

**Caitlyn R. Hauff**  
University of South Alabama  
College of Education and Professional Studies  
Department of Health, Kinesiology and Sport  
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## Education

PhD, University of Wisconsin-Milwaukee, 2016.  
Major: Kinesiology  
Focus: Psychosocial aspects of weight and physical activity

MS, Georgia Southern University, 2013.  
Major: Kinesiology  
Focus: Sport and Exercise Psychology

BS, Baldwin-Wallace University, 2011.  
Major: Psychology

## Academic Positions

Assistant Professor, University of South Alabama. (January 1, 2017 - Present).  
Lecturer, University of Wisconsin-Milwaukee. (August 2013 - December 2016).  
Graduate Teaching Assistant, Georgia Southern University. (August 2011 - May 2013).

## Professional Memberships

American Psychological Association. (January 2021 - Present).  
American Psychological Association Division 47: Society for Sport, Exercise, and Performance Psychology. (January 2020 - Present).  
Association for Applied Sport Psychology. (February 1, 2012 - Present).  
Alabama State Association for Health, Physical Activity, Recreation, and Dance. (March 2019 - January 2020).  
Midwest Chapter of the American College of Sports Medicine. (October 2016 – December 2020).  
American College of Sports Medicine. (March 2014 – December 2020).  
Society of Health and Physical Educators. (January 2014 - March 2016).

## TEACHING

### Teaching Experience

#### University of South Alabama

##### Fall 2022

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 510, Current Health Issues  
HON 499, Honors Thesis

##### Summer 2022

KIN 278, Sport and Human Behavior  
HS 462, Public Health  
HS 565, Community Health

**Spring 2022**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 462, Public Health  
KIN 594, Directed Study

**Fall 2021**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 510, Current Health Issues  
KIN 594, Directed Study

**Summer 2021**

KIN 278, Sport and Human Behavior  
HS 362, Drug Education  
HS 462, Public Health

**Spring 2021**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 362, Drug Education  
UGR 291, Undergraduate Research

**Fall 2020**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 510, Current Health Issues

**Summer 2020**

KIN 278, Sport and Human Behavior  
HS 362, Drug Education

**Spring 2020**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 362, Drug Education  
KIN 594, Directed Study

**Fall 2019**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
KIN 278-501, Sport and Human Behavior  
UGR 491, Undergraduate Research

**Summer 2019**

KIN 278, Sport and Human Behavior  
HS 362, Drug Education

**Spring 2019**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 362, Drug Education

**Fall 2018**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 510, Current Health Issues

**Summer 2018**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 362, Drug Education

**Spring 2018**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 362, Drug Education

**Fall 2017**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 362, Drug Education

**Summer 2017**

KIN 278, Sport and Human Behavior  
HS 362, Drug Education

**Spring 2017**

KIN 278-101, Sport and Human Behavior  
HS 362-101, Drug Education  
HS 362-501, Drug Education

***Courses Developed or Substantially Revised***

HS 362, Drug Education (revised)  
HS 462, Public Health (developed)  
HS 565, Community Health (developed)

**University of Wisconsin-Milwaukee**

**Lecturer**

KIN 200, Introduction to Kinesiology (August 2013-May 2015)  
KIN 351, Sociological Aspects of Health and Human Movement (August 2015-May 2016)

**Graduate Teaching Assistant**

KIN 368, Study of Intervention Strategies in Complementary and Alternative Medicine (August 2016-December 2016)

**Georgia Southern University**

**Graduate Teaching Assistant**

Tennis, Volleyball, Fitness Walking (August 2011-May 2013)

**Graduate Academic Advising Assignments**

2019-2020, 9 graduate students  
2020-2021, 12 graduate students  
2021-2022, 8 graduate students  
2022-2023, 16 graduate students

**Directed Student Learning**

Master's Thesis Committee Member, "Body ideas and dissatisfaction: Examining the roles of BMI and gender discrepancy in a moderated mediation model," Psychology. (January 2022-Present).  
Data collection ongoing.  
Advised: Callie Mims

Dissertation Committee Member, (title, TBD), Psychology. (October 2021 - Present). Project in preparation.  
Advised: Melissa Myers

Undergraduate Honors Thesis, "College Inclusion Programs and their Impact on the Body Image, Self-esteem, Independence, and Perceived Social Acceptance of Students with Intellectual and Developmental Disorders," Health, Kinesiology, and Sport. (August 2021-Present).  
Project in progress.  
Advised: Eva Prentiss

Dissertation Committee Member, "Validation of the Cognitive Health Questionnaire," Psychology. (August 2019 - May 2021). Project completed.  
Advised: Jameson Beach

Master's Thesis Committee Member, "Religious commitment as a moderator between religious and spiritual struggles and mental health symptoms," Psychology. (November 2019 - December 2020). Project completed.  
Advised: Laura Stevens

Master's Thesis Committee Member, "The Cheers and Jeers and Simulation Effects Regarding Mediated Sports Entertainment," Communication. (March 2020 - July 31, 2020). Project not completed.  
Advised: Michael Hanich

Undergraduate Honors Thesis, Adult Health Nursing. (February 21, 2018 - May 2020). Project completed.  
Advised: Lyndsie Rhoden

Master's Thesis Committee Member, "Art: A Vehicle for Change in Health by Achieving Balance Between Humanity, Nature, and Technology," Art and Art History. (March 2019 - April 2020). Project completed.  
Advised: Alina Axsom

## **Awards and Honors**

Faculty Excellence Award, USA College of Education and Professional Studies. (April 2020).

## **Teaching Development Activities Attended**

Workshop, "Improving Performance Without Sacrificing Mental Health: Environmental Factors and Cultivating Emotional Resistance," Association for Applied Sport Psychology, Virtual. (May 18, 2022).

Workshop, "Weight Stigma: Harmful Health Consequences and Implications for Clinical Practice," Northwestern University/Virginia Tarlow, M.D. Grand Rounds, Virtual. (March 9).

Training Course, "Alabama Ethics Law Training," Alabama Ethics Commission, Mobile, AL, USA. (January 26, 2017 - Present).

Faculty Fellowship, "Community Engaged Fellows Program," Office of Community Engagement (University of South Alabama). (August 2021 - May 2022).

Small Group Instructional Feedback by ILC, "Small Group Instructional Feedback," University of South Alabama, Mobile, United States. (October 2021).

Conference Attendance, "Conference on Teaching and Learning," University of South Alabama, Mobile, AL, USA. (May 12, 2021).

Course, "Strategic Course Design", University of South Alabama, Mobile. (May 2021)

Seminar, "Building the Architecture for Publicly Engaged Scholarship with Community at the Center", University of South Alabama, Mobile. (April 28, 2021).

