

KATHLEEN ANN CARTER, R.D., Ph.D., FACSM

2124 Maiden Lane
Springfield, OH 45504

502-709-2791 (cell)
kcarter2463@gmail.com

EDUCATION

- Ph.D. **University of Georgia**, Department of Kinesiology, 2013.
Major: Kinesiology
Concentration: Adapted Physical Activity/Motor Development
Faculty Advisor: Dr. Michael Horvat
Dissertation: *Effects of taekwondo training on strength and balance of young adults with Down syndrome.*
- M.B.A. **Brenau University**, 1997.
- M.S. **University of Louisville**, Department of Exercise Science, 1990.
Major: Exercise Physiology
Faculty Advisor: Dr. Ann Swank
Thesis: *Effect of exercise training on joint mobility in the elderly.*
- B.S. **Miami University**, Ohio, Dept. of Home Economics and Consumer Sciences, 1984. Major: Dietetics.
- Diploma **International Olympic Committee Sports Nutrition program**, 2016.

PROFESSIONAL EXPERIENCE

- | | |
|---|------------------------|
| Central State University | Wilberforce, OH |
| Associate Professor, August 2018 – present | |
| Teach classes in Nutrition, Sports Performance. | |
| Oversee refinement of the exercise science program. | |
| Conduct research in the area of exercise science, nutrition, and health. | |
| Interim Chair, Department of Agricultural and Life Sciences, | |
| August 2023 - present | |
| University of Louisville Department of Health and Sports Science | Louisville, KY |
| Assistant Professor, July 2014-August 2018 | |
| Instructor, January 2012-July 2014 | |
| Teach classes in Sports Nutrition, Anatomy & Physiology, Exercise Testing and Prescription, and Clinical Exercise Physiology. | |

Coordinate Undergraduate Exercise Physiology Program.
Coordinate Undergraduate Exercise Physiology Internship Program.

Ivy Technical College, General Education Department **Sellersburg, IN**
Adjunct Faculty, August 2014-May 2017
Teach Anatomy and Physiology courses.

University of Georgia, Department of Kinesiology **Athens, GA**
Graduate Teaching Assistant, July 2009 -December 2011
Supervised undergraduate Physical Education students participating in a children's adapted physical activity clinic. Each 12-week clinic was composed of approximately 40 students paired with children from the community with special needs.
Assisted with ongoing research in Motor Development Lab.
Taught basic sports and health courses.

Athens Taekwondo **Athens, GA**
Owner/Head Instructor, March 2007 – August 2012
Taught students 4 years old through adulthood taekwondo and haidong gumdo.
Conducted daily operation of the facility, set up and managed budget, trained instructors, developed leadership program.

Athens Technical College, Division of Life Sciences **Athens, GA**
Faculty, Health Care Assisting, August 2003-December 2011
Adjunct Faculty, June 2009-December 2011
Faculty, September 2005- June 2009
Adjunct Faculty, August 2003 – September 2005
Taught anatomy and physiology, nutrition and diet therapy, medical terminology.

Communit-Y Health Network of Northeast Georgia **Athens, GA**
Program Manager, June 2003 – July 2005
Mentored/coached clients on healthy behavior change in the areas of diabetes management, weight management, stress management, lipid management, blood pressure management and multiple risk factor management.

St. Mary's Healthcare System, Inc. **Athens, GA**
Wellness Works, October 1991 – July 2002
10/91-6/93 Health Educator
6/93-12/93 Child Health Services Coordinator
12/93-7/02 Manager, Wellness Works

