

Vita

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EDUCATIONAL BACKGROUND:

B.S., University of Wisconsin, Nutritional Sciences, 1974.

M.S., University of Kentucky, Nutrition and Food Science, 1976.

Ph.D., University of Kentucky, Nutritional Sciences (minors: biochemistry, toxicology), 1979.

EXPERIENCE:

Professor of Human Nutrition, Kansas State University, 1992-present.

Associate Professor of Foods and Nutrition, Kansas State University, 1985 to 1992.

Assistant Professor of Foods and Nutrition, Kansas State University, 1979 to 1985.

Graduate Research Assistant, Dept. Animal Sciences, University of Kentucky, 1977-1979.

Graduate Teaching Assistant, Dept. Nutrition and Food Science, University of Kentucky, 1974-1976.

PROFESSIONAL SOCIETIES AND CERTIFICATIONS:

American Dietetic Association (Registered Dietitian since 1975)

ADA Practice Groups: Weight Management (Founding member); Sports and Cardiovascular Nutrition (SCAN).

ADA Certificate of Training Programs completed for:

Adult Weight Management (3/03)

Childhood and Adolescent Weight Management (5/04)

Kansas Dietitian License

Missouri Dietitian License

American College of Sports Medicine

Kansas Nutrition Council

AWARDS/HONORS:

Dawley-Scholer Award for Faculty Excellence in Student Development, 1995

Nominations for outstanding advising and teaching awards at Kansas State University

Honorable mention, Outstanding Alumnus, University of Wisconsin-Green Bay, 1997

Dissertation year fellowship, University of Kentucky, 1978-79.

PUBLICATIONS:

Almurshed, K, and Grunewald, KK. 2000. Dietary protein does not affect overloaded skeletal muscle in rats. *J Nutrition*. 130: 1743-1748.

Almurshed, K, and Grunewald, KK. 2000. The effects of dietary energy restriction on overloaded

skeletal muscle in rats. *Brit J Nutr.* 84: 697-704.

Velazco, J, Morrill, JL, and Grunewald, KK. 1999. Utilization of bioelectrical impedance to predict carcass composition of holstein steers. *J Anim Sci.* 77: 131-136.

Pacheco-Sanchez, M, and Grunewald, KK. 1994. Body fat : Effects of dietary fat and two exercise protocols. *J Am Col Nutr.* 13(6):601-607.

Grunewald, KK, and Bailey RB. 1993. Commercially-available supplements for bodybuilding athletes. *Sports Medicine.* 15:90-103. At: <http://www.mesomorphosis.com/exclusive/grunewald/grunewald00.htm>

Pivonka, EE, and KK Grunewald. 1990. Aspartame or sugar-sweetened beverages: Effects on mood in young women. *J. Am. Diet Assoc.* 90:250-254.

Ocken, DA, and KK Grunewald. 1988. The effects of exercise on growth of rats recovering from early undernutrition. *J. Nutr.* 118:1410-1416.

Litchfield, RE, and KK Grunewald. 1988. Oral contraceptives and fat patterning in young women. *Human Biol.* 60:793-800.

Willcutts, KF, AR Wilson, and KK Grunewald. 1988. Energy metabolism during exercise at different time intervals following a meal. *Int. J Sports Med.* 9:240-243.

Sakamoto, K., and KK Grunewald. 1987. Beneficial effects of exercise on growth of rats during intermittent fasting. *J. Nutr.* 117(2):390-395.

Addington, EE, and KK Grunewald. 1987. Pre-existing feedings of glucose, fructose, or sucrose: effects on substrate depletion in rats. *J. Nutr.* 117(3):593-597.

Tomelleri, G., and K. Grunewald. 1987. Menstrual cycle and food cravings in young college women. *J Am Diet Assoc.* 87(3):311-315.

Grunewald, KK. 1985. Weight control in young college women: Who are the dieters? *J Am Diet Assoc.* 85(11):1

Bulbulian, R., KK Grunewald, and RR Haack. 1985. The effect of exercise duration on feed intake and body composition of Swiss albino mice. *J Appl Physiol.* 58(2):500-505.

Grunewald, KK, and TJ Tucker. 1985. Gastric emptying in exercised mice. *Comp Biochem Physiol.* 80A(2):173-175.

Bruckner, G, KK Grunewald, RE Tucker, and GE Mitchell, Jr. 1984. Essential fatty acid status and characteristics associated with colostrum-deprived gnotobiotic and conventional lambs. Growth, organ development, cell-mediated integrity, and factors associated with lower bowel function. *J Anim Sci.* 58(4):971-978.

