

**GENERAL INFORMATION**

Current Positions Associate Professor, Special Title Series  
Program Director, Bachelor of Science in Exercise Science  
Peer Reviewer, Council on Accreditation of Strength and Conditioning  
Education (CASCE)  
Senator, University of Kentucky Faculty Senate

Office Address 215 Seaton Building  
Department of Kinesiology and Health Promotion  
University of Kentucky  
Lexington, KY 40506-0219

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Department Fax (859)-323-1090  
E-mail [rosie.lanphere@uky.edu](mailto:rosie.lanphere@uky.edu)  
Other names: Kathryn Rosie LaCoe

**EDUCATION**

Ph.D. in Physical Education, Sports, & Exercise Science. 2013  
Major Concentration: Exercise Science  
University of New Mexico, Department of Health, Exercise and Sports Science, Albuquerque, NM  
Dissertation: Early time course of autophagy in human peripheral blood mononuclear cells following  
endurance exercise. Mentor: Christine Mermier, Ph.D.

M.S. in Life Science. 2009  
New Mexico Highlands University, Las Vegas, NM  
Thesis: Arterial Distensibility in Systemic Lupus Erythematosus. Mentor: Dick Greene, Ph.D.

B.S. in Biology, minor in Chemistry. 2005  
Delaware State University (HBCU), Dover, DE

A.A. in Science. 2003  
New Mexico Military Institute, Roswell, NM

**TEACHING**

Associate Professor, Special Title Series, Department of Kinesiology and Health Promotion  
University of Kentucky (UK), July 2021-present

Assistant Professor, Special Title Series, Department of Kinesiology and Health Promotion  
University of Kentucky (UK), July 2017-May 2021

Lecturer, Department of Kinesiology and Health Promotion  
University of Kentucky (UK), Fall 2013-June 2017

- KHP 600 Stress Testing and Exercise Prescription (1 section) Co-instructor  
*Knowledge required for the administration of an exercise stress test with implications for writing an exercise prescription. Content covers healthy individuals as well as those with various health problems such as heart disease, hypertension, mental illness and diabetes. Course implements the guidelines of the American College of Sports Medicine in preparing a specialist in exercise stress testing.*
- KHP 509 Workshop in Health and Safety (1 section)  
*This course is designed as a variable credit course in which the topic can vary from semester-to-semester. A variety of topics will be offered in the areas of health promotion and health education. May be repeated up to a maximum of six credits.*
- KHP 450 Introduction to Exercise Testing and Prescription (7 sections)  
*The course addresses fundamental principles of Exercise Science specifically as they relate to the testing and exercise prescription of apparently healthy individuals and individuals with controlled disease. The class will review concepts essential for successful completion of the American College of Sports Medicine Certified Personal Trainer, Certified Exercise Physiologist, and Health Fitness Instructor exams.*
- KHP 420G The Physiology of Exercise (29 sections)  
*An in-depth study of the immediate and long-term effects of exercise on the human organism. Lecture, two hours; laboratory, two hours.*
- KHP 210 Introduction to Fitness: Application and Fitness (12 sections)  
*Designed to familiarize the professional physical education student with the theory, techniques, and practices of physical fitness and conditioning. Understanding of the basic principles and an attainment of above average personal fitness status is expected of the students. The primary goal of the course is to equip students with knowledge and skill to design and carry out safe and meaningful physical conditioning programs.*
- EXP 396 Experiential Education (1 section)  
*A community-based or field-based learning experience under the supervision of a faculty member. May be repeated to a maximum of 30 credits. Pass/fail with departmental permission required for letter grade. Prereq: Completion of Experiential Education Learning Contract and submission of contract to Career Center prior to course registration.*
- KHP 350 Strength and Conditioning for Sport (19 sections)  
*The course addresses the fundamental principles of Exercise Science specifically as they relate to the conditioning of athletes. The course will also review concepts essential for successful completion of the National Strength and Conditioning Association's CSCS exam.*
- KHP 205 Kinesiology for Health and Physical Education (6 sections)  
*This course introduces major body systems and their role in human movement and physical activity. Students will develop knowledge of the interaction for these systems and physiological principles of exercise and sedentary lifestyle. This foundation is essential to apply anatomical and physiological concepts in design of developmentally appropriate health and physical education instruction.*
- KHP 395 Independent Study (5 sections)
- Co-Director, University of Kentucky Sponsored Education Abroad Program “Kinesiology and Health Promotion in Valencia, Spain”, Summer 2015
- Co-Director, University of Kentucky Sponsored Education Abroad Program “Kinesiology and Health Promotion in London, England”, Summer 2016

- Director, University of Kentucky Faculty Sponsored Education Abroad Program “Kinesiology and Exercise Physiology in Valencia”, Summer 2018
- Director, University of Kentucky Faculty Sponsored Education Abroad Program “Kinesiology and Exercise Physiology in Valencia”, Summer 2019
- Co-Director, University of Kentucky Faculty Sponsored Education Abroad Program “Exercise Physiology and Sport Management in Valencia, Spain Summer 2021”, cancelled COVID-19
- Co-Director, University of Kentucky Faculty Sponsored Education Abroad Program “Exercise Physiology and Sport Management in Valencia, Spain Summer 2022.”
- Director, University of Kentucky Faculty Sponsored Education Abroad Program “Strength and Conditioning for Sports and the Global Athlete, New Zealand Summer 2024.”

