

CURRICULUM VITAE  
University of Pittsburgh  
School of Health and Rehabilitation Science

**Biographical**

**Name:** Katelyn Fleishman Allison

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**EDUCATION and TRAINING**

**UNDERGRADUATE:**

2003 – 2007	University of Pittsburgh Pittsburgh, PA	Bachelor of Science April 2007	Education Exercise Science
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**GRADUATE:**

2007 – 2008	University of Pittsburgh Pittsburgh, PA	Master of Science August 2008	Education Exercise Physiology Bret Goodpaster, PhD
2009 – 2012	University of Pittsburgh Pittsburgh, PA	Doctor of Philosophy August 2012	Rehabilitation Science Sports Medicine & Nutrition Scott M. Lephart, PhD Timothy C. Sell, PhD

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**APPOINTMENTS and POSITIONS**

**ACADEMIC:**

2016 – present	University of Pittsburgh Pittsburgh, PA	Director, MS Program in Sports Medicine School of Health and Rehabilitation Science Department of Sports Medicine and Nutrition Neuromuscular Research Laboratory
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2012 – present	University of Pittsburgh Pittsburgh, PA	Assistant Professor School of Health and Rehabilitation Science Department of Sports Medicine and Nutrition Neuromuscular Research Laboratory
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**ASSISTANTSHIP/FELLOWSHIP:**

2008 – 2012	University of Pittsburgh Pittsburgh, PA	Graduate Research Associate School of Health and Rehabilitation Science Department of Sports Medicine and Nutrition Neuromuscular Research Laboratory
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2007 – 2008	University of Pittsburgh Pittsburgh, PA	George I. Carson Graduate Fellowship Department of Athletics
2007 – 2008	University of Pittsburgh Pittsburgh, PA	Graduate Student Assistant – School of Education Department of Health and Physical Activity Human Energy Research Laboratory Baierl Fitness Center
<b>INTERNSHIP/DIRECTED RESEARCH:</b>		
2007 - 2008	University of Pittsburgh/ UPMC School of Medicine Pittsburgh, PA	Graduate Directed Research UPMC Division of Endocrinology and Metabolism Obesity and Nutrition Research Center
2007	University of Pittsburgh/ UPMC School of Medicine Pittsburgh, PA	Undergraduate Clinical Internship UPMC Division of Endocrinology and Metabolism Obesity and Nutrition Research Center
2006	University of Pittsburgh Pittsburgh, PA	Undergraduate Directed Research – School of Education Department of Health and Physical Activity Human Energy Research Laboratory Physical Activity and Weight Management Research Center

**NON-ACADEMIC:**

2008	Country Club Fitness Int'l Sewickley, PA	Assistant Director of Fitness Edgeworth Club
2007	University of Pittsburgh/ UPMC School of Medicine Pittsburgh, PA	Student Assistant UPMC Division of Endocrinology and Metabolism Obesity and Nutrition Research Center
2006	University of Pittsburgh Pittsburgh, PA	University Fitness Staff Member Bellefield Fitness Center

**CERTIFICATION and LICENSURE**

**CERTIFICATIONS:**

American College of Sports Medicine Certified Exercise Physiologist (EP-C) #1004790	2007 – Present
American Red Cross CPR/AED/First Aid for the Professional Rescuer Instructor	2005 – 2008
American Red Cross CPR/AED/First Aid for the Professional Rescuer	2004 – present

## MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES

Women in Sports and Events	2012 – 2013
National Strength and Conditioning Association	2011 – 2014
Pi Lambda Theta Society for Educators	2008
University of Pittsburgh Varsity Letter Club	2007 – Present
University of Pittsburgh Alumni Association	2007 – Present
American College of Sports Medicine (ACSM)	2005 – Present
Mid-Atlantic Regional Chapter (ACSM)	2005 – Present

