

## **Kayla M. Dingo (Baker), PhD, CSCS, TSAC-F, ACSM-EP**

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### **University of Cincinnati**

College of Allied Health Sciences  
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## **Education**

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- 2016 – 2019      **PhD, Exercise Physiology**  
School of Kinesiology and Physical Therapy, Division of Kinesiology  
University of Central Florida, Orlando, FL  
Major Advisor: Dr. Jeanette M. Garcia  
*Dissertation: A Mixed-Methods Approach to Understanding the Relationship  
between Mental Toughness and the Effect of Music on Exercise Performance*  
GPA: 4.0
- 2014 – 2016      **MS, Exercise Science (Applied Physiology track)**  
School of Kinesiology and Physical Therapy, Division of Kinesiology  
University of Central Florida, Orlando, FL  
Major Advisor: Dr. David H. Fukuda  
*Thesis: Methods to Determine Heart Rate Deflection Point and Their Relation  
to Respiratory Compensation Point and 5000m Treadmill Running Time*  
GPA: 3.8
- 2012 – 2014      **BS, Sport and Exercise Science (Human Performance track)**  
School of Kinesiology and Physical Therapy, Division of Kinesiology  
University of Central Florida, Orlando, FL
- 2009 – 2012      **AA, General Education**  
Valencia College, Orlando, FL

## **Academic and Professional Appointments**

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2022 – Present	<b>Assistant Professor of Health Sciences</b> , University of Cincinnati, Dept. of Rehabilitation, Exercise, & Nutritional Sciences, Cincinnati, OH
2019 – 2022	<b>Assistant Professor of Exercise Science</b> , Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
2016, 2019	<b>Adjunct Teaching Instructor</b> , University of Central Florida, School of Kinesiology and Physical Therapy, Orlando, FL
2015 – 2019	<b>Graduate Teaching Associate</b> , University of Central Florida, School of Kinesiology and Physical Therapy, Orlando, FL
2014 – 2019	<b>Graduate Research Assistant</b> , University of Central Florida, School of Kinesiology and Physical Therapy, Orlando, FL
2014	<b>Research Intern</b> , Human Performance Laboratory and Wellness Research Center, University of Central Florida, School of Kinesiology and Physical Therapy, Orlando, FL
2012 – 2014	<b>Research Assistant</b> , Human Performance Laboratory, University of Central Florida, School of Kinesiology and Physical Therapy, Orlando, FL

## **Teaching and Advising**

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### ***University of Cincinnati, Cincinnati, OH***

*Dept. of Rehabilitation, Exercise, & Nutritional Sciences*

HLSC 3035	<b>Physical Conditioning and Testing</b> <i>Summer 2022, Summer 2023, Summer 2024, Summer 2025</i>
HLSC 3034C	<b>Exercise Testing and Prescription</b> <i>Spring 2023, Spring 2024, Spring 2025</i>
HLSC 3033C	<b>Exercise Epidemiology</b> <i>Spring 2023, Spring 2024, Fall 2025</i>
HLSC 3032C	<b>Physiology of Exercise</b> <i>Fall 2022, Fall 2023, Fall 2024, Spring 2025</i>
HLSC 3031	<b>General Exercise Physiology</b> <i>Summer 2022, Summer 2023, Summer 2024, Summer 2025</i>

- HLSC 2016            **Intro to Health Professions and Practice**  
*Fall 2024*
- HLSC 2012            **Medical Terminology**  
*Summer 2022, Summer 2023, Summer 2024, Summer 2025*

***Western Kentucky University, Bowling Green, KY***  
***School of Kinesiology, Recreation, and Sport***

*Primary Instructor*

- DPT 783            **Research in Physical Therapy III (Quantitative Statistics)**  
*Summer 2020*
- KIN 501            **Research Methods**  
*Fall 2020, Fall 2021*
- EXS 498            **Capstone Research Experience**  
*Spring 2020*
- EXS 325            **Applied Exercise Physiology**  
*Fall 2021, Spring 2022*
- EXS 313            **Motor Learning and Development**  
*Winter 2021*
- EXS 296            **Practicum**  
*Spring 2020, Spring 2021, Spring 2022*
- EXS 223            **Intro to Exercise Science**  
*Fall 2019, Spring 2020, Fall 2020, Spring 2021, Spring 2022*
- EXS 122            **Foundations of Kinesiology**  
*Fall 2019, Spring 2020, Fall 2020, Spring 2021, Summer 2021, Fall 2021*

*Guest Lecturer*

- EXS 122            **Foundations of Kinesiology**  
Topic: Careers in Mental Health and Exercise  
*Fall 2019*

***University of Central Florida, Orlando, FL***  
***School of Kinesiology and Physical Therapy***

**Primary Instructor**

- PET 4550            **Assessment and Evaluation in Exercise Science**  
*Summer 2016, Fall 2016, Spring 2017, Summer 2017, Spring 2018, Summer 2018, Fall 2018, Spring 2019, Summer 2019*
- APK 4110            **Exercise Physiology**  
*Fall 2017*
- PET 3097            **Health and Wellness**  
*Summer 2015, Fall 2015, Spring 2016, Summer 2016*

**Graduate Teaching Associate**

- PET 6990            **Exercise Prescription for Special Populations**  
*Summer 2018*
- APK 4110            **Exercise Physiology**  
*Fall 2016*
- PET 4088            **Physical Activity and Preventative Medicine**  
*Fall 2017, Fall 2018, Spring 2019*
- PET 4050            **Motor Development and Learning**  
*Spring 2017, Summer 2017*
- PET 3005            **Introduction to Sport and Exercise Science**  
*Spring 2018*

**Guest Lecturer**

- PET 4088            **Physical Activity and Preventative Medicine**  
Topic: Mental Health and Exercise as Medicine  
*Fall 2017, Fall 2018, Spring 2019*
- PET 3005            **Introduction to Sport and Exercise Science**  
Topic: Careers in Higher Education  
*Spring 2018*

## **Research and Scholarship**

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### ***Grants/Funding***

#### ***Internal Research Grants***

- 2024                    **Faculty Development Award, \$1,800.**  
Presenting research at the American College of Sports Medicine National Conference in Boston, MA. (*submitted February 2024, funded*) (*primary investigator*)
- 2023                    **Faculty Development Award, \$2,300.**  
Presenting research at the American College of Sports Medicine National Conference in Boston, MA. (*submitted September 2023, not funded*) (*primary investigator*)
- 2023                    **Faculty Development Award, \$2,090.**  
Presenting research at the American College of Sports Medicine National Conference in Denver, CO. (*submitted January 2023, not funded*) (*primary investigator*)
- 2019                    **Faculty-Undergraduate Student Engagement Grant (FUSE), \$3,000.**  
The effects of a Buddy Walking Program on physical activity levels in adults with lower body disabilities. (*submitted October 2019, funded*) (*primary investigator*)
- 2019                    **WKU Sisterhood Grant, \$20,000.**  
Bridging the gap between classroom and home-based learning. (*submitted September 2019, not funded*) (*co-investigator*)

#### ***External Research Grants***

- 2019                    **NCAA Innovations in Research and Practice Grant, \$25,000.** Player development: The efficacy of the Birkman Method Personality Assessment and Programming. (*submitted November 2019, not funded*) (*co-investigator*)

### ***Current Research Projects***

1. Alt, J., Carl, D., & Baker, K. (2024). **The effect of a 21-week training program on functional movement and cardiorespiratory fitness in Cincinnati Fire Department recruits.** (*data collection in progress*)

