

Hawley Almstedt

Professor of Health and Human Sciences at Loyola Marymount University

Los Angeles, CA, US

Seaver College of Science and Engineering

Biography

Contact: Phone: (310) 338-1925 Email: Hawley.Almstedt@lmu.edu Office: FEA 186 Hawley Almstedt is a Professor in the Department of Health and Human Sciences of the Frank R. Seaver College of Science and Engineering. Her research focuses on how diet and exercise influence development of peak bone mass and the prevention of osteoporosis. Almstedt teaches courses in nutrition and exercise physiology.

Industry Expertise

Health and Wellness, Education/Learning, Sport - Professional

Areas of Expertise

Bone Health, Nutrition, Exercise Physiology, Bone Mass, Exercise Interventions, Global Nutrition, Nutrition & Wellness, Nutrition Service Learning

Affiliations

American College of Sports Medicine, American Society for Radiologic Technologists, United States Gymnastics Association, Weight Inclusive Nutrition and Dietetics and Nutrition Travel Exchange

Event Appearances

Exercise to optimize skeletal health: A lifespan approach
Gerontological Society of America

The impact of exercise and diet on bone mineral density during the growth period: Differences in men and women & the influence of energy availability.
Southwest American College of Sports Medicine

Nutrition for Bone Health in the Female Athlete: Lessons learned from recent findings
California Dietetic Association Annual Meeting and Exhibition

Education

Oregon State University
Ph.D. Exercise Physiology

San Jose State University
M.A. Kinesiology

San Jose State University
B.A. Nutritional Science

Iowa State University
R.D.N. Dietetic Internship

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