Seminar, "Publicly Engaged Scholarship: Deepening Power and Opportunity in Knowledge Production", University of South Alabama, Mobile. (April 26, 2021).

Seminar, "Teaching Social Justice," Social Justice Through Sport and Exercise Psychology, Virtual. (March 11, 2021).

Workshop, "Discrimination & Harassment and Sexual Violence Employee Training," University of South Alabama, Mobile, AL, USA. (January 2021).

Small Group Instructional Feedback by ILC, "Small Group Instructional Feedback," University of South Alabama, Mobile, United States. (September 2020).

Workshop, "ILC Summer Institute," University of South Alabama, Mobile, United States. (June 22, 2020 - July 16, 2020).

Conference Attendance, "Conference on Teaching and Learning," University of South Alabama, Mobile, AL, USA. (May 12, 2020).

Workshop, "Conflict of Interest," University of South Alabama, Mobile, United States. (November 19, 2019).

Workshop, "Management of Data," University of South Alabama, Mobile, United States. (November 13, 2019).

Workshop, "Canvas Fundamentals," University of South Alabama, Mobile, United States. (November 7, 2019).

Seminar, "Grant Writing Fellowship Program," David Bauer Associates & University of South Alabama College of Education and Professional Studies, Mobile, AL, USA. (October 24, 2018 - November 4, 2019).

Workshop, "Research Misconduct," University of South Alabama, Mobile, United States. (October 9, 2019).

Conference Attendance, "Conference on Teaching and Learning," University of South Alabama, Mobile, AL, USA. (June 24, 2019 - June 26, 2019).

Workshop, "Discrimination & Harassment and Sexual Violence Employee Training," University of South Alabama, Mobile, AL, USA. (February 5, 2019 - February 6, 2019).

Training, "Securing the Human Cybersecurity Training Program," University of South Alabama, Mobile, United States. (2018).

Conference Attendance, "Conference on Teaching and Learning," University of South Alabama, Mobile, AL, USA. (May 7, 2018 - May 8, 2018).

Seminar, "Transparent Assignments Seminar," Innovation and Learning Center, Mobile, AL, USA. (November 17, 2017).

Seminar, "Small Teaching Seminar," Innovation and Learning Center, Mobile, AL, USA. (October 23, 2017).

Workshop, "Getting Started with Team-Based Learning," ILC, Mobile, AL, USA. (May 12, 2017).

Workshop, "Grant Writing Workshop," University of South Alabama, Mobile, AL, USA. (May 10, 2017 - May 11, 2017).

Conference Attendance, "Conference on Teaching and Learning," University of South Alabama, Mobile, AL, USA. (May 9, 2017).

Workshop, "Sakai 101: Basics (Parts 1-4," University of South Alabama, Mobile, AL. (January 2, 2017 - January 5, 2017).

## RESEARCH

### Published Intellectual Contributions

#### Refereed Journal Articles

Graves, R. J., Harrell, M., Barinas, J., Taylor, S. E., Fruh, S. M., Williams, S. G., McDermott, R., Hall, H. R., Hauff, C., Sittig, S., Campbell, M., Hudson, G., Melnyk, B. M. (in press). The impact of perceived risk of contracting COVID-19 on nursing student well-being. *Journal of Nursing Education*. <https://journals.healio.com/journal/jne>

Bennett, H., Hauff, C., Gipson, C., Malcom, N. (2022). "CrossFit has proven you can be muscular and still be feminine": Exploring comparative practices within CrossFit. *Journal of Sport Behavior*, 45(3), 1-16. <https://eds.p.ebscohost.com/eds/pdfviewer/pdfviewer?vid=1&sid=6dcc4af1-7b77-4f16-aecb-0b181c8ddb74%40redis>

Barnias, J. L., McDermott, R. C., Williams, S. G., Fruh, S. M., Hauff, C., Hudson, G., Graves, R. J., Melnyk, B. M. (2022). Positive and negative psychosocial factors related to healthy and unhealthy weight control among nursing students. *Journal of Professional Nursing*, 42, 290-300. <https://doi.org/10.1016/j.profnurs.2022.07.017>

Hauff, C., Powell, S. (2022). "It's Okay to Not Be Okay": Mental Health Concerns and New Directions as a Result of the COVID-19 Pandemic. *Performance Enhancement & Health*, 10, 1-4. <https://doi.org/10.1016/j.peh.2022.100218>

Sittig, S., Hauff, C., Williams, S. G., Graves, R. J., Fruh, S. M. (2022). Understanding Daily Life Influences for College Nursing Students and Desired mHealth App Mechanisms for Sustainable Behavior Change. *Research Directs in Health Sciences*, 2(1), 1-7. <https://doi.org/10.53520/rdhs2022.10441>

Gipson, C., Malcom, N., Hauff, C., Bennett, H., Mallhi, A. K. (2022). A qualitative exploration of social media consumption and use among everyday women who participate in CrossFit. *Research Directs in Health Sciences*, 2(1), 1-13. <https://researchdirects.com/index.php/healthsciences/article/view/25/23>

Fruh, S. M., Graves, R. J., Hauff, C., Williams, S. G., Hall, H. R. (2021). Weight bias and stigma: Impact on health. *Nursing Clinics of North America*, 56(4), 479-493. <https://doi.org/10.1016/j.cnur.2021.07.001>

Hauff, C., Woltring, M., Forester, B. E., Holden, S. L. (2021). "It isn't always easy to handle": Qualitatively Exploring the Experiences of International Student-Athletes at a Mid-Major University. *Research Directs in Health Sciences*, 1(1), 1-10. <https://researchdirects.com/index.php/healthsciences/article/view/16/15>

Woltring, M. T., Hauff, C., Forester, B. E., Holden, S. L. (2021). "I Didn't Know How All This Works": The Transition Experiences of Student-Athletes from High School to a DI Program.