Bruckner, G, RE Tucker, KK Grunewald, and GE Mitchell, Jr. 1984. Essential fatty acid status of colostrum-deprived gnotobiotic and conventional lambs: Organ fatty acid composition. *Nutrition Research.* 4:503-509.

Grunewald, KK. 1985. Influence of bacterial starter cultures on nutritional value of foods: Effects on Lactobacillus acidophilus fermented milk on grow and serum cholesterol in laboratory animals. *Cult Dairy Prod J.* 20(2):24-27.

Grunewald, KK and LK Mitchell. 1983. Growth of mice fed milk fermented with Lactobacillus acidophilus. *J Food Protec.* 46(4):315-317.

Grunewald, KK. Serum cholesterol levels in rats fed skim milk fermented by Lactobacillus acidophilus. *J Food Sci.* 47:2078-2079.

Grunewald, KK, GE Mitchell, Jr., RE Tucker, BE Langlois, and GG Bruckner. 1982. Influence of bilateral nephrectomy on selected gastrointestinal bacteria in the rat. *Canad J Physiol Pharmacol.* 60(5):664-669.

Grunewald, KK, and LK Mitchell. 1981. Serum enzyme activities in mice fed a high level of ascorbic acid. *Nutrition Research.* 1:393-397.

Grunewald, KK, and LK Mitchell. 1981. Cellular responses to high ascorbic acid intake by normally-nourished and undernourished mice. *Nutrition Research.* 1:609-616.

BOOK REVIEWS:

Nutrition, Exercise and Behavior: An Integrated Approach to Weight Management, 2001. *Journal of Nutrition Education.* 33(6): 356-357. Reviewed by Kathy Grunewald, Xiulian Chen, and Emilien Esteve.

Addington, E. and K. Grunewald. 1985. Sports Nutrition. *School Food Service Research Review.* 9(1):45-48, (An annotated bibliography of 42 references).

PUBLISHED ABSTRACTS:

Almurshed, K, and K. Grunewald. 1998. Dietary protein effects on surgically-induced muscular hypertrophy in rats. *FASEB J* 12(5):A653. Presented at the April 1998 Federation of American Society for Experimental Biology and Medicine (FASEB) Meetings in San Francisco, CA.

Almurshed, K, and KK Grunewald. 1997. Dietary fat effects on surgically-induced muscular hypertrophy in rats. *J Amer Coll Nutr* 16(5):497. Presented at the American College of Nutrition Mtgs in New York, NY.

Almurshed, K, and KK Grunewald. 1997. Energy restriction effects on surgically-induced muscular hypertrophy in rats. *FASEB J.* 11(9):A954. Presented at the Society for Biochemistry and Molecular Biology Mtgs in San Francisco, CA.

Grunewald, KK, and DA Ocken. 1988. Effect of exercise on “catch-up” growth following early under-nutrition in rats. *FASEB J.* 2(5):A1124 Presented at the 1988 FASEB Mtgs in Las Vegas, NV.

Addington, EA, and KK Grunewald. 1988. Aspartame- or sugar-sweetened beverages: Effects on weight gain, appetite, and food intake in young women. *FASEB J.* 2(5):A1197. Presented at the 1988 FASEB Mtgs in Las Vegas, NV.

