

Kristie L. Abt
kabt@smu.edu

EDUCATION AND TRAINING

GRADUATE

University of Pittsburgh, Pittsburgh, PA
Doctor of Philosophy in Exercise Physiology
Department of Health and Physical Activity (DHPA)
School of Education

University of Pittsburgh, Pittsburgh, PA
Master of Science in Exercise Physiology
DHPA
School of Education

UNDERGRADUATE

Bowling Green State University, Bowling Green, OH
Bachelor of Science in Kinesiology (Exercise Science)
Department of Human Movement, Sport, and Leisure Studies
College of Education and Human Development

APPOINTMENTS AND POSITIONS

ACADEMIC

Southern Methodist University, Dallas, TX
Applied Physiology and Sport Management Program (APSM)
Simmons School of Education and Human Development
Assistant Clinical Professor

Southern Methodist University, Dallas, TX
APSM
Simmons School of Education and Human Development
Adjunct Professor

Dallas Baptist University, Dallas, TX
Kinesiology and Health Sciences Program
College of Natural Sciences and Mathematics
Adjunct Professor

Transylvania University, Lexington, KY
Exercise Science Program
Division of Natural Sciences and Mathematics
Adjunct Professor

University of Pittsburgh, Pittsburgh, PA
Department of Sports Medicine and Nutrition
School of Health and Rehabilitation Sciences
Adjunct Professor

University of Pittsburgh, Pittsburgh, PA
DHPA
School of Education
Assistant Clinical Professor

University of Pittsburgh, Pittsburgh, PA
DHPA
School of Education
Fitness Coordinator/Clinical Instructor

University of Pittsburgh, Pittsburgh, PA
DHPA
School of Education
Graduate Student Assistant

NON-ACADEMIC

KidStrong, Frisco, TX
Director of Research
Center Director
Programming Team

KidStrong, Lexington, KY
Center Director
Programming Team

CERTIFICATIONS AND LICENSURE

Institute of Clinical Excellence Modern Management of the Older Adult
National Academy of Sports Medicine Youth Exercise Specialist
National Academy of Sports Medicine Corrective Exercise Specialist
American College of Sports Medicine – Certified Exercise Physiologist
Resist-A-Ball – CORE Certification Level I and II

Aerobics and Fitness Association of America – Primary Group Exercise Instructor
American Red Cross – CPR

MEMBERSHIPS IN PROFESSIONAL AND SCIENTIFIC SOCIETIES

National Strength and Conditioning Association
Texas Chapter- American College of Sports Medicine
Southeast Regional Chapter- American College of Sports Medicine
Mid Atlantic Regional Chapter- American College of Sports Medicine
American College of Sports Medicine
Aerobics and Fitness Association of America

HONORS

Oermann Award – Outstanding Graduate Student

PROFESSIONAL ACTIVITIES

TEACHING

Course Title	Prof or Post-Prof
Anatomy and Physiology I	Prof
Fitness and Health Enterprise	Prof
Applied Exercise Physiology	Prof
Physiology of Health and Disease	Prof
Functional Biomechanics	Prof
Introduction to Kinesiology	Prof
Fitness for Living	Prof
Advanced Health Assessments and Exercise Prescription	Prof
Anatomy and Physiology	Prof
Exercise Physiology	Prof
Lifetime Fitness and Wellness	Prof
Exercise Physiology	Prof
Advanced Health Assessments and Exercise Prescription	Prof
Exercise Physiology	Post-Prof
Introduction to Fitness Assessments and Exercise Prescription	Prof
Fitness Assessment and Exercise Prescription	Prof
Assessment and Prescription for Special Populations	Prof
Nutrition in Exercise and Sport	Prof
Aerobics for Instructors	Prof
Teaching Experience	Prof
Exercise Science Seminar	Prof

Additional labs and lectures taught

Exercise Physiology	Professional	Laboratory Testing
Adv Exercise Phys	Professional	Laboratory Testing
Adv Lab Techniques	Professional	Laboratory Testing
Human Physiology	Professional	Laboratory Testing

SERVICE

Southern Methodist University

University

SMU Wellbeing Commission	Committee Member
Council on General Education	Committee Member
Hunt Leadership Scholarship Candidate Interview Committee	Committee Member
University Senate – Faculty Senator	Student Policies Committee
Common Curriculum Post Hoc Assessment	Rater
Director of Wellbeing Education Position Search	Committee Member

Department

APHM Internship	Coordinator
APSM Department Clinical Assistant Professor Search	Committee Member
APSM Department Clinical Assistant Professor Search	Committee Chair
APSM Diversity and Inclusion Committee	Committee Member
Exercise Is Medicine – On-Campus	Director
Applied Physiology Club	Faculty Advisor
Faculty Technology Committee – Simmons Representative	Committee Member

Dallas Baptist University

The Center for Mentoring	Faculty Mentor
--------------------------	----------------

University of Pittsburgh

DHPA Faculty Search Committee	Committee Member
School of Education Faculty and Staff Development Committee	School Council
DHPA Faculty Search Committee	Committee Member
DHPA Outstanding Student Scholarship Award	Committee Member
DHPA Graduate Admissions Committee	Committee Member
University of Pittsburgh IRB	Committee Member

Professional

ACSM Pediatric Exercise is Medicine Committee	Committee Member
Mid-Atlantic Regional Chapter ACSM Executive Committee	Regional Representative
Mid-Atlantic Regional Chapter ACSM Executive Committee	President
Mid-Atlantic Regional Chapter ACSM Executive Committee	Secretary
Mid-Atlantic Regional Chapter ACSM Executive Committee	Member-at-Large
Mid-Atlantic Regional Chapter ACSM Executive Committee	Student Representative

Community

Downtown Pittsburgh YMCA Board of Management

Nominated Board Member

GRANTS

Dedman College Interdisciplinary Institute (DCII) Exercise is Medicine – On-Campus	\$6,000
Dedman College Interdisciplinary Institute (DCII) Exercise is Medicine – On-Campus	\$4,000
Student Affairs Innovation Grant	\$15,000
Center for Teaching Excellence Just in Time Teaching Grant	\$1000

PUBLICATIONS

ORIGINAL PEER-REVIEWED ARTICLES

1. Bernardo LM, **Abt KL**, Ren D, Bender C. Self-reported exercise during breast cancer treatment: results of a national survey. *Cancer Nursing*. 2010 Jul-Aug;33(4):304-9. doi: 10.1097/NCC.0b013e3181cdce2c.
2. Nagle EF, Pierce PA, **Abt KL**, Bernardo LM. Mentoring the future health and fitness professional. *ACSM's Health Fitness Journal*. 2009; 13(1):13-19.
3. Goss FL, Robertson RJ, Williams A, Sward KL, **Abt KL**, Ladewig MJ, Dixon CB, and Timmer JM. A comparison of skinfolds and leg-to-leg bioelectrical impedance for the assessment of body composition in children. *Dynamic Medicine*. 2003; 2(5).
4. Robertson RJ, Goss FL, Bell JA, Dixon CB, Gallagher KI, Lagally KM, Timmer JM, **Abt KL**, Gallagher JD, Thompkins T. Self-regulated cycling using the children's OMNI scale of perceived exertion. *Medicine and Science in Sports and Exercise*. 2002;34(7):1168-75.

REVIEWS, INVITED PUBLISHED PAPERS, PROCEEDINGS OF CONFERENCE AND SYMPOSIA, MONOGRAPHS, BOOKS, AND BOOK CHAPTERS

National

1. Abt, KL. Health Fitness Programming. *American College of Sports Medicine Health Fitness Instructor Certification Workshop*, Pittsburgh, PA.
2. Abt, KL. Team Approach to Managing Disordered Eating. *National Athletic Trainers Association Annual Meeting Workshop*. Indianapolis, IN.

3. Abt, KL. Pre-Activity Health Screening: Risk Factors and Stratification. *American College of Sports Medicine Health Fitness Instructor Certification Workshop*. Pittsburgh, PA.
4. Abt, KL. Exercise Programming. *American College of Sports Medicine Health Fitness Instructor Certification Workshop*. Pittsburgh, PA.
5. Abt, KL. Exercise Programming. *American College of Sports Medicine Health Fitness Instructor Certification Workshop*. Pittsburgh, PA.
6. Abt, KL. Metabolic Calculations. *American College of Sports Medicine Exercise Specialist Workshop*. Pittsburgh, PA.