- Journal of Athlete Development and Experience*, 3(2), 128-149.  
<https://scholarworks.bgsu.edu/jade/vol3/iss2/4/>
- Malcom, N., Edmonds, S., Gipson, C., Hauff, C., Bennett, H. (2021). Negotiating the Funhouse: CrossFit Women and the Looking Glass Athlete. *Women in Sport and Physical Activity Journal*, 28(2), 95-105. <https://doi.org/10.1123/wspaj.2020-0052>
- Fruh, S. M., S. T., Graves, R. J., Hayes, K., McDermott, R. C., Hauff, C., Williams, S. G., Sittig, S. M., Campbell, S. M., Hudson, G., Hall, H. R., Melnyk, B., Barinas, J. L. (2021). Relationships among hope, body satisfaction, wellness habits, and stress in nursing students. *Journal of Professional Nursing* 37, 640-647. <https://doi.org/10.1016/j.profnurs.2021.01.009>
- McDermott, R. C., Fruh, S. M., Williams, S. G., Hauff, C., Sittig, S. M., Wright, T. F., Riley, B. H., Swanzy, D. M., Graves, R. J., Hall, H. R. (2021). Characteristics of negative and positive mental health among nursing students in the United States. *Journal of the American Psychiatric Nurses Association*, 27(1), 44-53. <https://doi.org/10.1177/1078390319865322>
- Fruh, S. M., Williams, S. G., Hayes, K., Hauff, C., Hudson, G., Sittig, S. M., Graves, R. J., Hall, H. R., Barinas, J. L. (2021). A practical approach to obesity prevention: Healthy home habits. *Journal of the American Association of Nurse Practitioners*, 33(11), 1055-1065. <https://pubmed.ncbi.nlm.nih.gov/33534281/>
- McDermott, R. C., Fruh, S. M., Williams, S. G., Hauff, C., Graves, R. J., Melnyk, B. M., Hall, H. R. (2020). Nursing Students' Resilience, Depression, Well-Being, and Academic Distress: Testing A Moderated Mediation Model. *Journal of Advanced Nursing*, 76(12), 3385-3397. <https://onlinelibrary-wiley-com.libproxy.usouthal.edu/doi/10.1111/jan.14531>
- Graves, R. J., Williams, S. G., Hauff, C., Fruh, S. M., Sims, B., Hudson, G., McDermott, R. C., Sittig, S. M., Shaw, T. C., Campbell, S. M., Barinas, J. L., Hall, H. R. (2020). Undergraduate versus graduate nursing students: Differences in nutrition, physical activity, and self-reported body mass index. *Journal of American College Health*, 5, 1-6. <https://doi.org/10.1080/07448481.2020.1842421>
- Hudson, G. M., Hauff, C., Hayes, K., Fruh, S. M. (2020). An NP's guide to current physical activity recommendations. *The Nurse Practitioner*, 45(9), 24-32. [https://journals.lww.com/tnpj/Fulltext/2020/09000/An\\_NP\\_s\\_guide\\_to\\_current\\_physical\\_activity.6.aspx](https://journals.lww.com/tnpj/Fulltext/2020/09000/An_NP_s_guide_to_current_physical_activity.6.aspx)
- Forester, B. E., Holden, S. L., Woltring, M., Hauff, C. (2020). Life Skills Programming: DI Student-athletes' Perceptions and Suggestions. *Journal of Issues in Intercollegiate Athletics*, 13, 337-357. <http://csri-jiaa.org/life-skills-programming-a-case-study-of-di-student-athletes-perceptions-and-suggestions/>
- Hauff, C. R., Fruh, S. M., Sims, B., Williams, S. G., Herf, C. A., Golden, A., Graves, R. J., Minchew, L. A., Hall, H. R. (2020). Nurse Practitioner Students' Observations of Preceptor Engagement in Obesity Management and Bias: A Mixed Methods Approach. *Journal of American Association for Nurse Practitioners*, 32(7), 520-529. <https://pubmed.ncbi.nlm.nih.gov/32590444/>
- Greenleaf, C., Hauff, C., Klos, L., Serafin, G. (2020). "Fat People Exercise Too!": Perceptions and Realities of Shopping for Women's Plus-Size Exercise Apparel. *Clothing and Textiles Research Journal*, 38(2), 75-89. <https://doi.org/10.1177/0887302X19878507>
- Sittig, S. M., Hauff, C., Graves, R. J., Williams, S. G., McDermott, R. C., Fruh, S. M., Hall, H. R., Campbell, S. M., Swanzy, D. M., Wright, T. F., Hudson, G. (2020). Characteristics of and

- factors influencing college nursing students' willingness to utilize mHealth for health promotion. *CIN: Computers, Informatics, Nursing*, 38(5), 246-255.  
<https://pubmed.ncbi.nlm.nih.gov/32032084/>
- Hauff, C. (2019). The sex symbol vs. the athlete: The dangers of objectification in sport. *Performance Enhancement & Health*, 7(2), 1-3. <https://doi.org/10.1016/j.peh.2019.100153>
- Fruh, S. M., Golden, A., Minchew, L. A., Graves, R. J., Platt, T. H., Hall, H. R., Williams, S. G., Mehari, K. R., Sims, B., Hauff, C., Cheese, C. M. (2019). Competency in obesity management: An educational intervention study with nurse practitioner students. *Journal of the American Association of Nurse Practitioners*, 31(12), 734-740.  
[www.aanp.org/education/publications/jaapn](http://www.aanp.org/education/publications/jaapn)
- Hauff, C., Fruh, S. M., Graves, R. J., Sims, B., Williams, S. G., Minchew, L. A., Hall, H. R., Platt, T. H., Barclay, M. (2019). NP Student Encounters with Obesity Bias in Clinical Practice. *The Nurse Practitioner*, 44(6), 41-46.  
[https://journals.lww.com/tnpj/Fulltext/2019/06000/NP\\_student\\_encounters\\_with\\_obesity\\_bias\\_in.8.aspx](https://journals.lww.com/tnpj/Fulltext/2019/06000/NP_student_encounters_with_obesity_bias_in.8.aspx)
- Greenleaf, C., Klos, L., Hauff, C., Hennum, A., Pozolinkski, B., Serafin, G. (2019). "Unless you puke, faint, or die, keep going!" Exploring weight stigma communicated during exercise on The Biggest Loser. *Fat Studies*, 8(2), 1-17. <https://doi.org/10.1080/21604851.2019.1547572>
- Forseth, B., Hauff, C. (2019). Use of a 'pose rate' to quantify yoga. *Complementary Therapies in Medicine*, 42, 48-52. <https://doi.org/10.1016/j.ctim.2018.10.021>
- Hauff, C. (2016). Dress to Impress or Dress to Sweat? Examining the Perceptions of Exercise Apparel Through the Eyes of Active Women. *Women in Sport and Physical Activity*, 24, 99-109. <http://dx.doi.org/10.1123/wspaj.2015-0015>
- Pecinovsky, C., Czech, D. R., Harris, B., Burdette, T., Biber, D. D. (2015). NCAA Division I Head Coaches' Experiences with Eating Disorders and Disordered Eating in Female Athletes: A Qualitative Analysis. *GAHPERD Journal*, 1(47), 21-32.  
[https://www.researchgate.net/publication/313821752\\_NCAA\\_Division\\_I\\_head\\_coaches%27\\_experiences\\_with\\_eating\\_disorders\\_and\\_disordered\\_eating\\_in\\_female\\_athletes\\_A\\_qualitative\\_analysis](https://www.researchgate.net/publication/313821752_NCAA_Division_I_head_coaches%27_experiences_with_eating_disorders_and_disordered_eating_in_female_athletes_A_qualitative_analysis)
- Parker, K., Czech, D. R., Burdette, T., Stewart, J., Biber, D., Easton, L., Pecinovsky, C., Carson, S., McDaniel, T. (2012). The Preferred Coaching Styles of Generation Z Athletes: A Qualitative Study. *Journal of Coaching Education*, 5(2), 5-23. <https://doi.org/10.1123/jce.5.2.5>

