

**Shelley L. Holden, Ed.D., Pn1, FNS-NASM**

Shelley Holden is an Professor in the Department of Health, Kinesiology, and Sport in the College of Education and Professional Studies at the University of South Alabama. She was named the Health Educator of the Year in Alabama (ASAHPERD) in 2016 as well as the Southern District of SHAPE Health Educator of the Year for 2016. Her research focusses on nutritional knowledge and of coaches, students, and athletes and nutrient timing and intake among athletes.