

Cassie Williamson-Reisdorph, Ph.D.

Certified Exercise Physiologist, ACSM-EP

Certified Sports Nutritionist, CISSN



Assistant Professor

Department of Kinesiology

Charter School of Education and Human Sciences

Berry College, Mount Berry, GA

cwreisdorph@berry.edu

EDUCATION

Ph.D.	Integrative Physiology and Rehabilitation Sciences University of Montana, Missoula, MT <i>Advisor: Dr. John C. Quindry</i> <i>Dissertation: Traditional vs. Home-based Cardiac Rehabilitation in Rural Montana Communities During a Global Pandemic</i>	2022
M.S.	Applied Exercise and Health Science Exercise Physiology specialization Kennesaw State University, Kennesaw, GA <i>Advisor: Dr. Brian Kliszczewicz</i> <i>Thesis: Effects of Carbohydrate Rinse on Autonomic and Metabolic Recovery Following a 1-hour Cycling Time Trial</i>	2018
B.S.	Exercise Science Kennesaw State University, Kennesaw, GA	2016

PROFESSIONAL CERTIFICATIONS

ACSM, American College of Sports Medicine, Certified Exercise Physiologist (ACSM-EP)

ISSN, International Society of Sport Nutrition, Certified Sports Nutritionist (CISSN)

American Red Cross, CPR and AED for Professional Rescuers Certification

CITI, Collaborative Institutional Training Initiative, Human Subjects Research Training (HSR)

UNDERGRADUATE AND GRADUATE TEACHING EXPERIENCE

Berry College

KIN 270 Research Methods in Exercise Science (*In-person*), 15 undergraduates, Fall 2022

KIN 280 Nutrition (*In-person*), 27 undergraduates, Fall 2022, 32 undergraduates, Spring 2023

KIN 411 Exercise Physiology (*In-person*), 10 undergraduates, Fall 2022

KIN 480 Sport Nutrition and Metabolism (*In-person*), 18 undergraduates, Spring 2023

KIN 352 Cardiovascular Exercise Physiology (*In-person*), 7 undergraduates, Spring 2023

The University of Montana

KIN 460 ECG Assessment (*Online, In-person*), 32 undergraduates, 3 graduate students, Fall 2020

KIN 483 Exercise Disease and Aging (*Online*), 30 undergraduates, Spring 2021

KIN 460 ECG Assessment (*Online*), 4 undergraduates, Summer 2021

PROFESSIONAL EXPERIENCE

Berry College

Department of Kinesiology, Charter School of Education and Human Services, Mount Berry, GA, August 2022-Present
Assistant Professor of Kinesiology

University of Montana

School of Integrative Physiology and Athletic Training, Missoula, MT, August 2018–May 2022

International Heart Institute Endowment Graduate Research Assistant, Adjunct Instructor

- Plan and implement research studies in both the biochemical and human testing laboratories of the Cardioprotection Laboratory, within the cardiac rehabilitation center at the International Heart Institute, and within the Inhalation and Pulmonary Physiology Core in the Center for Environmental Health Sciences.
- Conduct experiments to quantify biomarkers in human blood samples.
- Order, calibrate, and maintain laboratory equipment and supplies.
- Instructor of record for *ECG Assessment and Exercise, Disease, and Aging*.

Kennesaw State University

Department of Exercise Science and Sport Management, Kennesaw, GA, August 2016–August 2018

Exercise Biomarkers Laboratory Assistant, May 2018–August 2018

- Performed assays for quantification of insulin, glucose, and c-reactive protein on a grant funded research project.
- Ordered, calibrated, and maintained equipment and supplies in the Exercise Science Biomarkers Laboratory.

Graduate Teaching and Research Assistant, August 2016–May 2018

- Instructor of record for the *Introduction to Laboratory Techniques* course.
- Assisted faculty with all laboratory-based courses in the Exercise Physiology Laboratory.
- Calibrated and maintained laboratory equipment such as DEXA (dual energy x-ray absorptiometry), BODPOD, ParvoMedics metabolic carts, COSMED K4, etc.

Gold's Gym, Woodstock, GA, January 2013–June 2016

Personal Trainer, Group Fitness Instructor

- Evaluated and assessed clients to design and implement safe and effective health and fitness programs tailored to the needs and goals of the client.
- Provided a well-rounded, challenging group fitness exercise program ranging from resistance training to kickboxing to functional core training for up to 45 participants in a positive and motivating training environment.
- Coached, educated, and supported both personal training clients and group fitness participants.