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## HONORS

Delivered Alumni Address at SHRS Commencement Ceremony	2015
AMSUS Sir Henry Wellcome Medal and Prize - Exemplary Published Research in Military Medicine (second author)	2012
Bruce Baker Education Travel Fund Recipient	2012
Graduate and Professional Student Association Travel Award	2012
School of Health and Rehabilitation Science Student Travel Award	2011, 2012
Freddie H. Fu, MD Graduate Research Award	2010, 2012
George I. Carson Graduate Athletic Fellowship	2007 – 2008
Outstanding Undergraduate Student Department of Health and Physical Activity	2007
University of Pittsburgh, Magna Cum Laude graduate	2007
Golden Key National Honor Society	2005 – 2007
National Society of Collegiate Scholars	2004 – 2007
Sigma Alpha Lambda Honor Society	2004 – 2007
Panther Blue/Gold Honor List	2003 – 2007
University of Pittsburgh Dean's Honor List	2003 – 2007
Varsity Letter Winner, Track and Cross Country	2003 – 2007
Big East Academic All-Star	2003

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## PUBLICATIONS

### REFEREED ARTICLES:

1. **Allison KF**, Keenan KA, Frame MM, Lovalekar M, Mi Q, Beals K, Weinberg AM, Coleman LC, Nindl BC. Expanding the Role of Women in the United States Marine Corps: Injury Prevention and Performance Optimization. *Medicine and Science in Sports and Exercise*. (In Preparation)
2. Kalajainen AM, Williams VJ, Abbott B, Lovalekar MT, Sell TC, **Allison KF**. Comparison of the Balance Error Scoring System and the Neurocom Sensory Organization Test in Healthy, Physically Active Adults. *Journal of Athletic Training*. (In Preparation)
3. **Allison KF**, Abt JP, Sell TC, Lovalekar MT, Oliver JM, Wood DE, Lephart SM. The Relationship between Physiological and Musculoskeletal Characteristics and Assessments of Physical-Tactical Readiness in Naval Special Warfare Operators. (In Preparation)

4. **Allison KF**, Abt JP, Beals K, Nagle EF, Lovalekar MT, Lephart SM, Sell TC. Aerobic Capacity and Isometric Knee Flexion Strength Fatigability are related to Knee Kinesthesia in Physically Active Women. *Isokinetics and Exercise Science*. (In Review)
5. Abt JP, Eagle SR, Sell TC, Beals K, **Allison, KF**, Wood DE, Lephart SM. Comparison of Physiological, Musculoskeletal, and Biomechanical Characteristics between Sea, Air and Land Operators and SEAL Qualification Students. *Military Medicine*. (In Review)
6. Sell TC, Lovalekar M, Nagai T, **Allison KF**, Wirt MD, Abt JP, Lephart SM. Gender Differences in Static and Dynamic Postural Stability of Soldiers of the Army's 101st Airborne Division (Air Assault). *Military Medicine*. (In Review)
7. **Allison KF**, Sell TC, Benjaminse A, Lephart SM. Force Sense of the Knee is not Affected by Fatiguing the Knee Extensors and Flexors. *Journal of Sport Rehabilitation*. 2016; 25, 155-163.
8. Chu Y, Keenan K, **Allison K**, Lephart S, and Sell T. The positive correlation between trunk, leg, and shoulder strength and linear bat velocity at different ball locations during the baseball swing in adult baseball players. *Isokinetics and Exercise Science*. 2015; 23(4), 237-244.
9. Sell MA, Abt JP, Sell TC, Keenan KA, **Allison KF**, Lovalekar MT, Lephart SM. Reliability and Validity of Medicine Ball Toss Tests as Clinical Measures of Core Strength. *Isokinetics and Exercise Science*. 2015; 23(3): 151-160.
10. **Allison KF**, Keenan KA, Sell TC, Abt JP, Nagai T, Deluzio J, McGrail M, Lephart SM. Musculoskeletal, biomechanical, and physiological sex differences in the US Military. *Army Medical Department Journal*. 2015; Apr-Jun: 22-32.
11. Dube JJ, **Allison KF**, Rousson V, Goodpaster BH, Amati F. Exercise dose and insulin sensitivity: important consideration for type 2 diabetes prevention. *Medicine and Science in Sport and Exercise*. 2012; 44(5):793-799.
12. Crawford K, **Fleishman K**, Abt JP, Sell TC, Nagai T, Deluzio J, Rowe R, McGrail M, Lephart SM. Less Body Fat Improves Physical and Physiological Performance in Army Soldiers. *Military Medicine*. 2011; 176(1): 35-43.

