

Shelley L. Holden

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University of South Alabama
Health, Kinesiology, and Sport
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Education

Ed.D., University of West Florida, 2006.
Major: Curriculum and Instruction
Supporting Areas of Emphasis: Teacher Education
Dissertation Title: Burnout: An Evaluation of High School Coaches in Florida

M.Ed., University of South Alabama, 1996.
Major: Physical Education (K-12)

BS, University of South Alabama, 1995.
Major: Physical Education (K-12)

Professional Memberships

The International Society of Sports Nutrition. (May 2018 - Present).

National Association of Kinesiology in Higher Education. (November 2017 - Present).

Mid-South Educational Research Association. (November 2012 - Present).

National Social Sciences Association. (October 2011 - Present).

PE 470, Student Teaching P-12 Physical Education, 1 course.

Awards and Honors

Nominated for SHAPE America Health Educator of the Year, Shape America. (November 7, 2016).

Southern District of SHAPE Health Educator of the Year, Southern District of SHAPE. (November 7, 2016).

ASAHPERD Health Educator of the Year, ASAHPERD. (July 2016).

RESEARCH

Book Chapters

Holden, S. L. (2019). Sports Nutrition. In T. Baghurst (Ed.), *Coaching for Sports Performance* (First Edition ed., pp. 464). London: Routledge.
www.routledge.com/Coaching-for-Sports-Performance/Baghurst/p/book/9780367221171?fbclid=IwAR3hGiMDcYspJ_wV67fAoMRvSehNvbSnYFDrstTuGhUGClwd7Od-yQmIF4M

Refereed Journal Articles

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-jjia.org/life-skills-programming-a-case-study-of-di-student-athletes-perceptions-and-suggestions/>
- Holden, S. L., Parkes, C. A., O'Leary, N. (2020). Teacher Candidate Perceptions of the edTPA in Physical and Health Education. *Curriculum Studies in Health and Physical Education. Online Ahead of Print*, 1-15. <https://doi.org/10.1080/25742981.2020.1810583>
- Parkes, C. A., Holden, S. L. (2020). Using a University Health and Physical Education Majors Club to Retain Preservice Teachers Part II. *Strategies: A Journal for Physical and Sport Educators*, 33(3), 48-50.
- Parkes, C. A., Holden, S. L. (2020). Using a University Health and Physical Education Majors Club to Recruit Preservice Teachers Part I. *Strategies: A Journal for Physical and Sport Educators*, 33(2), 38-40.
- Baghurst, T., Price, T., Holden, S. L., Andrew, D. (2020). Practical Recommendations for Securing Early Career and Pre-Tenure Academic Positions in the Kinesiology Disciplines. *International Journal of Kinesiology in Higher Education*, 4(1), 28-39. <https://doi.org/10.1080/24711616.2019.1666692>
- Schwarz, N. A., Harper, S. P., Waldhelm, A. G., McKinley-Barnard, S., Holden, S. L., Kovaleski, J. E. (2019). A Comparison of Machine versus Free-Weight Squats for the Enhancement of Lower-Body Power, Speed, and Change-of-Direction Ability during an Initial Training Phase of Recreationally Active Women. *Sports*, 7(10), 1-9. <https://www.mdpi.com/2075-4663/7/10/215>
- Holden, S. L., Schwarz, N. A., Hudson, G. (2019). Sports Nutrition Knowledge of Athletic Trainers. *Journal of Exercise and Nutrition*, 2(3), 1-13. <https://www.journalofexerciseandnutrition.com/>
- Holden, S. L., Forester, B. E., Williford, H. N., Reilly, E. (2019). Sport Locus of Control and Perceived Stress among College Student-Athletes. *International Journal of Environmental Research and Public Health: Interaction of Exercise and Cognitive Function*, 16(2823), 1-7. <https://www.mdpi.com/1660-4601/16/16/2823>
- Blahnik, Z., Holden, S. L., Schwarz, N. A. (2019). Relationship between Select Dietary Habits, Academic Achievement, Body Mass Index, Living Arrangements, and Perceived Body Image among Collegiate Female Track and Field Athletes. *ASAHPERD Journal*, 39(1), 23-37. <https://www.asahperd.org/assets/ASAHPERD%20Journal%20Spring-Summer%202019.pdf>

SERVICE

Editorial and Review Activities

- Editorial Board Member, "International Journal of Kinesiology in Higher Education." (October 24, 2019 - Present).
- Invited Manuscript Reviewer, "Nutrients Journal". (August 2019- Present).
- "Council for Accreditation of Educator Preparation (CAEP) Lead Site Reviewer," CAEP. (July 2018 - Present).
- Editorial Board Member, "Education Journal," Project Innovation. (January 1, 2017 - Present).
- Editorial Board Member, "Applied Research in Coaching and Athletics Annual." (September 2013 - Present).