Pivotal 5, Chicago, IL (Group Fitness Programming, Certification, and Fitness Products), June 2013–June 2015

Master Trainer - Contract

- Facilitated nine-hour training course to educate instructors on effective kettlebell group fitness workout delivery.
- Developed instructors' coaching skills and educated them on the importance of demonstration in the group fitness environment.
- Assessed and evaluated, through observation, instructor progress to determine the certification outcome.

Les Mills U.S., Baltimore, MD (Group Fitness Programming and Certification), January 2013–June 2014

Certification Video Assessor - Contract

- Assessed and evaluated the success of trainees to deliver the proper choreography, coaching cues, and technique to earn certification in the Les Mills programs.
- Organized and developed an action plan for trainees to continue their growth as a group fitness instructor.

World Gym, Mechanicsville, MD, March 2008–January 2013

Personal Trainer, Program Coordinator

- Directed and advertised quarterly re-launch events to group exercise participants and other gym members to produce excitement and interest in the group fitness programs.
- Collaborated and developed marketing concepts for the group fitness department with the group fitness manager.

PEER-REVIEWED SCHOLARLY PUBLICATIONS

1. **Williamson-Reisdorph, C.**, Larson, W.T., Porisch, L.B., Quindry, J.C. *Hybrid and Traditional Cardiac Rehabilitation Programs in a Rural Area: A Retrospective Study*. Journal of Cardiopulmonary Rehabilitation. 2023
2. **Williamson-Reisdorph, C.**, Quindry, J.C., Quindry, T., Christison, K., Gurney, S., Hailes, W., Ruby, B., Slivka, D. *Training in a Hot Environment Fails to Elicit Changes in the Blood Oxidative Stress Response*. Journal of Human Kinetics. 2023
3. **Williamson-Reisdorph, C.**, Tiemessen, K., Christison, K., Gurney, S., Richmond, D., Wood, K., Quindry, T., Dumke, C., Ruby, B., Quindry, J.C. *Cardiovascular and Blood Oxidative Stress Responses to Exercise and Acute Woodsmoke Exposure in Recreationally Active Individuals*. Wilderness & Environmental Medicine, 33(1). 2022
4. **Williamson-Reisdorph C.**, Bechke E., McLester C., Buresh, B., Millard-Stafford, M., Nickerson, B., Green, Z., Hayes, K., Kliszczewicz, B. *Carbohydrate Rinse Fails to Enhance Cycling Performance or Alter Metabolic and Autonomic Recovery in Recreational Cyclists*. Journal of Human Kinetics. 2022
5. Gurney, S.C., Christison, K.S., **Williamson-Reisdorph, C.**, Sol, J.A., Quindry, T.S., Quindry, J.C., Dumke, C.L. *Alterations in Metabolic and Cardiovascular Risk Factors during Critical Training in Wildland Firefighters*. Journal of Occupational & Environmental Medicine, 63(7). 2021
6. **Williamson-Reisdorph, C.**, Quindry, T.S., Tiemessen, K.G., Cuddy, J., Hailes, W., Slivka, D., Ruby, B., Quindry, J.C. *Blood Oxidative Stress and Post-Exercise Recovery are Unaffected by Hypobaric and Hypoxic Environments*. Journal of Sport Sciences, 39(12). 2021
7. Steele, S., **Williamson-Reisdorph, C.**, Quindry, J., Dybdal, L. *Four Weeks of Trauma-Informed Yoga Intervention and Autonomic Tone in Female Veteran and Non-veteran College Students*. The Journal of Human Sport and Exercise. 2021
8. Christison, K., Gurney, S., **Williamson-Reisdorph, C.**, Quindry, T., Sol, J., Tiemessen, K., Palmer, C., Bundle, M., Quindry, J., Dumke, C. *Muscle Soreness and Damage During Wildland Firefighter Critical Training*. International Journal of Exercise Science, 8(8). 2020
9. Quindry, J., **Williamson-Reisdorph, C.**, French, J. *Health and fitness benefits using a heart rate intensity-based group fitness exercise regimen*. Journal of Human Sport & Exercise, 15(3). 2019
10. Mangine, G., Kliszczewicz, B., Boone, J., **Williamson-Reisdorph, C.**, Bechke, E. *Pre-Anticipatory Anxiety and Autonomic Nervous System Response to Two Unique Fitness Competition Workouts*. Sports, 7(9). 2019
11. McLester, C., Bailey, P., Bechke, E., **Williamson, C.**, McLester, J., Kliszczewicz, B., *The Effects of Caffeine and Citrus Aurantium on Performance During Repeated Maximal Anaerobic Exercise Bouts in Habitual Caffeine Users*. The Journal of Strength and Conditioning Research, 34(2). 2019
12. Kliszczewicz, B., Markert, C., Bechke, E., **Williamson, C.**, Clemons, K., Snarr, R., McKenzie, M. *Acute Inflammatory Response to High-Intensity Functional Training Programming: An Observational Study*. Journal of Human Sport and Exercise, 14(4). 2019
13. Kliszczewicz, B., Bechke, E., **Williamson, C.**, Green, Z., Bailey, P., McLester, J., McLester, C., *Citrus Aurantium and Caffeine Complex versus Placebo on Biomarkers of Metabolism: A Double Blind Crossover Design*. Journal of the International Society of Sports Nutrition, 16(1). 2019
14. Townsend, J., Bender, D., Vantrease, W., Hudy, J., Huet, K., **Williamson, C.**, Bechke, E., Serafini, P., Mangine, G. *Isometric Mid-thigh Pull Performance is Associated with Athletic Performance and Sprinting Kinetics in Division I Men and Women's Basketball Players*. Journal of Strength & Conditioning Research, 33(10). 2019