RESEARCH

Publications, Peer Reviewed

18. Wing-Gaia, S., **Carter, K.**, Hanaki, S. (2023). Using experiential learning in undergraduate exercise science to provide university worksite wellness programs. *Journal of Physical Activity Research*.
17. Symons, T.B., Roberts, A., **Carter, K.**, Caruso, J. (2023). The addition of sprint interval training to field lacrosse training increases rate of torque development and contractile impulse in female field lacrosse players. *Journal of Functional Morphology and Kinesiology*, 8(3), 89; <https://doi.org/10.3390/jfmk8030089>
16. Roberts, A., Walden, A., **Carter, K.**, & Symons, B. (2022). Effect of sport-specific constraints on aerobic capacity in high school field hockey players. *The Journal of Strength & Conditioning Research*, 36,(2).
15. **Carter, K.**, Campbell, J., Shoemaker, P., Diciara, E.J., Patel, N.L., Caruso, J. (2022). Dietary Needs, Approaches and Recommendations to meet the Demands of Future Manned Space Flights. *Recent Progress in Nutrition*. 2(1):005; doi:10.21926/rpn.2201005.
14. Baba, S., Smith, T., Hellman, J., Bhatnager, A., **Carter, K.**, Vanhoover, A., Caruso, J. (2020). Space flight diet-induced deficiency and response to gravity-free resistive exercise. *Nutrients*. 12(8): 1-12, DOI: 10.3390/nu12082400.
13. Vanhoover A.C., McEnroe C.B., Gray W.D., O'Brien I.T., Kozerski A.E., Selimovic E.A., **Carter K.A.**, Stumbo J., and Caruso J.F. (2020). A high protein diet improves exercise performance outcomes to workouts completed on gravity-independent hardware. *Journal of Exercise and Nutrition*, 2(4): 16.
12. Chen L., Davison S.W., Selimovic E.A., Mueller R.E., Beatty S.R., Parmar P.J., **Carter K.A.**, Symons, T.B., Pantalos G.M., and Caruso J.F. (2019). Load-power relationships for high-speed knee extension exercise. *Journal of Strength and Conditioning Research*, 33(6): 1480-1487.
11. Caruso J.F., McEnroe C.B., Vanhoover A.C., Chen L., Vargas L.J., and **Carter K.A.** (2019). Performance-based correlates to vertical jump height and power values in women. *Isokinetics and Exercise Science*, 27(1): 1-8.
10. **Carter, K.**, Sunderman, S., & Wooten-Burnett, S. (2018). The effect of vestibular stimulation exercises on balance, coordination, and agility in children with Down syndrome. *American Journal of Psychiatry and Neuroscience*, 6(2), 28-32.
9. Caruso, J., Voor, M., Jagers, J., Symons T., Stith, J., Bai, L., Selimovic, E., **Carter, K.** & Jennifer Daily. (2018). Musculoskeletal outcomes from chronic high-speed high-impulse resistance exercise. *International Journal of Sports Medicine*, 39, 791-801.

8. **Carter, K.**, Ledford, E. & Pennington, R. (2017). Use of video modeling to teach weight lifting techniques to adults with Down syndrome: A pilot study. *Physical Disabilities: Education and Related Service*, 36(2), 16-34.
7. **Carter, K.**, Franz, C., Saprano, M., Shepard, D., & Swank, A. (2016). Effects of agility training on Soldiers in a warrior transition battalion: A proof of concept study. *Journal of Archives of Military Medicine*. 4(3), e39480.
6. Ueberschlag, S., Seay, J., Roberts, A., DeSpirito, P., Stith, J., Folz, R., **Carter, K.**, Weiss, E., & Zavorsky, G. (2016). The effect of Protandim supplementation on athletic performance and oxidative blood markers in runners. *PLoS ONE*, 11(8): e0160559.
DOI:10.1371/journal.pone.0160559.
5. **Carter, K.** & Horvat, M. (2016). Effect of taekwondo training on lower body strength and balance in young adults with Down syndrome. *Journal of Policy and Practice in Intellectual Disabilities*. 13(2), 165-172.
4. **Carter, K.** & Swank, A. (2014). Special considerations for exercise testing and prescription for the individual with an intellectual disability. *ACSM Health and Fitness Journal*, 18(2), 37-38.
3. Horvat, M., Croce, R., Zagrodnik, J., Brooks, B., & **Carter, K.** (2012). Spatial and Temporal Variability of Movement Parameters in Individuals with Down Syndrome. *Perceptual and Motor Skills*, 114(3), 774-782.
2. Swank, A.M. & **Pickering, K.**, (1991). Effect of individualized dietary counseling on cardiac Risk profile of elite female tennis players. *AHPERD Journal (Kentucky Affiliate)*, Spring: 45-48.
1. Swank, A.M. & **Pickering, K.**, Fell, R.D. (1991). Short term changes in HDL-C consequent to a Seven-week smoking cessation program in females. *J. Cardiopulmonary Rehab.* 11:353-359.

Manuscripts in Preparation

Carter, K., Roberts, A., & Nash, K. Effect of nutrition education of coaches or athletes on nutrition knowledge of high school female field hockey players. Tentative journal *International Journal of Sport Nutrition and Exercise Metabolism*

Carter, K., King, J., Gibson, K. Archer, C. Are ROTC cadets healthy?

Conference Session Presentations

Carter, K., McCully, K., Ward, M. (2019). Establishing personalized wellness programs for people with disabilities. *American College of Sports Medicine international annual meeting*, Orlando, FL.

Carter, K., McCully, K., Ware, M., Falls, D. (2018). Student run programs providing community-based physical activity programs for individuals with special needs. *Southeast Chapter of the American College of Sports Medicine*. Chattanooga, TN.

Peer Reviewed Poster Presentations/Published Abstracts

Masters, M., Richardson, M., Caldwell, A., **Carter, K.,** Wing-Gaia, S., Hanaki, S. (2023). Effects of an 8-week Student-Driven Individualized Exercise Program on Health and Fitness in University Employees. *Ogden Surgical-Medical Society 78th Annual CME Conference*, Ogden, UT. Received 2nd place in the poster presentation competition. (poster)

Gibson, K., **Carter, K.,** Wing-Gaia, S., Hanaki, S. (2023) Individualized Worksite Wellness, a Concept Project. Ohio Public Health Conference. Public Health Combined Conference. Columbus, OH. (poster)

Masters, M., Richardson, M., Caldwell, A., **Carter, K.,** Wing-Gaia, S., Hanaki, S. (2023). Effects of an 8-week student-driven individualized exercise program on health and fitness in university employees. Annual Meeting of the American College of Sports Medicine. (poster and published abstract)

Symons, T., Roberts, A., **Carter, K.,** Caruso, J. (2022). High-intensity interval training on muscle strength and rate of torque development in female Lacrosse players. *Medicine and Science in Sports and Exercise*, 54(9S): 8-8 DOI: 10.1249/01.mss.0000875136.51321.3a.

Caldwell, A., **Carter, K.** (Oct. 2022). Individualized worksite wellness program. Internship and research review of 2022. Central State University. (poster and presentation).

Archer, C., **Carter, K.** (Oct. 2022). Wellness Education for Adults. Internship and research review of 2022. Central State University. (poster and presentation).

Carter, K., Nelson, P., Elrod, J., Butler, M., Perez, S., Chung, K., Yoo, J., Schulze, A., Crawford, S., Hahn, H. (May 2022). YMCA and Healthcare System Collaboration on Lifestyle Change Program: A Pilot Study. Annual Meeting of the American College of Sports Medicine. Virtual. (poster and published abstract)

Symons, T.B., **Carter, K.** (May 2022). High-Intensity Interval Training on Muscle Strength and Rate of Torque Development in Female Lacrosse Players. Annual Meeting of the American College of Sports Medicine. Virtual. (poster and published abstract)

Castro, A., **Carter, K.**, Gaintza, Z. (November 2021). Taekwondo Intercontinental Experience with Down Syndrome People. 14th Annual Down Syndrome Conferences, Dubai, UAE. (poster)

Carter, K., Nash, K., Walden, A., Roberts, A. (June 2021). Does the Source of Nutrition Information Affect Nutrition Knowledge. Annual Meeting of the American College of Sports Medicine. Virtual. (poster and published abstract)

Symons, T.B., Muntis, F., Collins, T., Gworek, K., **Carter, K.**, Caruso, J.F. (May 2020). The Effects of High Molecular Weight Carbohydrate Supplementation on Skeletal Muscle Performance. Annual Meeting of the American College of Sports Medicine. San Francisco, CA. (poster and published abstract)

Graves J.A., Phipps B.E., **Carter K.** (May 2020). Physical Activity and Health in Career Firefighters in A Low-income Area. Annual Meeting of the American College of Sports Medicine. San Francisco, CA. (poster and published abstract)

Phipps B.E. and **Carter K.** (May, 2020). Nutrition, Physical Activity and Cardiovascular Disease Risk of Career Firefighters in A Low-income Area, Thematic Poster Session, Annual Meeting of the American College of Sports Medicine. San Francisco, CA. (poster and published abstract)

Vanhoover AC, McEnroe CB, Gray WD, Selimovic EA, **Carter KA**, and Caruso JF. (2020) Diets' impact on metabolic and exercise-based outcomes to workouts on gravity-independent hardware. NASA's Annual Human Research Program Investigators Workshop. Galveston, Texas. (poster)

McEnroe C.B., Davison S.W., Bai L., Vargas L.J., O'Brien I.T., Kozerski A.E., Vanhoover A. C., **Carter K.A.**, and Caruso J.F. (2019). Dwell time from a chronic high-speed exercise intervention as a correlate to calcaneal accretion. *NASA's Annual Human Research Program Investigators Workshop*. Galveston, Texas. (poster)

Parmar P.J., Davison S.W., Bai L., Vargas L.J., O'Brien I.T., McEnroe C.B., **Carter K.A.**, and Caruso J.F. (2018). Performance-based correlates to calcaneal accretion produced by chronic high-speed resistive exercise. Annual Conference of *The American Society for Gravitational and Space Research*. Rockville, Maryland. (poster)

Chandan, P., Buchino, S., Combs, R. & **Carter, K.** (2018). Integrating intellectual/developmental disability in medical education. *American Public Health Association 2018 Annual Meeting & Expo*, San Diego, CA. (poster)

Buchino, S., Chandan, P., Combs, R. & **Carter, K.** (2018). The perspectives of people with intellectual disabilities on what providers need to know. *American Occupational Therapy Association*, Salt Lake City, Utah. (poster)

Bai., L., Selimovi, E., Mueller, S., **Carter, K.**, Symons, T., Pantalos, G. & Caruso, J. (2018). Optimal loads for high-speed resistive exercise. *American College of Sports Medicine*, Minneapolis, MN. (poster and published abstract)

Carter, K., Roberts, A., Ledford, L., Pennington, R. (2018). Use of video modeling to teach weight lifting techniques to adults with Down syndrome. *American College of Sports Medicine National Conference*, Minneapolis, MN. (poster and published abstract)

Bai., L., Selimovi, E., Mueller, S., **Carter, K.**, Symons, T., Pantalos, G. & Caruso, J. (2018). Optimal loads for high-speed resistive exercise. *Spring Research Conference*, Louisville, KY. (poster)

Bai, L., Selimovic, E.A., Mueller, R., Beatty, S., **Carter, K.**, Symons, T.B., Pantalos, G., Caruso, J.F. (2018). Optimal load for high-speed exercise. *Southeast Chapters of the American College of Sports Medicine*. Chattanooga, TN. (poster)

Zavorsky, G., Ueberschlag, S., Seay, J., Roberts, A., DeSpirito, P., Stith, J., Folz, R., **Carter, K.**, & Weiss, E. (2016). The Effect of Protandim® Supplementation on Athletic Performance and Oxidative Blood Markers in Runners. *Federal of American Society for Experimental Biology*. 30(1), S898.5. (abstract only)

Carter, K., Roberts, A., Sunderman, S., & Wooten-Burnett, S. (2016). Effect of Taekwondo Training on Strength and Balance of Adults with Down Syndrome. *International Association of Scientific Study of Intellectual and Developmental Disabilities World Congress*, Melbourne, AU. (poster and published abstract)

Symons, T., Roberts, A., Walden, A., & **Carter, K.** (2016). Influence of high-intensity training on power production in high school field hockey players. *American College of Sports Medicine National Conference*, Boston, Mass. (poster and published abstract)

Sunderman, S., **Carter, K.**, & Wooten-Burnett, S. (2016). Effect of vestibular stimulation exercises on balance in children with Down syndrome. *American College of Sports Medicine National Conference*, Boston, Mass. (poster and published abstract)

Walden, A., Roberts, A., Symons, B., & **Carter, K.** (2016). Sleep-wake patterns effects on beep test and sprints in female high school field hockey players: A pilot study. *American College of Sports Medicine National Conference*, Boston, Mass. (poster and published abstract)

Roberts, A., Walden, A., **Carter, K.**, & Symons, B. (2016). The effect of stick and mouthguard use on sport-specific training conditions in high school field hockey athletes. *American College of Sports Medicine National Conference*, Boston, Mass., June. (poster and published abstract)

Sunderman, S., **Carter, K.**, & Wooten-Burnett, S. (2016). Effect of vestibular stimulation exercises on balance in children with Down syndrome. *Southeast American College of Sports Medicine Annual Conference*, Greenville, S.C. (poster)

Awarded "Top Eight" among Graduate Student submissions.