Teaching Assistant, Department of Health Exercise, and Sports Sciences (Physical Education), University of New Mexico. August 2010-May 2013.

- Aerobic Dance I (16 sections), Aerobic Dance II (17 sections), Weight Training (3 sections), Intermediate Weight Training (5 sections), Beginning Volleyball (2 semesters), Power Volleyball (6 semesters), Pilates (2 sections), Jogging for Fitness (4 sections), and Fundamentals of Stretch and Relaxation (1 section).
- Co-Instructor, Exercise Physiology PEP 326, University of New Mexico (UNM), Albuquerque, NM. Fall 2011. Mentored by Len Kravitz, Ph.D.
- Guest Lecturer, Exercise Physiology Program, UNM. Fall 2010-May 2013. Lab Procedures PEP 530. Intermediate Exercise Physiology, PEP 501. Kinesiology, PEP 277. Volunteer lab supervisor for Sports Physiology.

Part-Time Instructor, Department of Nursing, Luna Community College, Las Vegas, NM. Fall 2009

- HD 260, Critical Thinking and Problem Solving (1 section)  
*This course prepares students to constructively analyze problems/issues; evaluate the validity of the problem statement or argument; identify relevant issues and assumptions; use logic, sound reasoning and critical thinking skills to identify the best method/approach to use in analyzing and solving the problem.*
- BIO 217L, Anatomy and Physiology I Labs (5 sections)  
*Course includes the structure and function of the human body at the cellular, tissue, organ, and organ system levels of organization. The integumentary, skeletal, muscular and nervous systems are addressed in detail.*

Teaching Assistant, Department of Biology, New Mexico Highlands University, Las Vegas, NM  
Fall 2007-December 2008

- General Biology lab, BIO 211, Fall 2007-Fall 2008; Assisted instruction in Genetics lab, BIO 300, and General Biology II labs, BIO 212; Guest lectured for faculty.

## **ADMINISTRATION**

Program Chair, Bachelor of Science in Kinesiology option Exercise Science Fall 2021-present

- Responsibilities: Conduct and submit annual PSLO report, facilitate discussions of program modifications, communicate with prospective and current students, provide campus/department tours, chair the Academic Appeals Committee, Chair the UG Curriculum Committee

## SERVICE

### Department

- Teaching assistant training, workshops, August 2023
- Co-chair, Special Title Series Generalist search, Fall 2023
- Faculty mentor, Dr. Melissa Merscham-Banda, January 2021-present
- Committee member, KHP Faculty Performance Evaluation, January 2023
- Recruiting workshop, Careers in Health Promotion and Exercise Science, Jessamine Career and Technical College, 5/18/2023
- Committee member, Sport Psychology Clinical Faculty Search, 10/22
- Committee member, Health Promotion Faculty Search, 10/21
- Committee member, KHP Annual Faculty Performance Review, 2022-2025
- Faculty panelist, KHP 151, 10/26/22, 10/31/22
- Peer reviewer, Michael Saaman, 3-21
- Chair, Clinical Faculty Search Committee, summer 2021
- Committee member, Health Promotion Faculty Search, 10-21
- Internship supervisor, Performance coaching at GS Futbox Lexington to Rebecca Risner, Shania Rayford, Josiah Noble, 150 hours each, Spring 2021
- Peer Reviewer, Jill Day KHP 300 Online Course Summer 2020
- Faculty Panel Presentation, KHP 151 faculty panel presenter Fall 2020
- Committee member, Exercise Science DPT-3-3 Curriculum, 2019-present
- Committee member, Exercise Science Faculty Search 2018
- Committee member, Exercise Science Selective Admissions Appeals Committee 2018-present
- Committee member, KHP Technology 2018-2020
- Recruiting presentation, ES program with Jenna DeMastes, 2019, 2020
- Recruiting tours to prospective high school students, 2018-present
- Workshop presenter, "Teaching group fitness", teaching assistant training, 2017, 2018
- Committee chair, KHP Awards (Lovaine Lewis Scholarship, Hackensmith Award) 2018-2020
- Committee member, SWOT Analysis for UG and G Exercise Science Programs 2018
- Committee member, Exercise Science Undergraduate Curriculum
- Committee member, Exercise Science Graduate Curriculum Committee
- Committee member, Education Abroad Advisory Committee 2017
- Committee member, Hackensmith Award Committee 2013-2018
- Committee member, Lovaine Lewis Scholarship Committee 2013-2018
- Master of Ceremony, Annual KHP Awards Ceremony 2015, 2019
- Director, Annual PSLO Report for Kinesiology Bachelor's Program, Common Core requirements. 2014, 2022
- Volunteer, KHP Living Learning Program student move-in 2014, 2015
- Guest instructor, Motessori High School PE class 2014
- Volunteer, UK Athlete Cat Scan-K Club, Free UK Healthcare provided for alumni athletes 2014
- Scorer, Annual Student Learning Outcomes Report 2013-present
- Faculty Evaluator, KHP Graduate teaching assistant evaluations 2013-present
- Exhibitor, Education Abroad Fall and Spring Fairs 2015-present