## Book Chapters

- Greenleaf, C., Hauff, C. (accepted). Kinesiology: How the "science that moves us" can prepare future health professionals and educators to be leaders in health equity and social justice. *Health Professions and Social Justice: Preparing Practitioners for Change*. Canada: University of Regina Press.
- Greenleaf, C., Hauff, C. (2021). Fundamentals of Physical Activity Behavior Change. *Pollock Fisiologia Clinica do Exercício (Clinical Exercise Physiology)* (2nd Edition ed., pp. 504). Brazil: ATHENEU.  
<https://m.atheneu.com.br/produto/pollock-fisiologia-clinica-do-exercicio-2-edicao-2421>
- Hauff, C., Gipson, C., Malcom, N., Bennett, H. (2021). Badass CrossFit Women: Redefining Traditional Femininity, One Muscle Up at a Time. *Sportswomen's Apparel in the United States: Uniformly Discussed* (pp. 231-248). Cham, Switzerland: Palgrave Macmillan.



Hauff, C., Greenleaf, C. (2021). Exploring Plus-Size Exercise Apparel as a Social Justice Issue; Understanding How All Pants ARE NOT Created Equal. *Sportswomen's Apparel in the United States: Uniformly Discussed* (pp. 129-152). Cham, Switzerland: Palgrave Macmillan.

Greenleaf, C., Hauff, C. (2019). Environments that cultivate positive embodiment through mindful movement. *Handbook of Positive Body Image: Constructs, protective factors, and interventions* (pp. 118-128). New York, New York: Oxford University Press.  
<https://global.oup.com/academic/product/handbook-of-positive-body-image-and-embodiment-9780190841874?cc=us&lang=en&>

## Other

Woltring, M., Hauff, C., Forester, B. E., Holden, S. L. (2021). Examining the Transition Experiences of Mid-Major Student-Athletes. *Athletic Director U*.  
<https://athleticdirector.com/articles/examining-the-transition-experiences-of-mid-major-student-athletes-improving-the-process/>

Voelker, D., Conviser, J., Perelman, H., Hauff, C. (2021). *Disordered Eating in Athletes: Understanding the Basics and What We Can Do About It*. Association for Applied Sport Psychology.  
<https://appliedsportpsych.org/blog/2014/07/disordered-eating-in-student-athletes-understanding-the-basics-and-what-we-can-do-about-it/>

Chirban, S., Conviser, J., Hauff, C., Kerulis, M., Nickols, R., Selby, C. (2020). *Commentary on "I Was the Fastest Girl in America, Until I Joined Nike" By Lindsay Crouse*.  
<https://appliedsportpsych.org/members/newsletters/march-2020/commentary-on-i-was-the/>

Byrd, M., Carter, L., Dieffenbach, K., Durand-Bush, N., Gunter, K., Harris, B., Hauff, C., Keenan, A., Kerulis, M. (2020). *Navigating a Pandemic: Tips for Athletic Trainers Serving the Sport Community*. Association for Applied Sport Psychology.  
<https://appliedsportpsych.org/blog/2020/03/the-covid-19-pandemic-tips-for-athletes-coaches-parents-and-the-sport-community/>

Byrd, M., Carter, L., Dieffenbach, K., Durand-Bush, N., Gunter, K., Harris, B., Hauff, C., Keenan, A., Kerulis, M. (2020). *The COVID-19 Pandemic: Tips for Athletes, Coaches, Parents, and the Sport Community*. Association for Applied Sport Psychology.  
<https://appliedsportpsych.org/blog/2020/03/the-covid-19-pandemic-tips-for-athletes-coaches-parents-and-the-sport-community/>

Greenleaf, C. & Hauff, C. (2016). *Using elite athletes to create a healthy body image in youth. Tips for parents and coaches*. American College of Sports Medicine.  
<http://www.acsm.org/public-information/acsm-blog/2016/08/10/using-elite-athletes-to-create-a-healthy-body-image-in-youth...-tips-for-parents-and-coaches>

## Intellectual Contributions in Submission

### Journal Articles

Hauff, C., Powell, S., Bennett, H., Stewart, J., Salzgeber, A., Jewell, S. Find Yourself a Permanent Hype Squad: Professional Reflections for Cultivating Positive Graduate School Experiences. *Journal of Sport Psychology in Action*.

Powell, S., Hauff, C., Fasczewski, K. "I wish my educational program gave me more": The need for a culturally competent Kinesiology curriculum. *Quest*.

Hauff, C. R., Barnias, J., Mims, C., Harrell, M., Graves, R. J., Hall, H. R., Fruh, S. M., Williams, S. G. Nursing Students' Perceived Stressors as a Result of the COVID-19 Pandemic. *Journal of the American Psychiatric Nurses Association*.

Mims, C., Hauff, C., Harrell, M., Graves, R. J. Nursing Student Wellbeing During the COVID-19 Pandemic: A Literature Review and Synthesis. *Journal of Professional Nursing*.

Hauff, C. R., Greenleaf, C. Using psychosocial variables and social media use to predict exercise behaviors and engagement in impression management in women. *Body Image*.

## Contracts, Grants and Sponsored Research

### Grants

#### Funded

Hauff, C. R., "Technology Partnership Agreement," Sponsored by Innovation and Learning Center, Internal to the University, \$500.00. (November 2019).  
[ILC Technology Grant Partnership Form 2019 Hauff-1.pdf](#)

Forester, B. E., Holden, S. L. (Supporting), Woltring, M. (Supporting), Hauff, C. R. (Supporting), "Life Skills Programming: Division I Student-athletes' Perceptions and Suggestions," Sponsored by College of Education and Professional Studies, Internal to the University, \$3,536.00. (January 10, 2020 - June 1, 2021).  
[internal ncaa grant rev 11.18 bf 6pm-1.docx](#)  
[CEPS grant award letter-1.pdf](#)

Hauff, C. R. (Principal), Hudson, G. (Co-Principal), "Preliminary assessment to understand challenges, barriers, and needs for creating effective pediatric obesity interventions for the Greater Mobile area," Sponsored by University of South Alabama, CEPS, Internal to the University, \$2,637.00. (January 10, 2020 - June 1, 2021).  
[CEPS Grant 2019-1.pdf](#)  
[Signed Award Letter 1.13-1.pdf](#)