Walden, A., Roberts, A., Symons, B., & **Carter, K.** (2016). Sleep-wake patterns effects on beep test and sprints in female high school field hockey players: A pilot study. *Southeast American College of Sports Medicine Annual Conference*, Greenville, S.C. (poster)

Roberts, A., Walden, A., **Carter, K.**, & Symons, B. (2016). The effect of stick and mouthguard use on sport-specific training conditions in high school field hockey athletes. *Southeast American College of Sports Medicine Annual Conference*, Greenville, S.C. (poster)

Sunderman, S., **Carter, K.**, & Wooten-Burnett, S. (2015). Effect of vestibular stimulation exercises on balance in children with Down syndrome. *Research Louisville*, Louisville, KY. (poster)

Walden, A., Roberts, A., Symons, B., & **Carter, K.** (2015). Sleep-wake patterns effects on beep test and sprints in female high school field hockey players: A pilot study. *Research Louisville*, Louisville, KY. (poster)

Roberts, A., Walden, A., **Carter, K.**, & Symons, B. (2015). The effect of stick and mouthguard use on sport-specific training conditions in high school field hockey athletes. *Research Louisville*, Louisville, KY. (poster)

Franz, C., **Carter, K.**, & Swank, A. (2015). Effects of Physical Training on Soldiers in a Warrior Transition Battalion: Proof of Concept Study. *American Congress of Rehabilitation Annual Meeting*, Dallas, Texas. (poster and abstract)

Ueberschlag, S.L., Roberts, A.H., Seay, J.R., DeSpirito, P.C., Stith, J.M., Folz, R.J., **Carter, K.A.**, Weiss, E.P., & Zavorsky, G.S. (2015). Three months supplementation of Protandin does not reduce oxidative damage or improve endurance running performance. *ISSN National Convention*, Austin, TX. (poster)

Carter, K., Gibb, J., & Horvat, M. (2014). Effect of taekwondo training on strength and balance of young adults with Down syndrome. *American Association of Individuals with Developmental Disabilities National Convention*, Orlando, FL. (poster)

Vidoni, C., Hanaki-Martin, S., **Carter, K.**, Wooten-Burnett, S., & Terson de Paleville, D. (2014). Incorporating a movement skill program into a preschool daily schedule. *American Association of Health Physical Education Recreation and Dance National Convention*, St. Louis, MO. (poster and abstract)

Hanaki-Martin, S., **Carter, K.**, & King, K. (2013). Effectiveness of multiple strategies to improve cardiovascular fitness in elementary school children, *American College of Sports Medicine Annual Meeting*, Indianapolis, IN. (poster and published abstract)

Carter, K., Zagrodnik, J., Horvat, M., & Brooks, B. (2011). Gait pattern of young adults with and without Down syndrome, *AAHPERD National Convention*, San Diego, CA. (poster)

Carter, K., Zagrodnik, J., Horvat, M., & Brooks, B. (2011). The effect of multitasking on gait patterns in Down syndrome, *AAHPERD National Convention*, San Diego, CA. (poster)

Swank, A.M, **Pickering, K.**, & Roberts, S. (1991). Effect of low-level exercise on subjective perception of effort for leisure time activities in healthy elderly men and women. *Fourth Annual Allied Health Symposium*, Birmingham, Alabama. (poster and abstract)

Douglas-Gillette, P., **Pickering, K.**, Becht, S., Buren, P., & Swank, A.M. (1991). Evaluation of muscle strength and muscle flexibility in healthy elderly individuals participating in Body Recall. *American Physical Therapy Association*, Boston. (poster)

Swank, A.M., & **Pickering, K.** (1991). Effect of exercise training following smoking cessation in female smokers. *Southeast American College of Sports Medicine*. (poster)

Swank, A.M., **Pickering, K.**, & Fell, R.D. (1990). Effect of smoking cessation on acute response of HDL-C, insulin and catecholamines to exercise. *American College of Sports Medicine*, Salt Lake City. (poster)

Swank, A.M., **Pickering, K.**, & Fell, R.D. (1989). Time course for HDL-C changes with smoking cessation. *American Association of Cardiovascular and Pulmonary Rehabilitation*, New Orleans. (poster)

Pickering, K., & Swank, A.M. (1989). Dietary and HDL-C changes associated with smoking cessation, presented at the annual meeting of the *Kentucky Academy of Sciences*, Lexington, KY. (poster)