#### **PUBLISHED ABSTRACTS:**

1. **Allison KF**, Keenan KA, Frame MM, Lovalekar MT, Beals K, Weinberg AM, Coleman LC, Nindl BC. Body Composition and Anthropometric Variables are Associated with better Physiological and Musculoskeletal Performance in Female Marines. 2016 AMEDD Military Health System Research Symposium; Kissimmee, FL. (In Review)
2. Keenan KA, **Allison KF**, Frame MM, Lovalekar MT, Beals K, Weinberg AM, Coleman LC, Nindl BC. Better Fitness is Related to Lower Injury Risk in Male and Female Marines during Integrated Training. 2016 AMEDD Military Health System Research Symposium; Kissimmee, FL. (In Review)
3. Pletcher EP, Lovalekar MT, Frame MM, Kido Y, Beals K, Nindl BC, **Allison KF**. Decreased percent body fat but not body mass is associated with better performance on combat fitness test in male and

female Marines. National Strength and Conditioning Association Annual Meeting. New Orleans, LA. 2016 (Accepted)

4. Bansbach H, Pletcher E, Lovalekar M, Frame M, Kido Y, Sell T, **Allison K**. Correlations and gender-related differences in dynamic postural stability and landing kinematics in U.S. Marines. American Society of Biomechanics Annual Meeting. Raleigh, NC. 2016 (Accepted)
5. Poploski KM, Winters JD, **Allison KF**, Nagai T, Sell TC, Beals K, Abt JP, Wirt MD, Lephart SM. Lower Extremity Musculoskeletal Injury History, Strength, and Biomechanics in Female US Army Soldiers. American College of Sports Medicine Annual Meeting; June 1-4, 2016; Boston, MA. (Accepted)
6. **Allison KF**, Abt JP, Sell TC, Beals K, Lovalekar M, Nagai T, Lephart SM. Physiological and Strength Characteristics of Enlisted Female Soldiers by Physical Demand Rating and PULHES Number. American College of Sports Medicine Annual Meeting; May 26-30, 2015; San Diego, CA.
7. Sell MA, Abt JP, Sell TC, Keenan KA, **Allison KF**, Lovalekar MT, Lephart SM. The Development and Assessment of Core Strength Clinical measures: The Reliability and Validity of Medicine Ball Toss Tests. National Athletic Trainer's Association Annual Meeting; June 24-27, 2014; Indianapolis, IN.
8. Abt JP, Sell TC, Beals K, **Allison KF**, Nagai T, Wood DE, Lephart SM, FACSM. Physical/Physiological Comparison between Cohorts of Naval Special Warfare SEAL Operators and SEAL Qualification Training Students. American College of Sports Medicine Annual Meeting; May 27-31, 2014; Orlando, FL.
9. **Allison KF**, Abt JP, Sell TC, Beals K, Wood D, Lephart SM. The Relationship between Body Fat, Injury and Musculoskeletal/Physiological Performance in Naval Special Warfare Operators. American College of Sports Medicine Annual Meeting; May 27-31, 2014; Orlando, FL.
10. Nagai T, Lovalekar M, **Allison KF**, Abt JP, Sell TC, Smalley BW, Wirt MD, Lephart SM, FACSM. Prevalence of Neck Pain and Low Back Pain in a Combat Aviation Brigade. American College of Sports Medicine Annual Meeting; May 27-31, 2014; Orlando, FL.
11. Nagai T, **Allison KF**, Keenan KA, Abt JP, Sell TC, Smalley BW, Wirt MD, Lephart SM. Gender Differences in Modifiable Musculoskeletal Characteristics in US Army Helicopter Pilots. Aerospace Medical Association Annual Meeting; May 11-15, 2014; San Diego, CA.
12. **Allison KF**, Sell TC, Abt JP, Beals K, Nagle EF, Lovalekar MT, Lephart SM. The Relationship between Physiological and Musculoskeletal Characteristics and Knee Kinesthesia Following Fatiguing Exercise. National Athletic Trainers' Association Annual Meeting; June 24-27, 2013; Las Vegas, NV.
13. **Allison KF**, Abt JP, Sell TC, Oliver JM, Zimmer AC, Hovey GD, Nott ZJ, Lephart SM. The Relationship between Physiological and Musculoskeletal characteristics and Tactical Performance in Naval Special Warfare Operators. 2012; 45(5) Supplement 2 (In Press). Poster presentation