## ***Peer-Reviewed Journal Manuscripts***

### *Published Manuscripts*

1. **Baker, K.,** Bopp, M., Bulger, S., Chen, Y., Duffey, M., Myers, B., Voelker, D., & Woodard, K. (2022). **Kinesiology Faculty Reflections on COVID-19 and Future Directions in Online Education.** *Kinesiology Review*, 11(4), 303-310.
2. Stone, W., & **Baker., K.** (2020). **A Roadmap: Social distancing physical activity data collection to protect those with intellectual disabilities.** *Journal of Intellectual Disability Research*.
3. Beyer, K. S., Stout, J. R., Redd, M. J., **Baker, K. M.,** Church, D. C., Bergstrom, H. C., Hoffman, J. R., Fukuda, D. H. (2020). **Effect of Somatic Maturity on the Aerobic and Anaerobic Adaptations to Sprint Interval Training.** *Physiological Reports*, 8(9), e14426.
4. **Baker, K.,** Healy, S., Rice, D., & Garcia, J. (2018). **Adolescent weight and health behaviors and their associations with individual, social, and parental factors.** *Journal of Physical Activity and Health*.
5. Garcia, J., **Baker, K.,** Diaz, M., Tucker, J., Kelchner, V., & Rice, D. (2018). **Implementation fidelity of a mindfulness-based yoga program for children with Autism Spectrum Disorder and their families: A pilot study.** *Advances in Neurodevelopment Disabilities*.
6. Beyer, K., Stout, J., Redd, M., **Baker, K.,** Bergstrom, H., Hoffman, J., & Fukuda, D. (2018). **Maturity-related differences in systemic and localized fatigue threshold amongst adolescent male athletes.** *Pediatric Exercise Science*.
7. Garcia, J., Sirard, J., Whaley, D., Rice, D., **Baker, K.,** & Weltman, A. (2018). **The influence of friends and psychosocial factors on physical activity and screen time in normal and overweight adolescents: a mixed-methods analysis.** *American Journal of Health Promotion*, 39(4), 610-623.
8. Barkley, L., Taliaferro, L., **Baker, K.,** & Garcia, J. (2018). **The holistic athletic healthcare model: Addressing the development, social, and cultural needs of collegiate athletes.** *Journal of Higher Education Athletics & Innovation*, 1(3), 26-47.
9. Coker, N., Varanoske, A., **Baker, K.,** & Hahs-Vaughn, D. (2018). **Predictors of competitive success of national-level powerlifters: A multi-level analysis.** *International Journal of Performance Analysis in Sport*.
10. Varanoske, A., Hoffman, J., Church, D., Coker, N., **Baker, K.,** Dodd, S., Harris, R., Oliveira, L., Dawson, V., Wang, R., Fukuda, D., & Stout, J. (2018). **Comparison of sustained-release and rapid-release  $\beta$ -alanine formulations on changes in skeletal muscle carnosine and histidine content and isometric performance following a muscle-damaging protocol.** *Amino Acids*.

11. **Baker, K.**, Fukuda, D., Church, D., La Monica, M., Beyer, K., Hoffman, J., & Stout, J. (2017). **Mathematical modeling and expression of heart rate deflection point using heart rate and oxygen consumption.** *International Journal of Exercise Science*, 10(4), 592-603.
12. Varanoske, A., Hoffman, J., Church, D., Wang, R., **Baker, K.**, Dodd, S., Coker, N., Oliveira, L., Dawson, V., Fukuda, D., & Stout, J. (2017). **Influence of skeletal muscle carnosine content on fatigue during repeated resistance exercise in recreationally-active women.** *Nutrients*, 9(9), 988.
13. Varanoske, A., Hoffman, J., Church, D., Coker, N., **Baker, K.**, Dodd, S., Oliveira, L., Dawson, V., Wang, R., Fukuda, D., and Stout, J. (2017).  **$\beta$ -Alanine supplementation elevates intramuscular carnosine content and attenuates fatigue in men and women similarly, but does not change muscle L-Histidine content.** *Nutrition Research*, 48, 16-26.
14. Wells, A., Jajtner, A., Varanoske, A., Church, D., Gonzalez, A., Townsend, J., Boone, C., **Baker, K.**, Beyer, K., Mangine, G., Oliveira, L., Fukuda, D., Stout, J., & Hoffman, J. (2017). **Post-resistance exercise ingestion of milk protein attenuates plasma TNF $\alpha$  and TNFr1 expression on monocyte subpopulations.** *Amino Acids*, 1-12.
15. Church, D., Hoffman, J., Varanoske, A., Wang, R., **Baker, K.**, La Monica, M., Beyer, K., Dodd, S., Oliveira, L., Harris, R., Fukuda, D., & Stout, J. (2017). **Comparison of two  $\beta$ -alanine dosing protocols on muscle carnosine elevations.** *Journal of the American College of Nutrition*, 2017, 1-9.
16. Townsend, J., Stout, J., Jajtner, A., Church, D., Beyer, K., Oliveira, L., La Monica, M., Riffe, J., Muddle, T., **Baker, K.**, Fukuda, D., Roberts, M., & Hoffman, J. (2016). **Resistance exercise increases intramuscular NF- $\kappa$ b signaling in untrained males.** *European Journal of Applied Physiology*, 116(11-12), 2103-2111.
17. Wells, A., Hoffman, J., Jajtner, A., Varanoske, A., Church, D., Gonzalez, A., Townsend, J., Boone, C., **Baker, K.**, Beyer, K., Mangine, G., Oliveira, L., Fukuda, D., & Stout, J. (2016). **The effect of post-resistance exercise amino acids on plasma MCP-1 and CCR2 expression.** *Nutrients*, 8(7), 409.
18. Wells, A., Hoffman, J., Jajtner, A., Varanoske, A., Church, D., Gonzalez, A., Townsend, J., Boone, C., **Baker, K.**, Beyer, K., Mangine, G., Oliveira, L., Fukuda, D., & Stout, J. (2016). **Monocyte recruitment following high-intensity and high-volume resistance exercise.** *Medicine and Science in Sports and Exercise*, 48(5), 393.
19. Gonzalez, A., Hoffman, J., Townsend, J., Jajtner, A., Boone, C., Beyer, K., **Baker, K.**, Wells, A., Mangine, G., Robinson, E., Church, D., Oliveira, L., Fukuda, D., & Stout, J. (2016). **Intramuscular MAPK signaling following high volume and high intensity resistance exercise protocols in trained men.** *European Journal of Applied Physiology*, 116(9), 1663-1670.

20. Boone, C., Hoffman, J., Gonzalez, A., Jajtner, A., Townsend, J., **Baker, K.**, Fukuda, D., & Stout, J. (2015). **Changes in plasma aldosterone and electrolytes following high-volume and high-intensity resistance exercise protocols in trained men.** *The Journal of Strength and Conditioning Research*, 30(7), 1917-1923.
21. Gonzalez, A., Hoffman, J., Townsend, J., Jajtner, A., Boone, C., Beyer, K., **Baker, K.**, Wells, A., Mangine, J., Robinson, E., Church, D., Oliveira, L., Willoughby, D., Fukuda, D., & Stout, J. (2015). **Intramuscular anabolic signaling and endocrine response following high volume and high intensity resistance exercise protocols in trained men.** *Physiological Reports*, 37(7), e12466.
22. La Monica, M., Fukuda, D., Beyer, K., Hoffman, M., Miramonti, A., Riffe, J., **Baker, K.**, Fragala, M., Hoffman, J., & Stout, J. (2015). **Altering work to rest ratios differentially influences fatigue during repeated sprint ability testing.** *Journal of Strength and Conditioning Research*, 30(2), 400-406.
23. Gonzalez A., Hoffman J., Jajtner A., Townsend J., Boone C., Beyer K., **Baker K.**, Wells A., Church D., Mangine, G., Oliveira L., Moon J., Fukuda D., & Stout J. (2015). **Protein supplementation does not alter intramuscular anabolic signaling or endocrine response after resistance exercise in trained men.** *Nutrition Research*, 35(11), 990-1000.
24. Church, D., Hoffman, J., La Monica, M., Riffe, J., Hoffman, M., **Baker, K.**, Varanoske, A., Wells, A., Stout, J., & Fukuda, D. (2015). **The effect of an acute ingestion of Turkish coffee on reaction time and time trial performance.** *Journal of the International Society of Sports Nutrition*, 12(1), 1.