STUDENT RESEARCH INVOLVEMENT

Undergraduate Student Research Projects

- Fall 2023 Khearah Storr, Honors College project
- Spring 2023 Alaysia Tabron, Honors College project
- Spring 2023 Dashayla Jackson, Honors College project
- Spring 2023 Kendrick Gibson, Honors College project
- Spring 2023 Calli Jones, Undergraduate Research class project
- Spring 2023 Khearah Storr, Honors College project
- Spring 2023 Tumani Wahhab, Honors College project
- Fall 2022 Aniya Morris, Honors College project
- Fall 2022 Diamond Phillips, Honors College project
- Fall 2022 Dashayla Jackson, Honors College project
- Spring 2022 Kendrick Gibson, STEM Research Workforce Academy
- Fall 2021 Khearah Storr, Honors College project
- Fall 2021 Vanessa Sample, Honors College project
- Spring 2020 Michael Morgan, IPSRG research project; Effect of sleep quality and sleep deprivation on reaction time and cognition of collegiate athletes. Poster completed.
- Spring 2020 Dae'Shau Mills, IPSRG research project; Does muscle stimulation affect jump height and power of collegiate cheerleaders? Poster completed.
- Spring 2020 Jordan Nathan, IPSRG research project; Use of Seaweed smoothies to reduce feelings of fatigue. Due to COVID, project was put on hold. Student has graduated.
- October 2016 Gabrielle Wiley, Summa Cum Laude project
- May 2015 Dylan Shepard, Summa Cum Laude project and presentation

Thesis Committee Chair

- May 2016 Sarah Sunderman, Effect of Vestibular Stimulation Exercises on Balance in Children with Down Syndrome

May 2016 Amy Walden, Comparison of Physical Activity and Sleep Measures
Based on Subjective and Objective Measures in High School Female Athletes

Thesis Committee Member

May 2018 Lilliana Vargas, Vestibular Stimulation and Academic Performance in Middle School Children

May 2016 Alexandra Roberts, The Effects of Sport-Specific Training Conditions on Performance Parameters in High School Field Hockey Players

June 2015 Seteena Ueberschlag, The Effect of Protandim Supplementation on Oxidative Damage and, Athletic Performance

GRANTS ACTIVITY

Grants in Review

8/23 Capacity Building Grant, NIFA, Development of a Horticulture Therapy Program at an HBCU; co-PI, \$599,387

Grants Funded

6/2023 CSU SEED Grant, co-PI with Jennifer Turpin Stanfield, Physical activity behaviors in students enrolled in institutional/physical activity and wellness courses at CSU, \$3,000

8/2022 CareSource Community Reinvestment grant, \$200,000

5/22-5/25 Capacity Building Grant, NIFA, Integrated Project, Introducing Ergonomic Safety in Agriculture Production Through Use of a Movement Studies Lab; PI, \$597,856

3/2021 Central State University, Professional Development Grant, \$1,471 – event canceled due to COVID

1/18-12/18 PI: KY Space Grant Consortium Undergraduate Research Award, \$4,355

1/18-12/18 PI: KY Space Grant Consortium Research Initiation Award, \$13,000

7/17-6/18 Co-PI: National Curriculum Initiative in Developmental Medicine at UofL, \$25,000

8/17-8/20 Subaward: Bingocize, \$26,000

3/17-3/18 Co-PI: Consortium for Transdisciplinary Social Justice Research, \$7,500

6/16-6/17 PI: WHAS Crusade for Children, \$10,000

6/15-8/15 Co-PI: Louisville Metro Parks Summer Sports Camps. \$11,390

6/14-6/15 PI: College of Education and Human Development Research and Faculty Development grant. \$2,193.80

5/13-5/15 Co-PI: College of Education and Human Development Ideas to Action Implementation Grant. \$3,600

Awards & Honors

2019 Awarded Fellow of the American College of Sports Medicine
2017-2018 Nominated as Faculty Favorite by students
2017 Commonwealth Scholar, Commonwealth Institute of Kentucky

TEACHING

Academic Courses Taught

Central State University (2018-present):

Medical Terminology
Biomechanics
Current Research in Exercise Science
Exercise Science Clinical Hours
Applied Exercise Physiology
Principles of Sports Conditioning
Introduction to Exercise Science
Anatomy & Physiology II
Nutrition Across the Lifespan
Physiology of Exercise
Practicum 1 & 2
Exercise Testing and Prescription
Exercise Testing and Prescription for Special Populations
Nutrition and Sports Performance
Current Research in Exercise Science

University of Louisville (2012-2018):

Nutrition and Health
Growth and Motor Development Across the Lifespan
Clinical Exercise Physiology
Practicum in Exercise Science
Seminar in Exercise Physiology
Applied Exercise Physiology
Anatomy and Physiology I
Anatomy and Physiology II
Introduction to Exercise Physiology
Advanced Exercise Physiology
Exercise Testing and Prescription
Nutrition and Sport Performance

Ivy Technical College (2014-2017):

