

Kelly Allums Featherston
CURRICULUM VITAE
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Education

Doctor of Philosophy	2012	Kinesiology, with a minor emphasis in Family Sciences, Texas Woman's University (TWU), Denton
Master of Science	2008	Movement Science: Sport & Exercise Psychology, Barry University (BU), Miami Shores, FL
Bachelor of Arts	2006	Psychology, with a minor emphasis in Sociology Arkansas Tech University (ATU), Russellville

Certification

Texas Teaching Certificate EC -12 Physical Education, August 2016 (current)
American Heart Association CPR/AED/ Heartsaver First Aid

Employment

Aug 2016-present Mesquite ISD (Kimball Elementary) Mesquite, TX
• Elementary Physical Education Teacher

Nov 2012 to July 2016 The Cooper Institute® Dallas ,TX
• Youth Education Research Coordinator – NFL PLAY 60/FITNESSGRAM®

Aug 2012 to Dec 2012, Texas Christian University Fort Worth, TX
• Adjunct Faculty, Department of Kinesiology

August 2008 to Dec 2012 TWU, Denton, TX
• Aug 2012 to present, Adjunct Faculty Department of Kinesiology
• Jan 2011 to Aug 2011, Graduate Research Assistant
• Aug 2009 to Dec 2010, Graduate Assistant Coach, Division II Volleyball
 o Developed and implemented the team's strength and conditioning program
• Aug 2008 to May 2010, Graduate Teaching Assistant

May 2011 to May 2012, Program Director, Brain Balance Achievement Center, Southlake
• Worked one-on-one with children who have neurodevelopmental disorders to manage behaviors and implemented strategies for the entire family to promote healthy lifestyle habits. Provided nutritional consultation to clients and training and continuing education for staff members.

Aug 2008 to Aug 2011, Adapted Physical Education-intern, Denton Independent School District
• Provided part-time APE instruction to children with disabilities (under supervision), completed assessments to evaluate eligibility of services, performed annual testing, developed and implemented IEPgoals related to motor skill, fitness development, and weight management. Initiated and sustained a Partner PE program at the middle school level.

August 2007 to May 2008, Mobile Physical Educator, Miami, FL, Kidokinetics, Inc.

- Provided physical activity and sport skills instruction along with basic health and nutrition information to children ages 3 to 10 years at Miami-area recreational centers, private and public schools.

December 2006 to May 2008, Adapted Physical Educator & Outdoor Educator, Miami, FL; Shake a Leg Miami, Inc.

- Provided physical activity, sports, and kayaking instruction to children of all abilities in Miami-Dade schools, children ages 5 to 21 years old.

TEACHING

TWU Courses:

KINS 1901 Introduction to Health & Fitness Lab
 KINS 1921 Introduction to Jogging
 KINS 1941 Aerobic Dance
 KINS 1921 Introduction to Personal Wellness
 KINS 1573 Introduction to Kinesiology
 KINS 2621 Introduction to Adapted Physical Activity: Practicum
 KINS 3101 Practicum in Secondary Physical Education
 KINS 3102 Secondary Physical Education Pedagogy
 KINS 3583 Health & Physical Education for Children and Adolescents
 KINS 4801 Disability Sport Internship
 KINS 4811 Inclusion in Physical Education Internship
 KINS 4821 Physical Fitness and Motor Skill Assessment
 KINS 5603 Gross Motor Development
 KINS 5863 Pedagogy in Adapted Physical Education
 KINS 5843 Adapted Physical Activity/Adapted Physical Education National Standards

TCU Course:

HLTH 20203 Health & Wellness Concepts

RESEARCH EXPERIENCE

Master's Thesis

Physical Activity Preference and Psychological Well-being among Adolescents with Intellectual Disabilities, 2008, first author

PhD Dissertation

Mothers' Perceptions of Physical Activity Habits and Feeding Patterns between Siblings with and without Down Syndrome, 2012, first author.

Graduate Research Assistant

Grant funded collaborative research project with TWU Nutrition and Family Sciences Departments, entitled: 'An Examination of Nutritional and Physical Activity Environments in Child Care Centers.' Primary role: IRB assistance, data collection, and literature review. Using an

observational assessment, evaluated the physical activity and eating environments of 22 child care facilities in Denton County.

Other Research, Scholarly Teaching, Mentoring and Curricular Achievements

September 2011, Invited speaker with Dr. Katherine Rose and Dr. Shanil Juma to the TWU Department of Nutrition and Food Sciences Fall 2011 Seminar Series. Presentation on research progress, project entitled 'An Examination of Nutritional and Physical Activity Environments in Child Care Centers.'

April 2011, assisted with the final edits to the 2nd Edition of Dr. Ron Davis' *Teaching Disability Sport: A guide for Physical Educators*. Champaign, IL: Human Kinetics.

June 2010 & October 2010, Provided technological assistance for Dr. Claudine Sherrill for two international invited-speaking presentations (Adapted Physical Activity Workshop at the University of Beijing, China; Adapted Physical Activity Convention (Istanbul, Turkey). Primary role was to organize presentation material and submit to conference contact.

December 2009, Presentation assistant to Dr. Claudine Sherrill; Invited Speaker at the *World Health Organization (WHO) Forum and Technical Meeting on Population-based Prevention Strategies for Childhood Obesity*; Geneva, Switzerland. Primary role was to organize presentation material and submit to conference contact. Travel assistance and support during the presentation was also provided.

November 2009, Guest speaking presentation for a single parent workshop held at TWU (hosted through Family Sciences Department) entitled 'Healthy tips for parents on Go'. Workshop focused on providing parents healthy eating, fitness, and physical activity tips for the whole family.

October 2009, Guest speaking presentation entitled 'Obesity & Behavior Management' for one section of a graduate Kinesiology course at TWU (i.e., KINS 5863 Behavior Management, Pedagogy in Adapted Physical Education).

September 2009, Guest speaking presentation entitled 'Time Management & Exercise' for two sections of an undergraduate Kinesiology course at TWU (i.e., KINS 1901 Health & Fitness Lab).

Publications

Allums-Featherston, K., & