**Lauren G. Killen, PhD, EP-C**

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**Office: (256) 765-4774**

**Education**

* **Doctor of Philosophy-** Middle Tennessee State University, Murfreesboro, TN (May, 2015)

Human Performance

Specialization: Exercise Science

Dissertation: Measuring Energy Expenditure and Preferred Mode of Exercise in Females who are Overweight or Obese

Committee Members: Dr. Jenn Caputo, Dr. John Coons, Dr. Vaughn Barry, and Dr. Dana Fuller

* **Master of Science**- University of North Alabama, Florence, AL (Summer, 2011)

Health and Human Performance GPA: 4.0/4.0

Thesis: Effects of Caffeine on Session Rating of Perceived Exertion

Committee Members: Dr. Matt Green, Dr. Eric O’Neal, Dr. Joyce McIntosh, and Dr. Tom Coates

* **Bachelor of Science** - University of North Alabama, Florence, AL (May, 2010)

Health, Physical Education and Recreation

Concentration: Exercise Science, (Minor: Biology) GPA: 3.8/4.0

**Professional Experience**

* Assistant Professor, University of North Alabama – Department of Health, Physical Education, and Recreation (Fall, 2016-present)
* Visiting Assistant Professor, University of North Alabama- Department of Health, Physical Education, and Recreation (Fall, 2015-Summer, 2016)
* Graduate Teaching Assistant, Middle Tennessee State University- Health and Human Performance Department (Fall, 2011-Spring, 2015)
* Graduate Assistant, University of North Alabama - UNA Human Performance Lab

(Fall, 2010-Spring, 2011)

* Undergraduate Internship (200 hrs) - North Alabama Bone and Joint Clinic (Spring, 2009)
  + Assisted with patient care
  + Administered therapeutic modalities under PT supervision
* Student Worker/Research Assistant UNA Human Performance Lab (Spring, 2009)
  + VO2 max testing, general fitness assessment
  + Assisted with Departmental Research
* Volunteer Swim Instructor - Kilby Lab School (Fall, 2009)
* Volunteer Aerobics Instructor - Muscle Shoals Senior Center (Fall, 2008)

**University Teaching/Lab Experience**

**Primary Instructor**

* EXSC 3500: Exercise Techniques and Leadership (Fall 2013, 2014; Spring 2015)
* EXSC 3830: Physiology of Exercise (Fall 2014)
* EXSC 3831: Physiology of Exercise Lab ( Fall 2012, 2013; Spring 2012, 2013, 2014)
* EXSC 4240: Principles of Exercise Assessment for Healthy Populations (Spring 2014, 2015)
* EXSC 4250: Internship (Spring 2013; Summer 2014)
* EXSC 4810: Measurement and Evaluation (Fall 2012)
* HPE 102: Weight Training (Spring 2016)
* HPE 221: Introduction to Health and Physical Education (Fall 2016, Spring 2017)
* HPE 353W: Physiology of Exercise (Fall 2015, Spring 2016)
* HPE 360: Introduction to Fitness Testing (Fall 2015, Spring 2016, Spring 2017)
* HPE 405: Exercise Leadership (Summer 2016, Spring 2017)
* HPE 430: Behavioral Modification Interventions (Fall 2015, Fall 2016)
* HPE 451: Applied Statistics in Health and Exercise Science (Fall 2015)
* HPE 496L: Cardiopulmonary Rehabilitation/ECG Interpretation Laboratory (Spring 2016, Spring 2017)
* HPE 600: Research Methods (Fall 2016)
* HPE 665:Critical Analysis of Research and Professional Literature (Spring 2016)
* PHED 1180: Aerobic Walking (Fall 2011)
* PHED 1190: Aerobic Dance (Fall 2011; Spring 2012)

**Teaching Assistant**

* EXSC 4240: Principle of Exercise Assessments for Healthy Populations (Fall 2012; Spring 2013)
* EXSC 4260: Exercise Assessment and Prescription for Special Populations (Summer 2012)

**Lab Experience**

* VO2 max (AEI Moxus system, Jeager Oxycon Mobile) and submax testing
* Body composition assessment: skinfolds and hydrostatic weighing
* Electrocardiogram procedures (Quinton Q-Stress)
* Pulmonary testing
* Performance assessments (Wingate, vertical jump, agility test, balance test, coordination test)

**Publications/Research Experience (maiden name: Gover)**

* **Killen LG**, Coons JM, Barry VW, Fuller DK, Caputo JL (2016). Live and Video-Guided Exercise with Females who are Overweight or Obese. *Physiology and Behavior,* in review*.*
* **Killen LG**, Coons JM, Barry VW, Fuller DK, Caputo JL (2016). Validation of a Physical Activity Monitor as a Measure of Energy Expenditure during a Circuit-Style Workout with Females who are Overweight or Obese. *Journal of* *Strength and Conditioning Research,* in review*.*
* **Killen LG**, Barry VW, Cooper C, Coons JM (2014). Live versus DVD Exercise in College-Age Females. *Journal of Strength and Conditioning Research,* 28(12): 3393-3398*.*
* Hornsby JH, Green JM, O’Neal EK, McIntosh JR, **Killen LG**, Coates TE (2013). Influence of acute terminal RPE on Session RPE. *Journal of Strength and Conditioning Research,* 27(10): 2800-2805.
* **Killen LG**, Green JM, O’Neal EK, McIntosh JR, Hornsby J, Coates TE (2013). Effects of Caffeine on Session Ratings of Perceived Exertion. *European Journal of Applied Physiology,* 113(3): 721-727.
* **Gover L,** Green JM (2009). Influence of stretching and warm-up as modalities for injury prevention. *Alabama State Association for Health, Physical Education Recreation and Dance (ASAHPERD) Journal, 29*: 17 – 20.
* Green JM, McIntosh JR, Hornsby J, Timme L, **Gover L**, Mayes JL (2009). Effect of exercise duration on session RPE at 70% VO2 max. *European Journal of Applied Physiology,* 107: 501-507.
* Green JM, Laurent CM, McIntosh JR, **Gover LL**, Hornsby JH. Validation of a Novel Device to Detect Ventilatory Threshold. *European Journal of Sport Science* (Manuscript in review).

**Funding**

* Killen LG (Spring, 2017). Validation of Physical Activity Monitor for Prescribed Exercise and Free-Living. Proposal submitted to the Faculty Research Committee at the University of North Alabama ($2,680 requested, approved)
* Green JM, O’Neal EK, Killen LG, O’Neal WK, Sulliman J (Fall, 2016). Influence of music on perceptual responses to exercise. Proposal submitted to the GRAMMY Foundation ($19,550.00 requested, denied)
* Green JM, Killen L, O’Neal E, Olenick A, Lyons S (May, 2016). Influence of simulated altitude mask on perceptual responses to exercise and self-selected exercise intensity. Proposal submitted to Training Mask LLC, Cadillac, MI ($22,643.00 requested, pending)

**Research in Progress/Experience**

* Comparison of high fat versus low carb diets on running performance, co-investigator (manuscript preparation in progress)
* Development of a regression model to improve the YMCA fitness test accuracy; assisting with data collection, co-investigator (manuscript in preparation).

**Professional Presentations**

* **Killen LG**, Coons JM, Barry VW, Fuller DK, Caputo JL. Validation of a Physical Activity Monitor as a Measure of Energy Expenditure During a Circuit-style Workout with Females who are Overweight or Obese. Poster presentation at A) Southeast ACSM (Spring, 2017), B) National ACSM (Spring, 2017).
* Heatherly AJ, **Killen LG**, Waddell AF, Waldman HS, Hollingsworth A, O’Neal EK. Body Composition, Substrate Utilization, Thermoregulation, and Performance in Male Runners after 3-Week High Fat Diet. Poster presentation at A) Southeast ACSM (Spring, 2017), B) National ACSM (Spring, 2017).
* Waddell AF, Koh Y, Heatherly AJ, **Killen LG**, Waldman HS, Hollingsworth A, O’Neal EK. Lipid and Glucose Profiles of Middle-aged Male Runners after 3-Week High Fat-Low Carbohydrate Diet. Poster presentation at A) National ACSM (Spring, 2017).
* Koh Y, Jo Y, O’Neal EK, Hollingsworth A, **Killen LG**, Waddell AF, Heatherly AJ. Responses of Serum Matrix Metalloproteinases and Tissue Inhibitors of Metalloproteinases Following a High Fat Diet and an Acute Bout of Exercise. Poster presentation at A) National ACSM (Spring, 2017).
* Seltman CL, Hollingsworth A., Waldman HS, Heatherly AJ, **Killen LG**, O’Neal EK. Effects of a High Fat Low Carbohydrate Diet on Hydration Markers in Male Runners. Poster presentation at A) Southeast ACSM (Spring, 2017)
* **Killen LG**, Coons JM, Barry VW, Fuller DK, Caputo JL. Live and Video-Guided Exercise with Females who are Overweight or Obese. Poster presentation at A) Southeast ACSM (Spring, 2016).