### ***Published Abstracts and Briefs***

1. **Baker, K. (2024). Outdoor Exercise In Relation To Depression, Anxiety, Stress, And Quality Of Life In College Students.** *Nature and Health Alliance, Quarter 3 Newsletter, in press.*
2. **Baker, K. (2024). Outdoor Exercise In Relation To Depression, Anxiety, Stress, And Quality Of Life In College Students.** *Medicine and Science in Sport and Exercise, 55, in press.*
3. **Baker, K. (2024). Research Brief: Outdoor Exercise In Relation To Depression, Anxiety, Stress, And Quality Of Life In College Students.** *Nature and Health Alliance, June 2024 Edition, in press.*
4. **Baker, K. (2023). Green Exercise in Relation to Affinity for Nature, Resilience, and Self-Efficacy.** *Medicine and Science in Sport and Exercise, 55(9S):439.*
5. **Baker, K., Toluoso, D., & Garcia, J. (2020). The Relationship between Mental Toughness and the Ergogenic Effects of Music during Exercise.** *Medicine and Science in Sport and Exercise, 52(7S):121.*



6. **Baker, K.,** Garcia, J., & Belity, T. (2019). **Emotional Influence of Music in Relation to the Effect of Music on Exercise Performance.** *Medicine and Science in Sport and Exercise*, 51(6S):394.
7. Renziehausen, J., Rivera, P., **Baker, K.,** Leahy, N., & Garcia, J. (2019). **Physical Activity, Sleep, and Stereotypic Behaviors in Youth with Autism Spectrum Disorder.** *Medicine and Science in Sport and Exercise*, 51(6S):166.
8. Rivera, P., Renziehausen, J., **Baker, K.,** Leahy, N., Garcia, J., & Xu, L. (2019). **The Examination of Judo on Physical Activity and Sleep in Children with Autism Spectrum Disorder.** *Medicine and Science in Sport and Exercise*, 51(6S):362.
9. **Baker, K.,** Healy, S., Rice, D., Garcia, J. (2017). **The Effect of Bullying on Health Behaviors in Adolescents.** *Medicine and Science in Sport and Exercise*, 49(5S):973.
10. Garcia, J., **Baker, K.,** Rice, D., & Healy S. (2017). **Comparison of Physical Activity and Sports Participation in Children with and Without Autism Spectrum Disorder.** *Medicine and Science in Sport and Exercise*, 49(5S):162.
11. Stout, J., Beyer, K., Fukuda, D., Redd, M., **Baker, K.,** & Hoffman, J. (2017). **Reliability of the Neuromuscular Fatigue Threshold Measurement across Maturity Status in Boys.** *Medicine and Science in Sport and Exercise*, 49(5S):1084.
12. Redd, M., Fukuda, D., Beyer, K., **Baker, K.,** Garcia, J., Hoffman, J., & Stout, J. (2017). **Evaluating the Relationship between Physical Performance and Mental Toughness in Youth Athletes.** *Medicine and Science in Sport and Exercise*.
13. **Baker, K.,** Hoffman, J., Jajtner, A., Townsend, J., Varanoske, A., Beyer, K., Boone, C., Fukuda, D., Stout, J. (2016). **Effect of Muscle-Damaging Exercise on Circulating TNF- $\alpha$  and TNFR1 Expression in Monocytes and Neutrophils.** *Medicine and Science in Sport and Exercise*, 48(5S):1030.
14. Boone, C., Fukuda, D., Wells, A., **Baker, K.,** Varanoske, A., Hoffman, J. (2016). **The Influence of Biological Age on Muscle Morphology in Youth Judo Athletes.** *Medicine and Science in Sport and Exercise*, 48(5S):181.
15. Fukuda, D. Wang, R., Beyer, K., La Monica, M., Boone, C., Church, D., **Baker, K.,** Varanoske, A., Muddle, T., Riffe, J., Hoffman, J., & Stout, J. (2016). **Maturity Status May Influence Plyometric Ability in Youth Judo Athletes.** *Medicine and Science in Sport and Exercise*, 48(5S):150.
16. Varanoske, A., Fukuda, D., Boone, C., Beyer, K., **Baker, K.,** Stout, J., and Hoffman, J. (2016). **Echogenicity Quantified by Ultrasonographic Panoramic Scans Compared to Still-Images in Collegiate Men.** *Medicine and Science in Sport and Exercise*, 48(5S):433.

17. Townsend J., Stout J., Jajtner A., Church D., Oliveira L., Beyer K., La Monica M., Riffe J., Muddle T., Wang R., **Baker K.**, Boone C., Varanoske A., Redd M., Fukuda D., Hoffman, J. (2016). **The Effects of Acute Resistance Exercise on Apoptotic Signaling in Untrained Males.** *Medicine and Science in Sport and Exercise*, 48(5S):15.
18. Gonzalez A., Hoffman J., FASCM, Townsend J., Jajtner A., Boone C., Beyer KS, **Baker K.**, Wells A., Mangine G., Robinson E., Church D., Oliveira L., Fukuda D., Stout J. (2016). **MAPK Signaling Following High Volume and High Intensity Resistance Exercise Protocols in Trained Men.** *Medicine and Science in Sport and Exercise*, 48(5S):17.
19. Wells, A., Hoffman, J., FASM, Jajtner, A., Varanoske, A., Church, D., Gonzalez, A., Townsend, J., Boone, C., **Baker, K.**, Mangine, G., Oliveira, L., Fukuda, D., Stout, J., FASCM. (2016). **Monocyte Recruitment Following High-Intensity and High-Volume Resistance Exercise.** *Medicine and Science in Sport and Exercise*, 48(6):1169-1178.
20. La Monica, M., Fukuda, D., Beyer, K., Hoffman, M., Miramonti, A., Riffe, J., **Baker, K.**, Fragala, M., Stout, J., Hoffman, J. (2015). **Alteration of Work to Rest Ratios Influence Repeated Sprint Ability Performance.** *Medicine and Science in Sport and Exercise*, 47(5S):197.

### ***National and Regional Presentations***

1. Oldendick, J., Weizman, M., Alt, J., **Baker, K.**, & Carl, D. **Effectiveness of a 21-Week Firefighter Recruit Training Program.** 2024 Midwest ACSM Regional Conference. Grand Rapids, MI.
2. **Baker, K. Outdoor Exercise In Relation To Depression, Anxiety, Stress, And Quality Of Life In College Students.** 2024 ACSM National Conference. Boston, MA.
3. Hopkins, C. & **Baker, K. Outdoor Exercise In Relation To Depression, Anxiety, Stress, And Quality Of Life In College Students.** 2024 CAHS Scholarly Showcase. Cincinnati, OH. *Independent Study Student Presentation.*
4. Carl, D. & **Baker, K. The Longitudinal Value of Human Movement and Exercise: Why Exercise and Movement should not be Viewed as “Four-Letter Words”.** 2023 Midwest ACSM Regional Conference. Indianapolis, IN.
5. **Baker, K. Green Exercise in Relation to Affinity for Nature, Resilience, and Self-Efficacy.** 2023 ACSM National Conference. Denver, CO.
6. **Baker, K., Mack, M., & Tinius, R. Prevention and Treatment Methods for the Occurrence of Medial Tibial Stress Syndrome in High School Cross Country Athletes.** 2022 Southeast ACSM Regional Conference. Greenville, SC.

7. Buoncristiani, N., Stone, W., Malone, G., & **Baker, K. Balance and Functional Gait Relate to Daily Physical Activity in Individuals with Down Syndrome.** 2022 Southeast ACSM Regional Conference. Greenville, SC.
8. Malone, G., Stone, W., Buoncristiani, N., & **Baker, K. Wearable Activity Trackers do not Increase Physical Activity in Individuals with Down Syndrome.** 2022 Southeast ACSM Regional Conference. Greenville, SC.
9. Colao, A., Buoncristiani, N., **Baker, K.**, Scali, S., & Tinius, R. **Do Changes in Navy Fitness Testing Protocols Impact Service Members Performance?** 2022 Southeast ACSM Regional Conference. Greenville, SC.
10. Stone, W. & **Baker, K. A Roadmap: Social distancing physical activity data collection to protect those with intellectual disabilities.** 2021 Southeast ACSM Regional Conference. (*Virtual Conference.*)
11. Dolan, A., Arnett, S., **Baker, K.**, & Stone, W. **Taekwondo Training Effects on Adults with Down Syndrome.** 2021 Southeast ACSM Regional Conference. (*Virtual Conference.*)
12. Mack, M., **Baker, K.**, & Tinius, R. **The Effect of Warm-Up Protocols on the Occurrence of Medial Tibial Stress Syndrome in High School Cross Country Athletes.** 2021 Southeast ACSM Regional Conference. (*Virtual Conference.*)
13. Elder, M., **Baker, K.**, & Schafer, M. **The Effects of Manual Therapy on Stroke Patients who have Upper Extremity Impairment.** 2021 Southeast ACSM Regional Conference. (*Virtual Conference.*)
14. Mack, M., **Baker, K.**, & Tinius, R. **The Effect of Warm-Up Protocols on the Occurrence of Medial Tibial Stress Syndrome in High School Cross Country Athletes.** 2021 WKU Student Research Conference. Bowling Green, KY (*Virtual Conference.*)
15. Dolan, A., Arnett, S., **Baker, K.**, & Stone, W. **Taekwondo Training Effects on Adults with Down Syndrome.** 2021 WKU Student Research Conference. Bowling Green, KY (*Virtual Conference.*)
16. Elder, M., **Baker, K.**, & Schafer, M. **The Effects of Manual Therapy on Stroke Patients who have Upper Extremity Impairment.** 2020 WKU Student Research Conference. Bowling Green, KY (*Virtual Conference.*)
17. **Baker, K.**, Toluoso, D., & Garcia, J. **The Relationship between Mental Toughness and the Ergogenic Effects of Music during Exercise.** 2020 ACSM Annual Conference. San Francisco, CA (*Virtual Conference.*)

