

Abigail Larson

Associate Professor of Kinesiology at Southern Utah University

Cedar City, UT, US

Specializing in bioenergetics and sports nutrition, advanced exercise prescription, and cardiovascular disease

Biography

Dr. Abigail Larson is an associate professor of kinesiology at Southern Utah University. Her passion for sports began early in her life. By the age of 16, she was already ski racing. Abigail raced for the Northern Michigan University Wildcats from 1997 - 2001 and was a four-time All-American. To help pay her way through graduate school, she raced the American Marathon Series circuit for the Subaru Factory Ski Team. She won the U.S. Cross Country Skiing National Championship in 2005. From 1999 - 2006 Larson participated in competitions all over the world and even competed with the 2006 U.S. Olympic Team in Torino, Italy. Larson has authored and co-authored to 15 publications and over 40 articles about nutrition, sports, health, therapy, and exercise. Larson has also presented her research at 14 conferences on topics ranging from rock climbing to sports medicine. Her competitive sports history and passion for healthy lifestyles brought new and unique perspectives for her research and classroom. Dr. Larson received a Master of Exercise Science from Northern Michigan University and a Doctorate of Exercise and Sports Science from the University of Utah. She is also a certified sports specialist dietitian, a certified strength and conditioning specialist and a registered dietitian.

Industry Expertise

Writing and Editing, Sport - Amateur, Education/Learning, Sport - Professional

Areas of Expertise

Sport Rock Climbing, Bioactivity, Bioenergetics and Sports Nutrition, Advanced Exercise Prescription, Sports Conditioning, Bioenergetics, Olympic Weight Lifting, Sports Conditioning and Nutrition, Insulin Resistance, Cardiovascular Disease

Education

University of Utah

Ph. D. Exercise and Sports Science

Northern Michigan University

M. Sc. Exercise Science

[Please click here to view the full profile.](#)

This profile was created by [Expertfile.](#)