

CURRICULUM VITAE
Kaitlyn Armstrong, M.S.

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EDUCATION

University of Mississippi Ph. D. in Health and Kinesiology Emphasis in Exercise Science and Biomechanics	(Anticipated) 2025
University of Mississippi M.S. Exercise Science	2021
University of South Carolina Aiken B.S. Exercise and Sports Science	2019

RESEARCH POSITIONS HELD

Doctoral Research Assistant, University of Mississippi Department of Health, Exercise Science, and Recreation Management Advisors/Mentors: Dr. Chip Wade, Dr. Thomas Andre, Dr. Allison Ford-Wade, & Dr. Peter Grandjean	2021-Present
Research Assistant Department of Exercise and Sports Science Advisor/Mentor: Dr. Andrew Hatchett	2016-2019

- Assisted with subject preparation, data collection and research dissemination
 - The effect of a curved non-motorized treadmill on running gait length, imbalance and step angle
 - Energy expenditure for aerobic exercise on a curved, non-motorized treadmill versus a traditional motorized treadmill
 - An examination of the relationship between traditional push-ups, hand-release push-ups, and one-repetition maximum bench press performance in female athletes
 - A determination of the influence of cannabidiol oil has on attenuating delayed onset muscle soreness
 - The influence of strength and power on rowing, skiers performance
 - The influence diaphragmatic breath training has on pulmonary and cardiovascular performance
 - Energy expenditure for aerobic exercise on a curved, non-motorized treadmill versus a traditional motorized treadmill
 - The relationship between anaerobic power output and race performance during marathon canoe and kayak competition

PUBLICATIONS

PEER-REVIEWED JOURNAL ARTICLES

7. Hatchett, A., Gregory, R., Shick, A., & **Armstrong, K.** (2022). The influence of a collagen-based multiple ingredient supplement on muscle performance. *J Sports Res*, 9(1): 26-35.
6. Allen, H. K., Cohen-Winans, S., **Armstrong, K.**, Clark, N. C., & Ford, M. A. (2021). COVID-19 Exposure and Diagnosis Among College Student Drinkers: Links to Alcohol Use Behavior, Motives and Context. *Transl Behav Med.*
5. Hatchett, A., **Armstrong, K.**, Hughes, B., & Parr, B. (2020). The influence of cannabidiol on delayed onset muscle soreness. *Int J of Phys Educ Sports Health*, 7(2): 89-94.
4. Hatchett, A., & **Armstrong, K.**, Hughes, B., & Tant, C. (2019). The influence of strength and power on rowing, skiing performance. *J Sports Res*, 6(1): 29-32. doi: 10.18488/journal.90.2019.61.29.32
3. Hatchett, A., Allen, C., **Armstrong, K.**, Hughes, B. (2019). The relationship between anaerobic power output and race performance during marathon canoe and kayak competition. *Int J Sports Exerc Med*, 5(8). doi: 10.23937/2469-5718/1510140
2. Hatchett, A., **Armstrong, K.**, Parr, B., Crews, M., & Tant, C. (2018). The effect of a curved non- motorized treadmill on running gait length, imbalance and stride angle. *Sports*, 6, (58). doi: 10.3390/sports6030058
1. Hatchett, A., Brewer, C., **Armstrong, K.**, & Parr, B. (2018). Energy expenditure for aerobic exercise on a curved non-motorized treadmill versus a traditional motorized treadmill. *Archives of Physical Health and Sports Medicine*, 1(1) 34-38. doi: 10.20944/preprints201806.0067.v1

