-2001 Research Assistant (Peter White Scholar, Dr. Phil Watts), Northern Michigan University, Department of Health, Physical Education and Recreation, Marquette, MI
- Assisted Dr. Phil Watts with data collection, analysis and editing of manuscript. Research project title: Anthropometrics of youth climbers.
- 1999-2001 Adjunct Faculty, Northern Michigan University, Department of Health, Physical Education and Recreation, Marquette, MI
- ES 315 Physiology of Exercise; lab coordinator
 - HP Hiking
 - HP Senior Swim
 - HP Aqua Aerobics
 - HP 200 Physical Well Being (multi-sections)
- 1997-1998 Exercise Science Graduate Assistant, Northern Michigan University, Department of Health, Physical Education and Recreation, Marquette, MI
- GetFit instructor
 - Senior Swim instructor
 - HP200 Physical Wellbeing instructor

PROFESSIONAL MEMBERSHIPS

Professionals in Nutrition for Exercise and Sport since 2012

Center for Science in Public Interest since 1997

American College of Sports Medicine since 1998

Academy of Nutrition and Dietetics since 2001

-Dietetics Practice Groups (1) Nutrition Educators for Health Professionals (2) Sports and Human Performance Nutrition

PUBLICATIONS (peer reviewed)

Grønhaug, G., **Joubert, L. M.**, Saeterbakken, A. H., Drum, S. N., & Nelson, M. C. (2023). Top of the podium, at what cost? injuries in female international elite climbers. *Frontiers in Sports and Active Living*, 5, 1121831.

- Joubert, L.M.**, Warne, A., Larson, A., Grønhaug, G., Michael, M., Schöffl, V., ... & Meyer, N. (2022). Prevalence of amenorrhea in elite female competitive climbers. *Frontiers in Sports and Active Living*, 306.
- Modaberi, S., van Andel, S., Saemi, E., **Joubert, L. M.**, & Taheri, M. (2022). Differences between boulderers and top rope climbers in the relationship between anxiety and disordered eating. *Sport Sciences for Health*, 1-6.
- Joubert, L. M.**, Gonzalez, G. B., & Larson, A. J. (2020). Prevalence of disordered eating among international sport lead rock climbers. *Frontiers in sports and active living*, 2, 86.
- Michael, M. K., Witard, O. C., & **Joubert, L.** (2019). Physiological demands and nutritional considerations for Olympic-style competitive rock climbing. *Cogent medicine*, 6(1), 1667199.
- Michael, M. K., **Joubert, L.**, & Witard, O. C. (2019). Assessment of dietary intake and eating attitudes in recreational and competitive adolescent rock climbers: a pilot study. *Frontiers in nutrition*, 6, 64.
- Joubert, LM**; Kilgas M; Riley A; Gautam Y; Donath L; Drum S (2017) In-class cycling to augment college student academic performance and reduce physical inactivity: Results from a RCT. *Inter. J. Enviro. Research Public Health*. 14(11): pii: E1343.
- Joubert, LM** and MM Manore (2008) The role of physical activity level and B-vitamin status on blood homocysteine levels. *Med. Sci. Sports Exer.* 40(11): 1923-1931.
- Joubert, LM** and MM Manore (2006) Exercise, nutrition, and homocysteine. *Inter. J. Sports Nutr. Exer. Metab.* 16(4): 341-361.
- Watts, PB; **Joubert LM**; Lish AK; Mast JD; Wilkins B. (2003) Anthropometry of young competitive sport rock climbers. *British J. Sports Med.* 37: 420-424.

ABSTRACTS/PRESENTATIONS (first author; peer reviewed)

Abstracts and Presentations given at conferences, only where **Joubert** is first author AND are peer reviewed. This set of publications represent either my own current interests or graduate student research interests, which support the dynamic relationships between nutrition and exercise and how they both independently and synergistically influence health outcomes.