- Grunewald, KK, and VD McCann. 1987. Do physically fit college women have different eating habits?. Fed. Proc. 46(4):1157. Presented at the 1987 FASEB Mtgs in Washington, D.C.
- Grunewald, KK and RE Litchfield. 1987. Oral contraceptives, weight gain, and fat distribution in young college women. Fed. Proc. 46(3):576. Presented at the 1987 FASEB Mtgs in Washington, D.C.
- Grunewald, KK, DL Elias, and EE Addington. 1986. Effects of exercise and aspartame feeding on tissue lipid levels in growing male rats. Fed. Proc. 45(4):971. Presented at the 1986 FASEB Mtg in St. Louis, MO.
- Willcutts, K, A Wilcox, and KK Grunewald. 1986. Exercise following a meal: Does timing affect caloric expenditure? Fed. Proc. 45(4):972. Presented at the 1986 FASEB Meetings in St. Louis, MO.
- Sakamoto, K, and KK Grunewald. 1986. Effects of exercise and fasting on bone growth in rats. Fed. Proc. 45(4):971. Presented at the 1986 FASEB Mtgs in St. Louis, MO.
- Addington, EE, and KK Grunewald. 1986. Pre-exercise feedings of glucose, fructose, or sucrose: Effects on fuel homeostasis in rats. Fed. Proc. 45(4):972. Presented at the 1986 FASEB Mtgs in St. Louis, MO.
- Tomelleri, R and KK Grunewald. 1985. Menstrual cycle and food cravings in young college women. Fed. Proc. 45(3):590. Presented at the 1986 FASEB Mtgs in St. Louis, MO.
- Grunewald, KK. 1985. Weight control practices of young college women. Fed Proc. 44(5):1503. Presented at the 1985 FASEB Mtgs in Anaheim, CA.
- Saldanha, LG, and KK Grunewald. 1985. Iron status, nutrient intake, and health habits of young college students. Fed Proc. 44(4):936. Presented at the 1985 FASEB Mtgs in Anaheim, CA.
- Sakamoto, K, and KK Grunewald. 1985. Beneficial effects of exercise in feed-deprived rats. Abstracts of Original Communication, Presented at the XIII International Congress of Nutrition, Brighton, UK, page 75.
- Grunewald, KK and DL Elias. 1984. Effect of morning or evening exercise on feed intake and body composition in mice. Fed Proc. 43(4):869. Presented at the 1984 FASEB Meetings in St. Louis, MO.
- Tucker, TJ, and KK Grunewald. 1984. Effect of exercise on early normal-fed and overfed mice. 43(4):869. Presented at the 1984 FASEB Meetings in St. Louis, MO.
- Bulbulian, RD, and KK Grunewald. 1983. Protein and fat composition of male Swiss albino mice: The effect of exercise duration. Med Sci Sports Exer. 15(2):139. Presented at the American College of Sports Medicine Annual Meeting in Montreal, Quebec, Canada.
- Bulbulian, RD, and KK Grunewald. 1983. The effect of exercise duration on feed intake and body composition of male Swiss albino mice. Sports Research Abstracts. Papers-1983, p. 7. Presented at the Annual Meeting of the American Alliance of Health, Physical Education, Recreation, and Dance, Minneapolis, MN.
- Grunewald, KK, and TJ Tucker. 1983. Effect of exercise on gastric emptying in mice. Fed Proc 42(4):802. Presented at the 1983 FASEB Meetings in Chicago, IL.

Grunewald, KK, CG Bruckner, GE Mitchell, Jr., RE Tucker, and GT Schelling. 1978. Gut microbial responses to lactobacilli. J Anim Sci 47(S1):303. Presented at the 1978 Annual National Animal Sciences Meetings, Lansing, MI.

Bruckner, GG, GE Mitchell, Jr., RE Tucker, and KK Grunewald. 1978. Consequences of essential fatty acid deficiency in gnotobiotic and conventional lambs. Presented at the VIth International Symposium on Gnotobiology, Ulm, Germany.

Bruckner, GG, GE Mitchell, Jr., RE Tucker, GT Schelling, and KK Grunewald. 1978. Fatty acid distribution in various tissues derived from gnotobiotic and conventional lambs. Presented at the Annual Meeting for Gnotobiotics, Madison, Wisconsin.

GRANTS AND CONTRACTS:

“Nutrition webs on oznet” CES Project (8/00-5/01)

“Nutritional determinants of muscular hypertrophy”. KAES Project H406. (1994-99)

“Nutritional implications of exercise”. KAES Project H714. (1988-91)

“Dietary modifications and exercise”. KAES project R512. (1984-99)

“Effect of exercise on feed intake and body composition in mice”. KAES Project R497. (1982-83) “Influence of dietary fat on gastrointestinal bacteria and endotoxins in the rat”.

KAES Project R155. (1979-81)

“Metabolism of saturated and unsaturated fats in germfree and conventional rats”. Faculty Research Grant. KSU Graduate School. \$2500. (1979)

REVIEWER FOR:

Journal of Food Science

Journal of The American Dietetic Association

American Journal of Clinical Nutrition

Nutrition Research

Journal of Cereal Chemistry

American Journal of Human Biology

Journal of the American College of Nutrition

Kansas Agricultural Experiment Station

USDA National Research Initiative Competitive Grants Program (NRICGP)

UNDERGRADUATE / GRADUATE STUDENTS: (1979-present)

Undergraduate Students: Kathy Grunewald is the primary undergraduate advisor in the Department of Human Nutrition, advising over 200 majors.

In 1985 she initiated and developed the dual-degree program in **Nutrition and Exercise Sciences** with faculty in the Kinesiology Department. This program has 100+ students.

She is also advisor for two other undergraduate program in **Public Health Nutrition** (~80 students), and **Nutritional Sciences** (~40 students). Wrote 50+ page advising manuals for students in these majors.