PRESENTATIONS

12. **Armstrong, K.**, Phillips, J., Wade, C., Ford, M. A., Andre, T.L. (2022, June). The task specificity of obstacle negotiation among individuals with low bone mineral density. American College of Sports Medicine: National Conference.
11. **Armstrong, K.**, Wade, C., Ford, M. A., Andre, T.L. (2022, April). The task specificity of obstacle negotiation among individuals with low bone mineral density. The Damien Moore Memorial Lecture.
10. **Armstrong, K.**, Wade, C., Ford, M. A., Andre, T.L. (2022, March). The task specificity of obstacle negotiation among individuals with low bone mineral density. The University of Mississippi Graduate Student Council Research and Creative Achievement Symposium.
9. **Armstrong, K.**, Ford, M. A., Grandjean, P. W., Andre, T.L., Allen, H. K., & Cohen-Winans, S. (2022, March). Osteoporosis knowledge, health communication, and prevention behaviors

among college students: Associations and the moderating role of self-efficacy. Mississippi Association for Health, Physical Education, Recreation, and Dance Annual Convention.

8. **Armstrong, K.,** Wade, C., Ford, M.A., Johnson, A., & Breehoff, S. (2021, October). A comparison of gait characteristics among individuals with low and normal bone mineral density. An invited presentation: The University of North Alabama R&R Conference.
7. Allen, H.K., Cohen-Winans, S., **Armstrong, K.,** & Ford, M.A. (2021, June). COVID-19 exposure and diagnosis among college student drinkers: Links to alcohol use motives and context. Society for Prevention Research Annual Meeting. *Presented virtually.*
6. **Armstrong, K.,** Cohen-Winans, S., Allen, H. K., Ford, M. A. (2021, February). Cigarette, e-cigarette, and marijuana use among college students: Associations with COVID-19. Mississippi Association for Health, Physical Education, Recreation, and Dance Annual Convention.
5. **Armstrong, K.,** Crews, M., Hatchett, A., & Parr, B. (2018, April). The effect of a curved non-motorized treadmill on running gait length, imbalance, and step angle. University of South Carolina Aiken Scholar Showcase.
4. **Armstrong, K.,** Crews, M., Hatchett, A., & Parr, B. (2018, April). The effect of a curved non-motorized treadmill on running gait length, imbalance, and step angle. Discover USC.
3. **Armstrong, K.,** Crews, M., Hatchett, A., & Parr, B. (2018, April). The effect of a curved non-motorized treadmill on running gait length, imbalance, and step angle. Southeast Regional Undergraduate Research Scholarly and Creative Activity
2. **Armstrong, K.,** Crews, M., Hatchett, A., & Parr, B. (2018, February). The effect of a curved non-motorized treadmill on running gait length, imbalance, and step angle. Southeastern Chapter of the American College of Sports Medicine Annual Meeting.
1. **Armstrong, K.,** McHale, C., Hatchett, A., & Parr, B. (2017, April). An examination of the relationship between traditional push-ups, hand-release push-ups, and one-repetition maximum bench press performance in female athletes. University of South Carolina Aiken Scholar Showcase.

GRANT APPLICATIONS

K. Armstrong, C. Wade, & T. L. Andre

VALD's Applied Research Initiative
(2022)

Dynamic Vision Profiles among Older Adults and their Relationship with Balance-Related Variables
Funding Requested: \$37,960

K. Armstrong, C. Wade, & T. L. Andre

VALD's Applied Research Initiative
(2022)

	Vision Profiles and Strength Profiles and their Relationship with Balance-Related Variables among Youth Female Athletes Funding Requested: \$37, 960
K. Armstrong, C. Wade, T. L. Andre & C. Franks	NSCA Directed Research Grant (2022) Scapular and Shoulder Biomechanics of the Overhead Athlete: An Investigation of the Influence of the Menstrual Cycle Funding Requested: \$24,500
K. Armstrong, C. Wade, T. L. Andre & C. Franks	NSCA Graduate Student Research Grant- Doctoral (2022) The influence of the menstrual cycle on scapular and shoulder biomechanics in female overhead athletes Funding Requested: \$15,000
K. Armstrong, S. Cohen-Winans, & H. K. Allen	FACT Grant (2021) Course redesign for Personal and Community Health Funding Awarded: \$12, 000
K. Armstrong	Graduate Student Research Award (2021) Funding Awarded: \$200
S. Cohen-Winans & K. Armstrong	ACSM- Dr. Raymond A. Weiss Research Endowment (2020) Funding Requested: \$1,500
K Armstrong & A Hatchett	Deluca Foundation - Delsy Prize (2018) Electromyography of muscle recruitment patterns in running gait and breathing on different treadmill styles Funding Requested: \$3000
K Armstrong & B Hughes	University of South Carolina- Magellan Scholar Grant (2018) A determination of cannabidiol oil has on attenuating delayed onset muscle soreness Funding Requested: \$3000