Hauff, C. R. (Supporting), Fruh, S. M. (Co-Principal), Sittig, S. M. (Co-Principal), Campbell, S. M. (Supporting), Graves, R. J. (Supporting), Hall, H. R. (Supporting), Hudson, G. (Supporting), McDermott, R. C. (Supporting), Selwyn, C. N. (Supporting), Williams, S. G. (Supporting), "Healthy Student, Happy Nurse: A Longitudinal Investigation of Nursing Students' Health-Related Behaviors to Promote Professional Well-being," Sponsored by Office of Research and Economic Development, Internal Funding Programs, Internal to the University, \$22,794.00. (April 1, 2019 - March 31, 2020).  
[RSDG - Final Proposal-1.pdf](#)

Hudson, G. (Principal), Hauff, C. R. (Co-Principal), "Impact of Body Fat Testing on Body Esteem," Sponsored by University of South Alabama College of Education and Professional Studies, Internal to the University, \$2,100.00. (January 1, 2018 - June 1, 2019).  
[CEPS RDG Proposal 2017 - Impact of body fat testing on body esteem - Hudson Hauff-1.pdf](#)  
[CEPS RDG Signed Award Letter - 2017-1.pdf](#)

## Currently Under Review

Parkes, C. A. (Principal), Parkes, C. (Co-Principal), "Closing the Opportunity Gap 2022," Sponsored by Community Foundation of South Alabama, External to the University, \$15,000.00. (October 2022 - Present).

[Combined CFSA Grant-1.pdf](#)

Graves, R. J. (Principal), McDermott, R. C. (Supporting), Hauff, C. R. (Supporting), Mulekar, M. S. (Supporting), Hall, H. R. (Supporting), "Testing the Effects and Cultural Relevance of an Evidence-Based Program to Improve Health and Well-being Outcomes in Diverse Nursing Students," Sponsored by University of South Alabama, Federal, \$423,816.00. (April 2023-Present).

## Not Funded

Hauff, C. R. (Principal), Parkes, C. A. (Co-Principal), "A case study exploring DI student-athletes', coaches', and athletic administrators' perceptions of social media engagement and in house social media training and guidelines," Sponsored by Association for Applied Sport Psychology, External to the University, \$2,600.00. (June 2022).

[AASP Grant 2022-1.docx](#)

Woltring, M. (Principal), Hauff, C. R. (Co-Principal), Forester, B. E. (Co-Principal), Holden, S. L. (Co-Principal), "Investigating Academic Integrity Among Student-Athletes: The Impact of Instructional Changes Due to COVID-19," Sponsored by Office of Research & Economic Development, Internal to the University, \$13,040.00. (January 2022).

[Woltring RSDG Application Packet-1.pdf](#)

Fruh, S. M. (Principal), Campbell, S. M. (Supporting), McDermott, R. C. (Supporting), Sittig, S. M. (Supporting), Mulekar, M. S. (Supporting), Hauff, C. R. (Supporting), Graves, R. J. (Supporting), "Promoting the health of future nurses through the development of the iHOPE mobile health application (mHealth app)," Sponsored by University of South Alabama, Federal, \$400,042.00. (July 2021 - June 2023).

[Aims strategy and references-1.pdf](#)

Hauff, C. R. (Principal), Parkes, C. A. (Co-Principal), Stevens, L. T. (Co-Principal), "A case study exploring DI student-athletes', coaches', and athletic administrators' perceptions of social media training and guidelines," Sponsored by Association for Applied Sport Psychology, External to the University, \$2,100.00. (June 2020).

[AASP Grant 2020-1.docx](#)

Fruh, S. M. (Principal), Campbell, S. M. (Supporting), Sittig, S. M. (Supporting), Hudson, G. (Supporting), Hauff, C. R. (Supporting), Graves, R. J. (Supporting), McDermott, R. C. (Supporting), Mulekar, M. S. (Supporting), Williams, S. G. (Supporting), "Creating a Culture of Self-Care for Future Nurses: Development of the iHOPE Mobile Health Application (mHealth app)," Sponsored by National Institute of Health / NINR, External to the University, \$415,791.00. (2020).

[iHOPE R21 Resubmission \(Aims Strategy Refs\)-1.pdf](#)

Campbell, S. M., Fruh, S. M. (Principal), Melnyk, B. M. (Supporting), Graves, R. J. (Supporting), Hall, H. R. (Supporting), McDermott, R. C. (Supporting), Mulekar, M. S. (Supporting), Sittig, S. M. (Supporting), Hauff, C. R. (Supporting), G., W. S. (Supporting), "Promoting healthier happier nursing students: A theoretically driven mobile health application study," Sponsored by NIH, Federal, \$433,519.00. (2019 - 2022).

Forester, B. E., Holden, S. L., Hauff, C. R., Woltring, M., "Development of a Student-Athlete First Year Experience Handbook," Sponsored by National Collegiate Athletic Association, External to the University, \$22,324.00. (February 2020 - January 2021).

[NCAA REVISION 11.22 bf-1.pdf](#)

Campbell, S. M. (Supporting), Fruh, S. M. (Co-Principal), Williams, S. G. (Supporting), Graves, R. J. (Supporting), McDermott, R. C. (Co-Principal), Hall, H. R. (Supporting), Bydalek, K. A. (Supporting), Mulekar, M. S. (Supporting), Hauff, C. R. (Supporting), Sittig, S. M. (Supporting), "Developing healthier happier nurses: Nursing student study," Sponsored by NIH, Federal, \$423,000.00. (2017 - 2020).

Fruh, S. M. (Principal), Campbell, S. M. (Supporting), Sittig, S. M. (Supporting), Hudson, G. (Supporting), Hall, H. R. (Supporting), Hauff, C. R. (Supporting), Graves, R. J. (Supporting), McDermott, R. C. (Supporting), Mulekar, M. S. (Supporting), Selwyn, C. N. (Supporting), Williams, S. G. (Supporting), "Creating a Culture of Self-Care for Future Nurses: Development of the iHOPE Mobile Health Application (mHealth app)," Sponsored by National Institute of Health / NINR, External to the University, \$415,791.00. (2019).

[Nursing R21 CAYUSE Summary \(19-0443\)-1.pdf](#)

Hudson, G. (Co-Principal), Sittig, S. M. (Co-Principal), Hauff, C. R. (Supporting), Min, H. (Supporting), Shaw, T. C. (Supporting), Fruh, S. M. (Supporting), Graves, R. J. (Supporting), "Improving Nutrition-related Equity by Mapping Nutritional Information Transfer and Diffusion in Underserved Families," Sponsored by Robert Wood Johnson Foundation, External to the University, \$199,248.00. (2019).