15. McLester, C., Nickerson, B., Kliszczewicz, B., Hicks, C., **Williamson C.**, Bechke E., McLester J., *Validity of DXA body volume equations in a four-compartment model for adults with varying body mass index and waist circumference classifications.* PloS One, 13(11). 2018
16. Kliszczewicz, B., Markert, C., Bechke, E., **Williamson, C.**, Clemons, K., Snarr, R., McKenzie, M. *Acute Effect of Popular High-intensity Functional Training Exercise on Physiologic Markers of Growth.* The Journal of Strength and Conditioning Research. 2018
17. Kliszczewicz, B., Bechke, E., **Williamson, C.**, Bailey, P., Hoffstetter, W. McLester, J., McLester, C. *The Influence of Citrus Aurantium and Caffeine Complex versus Placebo on the Cardiac Autonomic Response: A Double-Blind Crossover Design.* Journal of International Society Sports Nutrition, 15(1). 2018
18. **Williamson, C.**, Nickerson, B., Bechke, E., McLester, C., Kliszczewicz, B. *Influence of Acute Consumption of Caffeine vs. Placebo over BIA-Derived Measurements of Body Composition: a randomized, double-blind, crossover design.* Journal of the International Society of Sports Nutrition, 15(1). 2018
19. Kliszczewicz, B*, **Williamson, C***, Bechke, E., McKenzie, M., Hoffstetter, W. *Autonomic Response to a Short and Long bout of High-Intensity Functional Training.* Journal of Sport Sciences, 36(16). 2018. [*co-first authors]
20. Mangine, G., Huet, K., **Williamson, C.**, Bechke, E., Serafini, P., Bender, D., Hudy, J., Townsend, J. *A Resisted Sprint Improves Rate of Force Development During a 20-meter Sprint in Athletes.* Journal of Strength & Conditioning Research, 32(6). 2018
21. Kliszczewicz, B., Buresh, B., Bechke, E., **Williamson, C.** *Metabolic Biomarkers Following a Short and Long Bout of High-Intensity Functional Training in Recreationally Trained Men.* Journal of Human Sport & Exercise, 12(3). 2017
22. Kliszczewicz, B., Esco, M., Bechke, E., Feito, Y., **Williamson, C.**, Brown, D., Price, B., *Venipuncture Procedure Affects Heart Rate Variability and Chronotropic Response.* Pacing and Clinical Electrophysiology, 40(10). 2017