- Faculty recruitment representative, Incoming KHP freshman tours 2015-present

### **College**

- Chair, Undergraduate Recruitment & Retention Student Success (URRSS) Committee Fall 2023-present.
- Ex-Officio member, Faculty Council 8/22-present
- Recruiting presentation, July 31, 23 Big Blue Open House, Gatton
- COE STEM Camp, June 6 & 8 <https://fox56news.com/news/local/uk-program-promotes-stem-education-inspires-new-educators/>
- Committee member, Undergraduate Retention Research and Student Success, 8/22-present
- Member, COE Internationalization Taskforce, 10/21-present
- COE Postcard Recruitment Campaign 2022 (100 postcards)
- Dean's Vision Taskforce 2020-2021
- COE Call Recruitment Campaign 2020, 2021
- Co-Chair, COE Committee on Media and Information Systems (CMIS), 2019-2020
- Facilitator, COE K-Week Student Fair 2017, 2018, 2021, 2022
- Committee member, COE CMIS 2017-2018, 2018-2019
- College representative for the Fall Education Abroad Fair 2017, 2018
- Communicator, COE communicator online article <https://2b.education.uky.edu/blog/2014/11/03/want-to-study-abroad-this-summer/>

### **University**

- Elected Senator, University of Kentucky Senate 2022-2025
- Committee member, University Senate Calendar Committee 2022
- Reviewer, UK Outstanding Teaching Awards 2021
- Reviewer, CCTS Research Days Spring Research Day, 4-21
- Booth facilitator, UK Campus Ruckus, 8/21
- Member, UK LatinX Affinity group, Fall 21-present
- Faculty advisor, UK Women's Club Volleyball 2020-present
- Faculty advisor, ACSM Exercise is Medicine®-On Campus Fall 2020-Spring 2023
  - UK was awarded GOLD Designation by ACSM's EIM-OC Recognition Program in 2020, 2021 (with\*COVID Conqueror Recognition), 2022, 2023, 2024.
- Committee member, ACSM Exercise is Medicine®-On Campus 2019-2020
- Faculty moderator, National Conference for Undergraduate Research (NCUR) 2014
- Reviewer, Education Abroad Scholarships 2015, 2016, 2021, 2022, 2023

### **Professional/Public**

- Reviewer, National Strength and Conditioning Association (NSCA) Foundation Grants 2023
- Committee member, NSCA Education Committee, 2023-2024
- Panelist speaker, Curricular Challenges to CASCE Accreditation, 2023 NSCA National Conference, 7-13-23
- Peer reviewer, Council on Accreditation of Strength and Conditioning Education (CASCE), 2022-2025

- Podcast interview, Active Women’s Health Initiative, May 24<sup>th</sup>, Dee Dlugonski, University of Kentucky Sports Medicine Research Institute (SMRI)  
<https://championsofactivewomen.libsyn.com/091-dr-kathryn-rosie-lanphere-associate-professor-department-of-kinesiology-and-health-promotion?mibextid=Zxz2cZ&fbclid=IwAR3zwoN0gAKNez3eLNtGZYpbyULz4JWAMHaGHEBWJxz2JQLbponunmL2rZI>
- Race coordinator, EIM-OC an KHP 5K, 10-22-22
- Race coordinator, EIM-OC Virtual 5K, 5-1-21
- Race coordinator, EIM-OC 5K, 11-6-21
- Expert commentary blog, Lawnlove.com, 10-14-21
- Reviewer, PLOS ONE, 2021
- Coordinator, STEM Splash Event Consolidated Baptist Church, 2020
- Coordinator, STEM Day Julius Marks Elementary 2019, 2020
- Reviewer, Medicine & Science in Sport & Exercise 2020
- Coordinator, Mary Todd Elementary Science STEM Night, 2019
- Coordinator, Roots and Heritage Festival’s 2018 Youth STEAM Summit, 2018
- Outreach event planning, EdTalks/CATalyze! The Burl, 2020-COVID-19 cancelled, 2019, 2018
- Exhibitor, Clay County Middle School Health Fair, 2017
- Reviewer, Global Conference on Education and Research 2017, 2018
- Committee Member, Senior honor research (SRH) committee, Longwood University, April 2017, 2018
  - Lindsay Brown “Effects of self-directed training on maintenance of anaerobic power.2018
  - Chase McPherson “The effect of the annual training cycle of aerobic capacity in Division 1 female soccer players.” 2018
- Volunteer, Southern District AHPERD Annual Conference 2014
- Reviewer, SEACSM Annual Meeting 2016, 2017
- Reviewer, European Journal of Sports Science 2016
- Reviewer, Research Quarterly for Exercise and Sport 2016

