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

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Springfield, OH 45504
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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 & Consumer Sciences, 1984.
Major: Dietetics.

Diploma **International Olympic Committee Sports Nutrition program**, 2016.

Peer Reviewer **Higher Learning Commission**, 2026.

PROFESSIONAL EXPERIENCE

Central State University **Wilberforce, OH**

Associate Professor, August 2018 – present
Teach classes in Nutrition, Sports Performance, Exercise Testing & Prescription.
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 – 2024
Chair, Department of Agricultural and Life Sciences,
August 2024 – 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 heath 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

19. Anthony P King ,1 Scott Langenecker,2 Stephanie M Gorka,3 Jessica Turner, **Kathleen Carter** et al., (2025). State of Ohio Adversity and Resilience (SOAR) study protocol: a comprehensive, multimodal, family-based, longitudinal observational investigation of risk and resilience in mental health and substance use disorders. *BMJ Open,* e099525. doi:10.1136/bmjopen-2025-099525.

18. **Carter, K.,** Wing-Gaia, S., Masters, M., Caldwell, A., Richardson, M., 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., Dichiara, 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., Jaggers, 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 teachweight 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? Tentative journal *The Medical Journal, Office of the Surgeon General, US Army Medical Center of Excellence*

Book chapter

The Routledge Handbook of Disability Sport Science. Chapter title: Physiological exercise testing and prescription. ISBN: 978-1-0325-0265-6. Wrote chapter introduction and conclusion, section on Physiological testing of individuals with intellectual disabilities, blending all individually written sections together.

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

Nagle, M., **Carter, K.,** Smith, E., Trauth, J. (2026) Therapeutic Horticulture for Improved Mental Health at an HBCU: A Greenhouse Study. 2026 American Society of Horticulture Science Conference, Dallas TX, August 3-7 2026

Wahhab, T., Jordan, A., **Carter, K.** (2025). Artist or Athlete? Annual Meeting of the American College of Sports Medicine. (poster and published abstract)

Jordan, A., Simmons, J., **Carter, K**. (2024). Stress and Performance of D2 Athletes at a Historically Black College. Annual Meeting of the American College of Sports Medicine. (poster and published abstract)

King, J., Jones, C., **Carter, K.** (2024). Health of ROTC Cadets at Two Midwest Small Universities: A Pilot Study. Annual Meeting of the American College of Sports Medicine. (poster and published abstract)

Carnagie, A., Simmons, J., **Carter, K.** (2024). Nutrition knowledge and performance of D2 Athletes at a Historically Black College. Annual Meeting of the American College of Sports Medicine. (poster and published abstract)

Archer, C., Wahhab, T., **Carter, K.** (2024). Athlete Health and Performance at a D2 Historically Black College. Annual Meeting of the American College of Sports Medicine. (poster and published abstract)

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 (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

Spring 2024	Aisayah Akens, Honors College project
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

Grants Funded

3/2024 Capacity Building Grant, NIFA, Integrated Project, Development of a Horticulture Therapy Program at an HBCU; co-PI, $599,387

1/2024 State of Ohio Adversity and Resilience (SOAR) study. Subaward GR134563. E. Perdomo PI, J. Trauth, K. Carter, G. Winbush co-PI's. $71,367.

11/2023 NEXTGen grant, became Graduate Program Director after the grant was written and funded. $10million overall, CSU portion $1.2M

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

2024	Nominated for the McKinley Mayes Mentoring Award
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
Exercise Science Accreditation, 2021-2027

Department of Agricultural and Life Sciences service, Central State University
Scholarship Committee SAG grant – 7/2024 - present
Department Chair, 2024 - present
Interim Department Chair, 2023 – 2024
Undecided majors' presentation, 9/2022
Faculty Search Committee, 2018 (1), 2019 (2), 2020 (1)

Agriculture and Research Development Program, Central State University
Post-Doctoral search committee Dr. Kazi Islam, April 2024
Land Grant 10th Anniversary Planning Committee, spring 2024
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
Served as Interim Dean 7/15/24 – 7/28/2024
Spoke to Garfield Heights Curriculum Development committee, summer 6/2024
Direct part of the Dayton Public Schools experience at CSU, summer 2024
Great Minds, Great Majors recruiting event, 4/2024

Climate Smart Agriculture Center Summer Bridge Program, course management, summer 2024
SOAR, 2021, 2022, 7/2023, 3/2024, 7/2024
College Preview Day, 2023
Freshman Career Panel, 2023
Dean's Search Committee, 2021
CESTA Retention Committee, 2020-2021
    Chair, 2020-2021

University Service, Central State University

Faculty Advising Workshop presenter, 10/7/2026
Higher Learning Commission preparation committee, 2026-present
Marauder Counsel on Academic Advising, 2025 - present
Higher Learning Commission peer reviewer, April 2026 - present
Health and Wellness Curriculum Committee, 2024 - 2025
IACUC, Sept. 2024 – present
Guided Pathway Initiative, Degree Cluster subcommittee, Sept. 2024
Policy and USS 1200 Re-Alignment Committee, 2024
Senior Pre-Award Administrator, OSPR search committee, 2023
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, 2020-2026
    IRB Co-Chair, 2020-2025
    IRB Chair, 2025 - 2026
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

American Society of Nutrition, Expert Table Mentor, 2025-2026.
NIFA's AFRI Diet, Nutrition and the Prevention of Chronic Diseases, 2023, 2024.
LEAD 21 Board of Directors, Chair of Education Committee, 2022-2023.
Lead a Coffee Hour Discussion, Leadership in a Virtual World, 10/2022.
Academy of Nutrition and Dietetics Mentor to LaToya Johnson, 2022-2023.
Academy of Nutrition and Dietetics 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, *Current Developments in Nutrition*, 2024, 2026
Peer review, *Strength and Conditioning Journal,* 2018 (4), 2023, 2024, 2025
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 - 2022
Peer review, *American Journal of Health Behavior*, 2020
Conference abstract reviewer, *American Society of Nutrition*, 2020, 21, 22, 23, 24
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, 2022-2026
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

CPR Instructor, Fall 2023-present
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

Professional Development

Evolving the Culture of Biology, 7/2026 – 5/2027
ADA Accessibility, SOCHE 5/1/2026
AI in Institution Accreditation, 5/20/2025
Building a Resilient Future: Flexible Funding for Food and Livelihood Security, Nov. 2024
Cultivating STEM Learning Sanctuaries for Freedom and Transformation, NIST STEM Teaching & Leadership Institute, 4/2024
Ohio Academy of Nutrition & Dietetics annual meeting, 4//12/2024
Nutrition Periodization for Athletes, 1/2024
CSU Leadership Academy, 2023-2024
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