PEER REVIEWED SCHOLARLY PUBLICATIONS IN REVIEW AND PREPARATION

1. Rooks, R., McLester, C., Kliszczewicz, B., Bechke E., **Williamson C.**, McLester, J. *A Comparison of Anaerobic Power Tests During Cycle and Non-motorized Treadmill Ergometry at Optimized Loads.* (In review: Journal of Strength & Conditioning Research)
2. **Williamson-Reisdorph, C.**, Sol, J., Quindry, J.C. *The impact of exercise and physical activity on the physiology of smoke exposure.* (In preparation)
3. Quindry, J.C., Quindry, T., **Williamson-Reisdorph, C.**, Tiemessen, K., Selsby, J. *Physiologic and histological indices of cardiac dysfunction in D2 dystrophic mice receiving quercetin and nicotinamide riboside.* (In preparation)

NATIONAL PEER REVIEWED PRESENTATIONS

1. **Williamson-Reisdorph, C.**, Quindry, T., Tiemessen, K., Cuddy, J., Hailes, W., Slivka, D., Ruby, B.C., Quindry, J.C. *Blood Oxidative Stress Responses to Exercise Following 16-sessions of Heat Acclimation.* American Physiologic Society Integrative Physiology of Exercise Virtual Conference. (Poster)
2. Gurney, S., Christison, K., **Williamson-Reisdorph, C.**, Sol, J., Quindry, T., Quindry, J.C., Dumke, C. *Alterations in Metabolic and Cardiovascular Risk Factors during Critical Training in Wildland Firefighters.* American Physiologic Society Integrative Physiology of Exercise Virtual Conference. (Poster)
3. Christison, K., Gurney, S., **Williamson-Reisdorph, C.**, Quindry, T., Sol, J., Tiemessen, K., Palmer, C., Bundle, M., Quindry, J.C., Dumke, C. *Muscle Soreness and Damage During Wildland Firefighter Critical Training.* American Physiologic Society Integrative Physiology of Exercise Virtual Conference. (Poster)
4. **Williamson-Reisdorph, C.**, Christison, K., Gurney, S., Tiemessen, K., Sol, J., Quindry, T., Palmer, C., Bundle, M., Dumke, C., Quindry, J. *Seasonal Changes in Cardiovascular Function, Risk Factors, and Oxidative Stress of Wildland*

Firefighters. American College of Sports Medicine Annual Meeting, San Francisco, CA, 2020. (Thematic Poster)