Graduate Students: She has served as major professor for **28 graduate students** since 1979 (23 M.S., 5 PhD) and has served on the committees of an additional 38 graduate students (29

M.S., 9 PhD)

CURRENT TEACHING RESPONSIBILITIES

HN 352 Personal Wellness (3 cr) (large course of 100+ students). Have also taught this course totally online using the web.

HN 450 Nutritional Assessment (2 cr)(lecture and laboratory class - 4-5 labs per semester)

HN 650 Practicum/Internship in Nutrition (3 cr). She has directed over 60 individual practica for Nutrition & Exercise students since 1985.

Has also taught HN 635 Nutrition and Exercise (22 times), HN 132 Basic Nutrition (23 times), HN 400 Human Nutrition, HN 600 Senior Seminar, HN 912 Advanced Nutrition: Minerals, and HN 912 Advanced Nutrition: Proteins and Amino Acids.

SERVICE and COMMITTEE RESPONSIBILITIES:

Department:

Promotion and Tenure - Dept representative to the college (2007-present)
Department Committee on Planning (2002-2003), acting chair
Search Committee for NUTSCI nutrition faculty position, chair (2000)
Search Committee for NUEX nutrition faculty position, committee member (2000)
Graduate Program Review, Chair (1997-98)
Search Committee for HN Dept. Head, committee member (1996- 97, 1998-99)
Faculty Load/Equity Issues, committee member (1996-97)
Search Committee for 2 nutrition faculty positions, Chair (1994)
Search Committee for food science faculty position, committee member (1991-92)
Search Committee for nutrition faculty position, Chair (1990-91)
Graduate Admissions, committee member (1989-1997)
Undergraduate Scholarship Committee, Chair (1989-present)
Faculty Evaluation Form Revision, Chair (1990-91; 2002)
Undergraduate Curriculum Revision, Chair (1993-94)
Graduate Student Handbook (41 pp), wrote half/revised half (1990)
Update and maintain diet analysis software in public computer labs (1986-present)
Foods and Nutrition Undergraduate Club, Faculty Advisor (1991-93)

College:

Faculty Council/CCOP (College Planning Advisory Group), Chair (1990-1991,1996-97),
Vice-Chair (1995-96), Secretary (1989-1990), member (1987-1989,1991-1993,
2002)
Academic Affairs, Committee member (1992-1995; 1997-1999; 2007-pres)
Student Affairs, Committee member (1985-1987, 2004-2006)
Faculty Affairs (2002-2004)
Computer Technology Committee (2000-2004)
Distance Learning Task Force, Dept representative (2000-2001)

University:

Faculty Senate - Committee on University Planning (2007)
Faculty Senate - Executive Committee (1998-2000)
Faculty Senate - Academic Affairs, (1997-1998; 2003-2004)

Faculty Senate subcommittee: Distance Learning (1998)
Faculty Senate subcommittee: Undergraduate Honor Code (1998)
Faculty Senate Panel on Integrity in Research and Scholarly Activity (1996-1998)
Chester Peters University Recreation Complex, faculty representative (1996-2004)
Lafene Student Health Center Advisory Committee (1993-1995)
Web Author's Resource Group (WARG) (1999-2004)
Outstanding Undergraduate Advising Award Committee (2002)
University Developing Scholar Program (mentor) (2001-2002)
Pre-Health Professions Review (Premed, pre-dent, pre-opt) (2000-2001)
University Task Force on Advising, Chaired subcommittee on dual-degrees (1999-2000)
Search committee for Distinguished Professor of Community Health, member (1994)
Gerontology Interdisciplinary Major (1993-1997)
Gamma Sigma Delta, UG scholarship committee (member 1989; Chair 1991)
Faculty Advisor for KSU Bodybuilding interest group (1989-90).
Faculty Advisor for KSU Powerlifting team (1997-2000)
Faculty Advisor for Taekwondo interest group (2004-2005)
Faculty Advisor for "Fruit of the Fight" club (2008-pres)
University Animal Care Panel (1981-86, 1988-92)
Food Science Graduate Faculty (1982-92)

PUBLIC AND PROFESSIONAL SERVICE:

Kansas Dietitian Advisory Task Force (education representative)(1994-1997)

"Jump Rope for Heart" (American Heart Association fundraiser), faculty co-chair (2001-2005).

Have given **over 100** invited regional or local presentations, television appearances, radio interviews, and newspaper articles primarily in the areas of weight control, nutrition and exercise, and fitness/health.