Anatomy & Physiology

Introduction to Biology

University of Georgia (2011):

Adapted Physical Education – co-taught with Dr. Michael Horvat

Athens Technical College (2003-2011):

Anatomy and Physiology

Nutrition and Diet Therapy

Medical Terminology

Introduction to Healthcare

SERVICE

Exercise Science Program Service, Central State University

SOAR, 7/2023

Undecided majors' presentation, 9/2022

Align the exercise science program with National Standards 2021

Exercise Science Accreditation, 2021-2023

Department of Agricultural and Life Sciences service, Central State University

Faculty Search Committee, 2018 (1), 2019 (2), 2020 (1)

Interim Department Chair, 2023 - present

Agriculture and Research Development Program, Central State University

Chair of ARDP Promotion & Tenure committee, fall 2023

Developed website template for faculty pages, spring 2023

Program Director of Food, Nutrition, and Health research group, 10/2019-3/2021

Chair of Committee on Restarting Human Subjects Research ad hoc committee, 2020

Central State University Extension

Food and Consumer Science Program Director search committee, 2022-23

College of Engineering, Science, Technology, and Agriculture, Central State University

Freshman Career Panel, 2023

Senior Pre-award Administrator, OSPR search committee, 2023

SOAR 2021, 2022

Dean's Search Committee, 2021

CESTA Retention Committee, 2020-2021

Chair, 2020-2021

University Service, Central State University

Faculty Affairs Committee, 2022 - present

Academic Policy Committee, 2022 – present

Coordinated SOCHE award nominations and voting, 2023

Ohio Guaranteed Transfer Pathways Panel, 2021-2022

ODHE Direct Care Workforce Task Force, 2022

Honors Program Mentor, 2020 – present (8 students)

Mentor for incoming Freshmen, 2020 - 2022

Ad Hoc Committee on feasibility of creating a College of Health & Human Services, 2021-2022

Co-Chair

Spoke to the California College on behalf of CSU, 9/2020, 10/2020

Internship Handbook ad hoc committee, 2020-2021

IRB Committee, 2020-present

IRB Co-Chair, 2020-present

360 Committee on Diversity and Inclusion, 2019

Assessment of Teaching and Learning Committee, 2019-2022

Intercollegiate Athletic Committee, 2018-2020

Chair, 2019-2020

Wellness Committee, 2018-2019, 2022

Exercise Science Program Service, University of Louisville

Program Co-Director, January 2018-August 2018

Graduate Student Selection Committee, 2012-2018

Guest on the radio program “UL Today with Mark Hebert”, 2018

Undergraduate Program Coordinator, 2013-2018

Campus Preview Day, 2012 - 2016

Internship Coordinator, 2012-2013

Health and Sport Sciences Department Service, University of Louisville

Health and Sport Sciences Curriculum Committee, ex-officio, 2013-2016

Major Fair, 2013-2015

Faculty Search Committee, 2015

Faculty Search Committee, 2013

College of Education and Human Development Service, University of Louisville

CEHD Honors and Scholarships Committee, 2016-2017

Ideas to Action CEHD Leadership Committee, 2014–2017

College of Education and Human Development Curriculum Committee, 2013-2016

Student Grievance Committee, 2012-2014
Chairperson 2013-2014

University Service, University of Louisville

General Education Assessment reviewer, 2016
Quality Enhancement Committee, 2015-2016
University General Education Curriculum Committee, 2013-2015

Professional Organization Service

LEAD 21 Board of Directors, Chair of Education Committee, 2022-present.
Lead a Coffee Hour Discussion, Leadership in a Virtual World, 10/2022.
AND Mentor to LaToya Johnson, 2022-2023.
AND Mentor to Paola Marie Gonzalez Espiet, 2021-2022.
ACSM Fellowship Mentor to Allison Seifert, 2021.
Committee on Accreditation for Exercise Science Programs, site visitor, 2018.
Poster session chair, *Southeast American College of Sports Medicine*, 2017.
SIG Newsletter Co-Editor, American Association of Intellectual and Developmental Disabilities
Early Professionals Group, 2014-2016.