*Cancelled due to COVID-19

5. Gurney S., Christison K., **Williamson-Reisdorph, C.**, Tiemessen, K., Sol, J., Quindry T., Bundle, M., Palmer, C., Quindry J.C., Dumke C. *Metabolic and Cardiovascular Alterations During Critical Training in Wildland Firefighters*. American College of Sports Medicine Annual Meeting, San Francisco, CA, 2020. (Thematic Poster) *Cancelled due to COVID-19
6. Christison, K., Gurney, S., **Williamson-Reisdorph, C.**, Quindry, T., Sol, J., Tiemessen, K., Palmer, C., Bundle, M., Quindry, J., Dumke, C. *Muscle Soreness and Damage During Wildland Firefighter Critical Training*. American College of Sports Medicine Annual Meeting, San Francisco, CA, 2020. (Thematic Poster) *Cancelled due to COVID-19
7. Quindry, J., **Williamson-Reisdorph, C.** *Health and Fitness Benefits Using A Heart Rate Intensity-Based Commercial Fitness Regimen*. American College of Sports Medicine Annual Meeting, Orlando, FL, 2019. (Poster)
8. **Williamson, C.**, Nickerson, B., Bechke, E., McLester, C., Kliszczewicz, B. *Caffeine Consumption in Habitual Users Has No Impact on BIA-Derived Measurements of Body Composition*. American College of Sports Medicine Annual Meeting, Minneapolis, MN, 2018. (Oral Presentation)
9. Bechke, E., **Williamson, C.**, Bailey, P., Hoffstetter, W., McLester, C., Kliszczewicz, B. *Caffeine and Citrate Aurantium Supplementation Alter Resting Cardiac Autonomic Function but Not During Recovery*. American College of Sports Medicine Annual Meeting, Minneapolis, MN, 2018. (Poster)
10. Buresh, R., Feito, Y., **Williamson, C.**, Kliszczewicz, B., Ellis, C., Tsui, L., Schlupp, A., Shepard, K., Volpe, S. *The Influence of Physical Activity on Energy Balance and Resting Metabolic Rate in Adults*. American College of Sports Medicine Annual Meeting, Minneapolis, MN, 2018. (Poster)
11. Markert, C., Clemons, K., Bechke E., **Williamson, C.**, Mckenzie, M., Kliszczewicz, B. *Biomarkers of Inflammation and Angiogenesis Following Short vs. Long Bouts of High-Intensity Training*. American College of Sports Medicine Annual Meeting, Minneapolis, MN, 2018. (Poster)
12. Kliszczewicz, B., Markert, C., Bechke, E., **Williamson, C.** *Variations of Acute Bouts of High-Intensity Training Programming Minimally Influence Biomarkers of Growth*. American College of Sports Medicine Annual Meeting, Minneapolis, MN, 2018. (Poster)
13. Hornbuckle, L., Buresh, R., Feito Y., **Williamson, C.**, Kliszczewicz, B., Herrington A., Ellis, C., Tsui, L., Schlupp, A., Shepard, K., Volpe, S. *Influence of Multiple Indices of Body Composition on Cardiometabolic Risk Factors in Adults*. American College of Sports Medicine Annual Meeting, Minneapolis, MN, 2018. (Oral Presentation)
14. McLester, C., Wheeler, B., Bechke, E., **Williamson, C.**, McLester, J. *An Examination of Obligatory Exercise, Eating Attitudes, and Perceived Body Image Among Collegiate Males and Females*. American College of Sports Medicine Annual Meeting, Minneapolis, MN, 2018. (Poster)
15. Moriarty, T., Feito, Y., Monahan, J., **Williamson, C.** *Using the Hexoskin Smart Garment to Measure Cardiorespiratory Variables During High Intensity Functional Training*. American College of Sports Medicine Annual Meeting, Minneapolis, MN, 2018. (Poster)
16. Rooks, R., Kliszczewicz, B., McLester, C., Bechke, E., **Williamson, C.**, McLester, J. *Comparison of Anaerobic Power Tests During Cycle and Non-motorized Treadmill Ergometry at Optimized Loads*. American College of Sports Medicine Annual Meeting, Minneapolis, MN, 2018. (Poster)
17. **Williamson, C.**, Feito, Y., Kliszczewicz, B., Mangine, G. *The Influence of Pace on Performance During a Five-week Online Fitness Competition*. American College of Sports Medicine Annual Meeting, Denver, CO, 2017. (Poster)
18. Mangine, G., Huet, K., **Williamson, C.**, Bechke, E., Serafini, P., Bender, D., Hudy, J., Townsend, J. *A Robotic Resisted-sprint Improves Rate of Force Development During A 20 Meter Sprint in Athletes*. American College of Sports Medicine Annual Meeting, Denver, CO, 2017. (Poster)
19. Kliszczewicz, B., Buresh, B., Bechke, E., **Williamson, C.**, Bailey, P., Feito, Y. *Glucose Regulation Following a Short and Long Bout of High-intensity Functional Training*. American College of Sports Medicine Annual Meeting, Denver, CO, 2017. (Thematic Poster)

20. Bechke, E., Box, A., Hoffstetter, W., Serafini, P., **Williamson, C.**, Feito, Y., Kliszczewicz, B. *Heart Rate Variability Following a Short and Long Bout of High-Intensity Functional Training*. American College of Sports Medicine Annual Meeting, Denver, CO, 2017. (Poster)

