Curriculum Vitae



Kelly Lane

School of Exercise and Nutrition Sciences
San Diego State University
San Diego, CA
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Teaching Experience

San Diego State University — School of Exercise and Nutrition Sciences
Full Time Instructor | Fall 2005 – Present

Teach undergraduate courses in exercise science and nutrition. Courses taught include:

- ENS 200 - Introduction to Exercise and Nutritional Sciences
- NUTR 205 - Introduction to Science of Food
- NUTR 313 Contemporary Nutrition
- NUTR 302L - Nutritional Assessment and Research Laboratory
- NUTR 303 - Quantity Food Production
- NUTR 401 - Advanced Science of Food
- NUTR 404 - Food Systems Management
- NUTR 405 - Experimental Food Science and Technology Laboratory

Instruction focuses on applied nutrition science, food entrepreneurship, experimental food science, and professional preparation for careers in exercise and nutrition science.

Online Course Development

San Diego State University

Online Course Designer and Developer | 2012 – Present

Designed and developed large-enrollment online and hybrid courses, including:

- **ENS 200** — Required pre-major course for Exercise and Nutrition Sciences majors
- **NUTR 313** — Upper-division General Education Natural Sciences course

Course development focused on scalable instructional design, student engagement, and universal assessment strategies for diverse online learners.

Academic Advising

San Diego State University — School of Exercise and Nutrition Sciences

Lead Undergraduate Advisor | 2014 – 2021

Provide academic advising and professional planning guidance for ENS students, including course scheduling, degree planning, and preparation for graduate and professional programs.

Subject Matter Expert

Cengage Learning
Subject Matter Expert | 2020 – 2022

Developed over **900 assessment items** covering nutrient digestion and absorption, metabolism, and neurohormonal responses to nutrients in a popular textbook by McGuire. These questions are widely used by nutrition instructors nationwide.

Publications / Textbooks

Author

- *Principles for Fitness and Wellness*, 17th Edition (Cengage, 2022–2025)
- *Fitness and Wellness*, 13th Edition (Cengage, 2025–Present)
- **A Systems Approach to Human Nutrition,* 11th Edition (Top Hat Monocle, 2017-Present)
- *Pre-professionals in Motion,* 6th Edition (Top Hat Monocle, 2020-Present)

These nationally (and internationally*) distributed textbooks support undergraduate health education and emphasize evidence-based instruction in behavior change, physical activity, diet, fitness, and disease prevention.

Business and Consultation

Food Mechanics, LLC
Owner | Established 2010

Developed HideinSides, an intermediate frozen vegetable product featuring patented Melt Fast technology designed to cool hot foods rapidly.

Laclede, Inc.
Consultant | 2009 – 2023

Formulated specialized diets to investigate the effects of carbohydrate and amino acid restriction on tumor growth and cancer metabolism.

Program Coordination

Pre-Physical Therapy Program Coordinator
School of Exercise and Nutrition Sciences, San Diego State University

- Coordinate and oversee advising for the Pre-Physical Therapy emphasis—the largest program in the School of Exercise and Nutrition Sciences and the third largest academic program at San Diego State University**.**
- Lead program assessment and improvement efforts, including student surveys, curriculum discussions, and development of advising resources.
- Serve as liaison with SDSU DPT admissions to communicate application expectations, timelines, and program updates to prospective applicants.
- Promote pre-professional development opportunities including clinical observation, research engagement, study abroad, and graduate preparation panels.
- Provide individualized mentorship through advising, workshops, and letters of recommendation supporting student preparation for competitive graduate health programs.

Student Supervision

Graduate Student Supervision

- **Michelle Rider** (2025 – Present)
  Project: Large Online Course Design and Management
  Mentored in instructional design, course organization, student engagement strategies, and large-scale course coordination.

Undergraduate Mentorship

- **Audrey Richie** (2025 – Present)
  Project: Pre-Professional Advising and Pre-PT Student Mentorship
  Mentored in advising support, student engagement, and professional communication.

Professional Development

Recent Teaching Training

- **Top Hat Conference**, Chicago (2022), Austin (2024), and Nashville (2026),

  Participated in professional development focused on large course student engagement strategies, including anonymous polling systems and large group trivia competitions.

Awards and Honors

San Diego State University

- Provost's Outstanding Advisor Award, 2017
- College of Health and Human Services Advisor of the Year, 2017
- Mortar Board Outstanding Faculty Award, 2009–2010
- Most Influential Faculty, 2009–2010, and 2012-2013
- Most Inspirational Faculty, Student Nutrition Organization, 2009–2010

Certifications

Certified San Diego County Food Safety Instructor
San Diego County Department of Environmental Health, 2007 – 2022

Community Service

Little League Baseball Coach — San Diego
2016 – Present

Volunteer youth baseball coach contributing 10+ hours per week mentoring young athletes. Coaching provides opportunities to teach principles of physical activity, teamwork, leadership, and nutrition to youth in the community.