### **Doctoral Committees**

- Outside examiner, Afnan Gmmash, PhD, Rehabilitation Sciences, “Physical and Occupational Therapy for Young Children with Delayed Motor Development: Exploring Current Practices, Challenges, and Families.” 2020
- Outside examiner, Kate Jochimsen, PhD, College of Health Sciences, “The role of psychosocial factors on pre and postoperative pain in patients with femoral acetabular impingement.” 2018
- Outside examiner, Nicole Windsor, Rehabilitation Sciences, Dissertation. Evaluation of the effectiveness of a pain neuroscience education curriculum for patients who experience chronic musculoskeletal pain with concurrent opioid dependence. March 29, 2021

### **Master’s Committees**

- External committee member, Evan Ayoub, MS in Medical Sciences, “Physiological Effects of Concurrent Training.” 2019
- Committee member, thesis, Will Swann, “Validation of a fitness assessment to predict performance on the firefighter candidate physical ability test.” 2014
- Committee member, thesis, Tori Vogelaar, “Peak oxygen consumption responses to varying

- graded exercise protocols in young children.” 2018-2021.
- Master’s comprehensive examination, Kate Schlouch “Factors Affecting Running Economy in Trained Endurance Runners.” 2018
- Master’s comprehensive examination, Christine Herbe, “The effects of pre-workout supplementation on anaerobic power and maintenance of power in college students.” 2018
- Ali Eastman. Mechanisms and risk factors associated with physical training and occupational operations in firefighters from the perspectives of health care providers and their role in mitigation of these injuries. 2019-2022
- Djadmann Gustave. Responses to Exercise Anchored to Vigorous Intensity Heart Rates. 2022-2023

### **Mentoring**

- Faculty mentor, Honors Thesis, Andrew Schmitt, Spring 2023
- KHP 577 mentor, Shania Rayford, Becca Risner, Josiah Noble, performance coaching interns at Futbox, Lexington 150 hours each, Lexington October 2020-April 2021
- Peer mentor, Melissa Merscham-Banda, January 2021
- KHP 577 mentor, Kristin Lane, 150 hours Fall 2021
- Faculty mentor, KHP Club mentoring program (Elizabeth), 2019-2020
- Senior Honor Research committee member, Longwood University (Lindsay Brown, Chase McPherson) 2019
- Teaching mentor, Dr. Shannon Phelps, Dr. YiPeng Sui
- Faculty Mentor, UK College of Education Student Mentoring Program 2013-2014 (Jensen Goh), 2014-2015 (Tiera Ralston, Lacy Payne, Sarah Beth Kreidler)
- ESP Mentoring Program Lexington Catholic High School (Luke Schoedinger)
- Faculty Mentor, UK Education Abroad Peer Ambassador Internship (Ashley Wimsett), 2015
- STEAM Academy Mentoring Program (Kamryn Melrose)

### **Internships**

- Intern, University of Kentucky Women’s Basketball Strength and Conditioning, June-August 2023

## **SCHOLARLY ACTIVITY**

### **TEXTBOOKS**

The Physiology of Exercise. Interactive Digital Text. Rosie K. Lanphere. 2016. Top Hat Monocle.

### **PUBLICATIONS**

The effect of aging on the autophagic and heat shock response in human peripheral blood mononuclear cells. JJ McCormick, TA VanDusseldorp, CG Ulrich, **RL Lanphere**, K Dokladny, PL Mosely, CM Mermier. *Physiology International*. 2018; 105:3, 247-256.

Early time course of autophagy after moderate- and high-intensity endurance exercise in PBMCs. **Lanphere KR**, Zuhl MN, Schneider S, Mermier C, Gibson A, Dokladny K, Moseley P. 2017. *Research Quarterly for Exercise and Sport* (*Invited to revise and resubmit on 10-24-18*)

The effects of oral glutamine supplementation on exercise induced gastrointestinal permeability and tight junction protein expression. Zuhl MN, **Lanphere KR**, Kravitz L, Mermier CN, Schneider S, Dokladny K, and Moseley PL. *J Appl Physiol*. 2014;116:2, 183-191.

Exercise regulation of intestinal tight junction proteins. Zuhl M, Schneider S, **Lanphere K**, Conn C, Moseley P. European Journal of Sports Medicine. 2012 Nov 7.

Arterial distensibility in systemic lupus erythematosus. Greene ER, **Lanphere KR**, Sharrar J, Roldan CA. Conf Proc IEEE Eng Med Biol Soc. 2009; 1:1109-1 2.