14. **Allison KF**, Akins JS, Sell TC, Abt JP, Lovalekar MT, Crawford K, Lephart SM. Heart Rate and Postural Stability are Similar after Aerobic and Anaerobic Exercise. *Medicine and Science in Sport and Exercise*. 2012; 44(5) Supplement 2, 66. Poster presentation.
15. Amati F, Dube JJ, **Allison KF**, Rousson V, Goodpaster BH. Exercise dose and insulin sensitivity: important consideration for type 2 diabetes prevention. *Medicine and Science in Sport and Exercise*. 2012; 44(5) Supplement 2, 226. Poster presentation.
16. **Fleishman K**, Crawford K, Darnell ME, Lovalekar MT, Abt JP, Lephart SM. The Effect of Tart Cherry Juice Blend in Reducing Eccentric-Induced Muscle Soreness. *Medicine and Science in Sport and Exercise*. 2011; 43(5) Supplement 1, 16. Thematic poster presentation.
17. **Fleishman K**, Crawford K, Abt J, Sell T, Lovalekar M, Nagai T, Deluzio J, Rowe R, McGrail M, Lephart S. Optimal Body Composition for Performance of 101<sup>st</sup> Airborne (Air Assault) Soldiers. *Medicine and Science in Sport and Exercise*. 2010; 42(5) Supplement 1, 622. Poster presentation.
18. **Fleishman K**, Amati F, Jakicic J, Goodpaster B. Exercise Intensity and Insulin Sensitivity: What is the Dose Response Relationship? Free Communication Presentation. American College of Sports Medicine, 2008 Mid-Atlantic Regional Chapter Conference. Harrisburg, PA.

## PROFESSIONAL ACTIVITIES

### TEACHING:

2016 – present	University of Pittsburgh, Pittsburgh, PA HRS 2868 – Seminar in Sports Medicine 4 Graduate Students, 3 Contact Hours, primary instructor
2015 – present	University of Pittsburgh, Pittsburgh, PA HRS 2650 – Exercise Physiology 11 Graduate Students, 3 Contact Hours, primary instructor
2015 – present	University of Pittsburgh, Pittsburgh, PA HRS 3896 – Research Seminar in Sports Medicine 12 Graduate Students, 3 Contact Hours, primary instructor
2012 – 2014	University of Pittsburgh, Pittsburgh, PA HRS 3896 – Research Seminar in Sports Medicine 5 Graduate Students, 3 Contact Hours, co-instructor
2010 – present	University of Pittsburgh, Pittsburgh, PA CDN 1603/HRS 2631 – Nutrition Assessment 2 10-15 Graduate Students, 3 Contact Hours, 2 Laboratory Experiences
2010 – present	University of Pittsburgh, Pittsburgh, PA HRS 3897 - Laboratory Techniques in Sports Medicine 2 5 Graduate Students, 3 Contact Hours, 2 Lectures, 2 Laboratory Experiences

2010 – 2013 University of Pittsburgh, Pittsburgh, PA  
REHSCI 1215 – Exercise Physiology  
10-15 Undergraduate Students, 3 Contact Hours, 4 Laboratory Experiences

2011 University of Pittsburgh, Pittsburgh, PA  
HRS 2628 – Nutrition and Performance  
8 Graduate Students, 3 Contact Hours, 1 Lecture, 1 Laboratory Experience