[RWJF Nutrition Equity Concept Paper - FINAL-1.pdf](#)

## Student Fellowships

### Funded

Hauff, C. R. (Co-Principal), Edwards, E. (Co-Principal, Student), "Exploring the Use of Sport Psychology in Long-Term Rehabilitation," Sponsored by Summer Undergraduate Research Fellowship - University of South Alabama, Internal to the University, \$2,300.00. (May 17, 2021 - July 31, 2021).

[SURF Application Draft 2-1.docx](#)

Hauff, C. R. (Co-Principal), Griffith, A. C. (Co-Principal, Student), "Exploring Division I Athletes' and Athletic Trainers' Experiences with Psychosocial Aspects of Injury Rehabilitation," Sponsored by Summer Undergraduate Research Fellowship - University of South Alabama, Internal to the University, \$2,000.00. (May 1, 2019 - July 31, 2019).

[Project Summary Revised-1.docx](#)

Hauff, C. R. (Co-Principal), Rhoden, L. (Co-Principal, Student), Fruh, S. M. (Co-Principal), Sittig, S. M. (Co-Principal), "Perceived barriers to physical activity in nursing students at the University of South Alabama," Sponsored by University of South Alabama Summer Undergraduate Research Fellowship, \$2,000.00. (May 14, 2018 - August 31, 2018).

## Fellowships, Awards, and Honors

Hauff, C. R., "Second Year Experience Faculty Fellow," Sponsored by University of South Alabama, Internal to the University. (August 2022 - Present).

[SYE Faculty Fellow Hauff signed-1.pdf](#)

Hauff, C. R., "Community Engaged Fellow Program," Sponsored by University of South Alabama, Internal to the University. (August 2021-May 2022).  
[Community Engaged Fellow Acceptance Letter-1.docx](#)

Lisa Mitchell Bukstein Foundation Scholarship Award, College of Education and Professional Studies. (July 2017).  
[Coll of Ed Res Prop Hauff-1.docx](#)

## **Presentations at Local, National, and International Conferences**

Graves, R. J. (Author & Presenter), Williams, S. G. (Author), Hauff, C. R. (Author), Harrell, M. (Author), Mims, C. (Author), Sigma's 33rd International Nursing Research Congress, "Perceptions of undergraduate and graduate nursing students on educational adaptations implemented during the COVID-19 pandemic," Edinburgh, Scotland. (July 2022).

Hauff, C. R. (Author), Mims, C. (Author & Presenter), Barinas, J. (Author), Fruh, S. M. (Author), Harrell, M. (Author), University of South Alabama Graduate Research Symposium, "Nursing Student Well-Being During COVID-19: A Qualitative Investigation," University of South Alabama, Mobile, Alabama. (February 2022).

Woltring, M. (Author & Presenter), Hauff, C. R. (Author), Forester, B. E. (Author), Holden, S. L. (Author), ASAHPERD Fall Conference, "The Altering Environment of Academic Integrity for NCAA Student-Athletes," Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD), Birmingham, AL. (November 15, 2021).

Hauff, C. R. (Panelist), Conviser, J. (Panelist), Chirban, S. (Panelist), Krueis, M. (Presenter), Nickols, R. (Panelist), Selby, C. (Panelist), Algieri, C., Association for Applied Sport Psychology, "Making Weight 2021: Risks and Rewards," Virtual. (September 30, 2021).

Hauff, C. R. (Author & Presenter), Powell, S. (Author & Presenter), Fasczewski, K., Association for Applied Sport Psychology, "Embracing Body Diversity: Creating Mindful Exercise Environments for all Shapes, Sizes, and Abilities," Virtual. (September 2021).

Hauff, C. R. (Author & Presenter), Conviser, J. (Author & Presenter), Feinstein, K. (Author & Presenter), Kerulis, M. R. (Author & Presenter), Perelman, H. (Author & Presenter), Association for Applied Sport Psychology, "Empowering Body, Mind, and Performance-Related Confidence in Youth Sports," Virtual. (September 2021).

Hauff, C. R. (Author & Presenter), Bennett, H. (Author), Powell, S. (Author), Jewell, S. (Author), Salzgeber, A. (Author), Stewart, J. (Author), American Psychological Association, "Exploring the Graduate School Experience: How Peer Mentorship Fosters Professional Development," Virtual. (August 2021).

Hauff, C. R. (Panelist), Conviser, J. (Panelist), Chirban, S. (Panelist), Krueis, M. (Presenter), Nickols, R. (Panelist), Selby, C. (Panelist), Association for Applied Sport Psychology, "Making Weight 2020: Risks and Rewards," Virtual. (October 21, 2020).

Graves, R. J. (Author & Presenter), Fruh, S. M. (Author), Williams, S. G. (Author), McDermott, R. C. (Author), Hauff, C. R. (Author), Sittig, S. M. (Author), Hudson, G. (Author), Campbell, S. M. (Author), Hall, H. R. (Author), Shaw, T. C. (Author), The 31st International Nursing Research Congress: Transforming Global Nursing Research and Scholarship Through Connections and Collaborations, "Connecting emotional health, hope, and healthy habits in undergraduate nursing students," Sigma, Abu Dhabi (converted to virtual). (July 2020).