## **ABSTRACTS**

Djadmam Gustave, Pasquale J. Succi, Brian Benitez, Minyoung Kwak, Jody L. Clasey, Kathryn R. Lanphere, Haley C. Bergstrom. A preliminary analysis of responses to exercise anchored to vigorous intensity heart rates. Abstracts. 2023 SEACSM Regional Conference, ACSM National Conference, NSCA National Conference. International Journal of Exercise Science: Conference Proceedings: Vol. 16: Iss. 2, Article 344.

D.Gustave, P.J. Succi, B. Benitez, M. Kwak, J.L. Clasey, K.R Lanphere, H.C. Bergstrom. Responses to exercise anchored to vigorous intensity heart rates. Abstract. Submitted to ACSM National Conference, 11-22.

Alyssa Q. Eastman, Anne Louise Tatro, Beth S. Rous, Emily L. Langford, Nick R. Heebner, Phillip A. Gribble, Spencer Brock, Rosie K. Lanphere, Mark G. Abel. Concurrent mixed-methods assessment of health care practitioners' perspective on firefighter injury characteristics. 2022. Abstract. NSCA National Conference 3-21.

Alyssa Q Eastman, Nick R. Heebner, Phillip A. Gribble, Beth S. Rous, Emily L. Langford, Spencer Brock, Rosie K. Lanphere, Mark G. Abel. Identifying mechanisms of firefighter injuries: A healthcare practitioner perspective. Abstract 2022 ACSM National Conference. Accepted 11-17-21.

Vogelaar, TL, LA Bradley, KR Lanphere, M Vranicar, JL Clasey. Peak responses to graded exercise protocols in young children. Submitted to: SEACSM (February 2020; Jacksonville, FL)

Vogelaar, TL, LA Bradley, KR Lanphere, M Vranicar, JL Clasey. Cardiorespiratory responses to varying maximal graded exercise testing protocols in young children. ACSM (May 2020; San Francisco, CA) Presentation cancelled COVID-19

Comparison of cardiorespiratory fitness testing measures in young children. Michael C. Taylor Jr, Shannon E. Vinci, Justin M. Thomas, Cassandra M. Blase, Rosie K. LaCoe, Jody L. Clasey. 2016. SEACSM.

Comparison of recovery measures following cardiorespiratory fitness testing in children. Shannon E. Vinci, Michael C. Taylor Jr, Justin M. Thomas, Cassandra M. Blaze, Rosie K. LaCoe, Jody L. Clasey. 2016. SEACSM

Understanding acute physiological responses to altitude exposure in young adults' class lab project while studying abroad. Kathleen Wiles and Rosie LaCoe, PhD. 2016. 11<sup>th</sup> Annual CCTS Spring Conference. Lexington, KY

Distinguishing motives of physical activity in military conditioning courses. Buenrostro, R. LaCoe, and J. Pedescleaux. 2016. 11<sup>th</sup> Annual CCTS Spring Conference. Lexington, KY



Autophagic response in older versus younger adults. Trisha A. McLain, James J. McCormick, Karol Dokladny, Rosie L. LaCoe, Cassandra G. Ulrich, Pope L. Moseley, Christine M. Mermier. 2016. ACSM 63<sup>rd</sup> Annual meeting.

Student motives for participation in physical activity courses: Comparing age and gender. J. Pedescleaux, C. Means, R. Lanphere. 10<sup>th</sup> Annual CCTS Spring Conference. Lexington, KY. 2015

A comparative analysis of student's motives for participation in college physical activity elective and required classes. R. Lanphere, J. Pedescleaux, A. Jones, C. Means, A. Harris. 10<sup>th</sup> Annual CCTS Spring Conference. Lexington, KY. 2015

Distinguishing motives of physical activity by college student classification. A. Harris, J. Pedescleaux, A. Jones, C. Means, R. Lanphere. 10<sup>th</sup> Annual CCTS Spring Conference. Lexington, KY. 2015

The effect of aging on markers of autophagy and heat shock responses in human peripheral blood mononuclear cells. McCormick J., VanDusseldorp T., Mermier C., Lanphere R., Dokladny K., Moseley P., FACSM. SWACSM Conference Abstract, 2014.

A comparison of the autophagic responses in physically active and sedentary adults. VanDusseldorp T., McCormick J., Mermier C., Lanphere R., Dokladny K., Moseley P., FACSM. SWACSM Conference Abstract, 2014.

The early time course of autophagy in human peripheral blood mononuclear cells following endurance exercise. Lanphere KR, Zuhl MN, Schneider S, Mermier C, Gibson A, Dokladny K, Moseley P, FACSM. ACSM 2014. MSSE, Volume 46:5 Supplement.

Effects of aging and the heat shock response on autophagy in human peripheral blood mononuclear cells. Lanphere KR, Schneider S, Zuhl M, Mermier C, Dokladny K, Moseley P. Experimental Biology 2013

Arterial distensibility in systemic lupus erythematosus. Greene ER, Lanphere KR, Sharrar J, Roldan CA. The FASEB Journal, 593.17. 2008

## **SCHOLARSHIP AND SHARING**

Responses to cardiorespiratory endurance exercise anchored to a vigorous heart rate intensity. Djadmann Gustave, Pasquale J. Succi, Brian Benitez, Minyoung Kwak, Jody L. Clasey, Kathryn R. Lanphere, Haley C. Bergstrom. University of Kentucky, Lexington, KY. NSCA National Conference, July 13, 2023. Poster.