REGIONAL PEER REVIEWED PRESENTATIONS

1. **Williamson-Reisdorph, C.**, Christison, K., Gurney, S., Tiemessen, K., Sol, J., Quindry, T., Palmer, C., Bundle, M., Dumke, C., Quindry, J.C. *Seasonal Changes in Cardiovascular Risk Factors and Oxidative Stress of Wildland Firefighters*. Northwest Chapter of the American College of Sports Medicine Annual Meeting, Boise, ID, 2020. (Thematic Poster)
2. Christison, K., Gurney, S., **Williamson-Reisdorph, C.**, Quindry, T., Sol, J., Tiemessen, K., Palmer, C., Bundle, M., Quindry, J., Dumke, C. *Muscle Soreness and Damage in Wildland Firefighter Critical Training*. Northwest Chapter of the American College of Sports Medicine Annual Meeting, Boise, ID, 2020. (Oral Presentation)
3. Gurney, S., Christison, K., **Williamson-Reisdorph, C.**, Tiemessen, K., Sol, J., Quindry, T., Bundle, M., Palmer, C., Quindry, J., Dumke, C. *Metabolic and Cardiovascular Alterations During Critical Training in Wildland Firefighters*. Northwest Chapter of the American College of Sports Medicine Annual Meeting, Boise, ID, 2020. (Thematic Poster)
4. **Williamson-Reisdorph, C.**, Bechke, E., McLester, C., Buresh, B., Millard-Stafford, M.L., Rooks R., Green, Z., Hayes, K., Nickerson, B., Kliszczewicz, B. *Metabolic and Cardiac Autonomic Recovery Following A 1-Hour Cycling Time Trial with Carbohydrate Rinse*. Northwest Chapter of the American College of Sports Medicine Annual Meeting, Bend, OR, 2019. (Poster)
5. Bechke, E., **Williamson, C.**, Green, Z., Lopez, R., Tillman, M.D., Esco, M., McLester, C., Kliszczewicz, B. *Averaged resting heart rate variability measures may not correlate with heart rate recovery in females*. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greenville, SC, 2019. (Poster)
6. Lopez, R., Bechke, E., **Williamson, C.**, Green, Z., Tillman, M.D., Esco, M., McLester, C., Kliszczewicz, B. *Resting heart rate variability does not influence state-trait anxiety inventory*. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greenville, SC, 2019. (Poster)
7. **Williamson, C.**, Nickerson, B., Bechke, E., McLester, C., Kliszczewicz, B. *Acute Caffeine Consumption Does Not Affect Body Composition Analysis*. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN, 2018. (Poster)
8. Bechke, E., **Williamson, C.**, Bailey, P., Hoffstetter, W., McLester, C., Kliszczewicz, B. *Cardiac Autonomic Response to Caffeine and Citrate Aurantium Supplementation Following Exhaustive Exercise Bouts*. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN, 2018. (Poster)
9. Kliszczewicz, B., Markert, C., Bechke, E., **Williamson, C.**, McKenzie, M., Clemons, KN. *Biomarkers of Growth Following Two Bouts of High-Intensity Training Programming*. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN, 2018. (Thematic Poster)
10. Buresh, R., Kliszczewicz, B., Knaga, J., Boone, J., **Williamson, C.**, Bechke, E. *Bodyweight Circuit Exercise Training in Adults with Type 2 Diabetes Mellitus – Three Case Studies*. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN, 2018. (Poster)
11. McLester, C., Kliszczewicz, B., Bailey, P., Bechke, E., **Williamson, C.**, Hoffstetter, W., McLester, J. *The Effects of Caffeine and Citrus Aurantium on Performance During Repeated Anaerobic Bouts in Habitual Caffeine Users*. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN, 2018. (Poster)
12. **Williamson, C.**, Feito, Y., Kliszczewicz, B., Mangine, G. *Variables that affect performance in Two Workouts of the 2016 CrossFit® Open*. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greenville, SC, 2017. (Oral Presentation)
13. Bechke, E., Box, A., **Williamson, C.**, Hoffstetter, W., Serafini, P., Feito, Y., Kliszczewicz, B. *Heart Rate Variability Following a Short and Long Bout of High-Intensity Functional Training*. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greenville, SC, 2017. (Poster)

GRANTS, FELLOWSHIPS, AND AWARDS

Associated Students of the University of Montana (ASUM) Research Award (\$410), University of Montana, Missoula MT, 2020

American College of Sports Medicine Regional Chapter Grant: Continuation of the ACSM Northwest Student Research and Travel Award Program (\$3,000), 2019-2021

Graduate Research Assistant, University of Montana, Missoula, MT, Summer 2019

International Heart Institute Graduate Research Assistant, University of Montana, Missoula, MT, 2018-2022

Outstanding Thesis Award, Kennesaw State University, Kennesaw, GA, 2018

1st Place SE American College of Sports Medicine (SEACSM) Masters Student Research Award, Chattanooga, TN, 2018

Graduate Student Association Travel Award (\$1,600), Kennesaw State University, Kennesaw, GA 2018