- Joubert, LM**; Warne, A., Larson, A., Grønhaug, G., Michael, M., Schöffl, V., ... & Meyer, N. (2021). Prevalence of amenorrhea in elite female competitive climbers. Presented virtually and published in proceedings of V Congress of the International Rock Climbing Research Association. Tokyo, Japan.
- Joubert, LM**; Blunt-Gonzalez, GM; Larson, AJ. (2018) Prevalence of Disordered Eating among International Sport Lead Rock Climbers. Presented at and published in proceedings of IV Congress of the International Rock Climbing Research Association. Chamonix, France.
- Joubert, LM**; Larson, AJ. (2018) Sport Rock Climbing: Nutrition and Hydration Considerations for One of the Newest Olympic Events. Co-presenter at the Sports Cardiovascular and Sports Nutrition practice group of the Academy of Nutrition and Dietetics Annual Symposium. Keystone, CO.
- Joubert, LM**; Larson, AJ; Weber, S. (2016) Nutrition and Hydration Strategies to Enhance Sport and Multi-pitch Climbing Performance. In Proceedings of III Congress of the International Rock Climbing Research Association.
- Joubert, LM**; Larson, AJ. (2016) Nutrition for Rock Climbing Performance and Health. Co-presented at the III Congress of the International Rock Climbing Research Association. Telluride, CO.
- Joubert, LM** (2016) The Salad Assignment Reinforces the Nutrient Density Concept in a University Human Nutrition Course. *Journal of the Academy of Nutrition and Dietetics*. 116(9): A-66. Presented at National Food and Nutrition Conference and Expo. Boston, MA

Joubert, LM; Drum, SA; Holley, A; Kilgas, M. (2015) Feasibility of using a cycle desk during a semester long university lecture course. Published in *Med. Sci Sport & Exerc. Suppl.* 47(5S): 528–529. Presented at National American College of Sports Medicine. San Diego, CA

Joubert, LM and MM Manore (2007) Level of Physical Activity (PA) Does Not Alter Blood Homocysteine Concentrations in Non-supplementing Adults. Published in *Med. Sci Sport & Exerc. Suppl.* 39(5):S248. Presented at American College of Sports Medicine. New Orleans, LA

GRANTS

Funded

College of Professional Studies Grant, Northern Michigan University (\$3,000)

Role: PI-Joubert. Research Project Dates 11/15/2021-08/22/2022. Research Project Title: *Examining Food Systems: Rural vs Urban*. The goal of this project was to meet stakeholders involved in the San Francisco Bay Area's food system to explore opportunities for students in the process of developing a travel course for NMU students.

College of Professional Studies Grant, Northern Michigan University (\$1,900)

Role: Co-PI- Joubert & Ferroni. Research Project Dates 11/15/2019-08/22/2020. Research Project Title: *Indoor vs Outdoor Exercise and Vitamin D Status*. The goal of this project was to compare vitamin D status between cancer survivor participants in this graduate student's thesis project comparing participants indoor vs. outdoor prescribed exercise programs. This project was funded, but COVID lead to a shift in ability to carry out this project as intended. Funding went towards publication of an entirely different research project manuscript.

Superior Health Foundation, Marquette, MI (\$3,876.13)

Role: Co-PI-Joubert & Hennekins. Research Project Dates: 07/01/2017-06/01/2018. Research Project Title: *The Effects of 14-week Yoga or Walking Programs on Nursing Student Serum Cortisol Levels*. The main objective for this study was to reduce high stress in health care occupations.

College of Professional Studies Grant, Northern Michigan University (\$5,000)

Role: Co-PI-Joubert & Drum. Research Project Dates: 11/15/2017-08/22/2018. Research Project Title: *Novel Perceived Exertion Scale for Rock Climbers*. The main goal of this project was to develop a perceived exertion scale of the forearm for rock climbers.

College of Professional Studies Grant, Northern Michigan University (\$5,000)

Role: Co-PI-Drum & Joubert. Research Project Dates: 11/15/2015-08/22/2016. Research Project Title: *Muscle Fatigue with Repeated Effort during Normoxia and Normobaric Hypoxia Conditions in Trained Rock Climbers*. The main goal of this project was to determine the impact of hypoxia on rock climbing performance.

College of Professional Studies Grant, Northern Michigan University (\$5,000)

Role: Co-PI-Joubert & Drum. Research Project Dates: 11/15/2013-08/22/2014. Research Project Title: *Feasibility of Cycle Desks in College Classroom*. The goal of this project was to investigate the feasibility of using a cycle desk in a university-based class for an entire semester.