- Hudson, G., Hauff, C. R., Theodore, A., Zediker, A. (2020). Body esteem is lower following body composition testing (P48 ed., pp. 27). SEACSM 48th Annual Meeting.
- Hauff, C. R. (Author & Presenter), Woltring, M. (Author & Presenter), Forester, B. E. (Author), Holden, S. L. (Author), North American Society for Sport Management Conference, "I Don't Know What I'm Doing": International Student Athletes and their Transition to American Universities," Virtual due to COVID. (May 2020).
- Forester, B. E. (Author & Presenter), Holden, S. L. (Author), Woltring, M. (Author), Hauff, C. R. (Author), Applied Sport Management Association Conference 2020, "Life Skills Programming: DI Student-athletes' Perceptions and Suggestions," Applied Sport Management Association, Waco, TX. (February 28, 2020).
- Hudson, G. (Author & Presenter), Hauff, C. R., Theodore, A. P. (Author), Zediker, A. M. (Author), Southeast Regional Chapter of the American College of Sports Medicine 48th Annual Scientific Meeting, "Body esteem is lower following body composition testing," American College of Sports Medicine, Jacksonville, FL. (February 14, 2020).
- Hauff, C. R. (Author), Griffith, C. (Author & Presenter), Southeastern American College of Sports Medicine Conference, "Exploring Division I Athletes' and Athletic Trainers' Experiences with Psychosocial Aspects of Injury Rehabilitation," Jacksonville, FL. (February 14, 2020).
- Hauff, C. R. (Author & Presenter), Bennett, H. (Author & Presenter), Gipson, C. (Author), Malcom, N. (Author), Association for Applied Sport Psychology, "...the tighter the better": Exploring the experiences CrossFit women have with traditional and exercise apparel," Portland, Oregon. (October 25, 2019).
- Hauff, C. R. (Panelist), Conviser, J. (Panelist), Chirban, S. (Panelist), Krueis, M. (Presenter), Nickols, R. (Panelist), Selby, C. (Panelist), Association for Applied Sport Psychology, "Making Weight: Risks and Rewards," Portland, Oregon. (October 23, 2019).
- Williams, S. G. (Author), Fruh, S. M. (Author), Minchew, L. A. (Author), Platt, T. H. (Author), Hall, H. R. (Author), Graves, R. J. (Author), Mehari, K. R. (Author), Hauff, C. R. (Author), Cheese, C. M. (Author), Sigma International Conference, "Nurse practitioner students' awareness of obesity bias within clinical practice. Podium presentation.," Sigma Theta Tau International, Alberta, Calgary, Canada. (August 2, 2019).
- Sittig, S. M., Fruh, S. M., Hauff, C. R., Graves, R. J., Williams, S. G., McDermott, R. C., Campbell, S. M. *Willingness to Utilize mHealth for Health Promotion: An Evaluation of Influencing Factors Among College Nursing Students*. Association for Information Systems (AMCIS) 2019. <https://amcis2019.aisconferences.org/>
- Hauff, C. R. (Author & Presenter), Bennett, H. (Author), Gipson, C. (Author), Malcom, N. (Author), Spring ASHPERD Conference 2019, "Exploring CrossFit women and their expectations with traditional and exercise apparel: A qualitative inquiry," Alabama State Association for Health, Physical Education, Recreation, and Dance, Orange Beach, AL. (April 5, 2019).
- Fruh, S. M. (Author & Presenter), Golden, A. (Author), Minchew, L. A. (Author), Hall, H. R. (Author), Graves, R. J. (Author), Williams, S. G. (Author), Mehari, K. R. (Author), Sims, B. (Author), Hauff, C. R. (Author), Cheese, C. M. (Author), Southern Nursing Research Society 33rd Annual Conference, "Competence in Obesity Management: An Educational Intervention Study with Nurse Practitioner Students," SNRS, Orlando, FL. (March 1, 2019).
- Rhoden, L. (Author & Presenter), Fruh, S. M. (Author), Hauff, C. R. (Author), Sittig, S. M. (Author), Undergraduate Research Symposium, "Perceived Barriers to Physical Activity in Nursing Students at the University of South Alabama," USA, USA. (August 22, 2018).

Gipson, C. (Author & Presenter), Hauff, C. R. (Author), Mitchell, R. (Author), Bennett, H. (Author), Malcolm, N. (Author & Presenter), 2018 ISSA World Congress of Sociology of Sport, "How do the women of CrossFit use social media? An exploratory study to examine influences and impacts," Lausanne, Switzerland. (June 6, 2018).

Malcolm, N. (Author & Presenter), Gipson, C. (Author & Presenter), Bennett, H. (Author), Hauff, C. R. (Author), 2018 ISSA World Congress of Sociology of Sport, "The Looking Glass Athlete: Female CrossFitters Reflect on Self," Lausanne, Switzerland. (June 6, 2018).

Serafin, G. (Author & Presenter), Greenleaf, C. (Author), Hauff, C. R. (Author), Klos, L. (Author), University of Wisconsin-Milwaukee College of Health Sciences Graduate Research Symposium, "Weight Bias Internalization and Embodiment among Physically Active Women," University of Wisconsin-Milwaukee, Milwaukee, WI. (May 4, 2018).

Hauff, C. R., USA Spring Graduate Research Forum, "Unless you puke, faint, or die, keep going!" Exploring the prevalence of weight bias commentary on The Biggest Loser," University of South Alabama, Mobile, AL. (March 15, 2018).

Serafin, G. (Author & Presenter), Greenleaf, C. (Author), Hauff, C. R. (Author), Klos, L. (Author), Kauffung, A. (Author), Pozolinski, B., Midwest American College of Sports Medicine Conference, "I ABSOLUTELY deserve better": Women's psychosocial health, physical activity, and perceptions of plus-size exercise apparel," American College of Sports Medicine, Grand Rapids, Michigan. (November 10, 2017).

Greenleaf, C. (Author & Presenter), Hauff, C. R. (Author), Serafin, G. (Author), Weight Stigma Conference, "Fat People Exercise Too!": The perceptions and experiences of women shopping for plus-size exercise apparel," Prague, Cz. (June 6, 2017).

Forseth, B. (Author & Presenter), Hauff, C. R. (Author), Swartz, A. (Author), American College of Sports Medicine, "Development of a Method to Quantify Physical Activity Performed During Yoga," Denver, CO. (May 2017).

Greenleaf, C. (Author & Presenter), Hauff, C. R. (Author), Hennum, A. (Author), Pozolinski, B. (Author), Serafin, G. (Author), Midwestern Psychological Association, "Fat shaming in realityweight loss television," Chicago, IL. (April 20, 2017).

## Research Currently in Progress

### Writing Results

Hauff, C. R., Powell, S., Fasczewski, K. "An exploration of future providers' competence and implicit biases for working with special populations in physical activity spaces"

Hauff, C. R., Greenleaf, C., Stewart, J., Klos, L., Swartz, A., Harley, A. "Hashtagging your health: Using psychosocial variables and social media use to understand impression management and exercise behaviors in women"

Hauff, C. R., Forseth, B. Exploring Yoga, Reasons for Exercise, and Body Image Concerns"

Hudson, G., Hauff, C. R. "Impact of body fat testing on body esteem"

Hauff, C. R., Fruh, S. M., Graves, R. J., Hall, H. R., Barnias, J., Harrell, M. Nursing Student Experiences with COVID-19"

Graves, R. J., Hauff, C. R., Mims, C., Fruh, S. M. "Examining Nursing Students' Experiences of Weight Bias in Clinical Settings"

Hauff, C. R., Graves, R. J., Mims, C. "Nursing Student Learning Outcomes During the COVID-19 Pandemic"

### **Ongoing**

Forester, B. E., Holden, S. L., Woltring, M., Hauff, C. R. "Development of a Life Skills Program for Collegiate Athletes"

Fruh, S. M., Graves, R. J., Hudson, G., Hauff, C. R., Sittig, S. M., Williams, S. G., McDermott, R. C. "Healthy Student, Happy Nurse: A Longitudinal Investigation of Nursing Students"

Hauff, C. R. " JagFit@South Awareness and Program Evaluation"

Hauff, C. R., Parkes, C. A., Exploring social media use with DI student-athletes, coaches, and administrators"