2009 – 2010 University of Pittsburgh, Pittsburgh, PA  
HRS 2628 – Nutrition and Performance  
5-20 Graduate Students, 3 Contact Hours, 3 Laboratory Experiences

2007 – 2008 University of Pittsburgh, Pittsburgh, PA  
PEDC 0002 – Intermediate Swimming  
10-20 Undergraduate Students, 3 Sections, 1 Contact Hour, 30 Lectures

2007 – 2008 University of Pittsburgh, Pittsburgh, PA  
PEDC 0146 - First Aid/CPR for the Professional Rescuer  
30 Undergraduate Students, 2 Sections, 2 Contact Hours, 12 Lectures

**PROFESSIONAL:**

2016 University of Pittsburgh Health Sciences Young Faculty Leadership Academy  
2015 – present Manuscript Reviewer, Journal of Strength and Conditioning Research  
2014 – present Manuscript Reviewer, Journal of Sports Rehabilitation  
2013 – present Manuscript Reviewer, Medicine and Science in Sport and Exercise  
2013 – present Mid-Atlantic Regional Chapter of ACSM Meeting Planning Committee  
2013 – present Mid-Atlantic Regional Chapter of ACSM Meeting Research Committee

**STUDENT ACADEMIC ADVISEES:**

Jordan Lane, BS (2015-2017)  
Morgan Skidmore, BS, ATC (2014-2016)  
Amy Kalajainen, BS, ATC (2013-2015)  
Brandon Crooms, BS (2012-2014)  
Thamar Perry, BS, ATC (2012-2014)

**INTERNSHIP COORDINATOR:**

Megan Wagner (2016)  
Alexis Ayres (2016)  
Zachary Menta (2016)  
Meaghan Beckner (2012)  
Jennifer Feldt (2012)

**THESIS/DISSERTATION COMMITTEE MEMBERSHIP:**

Jordan Lane, BS (Committee Chair)  
Thesis Title (working): The Effect of Fatigue on the Relationship between Two Postural Stability Tests in Male and Female Athletes

Amy Kalajainen, BS, ATC (Committee Chair)  
Thesis Title: Comparison of the Balance Error Scoring System and the NeuroCom Sensory Organization Test in Healthy, Physically Active Adults (Defended: March 2015)

Mallory Sell, BS, ATC (Committee member)

Thesis Title: The Development and Assessment of Core Strength Clinical Measures: Validity and Reliability of Medicine Ball Toss Tests (Defended: July 2013)

**LECTURES AND SEMINARS:**

- April 21, 2016 “Neuromuscular Characteristics Related to Injury Prevention and Performance: Training Considerations for Athletic and Military Populations.” Guest Lecture for Physiological Adaptations to Training; University of Pittsburgh, School of Education, Department of Health and Physical Activity. Pittsburgh, PA
- March 6, 2016 “Musculoskeletal, Biomechanical, and Physiological Gender Differences in the U.S. Military: Considerations for Injury and Performance.” McGowan Institute for Regenerative Medicine Scientific Retreat Military-Relevant Injury Research Symposium Nemacolin Woodlands Resort, Farmington, PA
- June 7, 2014 “Keeping your Mitochondria and YOU Healthy through Exercise” Invited speaker, United Mitochondrial Disease Foundation Annual Symposium Sheraton Station Square, Pittsburgh, PA
- November, 2013 “Meet the Expert” Panel Mid-Atlantic Regional Chapter of the American College of Sports Medicine Sheraton Harrisburg-Hershey Hotel, Harrisburg, PA
- April, 2012 UPMC Primary Care Sports Medicine Fellow Board Preparation  
February, 2011 Body Composition and Exercise Physiology Laboratory Experience Neuromuscular Research Laboratory, Pittsburgh, PA
- October, 2011 UPMC Primary Care Sports Medicine Fellow Board Preparation  
November, 2010 Guest Lecturer: Physiological Testing and Cardiovascular Adaptations UPMC Shadyside Hospital, Pittsburgh, PA

