

# KELSEY ALEXANDRA RUSHING

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## EDUCATION

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*Doctor of Philosophy*  
In progress

**The University of Alabama at Birmingham**, Birmingham, AL  
Department of Nutrition Sciences  
Major Area: Nutrition Sciences  
Concentration: Sports Nutrition  
Dissertation: Ketone Supplementation to Improve Functional Outcomes in Adolescents Post-Concussion

*Master of Science*  
August 2017

**The University of Alabama at Birmingham**, Birmingham, AL  
Department of Nutrition Sciences  
Major Area: Nutrition Sciences  
Concentration: Clinical Nutrition

*Bachelor of Science*  
May 2016

**Auburn University**, Auburn, AL  
Department of Nutrition, Dietetics, and Hospitality Management  
Major Area: Nutrition  
Concentration: Nutrition and Dietetics  
Minor: Italian Studies

## ON-GOING RESEARCH & PROJECTS

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**Division I athletes' nutrition, physical activity, and wellbeing in response to COVID-19** 2020-present  
Designed a cross-sectional study to evaluate Division I collegiate athletes' diet behaviors, physical activity, and general wellbeing during the COVID-19 global pandemic.  
Role: Co-investigator; Status: *IRB submission*

**Breath acetone concussion ketone study (BrACKS)** 2020-present  
Contributed to this longitudinal study to investigate the association of breath acetone measures with pre- and post-concussion measures in intramural collegiate athletes.  
Role: Co-investigator; Status: *IRB submission*

**Ketone supplementation to improve functional outcomes in adolescents post-concussion** 2019-present  
Designed a randomized control trial in adolescent athletes to determine whether ketone supplementation post-concussion has an effect on cognitive, biomechanical, and metabolic and inflammatory measures.  
Role: Co-investigator; Status: *Data collection*

**Effects of game outcome on eating behaviors in Division I collegiate soccer players** 2019-present  
Designed a longitudinal study to evaluate the eating behaviors in Division I collegiate soccer players after games for one season. The relationship between diet composition, feeding behaviors, and stress markers and wins, losses, or draws will be explored.  
Role: Co-investigator; Status: *Under IRB review*

**Food and nutrition insecurity in student athletes, preliminary survey data collection** 2019-present  
Designed a cross-sectional study to evaluate food and housing security in collegiate student athletes. The one-time survey will also provide data on adverse health outcomes associated with food and housing insecurity.  
Role: Co-investigator; Status: *Data collection*

**A combined aerobic, interval, and resistance training program on ACFT and APFT scores in ROTC cadets**

2019-present

Contributed to the creation of a new training program in ROTC cadets. This longitudinal study evaluated physical training test scores, diet records, and body composition to determine the efficacy of a new training program.

Role: Co-investigator; Status: *Data Collection*

**Effects of ketone supplementation on postprandial lipemia**

2018-present

Designed a crossover, randomized controlled trial to evaluate the effects of ketone supplementation prior to a high-fat meal on postprandial lipemia in overweight and obese adult males.

Role: Co-investigator; Status: *Data collection*

## **PUBLICATIONS**

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### **Manuscripts in Preparation**

Roberts, B, **Rushing, K**, Plaisance, E. Analysis of body composition and fitness scores in military cadets.

## **OTHER WRITING & COMPOSURE**

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Disordered Eating Policies and Procedures, Department of Sports Medicine, The University of Alabama at Birmingham (UAB), May 2018

Diabetes Mellitus Policies and Procedures, Department of Sports Medicine, UAB, May 2018

## **PRESENTATIONS**

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### **Poster Presentations**

**Rushing, K**, Delk-Licata, A, Behrens, C, Bertrand, B, Fernandez, F, Plaisance, E. Timed protein intervention should consider energy balance to have an impact on body composition in a collegiate football team. UAB Center for Exercise Medicine 7<sup>th</sup> Annual Symposium, UAB, September 2019, Birmingham, AL.

Jenkins, G, **Rushing, K**, Abadie, A, Ferguson, A, Giordano-Mooga, S, Plaisance, E. The effect of contact and non-contact sports on neural cognition. Alabama Academy of Science 97<sup>th</sup> Annual Meeting, March 2020, Montgomery, AL.