Hauff, C. R., Greenleaf, C., Serafin, G., Pozolinski, B., Kauffung, A. "Plus Size Exercise Apparel"

Hauff, C. R. "The Body Project"

Hauff, C. R., Fruh, S. M. "Weight Bias and Nursing Students"

Hauff, C. R., Powell, S., Fasczewski, K. "An exploration of future providers' competence and implicit biases for working with special populations in physical activity spaces"

### **Planning**

Hauff, C. R., Perelman, H., Conviser, J., Karas, A., DeSimone, M., Aron, C. M. "Eating, Food, and Body Related Risks Among Elite Male Athletes"

Woltring, M., Hauff, C. R., Forester, B. E., Holden, S. L. "Investigating Effects on Instructional Format Changes on Student-Athlete Perceptions of Academic Integrity"

Woltring, M., Schwarz, N. A., Hudson, G., Hauff, C. R. "Selection Bias Regarding Duke and North Carolina in the NCAA Basketball Tournament"

## **SERVICE**

### **Editorial Activities**

Editor, Journal of Sport Behavior. (January 2018 - Present).

Associate Editor, Performance Enhancement and Health. (October 2018 - Present).

### **Review Activities**

#### **Invited Manuscript Reviewer**

Psychology of Sport and Exercise  
SAGE Open  
Sport, Exercise, and Performance Psychology



Communication and Sport  
Obesity Reviews  
Pediatric Exercise Science  
Pediatric Obesity  
Teaching and Learning in Medicine  
Journal of Clinical Sport Psychology  
Association for Applied Sport Psychology (Conference Abstract Reviewer)  
APA Division 47 (Conference Abstract Reviewer)  
Elsevier (Book Reviewer)  
CHOICE Reviews (Book Reviewer)

### **Guest Editorial Board Member**

Journal of Clinical Sport Psychology

### **Department Service**

Committee Member, Academic Standards Committee (UG). (August 2019 - Present).

Committee Member, Program Curriculum Committee: Health Education. (August 22, 2018 - Present).

Committee Member, Graduate HKS Admissions Committee. (August 20, 2017 - Present).

Committee Member, Program Curriculum Committee: Exercise Science. (August 20, 2017 - Present).

### **College Service**

Committee Member, CEPS Faculty Council. (August 2021 - Present).

Committee Member, Recruitment, Retention, and Marketing Committee. (August 2021 - Present).

Committee Member, CEPS Curriculum Committee. (August 2017 - Present).

Committee Member, CEPS Faculty Council. (August 16, 2017 - May 2019).

### **University Service**

Committee Member, Recreation Center Advisory Committee. (November 2021 - Present).

Department Representative, South Fund. (January 2021 - Present).

Committee Member, Obesity Research Network. (March 2018 - Present).

Committee Member, JagFit Employee Wellness Committee. (October 1, 2017 - Present).

### **Professional Service**

Vice Chair, Association for Applied Sport Psychology: Web Presence Committee. (January 1, 2021 - Present).

Workshop Organizer, Women's Body Initiative, Mobile, Alabama. (November 2018 - Present).

Co-Coordinator, Association for Applied Sport Psychology: Eating Disorders Special Interest Group. (May 31, 2017 - Present).

Committee Member, Association for Applied Sport Psychology: Web Presence Committee. (June 5, 2017 - December 31, 2020).

Workshop Organizer, Body Project - Student Body Image Workshop, Mobile, AL. (October 19, 2018 - November 9, 2018).

## **Public Service**

Breastmilk Donor, Mother's Milk Bank of America. (October 2020 – May 2021).

Featured panelist, Girls Exploring Math and Science (GEMS) Workshop, Mobile, AL. (November 2, 2019).

Workshop Organizer, Girls Exploring Math and Science (GEMS) Workshop, Mobile, AL. (November 2, 2019).

Judge, Central Elementary School, Mobile, AL. (May 7, 2018).

Coach, Girls on the Run, Mobile, AL. (August 26, 2017 – December 2017).

## **Other Service**

### **Recommendation Letters**

Served as Student Reference. (March 2, 2017 - Present).

### **Student Organization**

Student Org Advisor (Non-Professional Org), Exercise Science Club. (January 1, 2020 – January 2022).

Student Org Advisor (Non-Professional Org), Driven. (August 1, 2019 - May 10, 2020).

## **Non-Credit Instruction**

Workshop, *Where does HAES belong in the body image world? Implications for Sport, & Performance?* Association for Applied Sport Psychology, 10 participants. (July 20, 2022).

Workshop, *Disengaging from Comparative Practices and the Benefits for Health, Sport, and Performance*, Association for Applied Sport Psychology, 4 participants. (June 29, 2022).

Guest Lecture, PE-201, University of South Alabama, 40 participants. (February 2022).

Guest Lecture, KIN 505, Health, Kinesiology, and Sport Department, 15 participants. (October 2021).

Undergraduate Research, University of South Alabama, 1 participant. (February 2021 - May 2021).

Workshop, *Body Positivity Versus Body Acceptance: Weight Bias & Body Diversity*, Association for Applied Sport Psychology, 10 participants. (May 21, 2021).

Undergraduate Research, University of South Alabama, 1 participant. (August 2019 - May 2020).

Guest Lecture, PE-201, University of South Alabama, 80 participants. (February 14, 2020).

Guest Lecture, PE-201, University of South Alabama, 40 participants. (November 18, 2019).

Guest Lecture, First Year Experience, University of South Alabama, 40 participants. (October 2, 2019).

Guest Lecture, PhD Seminar Course, University of Wisconsin-Milwaukee, 4 participants. (April 8, 2019).

Guest Lecture, PhD Seminar Course, University of Wisconsin-Milwaukee, 20 participants. (March 25, 2019).

Guest Lecture, PE-201, University of South Alabama, 40 participants. (January 21, 2019).

Guest Lecture, Academy of International Studies, Murphy High School, 25 participants. (December 14, 2018).

Guest Lecture, First Year Experience, University of South Alabama, 40 participants. (October 1, 2018).

## **Licensures and Certifications**

Adult CPR/AED, Infant CPR, and First Aid, American Red Cross. (February 2020 - Present).

CITI Certified for working in Social/Behavioral Research with Human Subjects, Collaborative Institutional Training Initiative - University of South Alabama. (January 15, 2020 - Present).

Protecting Human Research Participants, National Institutes of Health (NIH). (May 21, 2018 - Present).

CITI Certified for working in Social/Behavioral Research with Human Subjects, Collaborative Institutional Training Initiative - University of Wisconsin-Milwaukee. (January 13, 2017 - January 13, 2020).

Operator Certification Hologic X-Ray Bone Densitometer, Hologic. (January 11, 2017).