**MEDIA:**

- “Combat Roles in the Military Open to Women”  
90.5 WESA Essential Pittsburgh, December 11, 2015
- “Marines Hope To Determine Gender Neutral Standards for Ground Combat”  
All Things Considered, NPR, March 26, 2015
- “Testing a Few Good Women for Combat”  
At War: Notes from the Front Lines, New York Times, March 19, 2015
- “Testing male, female combat strength”  
San Diego Union Tribune, March 6, 2015
- “Combat Training: Can Female Marines Get The Job Done?”  
NPR, November 24, 2014
- “Marine Corps Puts a Few Good Women to the Test”  
The Wall Street Journal, November 07, 2014
- “Female Marines get a leg up to put boots on the ground”  
School of Health and Rehabilitation Sciences Facets Magazine, Fall 2014



“‘Adaptability and Flexibility’: The Changing Role of Women in the Marine Corps”

Naval Science & Technology Future Force Magazine, Fall 2014

“Marine Corps prepares for historic gender test”

Marine Corps Times, October 12, 2014

“Women in combat? Pitt studies Marines’ physical requirements”

University Times, University of Pittsburgh, July 24, 2014

“The Marines Are Looking For A Few Good (Combat-Ready) Women”

NPR, July 07, 2014

## RESEARCH

### CURRENT GRANT SUPPORT:

1. Title: Expanding the Role of Women in the Marine Corps: Injury Prevention and Human Performance  
\*Role: Principal Investigator (2014-2016); Scott M. Lephart, PhD (2013-2014)  
Years: 2013 – 2016  
Percent Effort: 45%  
Source: United States Department of Defense/Office of Naval Research  
Purpose: The objective of this research initiative is to explore current fitness standards beyond initial fitness tests to determine the gender-neutral physical, physiological, and tactical requirements for the newly opened MOS.  
*\*Did not compete for funding as Principal Investigator; became PI after Scott Lephart departed the University of Pittsburgh*
2. Title: Effect of Crossfit exercise training on health and performance  
Role: Principal Investigator  
Years: 2015 - present  
Source: Departmental Research Award  
Purpose: The objective of this research is to examine musculoskeletal, physiological, performance, and injuries in individuals participating in 12 weeks of Crossfit training
3. Title: MARSOC Injury Prevention and Human Performance Research Initiative  
Role: Co-investigator (PI: Scott M. Lephart, PhD / Takashi Nagai, PhD)  
Years: 2013 – 2017  
Source: United States Department of Defense/Office of Naval Research  
Purpose: The objective of this research initiative is to create a systematic and sustained injury prevention and performance enhancement training program based on the specific tasks and demands of the MARSOC Special Forces Soldier.
4. Title: AFSOC Injury Prevention/Performance Optimization  
Role: Co-investigator (PI: Timothy C. Sell, PhD, PT 2012-2015, Christopher Connaboy, PhD 2015-2016)  
Years: 2012 -2016  
Source: 711th Human Performance Wing, Human Effectiveness Directorate, Biosciences and Performance Division Development Award, US Air Force  
Purpose: The objective of this study is to identify and modify risk factors contributing to unintentional injuries of AFSOC Operators.

5. Title: Naval Special Warfare Group Tactical Athlete program Human Performance Research Initiative  
Role: Co-investigator (PI: Scott M Lephart, PhD 2005-2014; Timothy C. Sell, PhD 2014-2015, Kim Beals, PhD, RD, CSSD 2015-2016)  
Years: 2005 – 2016  
Source: United States Department of Defense/Office of Naval Research  
Purpose: The objective of this study is to identify and modify risk factors contributing to unintentional injuries of NSW