18. **Baker, K., Toluoso, D., & Garcia, J. The Relationship between Mental Toughness and the Ergogenic Effects of Music during Exercise.** 2020 Southeast ACSM Regional Conference. Jacksonville, FL.
19. Forsythe, S., Upright, P., **Baker, K.,** and Toluoso, D. (2020). **Player Development: The Efficacy of the Birkman Method Personality Assessment and Programming.** Professional Association of Athlete Development Specialists Summit. New York, New York.
20. **Baker, K., Toluoso, D., & Garcia, J. The Relationship between Mental Toughness and the Ergogenic Effects of Music during Exercise.** 2020 Southeast ACSM Regional Conference. Jacksonville, FL. (**Rapid Fire Competition Oral Presentation**)
21. **Baker, K., Garcia, J., & Belity, T. Emotional Influence of Music in Relation to the Effect of Music on Exercise Performance.** 2019 ACSM Annual Conference. Orlando, FL.
22. Renziehausen, J., Rivera, P., **Baker, K., Leahy, N., & Garcia, J. Physical Activity, Sleep, and Stereotypic Behaviors in Youth with Autism Spectrum Disorder.** 2019 ACSM Annual Conference. Orlando, FL.
23. Rivera, P., Renziehausen, J., **Baker, K., Leahy, N., Garcia, J., & Xu, L. The Examination of Judo on Physical Activity and Sleep in Children with Autism Spectrum Disorder.** 2019 ACSM Annual Conference. Orlando, FL.
24. **Baker, K., Garcia, J., Renziehausen, J., & Rivera, P. Reliability of Time-to-Exhaustion Trials Utilizing a Speed Corresponding to a Percentage of VO<sub>2</sub>max.** 2019 Southeast ACSM Regional Conference. Greenville, SC. (**Oral Presentation**)
25. Renziehausen, J., Rivera, P., **Baker, K., Leahy, N., & Garcia, J. Physical Activity and Sleep Quality in Youth with Autism Spectrum Disorder.** 2019 Southeast ACSM Regional Conference. Greenville, SC.
26. Rivera, P., Renziehausen, J., **Baker, K., Leahy, N., & Garcia, J. The Examination of Judo on Physical Activity and Sleep in Children with Autism Spectrum Disorder.** 2019 Southeast ACSM Regional Conference. Greenville, SC.
27. **Baker, K., Garcia, J. Feasibility of a Collaborative Intervention to Improve Healthy Behaviors in Teachers and School Staff: A Pilot Study.** 2018 Southeast ACSM Regional Conference. Chattanooga, TN.
28. Coker, N., Varanoske, A., **Baker, K., Hahs-Vaugh, D., & Wells, A. Predictors of Competitive Powerlifting Success: A Multi-Level Analysis.** 2018 NSCA Annual Conference. Indianapolis, IN.

29. Beyer, K., Stout, J., Redd, M., **Baker, K.**, Church, D., Bergstrom, H., Hoffman, J., & Fukuda, D. **Maturity-Related Differences in the Adaptations to Anaerobic Capacity Following Sprint Interval Training in Youth Male Athletes.** 2018 NSCA Annual Conference. Indianapolis, IN.
30. Magee, M., Beyer, K., Stout, J., Redd, M., **Baker, K.**, Arroyo, E., Church, D., Bergstrom, H., Hoffman, J., & Fukuda, D. **Maturity-Related Differences in Muscle Hypertrophy Following Sprint Interval Training in Youth Male Athletes.** 2018 NSCA Annual Conference. Indianapolis, IN.
31. Best, J., **Baker, K.**, Garcia, J. **Feasibility of a Collaborative Intervention to Improve Healthy Behaviors in Teachers and School Staff: A Pilot Study.** 2018 Council for Exceptional Children Convention & Expo. Tampa, FL.
32. **Baker, K.**, Healy, S., Rice, D., Garcia, J. **The Effect of Bullying on Health Behaviors in Adolescents.** 2017 ACSM Annual Conference. Denver, CO.
33. Garcia, J., **Baker, K.**, Rice, D., & Healy S. **Comparison of Physical Activity and Sports Participation in Children with and Without Autism Spectrum Disorder.** 2017 ACSM Annual Conference. Denver, CO.
34. Stout, J., Beyer, K., Fukuda, D., Redd, M., **Baker, K.**, & Hoffman, J. **Reliability of the Neuromuscular Fatigue Threshold Measurement across Maturity Status in Boys.** 2017 ACSM Annual Conference. Denver, CO.
35. Beyer, K., Stout, J., Redd, M., **Baker, K.**, Fukuda, D., & Hoffman, J. **Maturity Related Differences in Systemic and Localized Fatigue Thresholds Amongst Adolescent Male Athletes.** 2017 Experimental Biology Conference. Chicago, IL.
36. Redd, M., Fukuda, D., Beyer, K., **Baker, K.**, Garcia, J., Hoffman, J., & Stout, J. **Evaluating the Relationship between Physical Performance and Mental Toughness in Youth Athletes.** 2017 ACSM Annual Conference. Denver, CO.
37. Wells, A., Hoffman, J., Jajtner, A., Varanoske, A., Church, D., Gonzalez, A., Townsend, J., Boone, C., **Baker, K.**, Beyer, K., Mangine, G., Oliveira, L., Fukuda, D., & Stout, J. **Post-Resistance Exercise Ingestion of Amino Acids Attenuates the Initial Increase in Plasma TNF $\alpha$  and TNFr1 Expression on Monocyte Subpopulations.** 2017 Experimental Biology Conference. Chicago, IL.
38. Church, D., Hoffman, J., Varanoske, A., Wang, R., **Baker, K.**, La Monica, M., Beyer, K., Dodd, S., Oliveira, L., Fukuda, D., & Stout, J. **Comparison of Two  $\beta$ -alanine Dosing Protocols Using a Sustained Release Formulation on Muscle Carnosine Elevations.** 2017 Experimental Biology Conference. Chicago, IL.

39. **Baker, K., Hoffman, J., Jajtner, A., Townsend, J., Varanoske, A., Beyer, K., Boone, C., Fukuda, D., Stout, J. Effect of Muscle-Damaging Exercise on Circulating TNF- $\alpha$  and TNFR1 Expression in Monocytes and Neutrophils.** 2016 ACSM Annual Conference. Boston, MA.
40. Boone, C., Fukuda, D., Wells, A., **Baker, K.,** Varanoske, A., Hoffman, J. **The Influence of Biological Age on Muscle Morphology in Youth Judo Athletes.** 2016 ACSM Annual Conference. Boston, MA.
41. Fukuda, D. Wang, R., Beyer, K., La Monica, M., Boone, C., Church, D., **Baker, K.,** Varanoske, A., Muddle, T., Riffe, J., Hoffman, J., & Stout, J. **Maturity Status May Influence Plyometric Ability in Youth Judo Athletes.** 2016 ACSM Annual Conference. Boston, MA.
42. Varanoske, A., Fukuda, D., Boone, C., Beyer, K., **Baker, K.,** Stout, J., and Hoffman, J. **Echogenicity Quantified by Ultrasonographic Panoramic Scans Compared to Still-Images in Collegiate Men.** 2016 ACSM Annual Conference. Boston, MA.
43. Townsend J., Stout J., Jajtner A., Church D., Oliveira L., Beyer K., La Monica M., Riffe J., Muddle T., Wang R., **Baker K.,** Boone C., Varanoske A., Redd M., Fukuda D., Hoffman, J. **The Effects of Acute Resistance Exercise on Apoptotic Signaling in Untrained Males.** 2016 ACSM Annual Conference. Boston, MA.
44. Gonzalez A., Hoffman J., FASCM, Townsend J., Jajtner A., Boone C., Beyer KS, **Baker K.,** Wells A., Mangine G., Robinson E., Church D., Oliveira L., Fukuda D., Stout J. **Intramuscular MAPK Signaling Following High Volume and High Intensity Resistance Exercise Protocols in Trained Men.** 2016 ACSM Annual Conference. Boston, MA.
45. Wells, A., Hoffman, J., FASM, Jajtner, A., Varanoske, A., Church, D., Gonzalez, A., Townsend, J., Boone, C., **Baker, K.,** Mangine, G., Oliveira, L., Fukuda, D., Stout, J., FASCM. **Monocyte Recruitment Following High-Intensity and High-Volume Resistance Exercise.** 2016 ACSM Annual Conference. Boston, MA.
46. **Baker, K.,** Fukuda, D., La Monica, M., Stout, J., Hoffman, J. **Individual vs. Generalized Lower Limit Cutoff Points when Estimating Heart Rate Deflection Point from Two Different Mathematical Models.** 2015 NSCA National Conference. Orlando, FL.
47. Boone, C., Hoffman, J., Gonzalez, A., Jajtner, A., Townsend, J., **Baker, K.,** Fukuda, D., Stout, J. **Changes in Plasma Aldosterone and Electrolytes Following High-Volume and High-Intensity Resistance Exercise Protocols in Trained Men.** 2015 NSCA National Conference. Orlando, FL.
48. La Monica, M., Fukuda, D., Beyer, K., Hoffman, M., Miramonti, A., Riffe, J., **Baker, K.,** Fragala, M., Stout, J., Hoffman, J. **Alteration of Work to Rest Ratios Influence Repeated Sprint Ability Performance.** 2015 ACSM Annual Meeting. San Diego, CA.