Graduate Teaching Assistant, Kennesaw State University, Kennesaw, GA, 2017-2018

1st Place Graduate Oral Presentation, Kennesaw State University Symposium of Student Scholars, Kennesaw, GA, 2017

Graduate Teaching Assistant, Kennesaw State University, Kennesaw, GA, Summer 2017

Graduate Research Assistant, Kennesaw State University, Kennesaw, GA, 2016-2017

MANUSCRIPT REVIEW

1. Assigned Reviewer, Medicine and Science in Sports and Exercise, International Journal of Exercise Science, Journal of Applied Physiology
2. Mentored Ad Hoc Reviewer with John C. Quindry, Clinical Autonomic Research, Medicine and Science in Sports and Exercise, Occupational and Environmental Medicine

PROFESSIONAL MEMBERSHIPS

ACSM, American College of Sports Medicine, 2017–Present

ISSN, International Society of Sports Nutrition, 2017–Present

SEACSM, Southeast Chapter of the American College of Sports Medicine, 2016–2018

NWACSM, Northwest Chapter of the American College of Sports Medicine, 2018–Present

NSCA, National Strength and Conditioning Association, 2020–Present

APS, American Physiological Society, 2020–Present

PROFESSIONAL SERVICE AND COMMITTEE WORK

External Professional Service

American College of Sports Medicine

Student Advisory Committee

Northwest Chapter of the American College of Sports Medicine
Executive Board, National Student Representative

Northwest Chapter of the American College of Sports Medicine
Judge for Undergraduate Poster Presentations, 2020 Annual Meeting

Northwest Chapter of the American College of Sports Medicine
Abstract Reviewer, 2019 Annual Meeting

Southeast Chapter of the American College of Sports Medicine
Audio Visual Team, 2018 Annual Meeting

Southeast Chapter of the American College of Sports Medicine
Audio Visual Team, 2017 Annual Meeting

Internal Professional Service

School of Integrative Physiology and Athletic Training, University of Montana
Graduate Committee, 2019-2021

Department of Health and Human Performance, University of Montana
Student Evaluation Committee, 2018-2019

Graduate Exercise Physiology & Sport Management Club, Kennesaw State University
Vice President, 2016-2018

Undergraduate Exercise Science Majors Club, Kennesaw State University
Member, 2015-2016

SUPERVISION AND MENTORSHIP OF UNDERGRADUATE AND GRADUATE STUDENTS

University of Montana

Graduate Students

Derek Jones, Professional Paper Committee Member, 2021–Present

Anna Covington, Research Mentor, 2021–Present

Joseph Sol, Research Mentor, 2019–Present

2020 Northwest Chapter of the American College of Sports Medicine Graduate Thematic Session Winner

Katie Christison, Research Mentor, 2018–Present

2021 George and Margaret Sarsfield Scholarship (\$3,200)

2020 Northwest Chapter of the American College of Sports Medicine Student Travel Award

2020 Northwest Chapter of the American College of Sports Medicine Graduate Presentation Winner

Shae Gurney, Research Mentor, 2018–Present

2020 Northwest Chapter of the American College of Sports Medicine Student Travel Award

Kathryn Tiemessen, Research Mentor, 2018–2019

Todd Marchant, Research Mentor, 2018–2019

Dylan Richmond, Research Mentor, 2018–2019

Undergraduate Students

Selene Tobin, Research Mentor, 2018–2019

Kesley Wood, Research Mentor, 2018–2019

Toria Woodin, Research Mentor, 2018–2019

Kennesaw State University

Graduate Students

Zackery Green, Research Mentor, 2017–2018

Katy Hayes, Research Mentor, 2017–2018

Jennifer Julian, Research Mentor, 2017–2018

Alex Olmos, Research Mentor, 2017-2018

Roxanna Lopez, Research Mentor, 2017–2018

Emily Bechke, Research Mentor, 2016–2018

2018–2020 Student Representative for the Southeast Chapter of the American College of Sports Medicine

2018–2020 Student Affairs Committee Member for the American College of Sports Medicine

2018 Graduate Student Association Travel Award (\$1,600)

2017 Graduate Student Association Travel Award (\$1,590)

Undergraduate Students

Rachel Rice, Research Mentor, 2017–2018

Zackery Green, Research Mentor, 2016-2017

Emily Bechke, Research Mentor, 2015-2016