Concurrent mixed-methods assessment of health care practitioners' perspective on firefighter injury characteristics. 2022. Poster. NSCA National Conference 3-21.

Identifying mechanisms of firefighter injuries: A healthcare practitioner perspective. Poster. 2022 ACSM National Conference. Accepted 11-17-21.

Peak responses to graded exercise protocols in young children. Poster. SEACSM Jacksonville, FL. 2020-Cancelled COVID-19

Cardiorespiratory responses to varying maximal graded exercise testing protocols in young children. Poster.

ACSM 2020 San Francisco, CA. 2020. Cancelled COVID-19

Understanding acute physiological responses to altitude exposure in young adults' class lab project while studying abroad. Poster. 11<sup>th</sup> Annual CCTS Spring Conference. Lexington, KY. 2016

Distinguishing Motives of Physical Activity in Military Conditioning Courses. Poster. 11<sup>th</sup> Annual CCTS Spring Conference. Lexington, KY. 2016

Student motives for Participation in Physical Activity Courses: Comparing Age and Gender. Poster. 10<sup>th</sup> Annual CCTS Spring Conference. Lexington, KY. 2015

A Comparative Analysis of Students Motives for Participation in College Physical Activity Elective and Required Classes. Poster. 10<sup>th</sup> Annual CCTS Spring Conference. Lexington, KY. 2015

Distinguishing Motives of Physical Activity by College Student Classification. Poster. 10<sup>th</sup> Annual CCTS Spring Conference. Lexington, KY. 2015

The early time course of autophagy in human peripheral blood mononuclear cells following endurance exercise. Oral presentation, Graduate student seminar, University of Kentucky 2013. Poster, ACSM National Meeting, Spring 2014

Effects of physical activity and aging on autophagic responses in peripheral blood mononuclear cells. Poster, Experimental Biology 2013, Boston, MA. Oral presentation, The University of New Mexico Graduate Colloquium, Spring 2012

Decreased arterial distensibility in patients with systemic lupus erythematosus. Poster, Experimental Biology 2009 conference, New Orleans, LA. Poster, 21<sup>st</sup> Annual Student Research Week, Texas Tech University 2009. Thesis defense, New Mexico Highlands University, Department of Life Science faculty and research committee, December 2008.

Female choice in sexual selection in *Drosophila pseudoobscura*. Poster, SUNFIG summer student research day 2004, University of Georgia, Athens, GA

### **INTERNAL FUNDING**

- College of Education Program Innovation and Improvement Grant, Summer 2023, \$45,500
- Global Engagement Academy Program Development Grant, 2022, \$250
- Let's Make a Difference: A Campus Partnership Initiative 2020, \$15,000
- New Mexico Summer 2013 Research Initiative through the College of Education, UNM, \$15,000
- SRAC, Student Research Grant, through the Graduate and Professional Student Association at the UNM Fall 2012, \$500
- Research Assistantship Grant through the Office of Graduate Studies at the UNM, Fall 2011-Spring 2012, \$7,000

### **EXTERNAL FUNDING**

- APS, American Physiological Society Minority Travel Fellow Program for Experimental Biology 2013, \$1,800. [www.the-aps.org/mm/Education/Minority-Program/Educational-Projects/Minority-Travel-Fellows-Program/Awardees](http://www.the-aps.org/mm/Education/Minority-Program/Educational-Projects/Minority-Travel-Fellows-Program/Awardees)
- FASEB MARC, Federation of American Societies for Experimental Biology: Minority Access to

Research Careers, Travel Award Recipient Experimental Biology 2009, \$1,800

### **FUNDING REQUESTS**

- Let's Make a Difference: A Campus Partnership Initiative 2022, submitted 1/22, \$15,000
- University of Kentucky's Women and Philanthropy, Kinesiology's fitCATS Conference Scholarship: Moving Beyond Barriers to Improve the Health and Well-Being of the Campus Community, July 2020. \$21,300.
- American Association of Hispanics in Higher Education AAHHE Junior Faculty Fellows Program for the 2020 AAHHE National Conference. 2019.
- Gerber Foundation Research Award, December 1, 2017, concept paper submission (co-investigator). \$300,360
- Office of the Vice President for Research Minor Equipment Competition, 2017 (co-investigator). \$49,058.50
- ADInstruments Macknight Early Career Innovative Educator Equipment Award. Human Physiology System II PowerLab, 2014.