### ***Oral Presentations***

1. **Dingo, K. Writing an Effective CV.** University of Cincinnati: Guest Speaker for Health and Rehabilitation Sciences Seminar. Cincinnati, OH. 2025.
2. **Dingo, K. Career Convos!** University of Cincinnati: Guest Speaker for Health and Rehabilitation Sciences Seminar. Cincinnati, OH. 2024.
3. **Baker, K. The Effects of Regular Outdoor Exercise on Psychological and Academic Outcomes in College Students.** University of Cincinnati: Guest Speaker for Health and Rehabilitation Sciences Seminar. Cincinnati, OH. 2023.
4. **Baker, K. Presenting Research Online & How to Give a Talk.** Western Kentucky University 2021 Student Research Conference. Bowling Green, KY.
5. Mack, M., **Baker, K.,** & Tinius, R. **The Effect of Warm-Up Protocols on the Occurrence of Medial Tibial Stress Syndrome in High School Cross Country Athletes.** Western Kentucky University Undergraduate Honors Thesis Defense. Bowling Green, KY. 2021. (*First Reader*).
6. **Baker, K.,** Tolusso, D., & Garcia, J. **The Relationship between Mental Toughness and the Ergogenic Effects of Music during Exercise.** 2020 Southeast ACSM Regional Conference Rapid Fire Competition. Jacksonville, FL.
7. **Baker, K. Careers in Higher Education: Mental Health and Exercise.** Western Kentucky University: Guest Lecture. Bowling Green, KY. 2019.
8. **Baker, K. A Mixed-Methods Approach to Understanding the Relationship between Mental Toughness and the Effect of Music on Exercise Performance.** University of Central Florida Doctoral Dissertation Defense. Orlando, FL. 2019.
9. **Baker, K. Mental Health and Exercise.** University of Central Florida: Guest Lecture. Orlando, FL. 2019.
10. **Baker, K.,** Garcia, J., Renziehausen, J., & Rivera, P. **Reliability of Time-to-Exhaustion Trials Utilizing a Speed Corresponding to a Percentage of VO<sub>2</sub>max.** 2019 Southeast ACSM Regional Conference Oral Presentation. Greenville, SC.
11. **Baker, K.,** Garcia, J., & Belity, T. **Emotional Influence of Music in Relation to the Effect of Music on Exercise Performance.** University of Central Florida Graduate Research Forum. Orlando, FL. 2019.
12. **Baker, K. Mental Health and Exercise.** University of Central Florida: Guest Lecture. Orlando, FL. 2018.

13. **Baker, K. A Mixed-Methods Approach to Understanding the Relationship between Mental Toughness and the Effect of Music on Exercise Performance.** University of Central Florida Doctoral Dissertation Proposal. Orlando, FL. 2018.
14. **Baker, K.,** Goldstein, E., Renziehausen, J., Rivera, P., & Garcia, J. **Effect of Physical Activity on Depression and Resiliency in Adolescents.** University of Central Florida Graduate Research Forum. Orlando, FL. 2018.
15. Goldstein, E., **Baker, K.,** Renziehausen, J., Rivera, P., & Garcia, J. **Effect of Physical Activity, Sleep Quality, and Family Meal Frequency on Academic Engagement in Youth.** University of Central Florida Graduate Research Forum. Orlando, FL. 2018.
16. Coker, N., Varanoske, A., **Baker, K.,** Hahs-Vaughn, D., & Wells, A. (2018). **Predictors of Competitive Powerlifting Success: A Multi-level Analysis.** University of Central Florida Graduate Research Forum. Orlando, FL. 2018.
17. **Baker, K. &** Goldstein, E. **Physical Activity in the Elderly.** University of Central Florida: Guest Lecture. Orlando, FL. 2017.
18. **Baker, K. Strength and Conditioning in Youth.** University of Central Florida: Guest Lecture. Orlando, FL. 2017
19. **Baker, K. Physical Activity and Mental Health.** University of Central Florida: Guest Lecture. Orlando, FL. 2017.
20. **Baker, K. Preventive Medicine, Physical Activity Assessment Methods, and Obesity and Weight-Loss.** University of Central Florida: Guest Lecture. Orlando, FL. 2017.
21. **Baker, K. Thyroid Disorders and Medications.** University of Central Florida: Guest Lecture. Orlando, FL. 2017.
22. **Baker, K. Exercise, Physical Activity, and Strength Training for Youth.** University of Central Florida: Guest Lecture. Orlando, FL. 2017.
23. **Baker, K. The Use of Activity Monitors: Accelerometers.** Edgewater High School. Orlando, FL. 2017.
24. **Baker, K.,** Rice, D., Healy, S., Garcia, J. **Comparison of Physical Activity and Sports Participation in Children with and without Autism Spectrum Disorder.** University of Central Florida Graduate Research Forum. Orlando, FL. 2017.
25. **Baker, K. Methods to Determine Heart Rate Deflection Point and Their Relation to Respiratory Compensation Point and 5000m Treadmill Running Time.** University of Central Florida Master's Thesis Defense. Orlando, FL. 2016.



26. **Baker, K., Hoffman, J., Jajtner, A., Townsend, J., Varanoske, A., Beyer, K., Boone, C., Fukuda, D., Stout, J. Effect of Muscle-Damaging Exercise on Circulating TNF- $\alpha$  and TNFR1 Expression in Monocytes and Neutrophils.** University of Central Florida Graduate Research Forum. Orlando, FL. 2016.
27. **Baker, K. Methods of Calculating Heart Rate Deflection Point in Relation to 5000m Treadmill Run Time.** University of Central Florida Master's Thesis Proposal. Orlando, FL. 2015.
28. **Baker, K. Fitness and Fun.** Special Education for Young Adults with Disabilities. University of Central Florida. Orlando, FL. 2015.
29. **Baker, K., Fukuda, D., La Monica, M., Stout, J., Hoffman, J. Individual vs. Generalized Lower Limit Cutoff Points when Estimating Heart Rate Deflection Point from Two Different Mathematical Models.** University of Central Florida Graduate Research Forum. Orlando, FL. 2015.

## Service

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### *Service to the College, Department, & Program*

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|----------------|---|
| 2025 – Present | <b>HLSC Lab Organization Taskforce (LOT).</b> University of Cincinnati, Health Sciences Program, Cincinnati, OH   |
| 2024 – Present | <b>CAHS QUILT - Digital Tools for Learning and Teaching Committee, Committee Member.</b> University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH                  |
| 2024 – Present | <b>Commission on Accreditation of Allied Health Education Programs (CAAHEP) Accreditation, Co-Leader.</b> University of Cincinnati, Health Sciences Program, Cincinnati, OH           |
| 2022 – Present | <b>Health Sciences Club, Faculty Advisor.</b> University of Cincinnati, Dept. of Rehabilitation, Exercise, & Nutritional Sciences, Cincinnati, OH                                     |
| 2023 – 2025    | <b>Health Sciences Faculty Search Committee, Member.</b> University of Cincinnati, Dept. of Rehabilitation, Exercise, & Nutritional Sciences, Health Sciences Program, Cincinnati, OH |
| 2024 – 2025    | <b>Cat Chat Club, Faculty Advisor.</b> University of Cincinnati, Dept. of Rehabilitation, Exercise, & Nutritional Sciences, Cincinnati, OH  |
| 2025           | <b>Bearcat Day, Faculty Facilitator.</b> University of Cincinnati, Department of Rehabilitation, Exercise, and Nutritional Sciences, Cincinnati, OH                                   |