* Kelley A, Stellmann C, **Killen LG**, Kang C, Green JM. Exercise and Nutrition Intelligence: A Comparison of Obese and Non-Obese Citizen in USA and Peru. Poster presentation at University of North Alabama Research Day (Spring, 2016).
* **Killen LG**, Barry VW, Cooper C, Coons JM. In-Person versus DVD Exercise in College Age Females. Poster presentation at A) Southeast ACSM (Accepted Spring, 2014), B) Middle Tennessee State University Scholars Day (Spring, 2014), C) National ACSM (Spring, 2014).
* Green JM, **Killen LG**. Perceptual Responses: Scale development, Exercise applications and mediating factors. Tutorial at Southeast ACSM (Spring 2013).
* Ishikawa S, Reece J, Carter R, Conners R, **Killen L,** Kang M, Morgan D.Validation of the Omron HJ-151 Pedometer During Free-Living Activity in Youth. A) Southeast ACSM (Spring, 2013), B) National ACSM (Spring, 2013), C) Middle Tennessee State University Scholars Day (Spring, 2013).
* **Killen LG**, Green JM, O’Neal EK, McIntosh JR, Hornsby J, Coates TE. Effects of Caffeine on Session Ratings of Perceived Exertion. A) TAHPERD (Fall, 2011), B) Middle Tennessee State University Scholars Day (Spring, 2012).
* Hornsby JH, Green JM, O’Neal EK, McIntosh JR, **Killen LG**, Coates TE. Influence of acute terminal RPE on Session RPE. Poster presentation at A) Southeast ACSM (Spring, 2012), B) National ACSM (Spring 2012), C) University of Alabama Research Day (Fall, 2012).
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* **Gover L**, Hornsby J, Green JM, McIntosh JR. A descriptive study of collegiate soccer players. Poster presentation at A) University of North Alabama Research Day (Spring, 2010), B) Southeast ACSM (Spring 2011), C) National ACSM (June, 2011).
* Green JM, Laurent CM, McIntosh JR, **Gover LL**, Hornsby JH. Validation of a Novel Device to Identify Ventilatory Threshold. Thematic Poster presentation, National ACSM meeting, Seattle, WA, (June, 2011).

**Service and Involvement:**

**Professional**

* COEHS Accreditation Committee 3, (Spring, 2017)
* Academic Affairs Outstanding Service Award Committee, (Spring, 2017)
* University Advisory Program, (Fall, 2015-pr)
* Department of Health, Physical Education and Recreation Thesis Policy Committee (Spring, 2016)
* Development of Bachelor of Science in Exercise Science (Fall, 2015)
* Vice-president, Exercise Science Club, (Fall 2014-Spring 2015)
* Secretary, Exercise Science Research Club, (Spring 2012-Spring 2013)
* GTA Workshop Committee Member: organized workshop for new GTA’s, (Summer, 2012 and 2013)

**Community**

* MTSU Big Event, community clean-up service project, (Spring, 2013)
* **Contributing author for newsletters distributed as a component of a community-based six month collaborative weight management program: topics of contribution**
* How to Stay Motivated
* Exercise and Colds
* Setting and Establishing Goals

**Certification/Membership**

* CPR/First Aid Instructor – American Red Cross (2014-pr)
* American College of Sports Medicine Health and Fitness Specialist (2013-pr)
* National Association for Kinesiology in Higher Education (2013-pr)
* Southeast American College of Sports Medicine member (2010-pr)
* American College of Sports Medicine member (2010-pr)
* Tennessee Association of Health, Physical education, Recreation, and Dance member (2011-pr)

**Activities/Honors**

* Middle Tennessee State University Outstanding doctoral graduate teaching assistant (2014)
* Middle Tennessee State University Scholars Day (student research exposition), 3rd place, 2014, In-Person versus DVD Exercise in College Age Females
* Middle Tennessee State University Scholars Day (student research exposition), 1st place, 2013, Validation of the Omron HJ-151 Pedometer During Free-Living Activity in Youth
* Outstanding student selected by faculty committee to introduce faculty award recipient (College of Education, Homecoming week, 2009)
* Phi Kappa Phi Honor Society (2009-pr**)**
* Fred L. and Jane Hattabaugh scholarship recipient (2009)
* UNA Dean’s list (2008-2009)
* Senator, UNA Student Government Association (2007-2008)
* Alpha Lambda Delta Honor Society (2007- pr)
* Delta Epsilon Iota Honor Society (2007- pr)
* Gamma Beta Phi Honor Society (2007- pr)
* Phi Eta Sigma Honor Society (2007- pr)
* Secretary, “Leadership UNA” program (2006-2008)
* Academic Scholarship - University of North Alabama, 2006