### **Invited Speaking**

Guest Lecturer, “*Winning Nutrition*” Hellas Construction Birmingham Coaching Clinic, UAB, March 2018.

## **FUNDED RESEARCH PROJECTS**

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### **Funded Research Projects**

**Effects of ketone supplementation on postprandial lipemia**

Grant: Research Voucher Program Award

Funding Source: Center for Clinical and Translational Science

Role: Co-investigator

Funding Request: \$4,725.00

Status: *Funded, 2019*

**Ketone supplementation to improve functional outcomes in adolescents post-concussion**

Grant: Faculty Development Grant Program 2019-2020

Funding Source: UAB Office of the Provost and UAB Faculty Senate (Internal)

Role: Co-investigator

Funding request: \$10,000

Status: *Funded, 2019***Submitted Research Funding****Ketone supplementation to improve functional outcomes in adolescents post-concussion**

Grant: 2019-2020 CPSDA Research Award

Funding Source: Collegiate and Professional Sports Dietitians Association (CPSDA)

Role: Co-investigator

Funding Request: \$15,000.00

Status: *Not funded, 2019***RELATED PROFESSIONAL TRAINING & CERTIFICATIONS**

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**Associate Certificate**

May 2020

Center for the Integration of Research, Teaching and Learning

**Registered Dietitian**

September 2017-present

Academy of Nutrition and Dietetics

**Licensed Dietitian**

September 2017-present

Alabama Board of Examiners for Dietetics and Nutritionists

**CPR, First Aid, AED**

September 2017-present

American Red Cross

**Intensive Course in Pediatric Nutrition**

February 2017

UAB, Department of Pediatrics

**Certified Manager**

October 2015-present

National Restaurant Association

ServSafe Management

**PROFESSIONAL EXPERIENCE**

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**Clinical Preceptor**

January 2018-present

UAB, Department of Athletics, Department of Nutrition Sciences

Serve as a preceptor for current graduate dietetic interns from surrounding universities. Provide experiences in clinical nutrition, community nutrition, and food service.

**Performance Dietitian**

September 2017-present

UAB, Department of Athletics

Conduct dietary and anthropometric assessments, develop educational materials, data entry and analysis for student athletes at UAB. A secondary objective is to implement performance nutrition interventions to aid fueling and recovery for the athletes as part of research projects through the Department of Nutrition Sciences.

**Wellness Dietitian**

September 2017-December 2017

UAB, Department of Campus Recreation

Conducted dietary and anthropometric assessments and developed educational materials for current undergraduate and graduate students at UAB.

**Dietetic Intern** (*Graduate Internship*)

August 2016-August 2017

UAB, Department of Nutrition Sciences; Concentration: Clinical Nutrition

Established collaborative relationships with other healthcare professionals to deliver effective nutrition. Applied evidence-based guidelines, systematic reviews, and scientific literature to nutrition practice.

**Nutrition and Food Service Intern** (*Undergraduate Internship*)

May 2015-August 2015

East Alabama Medical Center, Opelika, AL

Determined compliances for patient diets and recorded nutritional information for current and new recipes.

Created new products and menus for the tray line and the employee café.

**Undergraduate Research Assistant**

January 2013-May 2013

Auburn University, Department of Biological Sciences

Mentor – Dr. Aaron Rashotte

Completed bench work to aid in the studies about how transcription factors were involved in controlling plant development.

## **MENTORING EXPERIENCE**

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### Graduate Students/Dietetic Interns

Alycia McElyea	Dietetic Intern, Department of Nutrition Sciences, UAB
Patrick Goodwin	Nutrition Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama <i>Accepted into the Master of Science in Nutrition Non-Thesis Dietetic Internship at Auburn University</i>
Kristen Travo	Dietetic Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama
Sarah Fritz	Dietetic Intern, Department of Nutrition Sciences, UAB
Laura Cox	Dietetic Intern, Department of Nutrition Sciences, UAB
Sara Steere	Dietetic Intern, Department of Nutrition Sciences, UAB
Jeremy Ford	Dietetic Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama <i>Accepted into the Gatorade Sports Nutrition Immersion Program at James Madison University</i>
Lindsay Lock	Dietetic Intern, Department of Nutrition Sciences, UAB