- 2024 **College Hearing Panel for Academic Misconduct, Faculty Panel Member.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2024 **Midwest American College of Sports Medicine Student Spotlight, Tori Wood.** University of Cincinnati, Health Sciences Program, Cincinnati, OH
- 2024 **CAHS Scholarly Showcase, Reviewer.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2024 **Safe Patient Handling SIM Lab Open House, Attendant.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2024 **CAHS's She's Crazy: Mental Health & Other Myths, Facilitator.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2024 **Undergraduate Yield Event, Facilitator.** University of Cincinnati, Dept. of Rehabilitation, Exercise, & Nutritional Sciences, Health Sciences Program, Cincinnati, OH
- 2024 **Bearcat Day, Faculty Facilitator.** University of Cincinnati, Department of Rehabilitation, Exercise, and Nutritional Sciences, Cincinnati, OH
- 2024 **Health Sciences Building Tour Video, Assisted with Lab 201 Demonstrations.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2023-2024 **Independent Study (Courtney Hopkins), Mentor.** University of Cincinnati, Health Sciences Program, Cincinnati, OH
- 2023 **Transfer and Transition Yield Event, Facilitator.** University of Cincinnati, Dept. of Rehabilitation, Exercise, & Nutritional Sciences, Health Sciences Program, Cincinnati, OH
- 2023 **UC College of Medicine Multiple Mini Interviews, Faculty Rater.** University of Cincinnati, College of Medicine, Cincinnati, OH
- 2023 **CAHS Scholarly Showcase, Reviewer.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2023 **Mid-Collegiate Touchpoint Conference, Facilitator.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2023 **College Day, Faculty Facilitator.** University of Cincinnati, Department of Rehabilitation, Exercise, and Nutritional Sciences, Cincinnati, OH

- 2023 **CAHS's First Year Orientation, Activity Leader.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2023 **CAHS's She's Crazy: Mental Health & Other Myths, Facilitator.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2023 **Sabbatical Taskforce, Committee Member.** University of Cincinnati, Dept. of Rehabilitation, Exercise, & Nutritional Sciences, Cincinnati, OH
- 2023 **Bearcat Day, Faculty Facilitator.** University of Cincinnati, Department of Rehabilitation, Exercise, and Nutritional Sciences, Cincinnati, OH
- 2022 **College Hearing Panel for Academic Misconduct, Faculty Panel Member.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2022 **Mid-Collegiate Touchpoint Conference, Facilitator.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2022 **Senior Leadership Celebration Committee, Member.** University of Cincinnati, Dept. of Rehabilitation, Exercise, & Nutritional Sciences, Cincinnati, OH
- 2022 **College Day, Faculty Facilitator.** University of Cincinnati, Department of Rehabilitation, Exercise, and Nutritional Sciences, Cincinnati, OH
- 2022 **Honors Augmentation Contract for EXS 325 Honors Student.** Western Kentucky University, Mahurin Honors College, Bowling Green, KY
- 2021 – 2022 **Physical Education Teacher Education Search Committee, Member.** Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
- 2021 – 2022 **Thesis Committee, Committee Member.** *Do Changes in Navy Fitness Testing Protocols Impact Service Members Performance?* Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
- 2019 – 2022 **WKU Exercise Science Club, Faculty Advisor.** Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
- 2019 – 2022 **WKU Exercise Science Advisory Board, Member.** Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY

- 2021 **Majors and Minors Fair.** Western Kentucky University, Bowling Green, KY
- 2021 **Head for the Hill (open house).** Western Kentucky University, Bowling Green, KY
- 2020 - 2021 **Honors Thesis, Chair.** *The Effects of a Novel Prevention Method on the Reduction of Medial Tibial Stress Syndrome Symptoms.* Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
- 2020 - 2021 **Honors Thesis, Second Reader.** *The Effects of a Buddy Walking Program on Physical Activity Levels in Adults with Lower Body Disabilities.* Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
- 2020 – 2021 **Capstone Research, Chair,** *The Effects of Manual Therapy Techniques on Stroke Patients with Upper Extremity Impairment.* Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY (Faculty-Undergraduate Student Engagement Grant)
- 2020 **School of Kinesiology, Recreation and Sport, Tenure and Promotion Review Committee, Member.** Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
- 2019 – 2021 **Thesis Committee, Committee Member,** *The Effects of a Taekwondo on Physical Activity Levels in Adults with Down Syndrome.* Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
- 2019 – 2021 **Faculty-Undergraduate Student Engagement Grant, Chair,** *The Effect of a Walking Buddy Program on Physical Activity and Social Wellness.* Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
- 2019 **WKU M.A.S.T.E.R. Plan Transition program for new undergraduate students.** Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
- 2019 **Head for the Hill (open house).** Western Kentucky University, School of Kinesiology, Recreation, and Sport, Bowling Green, KY
- 2018 – 2019 **Undergraduate Honors in the Major Thesis, Graduate Student Mentor,** *Short Term Examination of Physical Activity and Sleep Quality with Children with Autism Spectrum Disorder.* University of Central Florida, School of Kinesiology and Physical Therapy, Division of Kinesiology, Orlando, FL

- 2018 – 2019      **Undergraduate Honors in the Major Thesis, Graduate Student Mentor, *The Effects of an 8-Week Judo Program on the Psychosocial Factors of Children Diagnosed with Autism Spectrum Disorder.*** University of Central Florida, School of Kinesiology and Physical Therapy, Division of Kinesiology, Orlando, FL
- 2017 – 2019      **Master’s Thesis, Graduate Student Mentor, *The Effects of Judo on Cortisol Production and Stress Response in Children with Autism Spectrum Disorder.*** University of Central Florida, School of Kinesiology and Physical Therapy, Division of Kinesiology, Orlando, FL
- 2017 – 2019      **Master’s Thesis, Graduate Student Mentor, *The Impact of Judo on Aggressive Behaviors in Youth with Autism Spectrum Disorder.*** University of Central Florida, School of Kinesiology and Physical Therapy, Division of Kinesiology, Orlando, FL
- 2015 – 2016      **Undergraduate Honors in the Major Thesis, Graduate Student Mentor, *The Difference in Ventilatory Threshold among Adolescent Males Based on Maturity Status.*** University of Central Florida, School of Kinesiology and Physical Therapy, Division of Kinesiology, Orlando, FL

***Service to the University***

- 2024 – Present      **Faculty Senate, Cabinet Member.**  
*University of Cincinnati*
- 2024 – Present      **Faculty Senate Standing Committee: Planning Committee, Committee Chair.**  
*University of Cincinnati*
- 2023 – Present      **Faculty Senate, Senator (CAHS Representative)**  
*University of Cincinnati*
- 2024 – Present      **Faculty Senate Standing Committee: Human Relations Committee, Committee Member.**  
*University of Cincinnati*
- 2024 – Present      **All-University Committee: Intellectual Property Committee, Committee Member.**  
*University of Cincinnati*
- 2024 – Present      **All-University Committee: Calendar Committee, Senate Representative and Liaison.**  
*University of Cincinnati*

- 2024 – Present      **Ethical and Inclusive AI Grants Committee, Committee Member.**  
*University of Cincinnati*
- 2024                    **Shared Governance Symposium, Discussant and Volunteer.**  
*University of Cincinnati*
- 2024                    **Faculty Senate Standing Committee: Planning Committee, Committee Member.**  
*University of Cincinnati*
- 2024                    **University of Cincinnati Exercise Science Expo, Attendant.**  
*University of Cincinnati*
- 2023                    **All-University Committee: UC Student Experience, Committee Member**  
*University of Cincinnati*
- 2024                    **UC’s Undergraduate Scholarly Showcase, Reviewer**  
*University of Cincinnati*
- 2023                    **UC’s Undergraduate Scholarly Showcase, Reviewer**  
*University of Cincinnati*
- 2020 – 2022         **Student Research Council, Member**  
*Western Kentucky University*
- 2019 – 2022         **WKU Mountain Bike Club, Co-Founder and Faculty Advisor**  
*Western Kentucky University*
- 2020-2021          **Student Research Conference, Judge**  
*Western Kentucky University*
- 2020-2021          **Faculty Undergraduate Student Engagement Grant, Reviewer**  
*Western Kentucky University*
- 2019                    **First Fall 2019 Faculty Senate Meeting**  
*Western Kentucky University*

***Service to the Profession***

- 2023-2026           **Board of Directors, Member-at-Large**  
*American College of Sports Medicine, Midwest Chapter*
- 2023 – 2026         **Exhibits Advisory Committee, Committee Member**  
*American College of Sports Medicine*

