

**ASHLYN N. SCHWARTZ, B.S., ACSM-EP-C**  
Curriculum Vitae

Department of Kinesiology, Recreation and Sport Studies  
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**EDUCATIONAL BACKGROUND**

**Masters of Science (University of Tennessee, Knoxville)**

**Expected May, 2017**

Department of Kinesiology, Recreation, and Sport Studies

Concentration: Exercise Physiology

Specialization: Pediatric Exercise Physiology

Thesis: *"Playground and Garden Physical Activity Levels and Behaviors in Young Children"*

Advisor: Dr. Dawn Coe

**Bachelors of Science (Kennesaw State University)**

**May 2015**

Department of Exercise Science and Sport Management

Kennesaw, GA

Major: Exercise Science

**NON-REFEREED PUBLICATIONS**

1. **Schwartz, A.N.**, Johnson, J.D. (2015). Is Youth Sport Specialization Injuring Our Children? *Georgia Recreation and Park Association, Fall 2015, 22.*

**MANUSCRIPTS IN PREPERATION**

1. **Schwartz, A.N.**, Halvorson, A.C., McClanahan, M.S., Grieco, G.R., and Coe, D.P. (2016). The impact of acute bouts of two types of physical activity on cognition in elementary school-aged children. Target journal: *TBD.*
2. Coe, D.P., **Schwartz, A.N.**, and Fouts, H.N. (2016). The impact of gender segregation on physical activity levels in young children. Target journal: *TBD.*

**REFEREED ABSTRACTS/PRESENTATIONS/POSTERS**

**National Conferences/Meetings**

1. Coe, D.P., **Schwartz, A.N.**, and Fouts, H.N., The impact of gender segregation on physical activity levels in young children. *Abstract accepted for oral presentation at the National North American Society of Pediatric Medicine conference. Knoxville, TN.*
2. **Schwartz, A.N.**, Halvorson, A.C., McClanahan, M.S., Grieco, G.R., and Coe, D.P. The impact of acute bouts of two types of physical activity on cognition in elementary school-aged children. *Abstract accepted for poster session at the National American College of Sports Medicine 2016 conference. Boston, MA.*
3. **Schwartz, A.N.**, Esmat, T.A., Mitchell, D.B, and McLester, J.R. The relationship between blood pressure, cardiovascular endurance, and executive function in older adults. *Abstract accepted for poster session at the National American College of Sports Medicine 2016 conference. San Diego, CA.*

**Regional and Local Conferences**

1. **Schwartz, A.N.**, Halvorson, A.C., McClanahan, M.S., Grieco, G.R., and Coe, D.P. (2016). The impact of acute bouts of two types of physical activity on cognition in elementary school-aged children. *Abstract accepted for poster session at the Southeast American College of Sports Medicine. Greenville, SC. 2016.*

2. **Schwartz, A.N.**, Esmat, T.A., Mitchell, D.B, and McLester, J.R. (2015). The relationship between blood pressure, cardiovascular endurance, and executive function in older adults. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL.
3. **Schwartz, A. N.**, Hicks, Courtenay, Morris, Sara R., Garrett ,Jonathan, Thomas, Elizabeth, Esmat, A. Tiffany, and Mitchell, B. David. *The Relationship Between Blood Pressure, Cardiovascular Endurance, and Executive Function in Older Adults*. 19<sup>th</sup> Annual Symposium of Student Scholars and Undergraduate Research Reception. 2014
4. Hicks, Courtenay, **Schwartz, A.N.**, Morris, Sara R., Garrett ,Jonathan, Thomas, Elizabeth, Esmat, A. Tiffany, and Mitchell, B. David. *The Relationship Between Sensory Integration, Balance, and Executive Function in Older Adults*. 19<sup>th</sup> Annual Symposium of Student Scholars and Undergraduate Research Reception. 2014

### **PROFESSIONAL EXPERIENCE**

University of Tennessee, Graduate Assistant for the Center for Physical Activity and Health (2016)  
University of Tennessee, RIDE Program (Recovery Based Interprofessional Distance Education) (2016)  
Lotts Elementary School, Participating After-School With Students (PAWS) (2016)  
University of Tennessee, Teaching Assistant (2015-2016)  
Kennesaw State University, Odyssey Peer Mentor of an Undergraduate Scholar (2014-2015)  
Kennesaw State University, Exercise Physiology Laboratory Internship (2014-2015)  
Keheley Elementary School, Student Trainer (2014)  
Kennesaw State University, Undergraduate Research Assistant (2013-2015)  
Northwest Oral & Maxillofacial Associates, Medical Technician (2012-2013)

### **INSTRUCTIONAL ACTIVITIES**

#### **Graduate Teaching Experience at The University of Tennessee**

##### Fall 2015

KNS414: Fitness Testing and Exercise Prescription. Total Enrollment: 120, taught 3 lab sections.  
My responsibilities included instructing laboratory classes, exam development, course syllabus development, practical skills exam development and assessment, mentoring new graduate teaching assistants and grading.

