Caitlyn R. Hauff

University of South Alabama
College of Education and Professional Studies
Department of Health, Kinesiology and Sport
(251)-460-7698
chauff@southalabama.edu

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

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-jiia.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/jaanp

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

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

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 Exercicio (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://athleticdirectoru.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-athletesto-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), Kruelis, 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), Kruelis, 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), Kruelis, 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 ASAHPERD 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).