- 2024 **Moderator: Grapple Like a Girl but Don't Make Weight Like a Boy:  
Health & Safety Concerns in Female Wrestlers**  
*Midwest American College of Sports Medicine*
- 2024 **Speed Mentorship Event, Leadership & Mentorship Committee,  
Leader**  
*Midwest American College of Sports Medicine*
- 2024 **Student Quiz Bowl, Judge & Coach**  
*Midwest American College of Sports Medicine*
- 2024 **Nature and Health Alliance 2025 Conference Planning Committee,  
Committee Member**  
*Nature and Health Alliance*
- 2023 **Student Quiz Bowl, Judge & Coach**  
*Midwest American College of Sports Medicine*
- 2022 **Abstract Review Committee, Reviewer**  
*Southeast American College of Sports Medicine*
- 2022 **Student Quiz Bowl, Judge & Coach**  
*Southeast American College of Sports Medicine*
- 2021 **Abstract Review Committee, Reviewer**  
*Southeast American College of Sports Medicine*
- 2020 **Abstract Review Committee, Reviewer**  
*Southeast American College of Sports Medicine*
- 2020 **Student Quiz Bowl, Judge & Coach**  
*Southeast American College of Sports Medicine*
- 2019 **Abstract Review Committee, Reviewer**  
*Southeast American College of Sports Medicine*
- 2019 – 2022 **ICSK Run Outside the Lines, Director**  
*International Community of Scholars in Kinesiology*

*Manuscript Reviews*

*International Journal of Exercise Science*, 2024. Physiological and Psychological Differences Between 20% Grade Incline-Walking and Level-Grade Jogging at Isocaloric Intensity.

*International Journal of Exercise Science, 2024.* The Use of Musculoskeletal Fitness Measures as Indicators of Performance in Police Occupational Tasks.

*International Journal of Exercise Science, 2024.* Decrease in muscle shortening and effect on strength and speed in adolescent soccer players.

*International Journal of Exercise Science, 2024.* Effects of Simulated Equestrian Therapy in improving Motor Proficiency among Down Syndrome Children- A Randomized Controlled Trial.

*International Journal of Exercise Science, 2023.* A Comparison of Anaerobic Power Tests using Cycle Ergometry and Non-motorized Treadmill Ergometry at Optimized Loads.

*International Journal of Exercise Science, 2022.* Physical activity and mindfulness are associated with lower anxiety in different but complimentary ways.

*Journal of Strength and Conditioning Research, 2021.* Effect of bench stepping training on strength and functional mobility in three age groups of healthy women.

*International Journal of Exercise Science, 2021.* Accumulated Oxygen Deficit During Arm Cranking in Hypoxia: A Bayesian Perspective and Methodological Considerations.

*Journal of Strength and Conditioning Research, 2021.* Does varying resistance exercises for the same muscle group promote greater strength gains?

*Journal of Strength and Conditioning Research, 2020.* Aerobic Training with Blood Flow Restriction for Endurance Athletes: Potential Benefits and Considerations of Implementation

*Journal of Strength and Conditioning Research, 2020.* Six weeks of hip joint training using a novel multi hip joint board improves sprint performance in competitive collegiate male sprinters.

*International Journal of Environmental Research and Public Health, 2020.* Is the Coronavirus Pandemic Going to ‘Kill’ the Physical Activity of Young People?

*International Journal of Environmental Research and Public Health, 2020.* Limiting the environment in university students modifies physical activity and sedentary behaviour patterns.

*Journal of Strength and Conditioning Research, 2020.* Mud pack with menthol and arnica montana accelerates recovery following a high-volume resistance training session for lower body in trained men.

*Journal of Physical Activity and Health, 2019.* I play, You play, We play: Concurrent play at Play Streets.



*Journal of Strength and Conditioning Research, 2019.* Setting kinematic parameters that explain youth basketball behavior: Influence of relative age effect according to playing position.

*International Journal of Exercise Science, 2019.* Gender differences in academic performance of high school students: The relationship with cardiorespiratory fitness, muscle endurance, and test anxiety.

*Journal of Strength and Conditioning Research, 2019.* Listening to fast-tempo music delays the onset of neuromuscular fatigue.

*International Journal of Exercise Science, 2019.* Hydration status and perception of fluid loss in rugby players.

*Annals of Behavioral Medicine, 2019.* Enjoyment of self-efficacy for physical activity as mediators of the friendship network and children's physical activity.

*Health Education & Behavior, 2018.* Are parental rules regarding screen behaviors associated with youth' sedentary behavior? The UP&DOWN study.

*Nursing Research, 2018.* Validation of activity trackers in a laboratory setting with young adults.

*Journal of Autism and Developmental Disorders, 2018.* Virtual reality-based training for the motor development of people with intellectual and multiple disabilities.

*Journal of Strength and Conditioning Research, 2015.* A high intensity interval training (HIIT)-based running plan improves athletic performance by improving muscle power.

### ***Service to the Community***

2022 – Present      **Socialization Volunteer, League for Animal Welfare**  
*Batavia, OH*

2021 – Present      **Project Appleseed, Rifle Marksmanship Instructor**  
*Ohio, Alabama, and Tennessee Regions*

2021 – 2022        **Volunteer Firefighter, Alvaton Fire Department**  
*Bowling Green, KY*

2021                **League of American Bicyclists**  
*Bowling Green, KY*

2020                **Kentucky Bike-Walk Coalition, Leadership Team Member**  
*Bowling Green, KY*

- 2018                    **USA Powerlifting (USAPL), Scoring Manager**  
*USAPL Greater Tampa Open Championships, Tampa, FL*  
*USAPL Sunshine State Championships, Orlando, FL*  
*7<sup>th</sup> Annual USAPL Central Florida Open Championship, Orlando, FL*
- 2018                    **USA Powerlifting (USAPL), Spotting and Loading Manager**  
*Special Olympics Florida State Championships, Orlando, FL*

## **Professional Development**

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- 2024                    **Workshop: QPR (Question, Persuade, Refer) Suicide Prevention Workshop.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2024                    **Workshop: Introduction to Generative AI and Copilot.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2024                    **Workshop: What To Do in the Moment: Strategies for Fostering Caring Conversations with Students about Mental Health.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2024                    **Workshop: Increasing Student Engagement in Online Courses with Regular and Substantive Interaction.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2024                    **Workshop: Productively Using AI in the Classroom.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2024                    **Workshop: Take 5 to find Peace: Integrating the Five Pillars of Resilience for a More Present Life!**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2024                    **Workshop: Mindful Mondays!**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH

- 2024            **Workshop: Low-stakes Classroom Assessments Techniques to Check for Understanding.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2024            **Workshop: Creating Transparent Assignments using TILT – Information Session .**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2024            **Workshop: Meet students where they are: simple ways to foster academic habits in your course.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2024            **Workshop: Engaging in Productive Conflict – Conversations Series: Navigating conflict in teams.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2023            **Workshop: Community of Practice on Teaching as Junior Faculty.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2023            **Workshop: Building a Strong Dossier: RPT Preparation for the Non-Tenure Track.** University of Cincinnati, Center for the Enhancement of Teaching & Learning, Cincinnati, OH
- 2023            **Workshop: Introduction to Alternative Grading Schemes.** University of Cincinnati, Center for the Enhancement of Teaching & Learning, Cincinnati, OH
- 2023            **Workshop: Empowered Living Series: Inner Critic to Inner Coach.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH
- 2023            **Workshop: My Academic Life Story: Dr. Alan Hargens.** University of Cincinnati, Center for the Enhancement of Teaching & Learning, Cincinnati, OH
- 2023            **Workshop: Your Presence is a Present to Students’ Academic Success.**  
University of Cincinnati, Center for the Enhancement of Teaching & Learning,  
Cincinnati, OH

- 2023 **Summer Workshop: Online Video Lectures Institute.** University of Cincinnati, Center for the Enhancement of Teaching & Learning, Cincinnati, OH
- 2023 **Workshop: Independent Applying the Quality Matters Rubric - Virtual (APPQMR): (Statewide Systems) Sixth Edition.** University of Cincinnati Online, Cincinnati, OH
- 2023 **Workshop: CAHS IPE Faculty Development.** University of Cincinnati, College of Allied Health Sciences, Cincinnati, OH
- 2022 – 2023 **Junior Faculty Learning Community, Member.** University of Cincinnati, Center for the Enhancement of Teaching & Learning, Cincinnati, OH
- 2023 **Workshop: Addressing Student Mental Health: Integrating TAO into your Canvas Course.** University of Cincinnati, Center for Educational Technology and Instructional Support (CETIS), Cincinnati, OH
- 2023 **Workshop: Classroom Polling with Top Hat.** University of Cincinnati, Center for Educational Technology and Instructional Support (CETIS), Cincinnati, OH (could not attend at scheduled time; utilized recorded workshop)
- 2023 **Workshop: Increasing Student Engagement in Online Courses with Regular and Substantive Interaction.** University of Cincinnati, Center for Educational Technology and Instructional Support (CETIS), Cincinnati, OH
- 2023 **Workshop: Design and Innovate: Professional Closed Captioning for Student Accommodation.** University of Cincinnati, Center for Educational Technology and Instructional Support (CETIS), Cincinnati, OH
- 2023 **Workshop: Lights! Canvas! Action! From Passive to Active Online Learning.** University of Cincinnati, Center for Educational Technology and Instructional Support (CETIS), Cincinnati, OH
- 2020 **Online Teaching: The Essentials 5-Week Online Course**  
Western Kentucky University, Bowling Green, KY
- 2020 **Effective Lecturing Workshop**  
Western Kentucky University, Bowling Green, KY
- 2020 **New Academic Advisor Training**  
Western Kentucky University, Bowling Green, KY

