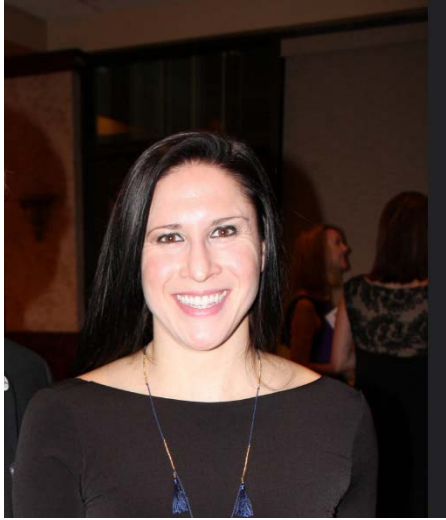


**Department of Public & Allied Health Sciences**



**Julia Olsen, M.S., CSCS\*D**

**Position/Title: Lecturer**

**Major Area: Kinesiology**

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**Hometown: Dover, DE**

**Education:**

**D.Sc.** In progress, Health Promotion and Wellness Human and Sport Performance (Rocky Mountain University of Health Professions, Provo, UT)

**M.S.** 2012 Applied Health Physiology (Salisbury University, Salisbury, MD)

**B.S.** 2009 Exercise Science (Wesley College, Dover, DE)

**Research Interest:**

Exercise conditioning – the effects of exercise on the metabolic and nutritional dietetic factors  
Overtraining in the fitness field- physiologic factors placed upon fitness instructors

**Publications and Presentations:**

NSCA Delaware Clinic, Speaker  
Present evidence on controversies in Exercise Science

DACA 2017 Conference, Speaker  
Technology in Sports Science

**Professional Organizations and Memberships:**

National Strength and Conditioning Association, Professional Member  
American Association for Cheerleading Coaches and Administrators  
American College of Sports Medicine, Alliance Member