**PREVIOUS GRANT SUPPORT:**

6. Title: USASOC Injury Prevention/performance Optimization Musculoskeletal Screening Initiative  
Role: Co-investigator (PI: John P. Abt, PhD, ATC and Timothy C. Sell, PhD, PT)  
Years: 2010 – 2014  
Source: Defense Medical Research and Development Program – US Army Medical Research and Materiel Command  
Purpose: The overall objective of this research is to provide the scientific arm by which USASOC will refine its THOR3 program by modifying risk factors for unintentional musculoskeletal injury and improving physical readiness
7. Title: The Relationship between Musculoskeletal Strength, Physiological Characteristics, and Knee Kinesthesia Following Fatiguing Exercise  
Role: Principal Investigator  
Years: 2012  
Source: Freddie H. Fu Graduate Research Award (\$3500)
8. Title: The Effect of Maximal Aerobic and Anaerobic Exercise Bouts on Heart Rate Recovery and Postural Control  
Role: Principal Investigator  
Years: 2010  
Source: Freddie H. Fu Graduate Research Award (\$2500)
9. Title: The Effect of Tart Cherry Juice Blend in Reducing Eccentric-Induced Muscle Soreness  
Role: Study Coordinator (PI: Kim Crawford, PhD, RD, CSSD)  
Years: 2009  
Source: Cherry Marketing Institute (\$50,000)

**NOT FUNDED:**

1. Title: Administration of Neuregulin 1 as a Strategy for Increasing Cardiovascular Fitness  
Role: Co-Investigator (PI: Bernhard Kuhn, MD)  
Year: 2016  
Source: Congressionally Directed Medical Research Programs  
Purpose: The objective of this research initiative is to investigate the relationship between NRG1 and cardiorespiratory fitness.
2. Title: Injury Prevention and Human Performance Research within the US Marine Corps  
Role: Principal Investigator  
Years: proposed 2015-2017  
Percent Effort: 45%  
Source: United States Department of Defense/Office of Naval Research  
Purpose: The proposed project will prospectively evaluate the physical and physiological predictors of attrition, injury, and milestones of both male and female Marines throughout the tactical lifespan.

## **LIST OF CURRENT RESEARCH INTERESTS:**

Exercise and nutritional contributions to injury prevention, health, wellness, and performance optimization  
Female injury prevention, performance enhancement, and health  
Effects of fatigue on proprioception and neuromuscular control

## **SERVICE**

### **UNIVERSITY:**

2016 – 2017	School of Health and Rehabilitation Sciences Faculty Executive Committee (Secretary)
2015 - present	Board of Directors/SCR Director – University of Pittsburgh Alumni Association
2015 - present	School of Health and Rehabilitation Sciences Alumni Association, Director
2015 - present	University of Pittsburgh Senate Athletics Committee
2013 - present	University of Pittsburgh Varsity Letter Club – Board of Directors
2013 - 2016	School of Health and Rehabilitation Sciences Nominations Committee (Chair, 2015-16)
2012	Pitt Department of Athletics/Life Skills “Legacy Night” Career Networking Volunteer
2009 – 2011	Pitt Department of Athletics/Life Skills “Pathway to Professions” Volunteer
2008	Pitt Council of Graduate Students in Education Annual Conference, Session Moderator
2006 – 2007	Panther PAWS (Pitt Athletes Working with Students), Fitness for Children volunteer
2006	University of Pittsburgh Faculty Wellness Expo Volunteer (wellness testing)
2006	University of Pittsburgh Student Wellness Fair Volunteer (wellness testing)

### **COMMUNITY:**

2015 - present	Family House of Pittsburgh – Young Business Leaders Committee Social Media Chair and Polo Planning Sub-Committee Co-Chair YBL Family House Board Liaison for Governance
2014	Family House of Pittsburgh – House Volunteer
2012 - present	UPMC “Team Pittsburgh” U.S. Transplant Olympics Team, Volunteer Trainer
2011	“Soccer in the Community” Volunteer
2010	Initiated “Buckets for Haiti” collection at NMRL for Brother’s Brother Foundation
2009	G-20 Summit volunteer, “Red-Up Pittsburgh” project and International Ambassador
2009	Girls on the Run 5K Volunteer
2009	Minority Wellness Fair Volunteer (fitness testing)
2007	National Society of Collegiate Scholars Community Service Project Volunteer
2006	Community College of Allegheny County Wellness Expo Volunteer
2006	YMCA Healthy Kids Day Volunteer, Activity Supervisor
2006	Children’s Hospital of Pittsburgh of UPMC Student-athlete Visitor