- 2020                    **CITL Workshop: Strategies for Discussion Teaching during COVID-19 in Your T&P and Continuance Documents**  
Western Kentucky University, Bowling Green, KY
- 2020                    **Birkman Assessment Method Training Seminar**  
Western Kentucky University, Bowling Green, KY
- 2019 – Present        **Collaborative Institutional Training Initiative (CITI) training**  
*Conflicts of Interest, Social and Behavioral Responsible Conduct of Research, Social/Behavioral Research*, Western Kentucky University, Bowling Green, KY
- 2019                    **Exercise Science/Kinesiology Grow & Enhance Meeting**  
Western Kentucky University, Bowling Green, KY
- 2019                    **Research & Creative Activities Program (RCAP) Panel Discussion**  
Western Kentucky University, Bowling Green, KY
- 2019                    **Introduction to External Grants Seminar**  
Western Kentucky University, Bowling Green, KY
- 2019                    **McChesney Field Tour**  
Western Kentucky University, Bowling Green, KY
- 2019                    **Active Learning Classroom Workshops**  
Western Kentucky University, Bowling Green, KY
- 2019                    **Preparing Tenure Packets with Microsoft Word & Adobe Acrobat**  
Western Kentucky University, Bowling Green, KY
- 2014 – 2019            **Collaborative Institutional Training Initiative (CITI) training**  
*Good Clinical Practice, Conflict of Interest, Biomedical Responsible Conduct of Research, Biomedical Research Investigators and Key Personnel*, University of Central Florida, Orlando, FL

## **Awards, Honors, and Achievements**

- 2024                    **Cincinnatus Presidential Dinner, Honored for Mentorship of Mariam Elgomos**  
*University of Cincinnati*
- 2024                    **Darwin T. Turner Scholars Breakfast of Champions, Honored for Mentorship of Hannah Huang**  
*University of Cincinnati*

- 2024 **Darwin T. Turner Scholars End of Year Dinner Celebration, Honored for Mentorship of Hannah Huang**  
*University of Cincinnati*
- 2024 **Honors Graduation Celebration, Honored for Mentorship of Tohonne Konare (could not attend)**  
*University of Cincinnati*
- 2022 **Nomination for College Teaching Honor**  
*Center for Innovative Teaching and Learning, Western Kentucky University*
- 2021 **Nomination for University Faculty Teaching Award**  
*Western Kentucky University*
- 2021 **Nomination for University Faculty Student Advising Award**  
*Western Kentucky University*
- 2021 **Nomination for College Teaching Honor**  
*Center for Innovative Teaching and Learning, Western Kentucky University*
- 2020 **Nomination for College Teaching Honor**  
*Center for Innovative Teaching and Learning, Western Kentucky University*
- 2020 **1<sup>st</sup> Place, Convince Me In 3 Competition (Student Award)**  
*Student Research Week, International Community of Scholars in Kinesiology*
- 2020 **Finalist for Rapid Fire Competition for Assistant Professors**  
*Southeast American College of Sports Medicine Annual Meeting 2020*
- 2019 **Research Abstract chosen for SEACSM 2020 Abstract Example**  
*Southeast American College of Sports Medicine 2020 Regional Conference*
- 2019 **College of Graduate Studies Presentation Fellowship**  
*University of Central Florida*
- 2018 **College of Graduate Studies Presentation Fellowship**  
*University of Central Florida*
- 2017 **NSCA Foundation Women's Scholarship**  
*National Strength and Conditioning Association*

2016	<b>NSCA Foundation Women’s Scholarship</b> <i>National Strength and Conditioning Association</i>
2016	<b>College of Graduate Studies Presentation Fellowship</b> <i>University of Central Florida</i>
2015 – 2019	<b>Graduate Teaching Associateship</b> <i>University of Central Florida</i>
2014 – 2019	<b>Graduation Assistantship</b> <i>University of Central Florida</i>
2009 – 2014	<b>Florida Bright Futures Scholarship</b> <i>University of Central Florida</i>
2009, 2010	<b>Academic Competitiveness Grant</b> <i>University of Central Florida</i>
2009, 2010	<b>Full Time Grant</b> <i>University of Central Florida</i>

## **Professional Certifications**

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2024 – Present	<b>Certified Tactical Strength and Conditioning Facilitator</b> , National Strength and Conditioning Association (NSCA)
2024 – Present 2022 – Present	<b>Certified Exercise Physiology</b> , American College of Sports Medicine (ACSM) <b>Running Coach</b> , International Sports Sciences Association (ISSA)
2018 – Present	<b>Advanced Quantitative Methodologies in Educational and Human Sciences</b> , University of Central Florida, College of Community Innovation and Education, Orlando, FL
2016 – Present	<b>Certified Strength and Conditioning Specialist</b> , National Strength and Conditioning Association (NSCA) ( <i>up to date, and all CEUs reported as of December 2023</i> )
2012 – Present	<b>CPR and AED Certified</b> , International Sports Sciences Association (ISSA) ( <i>up to date as of December 2023</i> )

## Professional Memberships and Affiliations

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2014 – Present	American College of Sports Medicine (ACSM)
2014 – Present	National Strength and Conditioning Association (NSCA)
2020 – Present	American Association of University Professors (AAUP)
2022 – Present	Cincinnati Off-Road Alliance (CORA)
2020 – 2022	Center for Applied Science in Health and Aging (CASHA)
2019 – 2021	Southwest Kentucky Mountain Bike Association (KyMBA)
2019 – 2020	League of American Bicyclists
2017 – 2019	USA Powerlifting (USAPL)
2016 – 2018	International Society of Sport Nutrition (ISSN)
2015 – 2018	American Physiological Society (APS)
2011 – 2018	Access Fund: Protect America's Climbing

## Employment Experience (pre-graduate school)

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2012 – 2014	<b>Front Running Sports</b> , Lake Mary, FL <i>Gait Analyst</i>
2009 – 2012	<b>Aiguille Rock Climbing Center</b> , Longwood, FL <i>Rock Climbing Instructor (Group and Private Lessons), Donations Coordinator, Newsletter Coordinator, Camp Counselor, Camp Co-Coordinator</i>

## Technical Skills

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### ***Human Performance Assessment***

Heart rate and Blood Pressure: *telemetry equipment, acoustic equipment, palpation, Sphygmomanometer, electrocardiogram*

Body Composition: *skinfold measurements, BodPod assessment, Bioelectrical Impedance Analysis*

Strength and Power: *IRM testing, predictive submaximal testing, BioDex (isokinetic, isometric), hand grip dynamometer, field testing*

Anaerobic Performance: *Wingate, Tendo® unit, Vertical jump, field testing*

Aerobic Performance: *VO<sub>2</sub>max testing via metabolic cart, predicted VO<sub>2</sub>max testing [e.g., Queen's step test, 2000m rowing test, Astrand-Rhyming test, YMCA bike test], field testing*

Speed and Agility: *40-yd dash, T-drill, L-drill, Pro-agility*

Muscle Architecture: *Ultrasound assessment (muscle cross sectional area, fascicle length, muscle thickness, pennation angle, echo intensity)*

Reaction Time: *Dynavision, Quickboard*

Multiple Object Tracking: *NeuroTracker*

Physical Activity Tracking: *ActiGraph accelerometers*

Mobility, Flexibility, and Functional Performance: *field testing*



## ***Biochemistry Techniques***

Aliquoting techniques

Hemoglobin and hematocrit analysis

Enzymatic metabolite analyzer: *Analox GM7*

Plasma electrolyte analysis: *EasyLyte*

Enzyme-linked immunosorbent assay (ELISA) technique

## References

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**Additional references available upon request**