##### Spring 2016

KNS414: Fitness Testing and Exercise Prescription. Total Enrollment: 140, taught 3 lab sections.  
My responsibilities included instructing laboratory classes, exam development, course syllabus development, practical skills exam development and assessment, mentoring new graduate teaching assistants and grading

KNS567: Pediatric Exercise Science. Total Enrollment: 40.

My responsibilities included coordinating service learning projects, support and leadership for class reports, administration of course, and course syllabus development.

### **GUEST LECTURES**

KNS 414 Fitness Testing and Exercise Prescription: Sedentary Behavior. (Fall 2015)  
KNS 567 Fitness Testing and Exercise Prescription: Body Composition (Fall 2015) (*Graduate level course*)  
KNS 365 Pediatric Exercise Science: The Youth Athlete (Spring 2016)  
KNS 414 Fitness Testing and Exercise Prescription: Move it or Lose it: Exercise Considerations for the Aging Population (Spring 2016)

## **AWARDS AND HONORS**

The University of Tennessee Graduate Student Senate Travel Award (2016)

Playground and Garden Physical Activity Levels and Behaviors in Young Children. Office of Research & Engagement (ORE) Funding Award. University of Tennessee. (2016)

The University of Tennessee Graduate Teaching Assistant Fellowship Recipient (2015 – 2017)

Kennesaw State University Center for Excellence in Teaching and Learning (CETL) Undergraduate Research & Creative Activities (URCA) Funding Award. (2014)

Kennesaw State University Student Activity Budget Advisory Committee (SABAC) Funding Award. (2014)

Top Poster Award at Kennesaw State University 19<sup>th</sup> Annual Symposium of Student Scholars and Undergraduate Research Reception (2014)

Kennesaw State University Club Soccer Team Club Sports Team of the Year Funding Award (2014)

## **CERTIFICATIONS**

American College of Sports Medicine Registered Exercise Physiologist (2015-Present)

Kennesaw State University, Global Engagement Certification with Distinction (2015-Present)

American Red Cross Cardiopulmonary Resuscitation and First Aid, AED Instructor (2013 – Present)

## **SERVICE**

### **Current Professional Membership**

North American Society for Pediatric Exercise Medicine (2016 - Present)

American College of Sports Medicine (2013 - Present)

American College of Sports Medicine, Southeast Chapter (2012 - Present)

### **Professional Service**

North American Society for Pediatric Exercise Medicine Conference Organizer (2015-2016)

Conference Volunteer for the American College of Sports Medicine (2015-Present)

Conference Volunteer for the Southeast Chapter of the American College of Sports Medicine (2015 - Present)

### **University Service**

#### **University of Tennessee**

Event Director of the Department Head Student Advisory Board (2016 – Present)

Center of Sport Peace and Society Research Assistant (2016-Present)

Agita Mundo, World Day for Physical Activity Event Organizer (2016)

Let's Move! Knoxville/Knox County Volunteer (2016)

Covenant Health Kids Fun Run Volunteer (2016)

Coalition of Childhood Obesity, Covenant Health Kids Run Kickoff Volunteer (2016)

Open Streets Evaluation Report, Research Assistant (2015)

#### **Kennesaw State University**

Founder of *OWL Kick For Them* Charity Soccer Tournament (2014-2016)

President of the Exercise Science Club (2013-2015)

Social Coordinator of the Exercise Science Club (2012-2013)

President of Kennesaw State University Women's Soccer Club (2012-2014)

Social Coordinator of Kennesaw State University Women's Soccer Club (2011-2012)

Assistant to a researcher: (2013-2015)

1. Relationship between Body Fat Distribution, Social Physique Anxiety, and Stage of Change among Different Age Groups
2. An Investigation if Sensitivity of Bioimpedance Cardiography to Detect Hemodynamic Variables Among Healthy Individuals

3. A Comparison of Four Methods of Body Composition Analysis
4. Cognition as it Relates to Fitness and Body Composition in Community Dwelling Older Adults

**Community Service**

Blaze Sports, Paralympic Sport Club Volunteer (2015-2016)

Children's Healthcare of Atlanta, BIA Administrator Volunteer, Camp Strong4Life (2015)

Children's Healthcare of Atlanta, 30th Annual Strong Legs Run Organizer (2014)

Children's Healthcare of Atlanta, Sports Medicine Department Physical Therapist Assistant (2013-2014)

Atlanta Tack Club, Kilometer Kids One Mile Fun Run Volunteer (2014)

OrthoSport Physical Therapy, Physical Therapist Assistant Volunteer (2013-2014)

Well Star Kennestone Hospital, Inpatient Rehab Physical Therapist Assistant Volunteer (2013-2014)

YMCA, Youth Soccer Coach Volunteer (2012-2013)