### **HONORS, AWARDS & FELLOWSHIPS**

- 2023 University of Kentucky Global Impact Award for Distinguished Faculty Achievements in Education Abroad
- Big Blue Thank You! UK Football (Darian Kinnard) 11-18-21
- Provost's Outstanding Teacher Award, University of Kentucky. 2020
- Teacher Who Made a Difference, University of Kentucky, College of Education 2019 (Jared Carr, Tyler Hall), 2020 (Morgan Philpot, Spencer Dyke)
- Faculty Fellowship Program, Cohort 5 through the University of Kentucky's Presentation U! Spring 2016-2017, \$2,000 Honorarium
- UNM Exercise Science Doctoral Graduate Student Spotlight Fall 2015.  
<http://www.unm.edu/~lkravitz/Pages/Grad.html>
- Distinction, 16-hour doctoral comprehensive examinations, UNM
- Nominee, Distinguished Faculty Achievement in Education Abroad, 2022
- Nominee, Robert Foster Cherry Award for Great Teaching, 2020

### **PROFESSIONAL ASSOCIATION MEMBERSHIPS, CERTIFICATES, & LICENCES**

- UK Global Engagement Academy Certificate, 12-23-21
- NFHS Certificate Protecting Students from Abuse, 2020
- Exercise is Medicine® Credential Level 1, 2020
- Certified Strength and Conditioning Specialist (CSCS), 2016-2020, 2021 recertified.
- National Strength and Conditioning Association (NSCA), Professional Member
- LIFETIME Group Fitness Instructor
- Zumba® Fitness Licensed Instructor
- American College of Sports Medicine (ACSM), Regular Member
- Level 2 Coaching License, Public Education Department of NM
- American Red Cross CPR/AED recertified 8-2-21.
- US Registry of Exercise Professionals, Coalition for the Registration of Exercise Professionals; Credential NSCA-CSCS, Credential Number 7248041253 (LaCoe, Kathryn)

## **PROFESSIONAL DEVELOPMENT, TRAININGS, WORKSHOPS, AND SEMINARS**

- CELT February 18, 2021, Virtual Group Activities, Challenges and Strategies
- Communicating Science and Engaging Young People in E-cigarette Prevention Through Comics.
  - o Mindy Ickes. March 16, 21
- Applied for the 2021-22 Teaching Innovation Institute through CELT. April 19, 2021
- ECG Cosmed training 8-12-21
- CELT Teaching with iPads 9-9-21
- UK Global Engagement Academy, GEA Certificate 2021
- International travel during COVID19 11-4-21
- Global Mobility, 11-11-21
- Advising UG Students, 11-18-21
- Making a Case for Study Abroad, 10-20-21 Badge earned
- Intercultural Communication, 11-5-21
- International and Global Trends 11-3-21
- American Association of Hispanics in Higher Education (AAHHE) National Conference, March 10-11, 2022
- ACSM International Health and Fitness Summit, March 31-April 3, 2022
- Nearpod training demonstration, 1-6-22
- NFHS COVID-19 for Coaches and Administrators, Training 7/2020
- NSCA Self-Study CEUs (3 quizzes) 2020
- Echo360 Demonstration, 2020
- CELT Workshop, Design the Syllabus and Choose Modes of Delivery, 2020
- CELT Workshop, Organize the Course to Enhance Student Learning, 2020
- CELT Workshop, Assess Student Learning in Meaningful Ways, 2020
- Webinar ACSM EIM-OC Fitbit Health Solutions: Staying Connected to Campus Community, 2020
- Social Justice Luncheon, Advocacy in Sex Education in Lexington, 2019
- Functional Movement Systems (FMS)-Identifying and Tackling Mobility Issues, 2019
- FMS Training Shoulder Strength and Function, 2019
- CELT Workshop, Impact of Mindset, 2020
- UK PD Workshop on iPad Initiative, 2020
- ACSM Health and Fitness Summit 2019, 2020-Cancelled COVID-19
- CELT Teaching Tips workshop, 2019
- CELT Helping STEM students thrive, 2019
- Workshop on Health, Safety and Student Behavior Abroad, 2019
- Workshop on Mental Health and Education Abroad, 2019
- Functional Movement Systems (FMS)-Identifying and Tackling Mobility Issues, preconference training 2018
- Student Safety Training for Education Abroad, UK
- Campus Security Authority training
- Senate Bill 1; Kentucky Core Academic Standards
- TRII TurningPoint Technology Training
- Active Shooter Training
- CITI Collaborative Institutional Training Initiative
- Blood borne pathogens OSHA (On-line)

- Conflicts of Interest
- Securing Private Data
- Ethics: A Framework for Ethical Decision Making
- Preventing Sexual Harassment
- Basic Annual Safety Training
- CPR/First Aid, August 2014
- Chemical Hygiene Plan
- Fire Safety Training Program
- Biosafety Training Program
- EHS Safety Training Hazardous Waste
- Safe Zone Training LGBTQ\* 2018
- Spring 2015 Spanish Intermediate Class (Level 2), The Carnegie Center for Literacy and Learning.