Regional

1. Abt KL, Smith K. Group Exercise Considerations and Modifications for Special Populations: Creating an Inclusive Environment. *Mid-Atlantic Regional Chapter of the American College of Sports Medicine Annual Meeting*. Harrisburg, PA.
2. Abt, KL, Smith K. Leading the Way and Making an Impact with Group Exercise: The Who, What, Where, When, and Why's. *Mid-Atlantic Regional Chapter of the American College of Sports Medicine Annual Meeting*. Harrisburg, PA.

Local

1. Abt, KL. Healthy Living with Physical Activity and Exercise. *UPMC PRIMA-START Program*. Pittsburgh, PA.
2. Abt, KL. Physical Activity, Exercise, and Heart Rate Monitoring. *Associate Wide YMCA Workshop*. Pittsburgh, PA.
3. Abt, KL. Physical Activity, Exercise, and the Art of Exercise Prescription. *University of Pittsburgh, School of Health and Rehabilitation Sciences*. Pittsburgh, PA.
4. Abt, KL. Eating Disorders and Athletes. *University of Pittsburgh, School of Health and Rehabilitation Sciences, Professional Seminar Graduate Course*. Pittsburgh, PA.
5. Abt, KL. Cardiorespiratory Adaptations to Training. *University of Pittsburgh, School of Health and Rehabilitation Sciences, Laboratory Techniques Graduate Course*. Pittsburgh, PA.
6. Abt, KL. Exercise Prescription for the Overweight Youth. *Youth Obesity Prevention Conference: Focus on Nutrition and Fitness*. Pittsburgh, PA.
7. Abt, KL. Exercise Programming. *Evidence-Based Health and Fitness for the 21st Century: An Interdisciplinary Conference*. Pittsburgh, PA.

8. Abt, KL. Health Living 101: Getting Started on an Exercise Program, *University of Pittsburgh Wellness Seminar*. Pittsburgh, PA.
9. Abt, KL. Can Exercise Improve Body Image? *University of Pittsburgh's Delta Phi Epsilon Sorority in association with the Anorexia Nervosa and Associated Disorders Association*. Pittsburgh, PA.
10. Abt, KL. The Deadly Diet. *University of Pittsburgh, Department of Health and Physical Activity, Nutrition in Sport and Exercise Graduate Course*. Pittsburgh, PA.
11. Abt, KL. Exercise Obsession: Too Much of a Good Thing? *University of Pittsburgh's Delta Phi Epsilon Sorority in association with the Anorexia Nervosa and Associated Disorders Association*. Pittsburgh, PA.
12. Abt, KL. Nutrition for Adolescents and Teens. *University of Pittsburgh's Honor College*. Pittsburgh, PA.
13. Abt, KL. Fluid Replacement for the Marathon Runner. *UPMC Marathon Seminar Series*. Pittsburgh, PA.
14. Abt, KL. Exercising the Right Way. *Race for the Cure Kickoff Celebration*. Pittsburgh, PA.

ABSTRACTS

1. Hays A, Goss F, Aaron D, **Abt K**, Friedman E, Gallagher M, Nagle E. Hormonal and perceptual changes in bipolar subjects after acute aerobic exercise. *Medicine and Science in Sports and Exercise*. 2008; 40(5), DOI:10.1249/01.mss.0000321518.49773.7e.
2. Abt KL, Goss FL, Abt JP, Sward KL, Day RD, Thase M, Rabin BS, Nagle EF, Robertson RJ. The effects of a group exercise intervention in the adjunctive treatment of depression. *Medicine and Science in Sports and Exercise*. 2006;38(5), DOI:10.1249/00005768-200605001-00464.
3. Abt, KL. The effects of a group exercise intervention in the treatment of depression. *Mid-Atlantic Regional Chapter of ACSM Annual Conference*, Harrisburg, PA. 2005