TEACHING AND PROFESSIONAL EXPERIENCE

Graduate Teaching Assistant, University of Mississippi
Department of Health, Exercise Science and Recreation Management 2019-Present

Courses:

Biomechanics of Human Movement (ES 446)*
Behavioral Aspects of Weight Management (HP 312)*
Foundations of Public Health (PH 195)
Personal and Community Health (HP 191)**
CPR & First Aid (HP 203)*
Body Contouring and Conditioning (EL 129)
Jogging (EL 156)
Introduction to Weightlifting (EL 151)
Walking (EL 155)

Responsibilities: Created course syllabus; independently developed and taught lectures; developed, administered, and graded assignments, midterms, and final exams; facilitated class discussions. (**) Denotes classes taught in synchronous and asynchronous formats. (*) Denotes classes taught asynchronously.

ACTIVITIES/SERVICE

Lumen Circles Fellowship- Faculty Learning Community Summer 2021

Invited Reviewer for Peer Reviewed Journals

Journal of Physical Activity & Health 2020-Present
International Journal of Exercise Science 2022-Present

Outreach

Valeo FC Oxford Soccer Coach (2021-2022)
Tallahatchie General Hospital- James C. Kennedy Wellness Center (2021)
MS Flood Soccer Coach (2020-2021)
USC Aiken Women's Soccer (2015-2019)
Student Government Association- Athletics Senator (2018-2019)
Student Athlete Advisory Committee- Secretary (2018-2019)
Exercise and Sports Science Student Association- President (2017-2019)
Campus Intercollegiate Athletics Committee- Student Representative (2018-2019)
USC Aiken Science Education Enrichment Day (2018)
SEACSM Conference AV team (2018, 2019)

Service to the University of Mississippi

Faculty Search Committee Member, HESRM Spring 2021
Graduate Student Exercise Science Representative Ole Miss Junior Preview Day Spring 2021
Graduate Student Exercise Science Representative Ole Miss Junior Preview Day Fall 2021

PROFESSIONAL AFFILIATIONS/MEMBERSHIPS

American College of Sports Medicine
American Red Cross
National Strength and Conditioning
Association
USAW (Level 1 Certification)
Mississippi Public Health Association

INVITED GUEST SPEAKING

Invited Guest Speaker, University of Mississippi 2021
Residential Learning Committee: Walking Group
Prepared and delivered a presentation on lifestyle habits for bone health.

EQUIPMENT UTILIZATION

Parvo Medics -TrueOne 2400
Electrocardiograph
BodPod Gold Standard
Dual-Energy X-ray Absorptiometry
Microgate Optogait
Accelerometry
Blood Pressure
Heart Rate Monitor
Pulse Oximeter Skin
Fold Calipers
Vicon Nexus
Microsoft Office
SPSS
STATA
Qualtrics

HONORS AND AWARDS

- Peach Belt Conference All-Academic Team (2018)
- Presidential Honor Roll (2016-2018)
- USC Aiken Dean's List (2017, 2018)
- USC Aiken President's List (2018)
- Aiken Sunrise Rotary Student of the Month (November 2018)

REFERENCES

Dr. Chip Wade
Associate Professor of Biomechanics
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Phone: 1+-662-915-5820
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Dr. Tom Andre
Assistant Professor, Department of HESRM
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