### **MEDIA AND INTERNET**

- ACSM's EIM-OC Mascot Challenge 2023, YouTube. <https://www.youtube.com/watch?v=8sd2uXm4NaQ>
- Global Engagement Academy Website Interview, 2022. <https://international.uky.edu/GEA>
- ACSM's EIM-OC Mascot Challenge 2022, YouTube. <https://www.youtube.com/watch?v=uRsJShhu0Ek>
- ACSM's EIM-OC Mascot Challenge 2021, YouTube. <https://www.youtube.com/watch?v=6I474JBdTWA>
- ACSM's EIM-OC Mascot Challenge 2020, YouTube. <https://www.youtube.com/watch?v=McejZ9qos-w>
- Expert Commentator, 2021's Best Cities for Street Workouts (Calisthenics), 2022. <https://lawnlove.com/blog/best-cities-calisthenics-street-workouts/>
- Guest Speaker, Champions of Active Women Podcast, June 2023 <https://championsofactivewomen.libsyn.com/091-dr-kathryn-rosie-lanphere-associate-professor-department-of-kinesiology-and-health-promotion>

### **OTHER POSITIONS**

Athletic Performance Coach, Futbox, Lexington Sep. 2020-April 2021

### **CONSULTING**

Fitness assessment and program design consulting for Futbox Lexington, West Jessamine High School Girls Soccer Team March 2021, unpaid.

### **OTHER RESEARCH EXPERIENCES**

Co-Investigator, Dr. Jody Clasey (PI), Spring 2016-Fall 2022

“Peak oxygen consumption responses to varying graded exercise protocols in young children” at the University of Kentucky. Roles: committee member, data collection, IRB submission. 2018-present.  
 Validation of the FITNESSGRAM Progressive Aerobic Cardiovascular Endurance Run (PACER) Test” at the University of Kentucky. Roles: data collection, data analysis, and data interpretation. Study approved by the University Medical IRB Committee. 2017

Co-Investigator, with Dr. Jonell Pedescleaux, October 2014-2015

“Student motives for participation in physical activity courses” at the University of Kentucky. Roles: IRB submission, obtaining consent, data collection, data analysis, and data interpretation. Study approved by the UK Office of Research Integrity.

Project Assistant, May 2013-August 2013

Mentored by Christine Mermier, Ph. D and Ann Gibson, Ph.D. The University of New Mexico. Research coordinator for “Early time course of autophagy in human peripheral blood mononuclear cells following endurance exercise”. Roles in this study: study design, grant writing; HRRC contact individual, subject recruitment, research assistant, data analyst, and 1<sup>st</sup> author.

Research Assistant, Summer 2011-Spring 2013

Mentored by Karol Dokladny, Ph.D., and Suzanne Schneider, Ph.D., The University of New Mexico. My research focused on determining the effects of aging on the proteolytic cellular pathway autophagy in human peripheral blood mononuclear cells (PBMC). Investigated effects of glutamine supplementation on gut permeability in endurance runners. Research investigated exercise intensity, autophagy, heat shock protein, and the inflammatory response following endurance running of trained athletes in a warm environment. *Skills:* Real time-PCR, pipetting, ELISA, phlebotomy, preparation of dilutions and reagents, RNA isolation, protein isolation, protein quantification, white blood cell isolation, cell culture, cDNA synthesis, Western blot protein analysis, Microsoft Office 2010, GraphPad Prism Statistical Software, SPSS statistical software

Research Technician, January 2009-April 30, 2009

Mentored by Jennifer Hernandez-Gifford, Ph.D., New Mexico Highlands University. I mentored and trained undergraduate students in the molecular techniques utilized in the lab. Research area focused on using a human granulosa cell line KGN model to determine  $\beta$ -Catenin roles in Wnt gene signaling pathways. *Skills:* KGN cell culture, end point PCR, qRT-PCR, primer design, primer optimization, q-PCR standard curve and gene analysis, pipetting, gel electrophoresis, RNA isolation, protein isolation, cDNA synthesis, mouse dissection, tissue collection and analysis, dilutions, autoclave sterilization, Western blot protein analysis, DNA sequencing preparation, lab inventory database of chemicals and reagents, Bioinformatics tools: Primer 3, Clustal W, Blast

Master’s Thesis-2009

Mentored by Dick Greene, Ph.D., New Mexico Highlands University. Use of unique M-mode sonography system to investigate arterial mechanics in human systemic lupus erythematosus (SLE). After NMHU IRB approval, we conducted the first study to determine arterial distensibility parameters in the common carotid artery in SLE. Subjects with lupus were from cohort at the University of New Mexico School of Medicine. NIH-R01 funded research. *Skills:* B-mode and M-mode sonography (Sonosite), use of Graph Pad Prism program

Fellow, Summer Undergraduate Fellowship in Genetics (SUNFIG) 2004

Mentored by Dr. Y.K. Kim, at the University of Georgia. Studied female choice in sexual selection of *Drosophila pseudoobscura*. Mating observation and copulation latency studies. Gas chromatography was used to determine quantity of cuticular hydrocarbons in multiple-mated males and non-mated males. *Skills:* *Drosophila* observation and aspiration, gas chromatography.