### Undergraduate Students

Jessica Adkins	Honors Student, Department of Human Studies, UAB
Laura Waldrop	Honors Student, Department of Human Studies, UAB
Gregor Jenkins	Honors Student, Department of Clinical and Diagnostic Sciences, UAB
Carly Collins	Nutrition Intern, Department of Nutrition and Dietetics, Samford University
Katie Thibault	Nutrition Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama
Grayson Till	Nutrition Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama
Mary Bradley	Nutrition Intern, Department of Nutrition, Dietetics, and Hospitality Management, Auburn University

Kelly Drane	Kinesiology Intern, Department of Human Studies, UAB <i>Accepted into the Dietitian Education Graduate Certificate Program, Department of Nutrition Sciences, The University of Alabama at Birmingham</i>
Madison Couch	Nutrition Intern, Department of Nutrition and Dietetics, Samford University <i>Accepted into Dietetic Internship and Master of Science in Nutrition, Department of Nutrition and Dietetics, Samford University</i>
Chakira Odneal	Nutrition Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama <i>Accepted Position as Food Services Supervisor, UAB Medical West</i> <i>Accepted Position as Food and Nutrition Services Supervisor, Children's of Alabama</i>
Montana Hunt	Nutrition Intern, Department of Human Nutrition and Hospitality Management, The University of Alabama

## HONORS, ACTIVITIES, & AWARDS

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Carol B. Craig Scholarship, UAB Department of Nutrition Sciences	Spring 2017
Lettie Pate Whitehead Foundation Scholarship, UAB Department of Nutrition Sciences	Spring 2017
Delta Epsilon Iota Academic Honor Society, Auburn University	August 2014-May 2016
Honors College, Auburn University	August 2011-May 2016
Dean's List	Fall 2015
Spirit of Auburn Founders Scholarship, Auburn University	August 2011-May 2015
Killgore Scholarship, Opelika, AL	August 2011-May 2015
Community Development Volunteer, Alternative Student Breaks, Auburn University	Spring 2014
Auburn Abroad Program, Taormina, Italy	Summer 2012
Tallapoosa River Electric Cooperative Scholarship, Opelika, AL	Fall 2011

## PROFESSIONAL & ACADEMIC AFFILIATIONS

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Collegiate and Professional Sports Dietetics Association (CPSDA)	2017-present
American College of Sports Medicine (ACSM)	2017-present
Sports Cardiovascular and Wellness Nutrition (SCAN)	2016-present
Academy of Nutrition and Dietetics (AND)	2015-present
Birmingham District Dietetic Association (BDDA)	2016-2018
Alabama Dietetic Association (ALDA)	2016-2018

## CAMPUS & COMMUNITY ENGAGEMENT

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<b>UAB Internal Wellness Committee</b> <i>UAB Employee Wellness</i> Serve as the Athletics Department representative to the UAB Internal Wellness Committee. The committee's objective is to provide resources and education to UAB Hospital and UAB Campus employees.	December 2019-present
<b>New Student Liaison</b> <i>UAB Department of Nutrition Sciences</i> Served as a liaison to graduate students and dietetic interns. The objectives were to provide prospective students and interns with leadership and guidance in internship selection, relocation to Birmingham, and general advising related to these processes.	Spring 2017

**Sports Nutrition Volunteer**

September 2014-December 2015

*Auburn University Athletics*

Provided nutrition education to and managed a fueling station for student athletes. The purpose of this program is to follow current performance nutrition and food safety guidelines to optimize athletic performance.

**Counselor**

August 2013-May 2015

*Rape Counselors of East Alabama, Auburn, AL*

Provided immediate support to victims and managed a hotline for potential, current, and previous victims at time of crises. Offered ongoing counseling and support services to victims of rape.

**Community Nutrition Volunteer**

June 2014

*Our House, Auburn, AL*

The program's objective was to provide nutrition education to underserved communities. Held weekly nutrition education sessions for underprivileged children. Created sample meals and educational tools for parents.