Peer review panel, REE NIFA, "Diet, Nutrition, and the Prevention of Chronic Diseases" Fall 2023
Peer review, *Strength and Conditioning Journal*, 2018 (4), 2023
Peer review, *Translational Journal of the ACSM*, 2018, 2023
Peer review, *Beverages*, 2022
Peer review, *International Journal of Environmental Research and Public Health*, 2021, 2022
Peer review, *Medicines*, 2021
Peer review, *Nutrients*, 2021, 2022
Peer review, *Journal of Sport Rehabilitation*, 2021 (2)
Editorial Board, *Journal of Sports Science*, 2016 - present
Peer review, *American Journal of Health Behavior*, 2020.
Conference abstract reviewer, *American Society of Nutrition*, 2020
Review Board, *American Journal of Health Behavior*, 2017, 2020
Peer review, *Adapted Physical Activity Quarterly*, 2019
Editorial Board, *International Journal of Anatomy & Applied Physiology*, 2018
Peer review, *Journal of Intellectual Disability Research*, 2018
Peer review, *ACSM's Health and Fitness Journal*, 2018 (2)
Conference abstract reviewer, *American Society of Nutrition*, 2018
Speakers bureau, *Clinical Exercise Physiology Association*, 2018
Conference abstract reviewer, *Southeast American College of Sports Medicine*, 2017, 2018

Guest reviewer, *Brain Sciences*, 2017
Guest reviewer, *Research in Developmental Disabilities*, 2017
Editorial Board, *Journal of Obesity and Nutritional Disorders*, 2016 - present
Guest reviewer, *Archives of Physical Medicine and Rehabilitation*, 2016
Conference abstract reviewer, American Association of Intellectual and Developmental Disabilities, 2015
Book review, Lippincott, Williams & Wilkins, *Sports and Exercise Nutrition*, 4th edition, 2015
Peer reviewer, *Journal of Strength and Conditioning Research*, 2015 (1), 2017 (2), 2018 (2)
Guest reviewer, *Mental Health and Physical Activity*, 2014
Invited chapter reviewer, *Sports Nutrition* by Natalie Muth, 2014
Alliance on Disability in Health Care Education, Review Committee Member, 2017-2018
CHEER Project, Expert Reviewer, 2017-2018

Member, ASN Nutrition Translation Research Interest Section, 2021-present
Member, ACSM Consumer Outreach Committee, 2020-2023
Member, Strategic Health Initiative. ACSM Women, Sport, & Physical Activity Committee, 2016-2019
Local Arrangement Group for 2015 National Convention, AAIDD, 2014-2015
KAHPERD Adapted Physical Education Section Chair, 2014-2015
Women in Business Council, Past-chair, 2007
Women in Business Council, Chair, 2006
Women in Business Council, Chair-elect, 2005
Women in Business Council, Chair Catalyst conference planning committee, 2004

Community Service

Dayton Contemporary Dance Company Wellness Advisory Committee, 2022-present
American Association of University Women – Springfield branch, 2020-2023
 President 2022-2023
Volunteer at Down Syndrome of Louisville, 2013 - 2018
Speaker for the Sports Diplomacy program, representatives from Zambia, 2018
Volunteer, Veterans Wheelchair Games, Cincinnati, Ohio, 2017
Sports Nutrition seminar, Presbyterian High School Cross Country Team, 2016
Member of Veterans Administrations Adapted Sports subcommittee, 2015 - 2017
Member of Local Organizing Committee for National Wheelchair Basketball Tournament, 2014
Volunteered at National Wheelchair Rugby Tournament, 2013
Volunteered at National Wheelchair Basketball Tournament, 2013, 2018
Volunteer with Metro Parks Adapted Physical Activity Program teaching taekwondo to individuals with intellectual disabilities, 2013-2014

Sports Nutrition seminar, Spalding University Basketball Team, 2012
Working with Special Olympics of Georgia to develop martial arts as a sport for
children with special needs, 2010-2012
Volunteer as Registered Dietitian with ACTION Head Start, North GA, 1996-2010

CERTIFICATIONS

American Dietetic Association certified in Adult Weight Management
Mental Health First Aid Training, 2/2021

PROFESIONAL MEMBERSHIPS

LEAD21 Alumni Association
Education Chair 2022-2023
American Society of Nutrition
Academy of Nutrition and Dietetics
Sports and Cardiovascular Dietitian Practice Group
American College of Sports Medicine
Midwest American College of Sports Medicine
International Association of Scientific Study of Intellectual and Developmental
Disabilities

Professional Development

CSU Leadership Academy, fall 2023
LGBTQ+ 101 Multiethnic Advocates for Cultural Competence, 10/2022
LGBTQ+ 201 Multiethnic Advocates for Cultural Competence, 10/2022
Lily Conference on College Teaching, 11/2022