Fuel Up to Play 60!, National Dairy Council and National Football League (\$10,220)

Role: PI-Joubert. Grants supported physical activity and nutrition aspects in a local elementary school: Cherry Creek, Marquette, MI. Successfully funded 3 separate grants:

\$3900 January 2015 Disc Golf and Blender Bikes for Cherry Creek Elementary School

\$3800 January 2013 Snow Shoes and Food Taste Tests for Cherry Creek Elementary

\$2520 January 2012 Fresh Fruit Friday at Cherry Creek Elementary School

Northwest Health Foundation Student Research Grant, Corvallis, OR (\$10,000)

Role: PI-Joubert. Research Project Dates: 09/01/2005-08/29/2007; Research Project Title: *Exercise, Nutrition, and Homocysteine*. The goal of this project was to explore the relationships between diet, exercise and homocysteine in a young population for my dissertation project at Oregon State University.

American College of Sports Medicine Research Grant, Corvallis, OR (\$5,000)

Role: PI-Joubert. Research Project Dates: 09/01/2005-08/29/2007; Research Project Title: *The Role of Physical Activity Level and B-vitamin Status on Blood Homocysteine Levels*. The goal of this project was to examine the relationships between three B vitamins, level of physical activity and the extent these played a role in homocysteine levels in a young, healthy population.

Not Funded

NIH SF 424 R&R Grant (\$125,056)

Role: Co-PI-Wuorinen, Joubert, Beck, Medina, Drum. Submitted: 05/15/2018; Research project title: *Breast Cancer Survivors Contrasting Outdoor versus Indoor Exercise Prescription*.

Elsa U. Pardee Foundation Grant (\$137,471)

Role: Co-PI-Wuorinen, Joubert, Beck, Drum, Medina, Submitted: 02/15/18, Research Project title: *Breast Cancer Survivors and Early Adoption of an Exercise Program Post-Treatment: Comparison of Indoor versus Outdoor Exercise*.

Progressive Research and Innovative Mutual Exploration Fund (PRIME) (\$19,992)

Role: Co-PI-Becker, Smith, Putman, Joubert. Submitted 08/30/2017; Research project title: *Effects of Organic Liquid Amendments and Beneficial Microbes on Nutrient Profiles of Medicinal and Edible Plants Grown Comparatively in Aeroponic versus Soil Systems in a Greenhouse Setting*.

Patient Centered Outcomes Research Institute (PCORI - Pipeline to Proposal Tier A Award) (\$49,932)

Role: Co-PI-Wuorinen, Joubert, Beck, Medina. Submitted 06/15/2017; Research project title: *Rural Community Coalition for Cancer Research*.

Great Lakes Inter-Tribal Council: NARCH (\$375,000)

Role: Co-PI-Wuorinen, Drum, Joubert Submitted: 06/15/2017

Great Lakes NARCH - Development and Implementation of a Culturally Inspired Exercise Program: Impacts on Native Health.

SERVICE

Northern Michigan University

Faculty Review Committee; Member (2022-current); Vice Chair (2023-2024)

Open Educational Resources Faculty Learning Community; Member (2023-current)

General Education Council; Member 2017-2022; Secretary 2018-2022

Committee on Internationalization; Member 2016-2020

Educational Technology Resource Policy Committee; Member 2013-2017; Secretary 2013-2015; Chair 2016-2017

Pre-med Student Advisory Board; Member 2014-current

Pre-PT Student Organization; Faculty Adviser 2021-current

Hearts of Yoga Student Organization; Faculty Adviser 2013-2018

School of Health and Human Performance

Faculty Evaluation Committee; Member for 7 academic years; Chair 3 academic years

Bylaws Committee; Member 2013-2022; Chair 2022-current

Outstanding Student Award Committee; Member 5 academic years; Chair 1 academic year

Community

Active Communities Innovative Environmental Policies Committee; Member 2012 - 2022
Farm to School; Member since 2013
Performance for Life Board of Directors; Member 2018-2019
Fuel Up to Play 60; Cherry Creek Elementary School; Coordinator 2012-2016

National

Academy of Nutrition and Dietetics; Member since 1998
Academy of Nutrition and Dietetics practice groups:
Sports Cardiovascular and Wellness (name changed in June 2021); Member 2000-2020
Sports and Human Performance Nutrition; Member since 2021
Nutrition Educators for Health Professionals; Member since 2016; Sponsorship/Scholarship Coordinator since 2023
American College of Sports Medicine; Member since 1998

International

International Rock Climbing Research Association; Member since 2015; 3rd Congress Co-Organizer/Host 2016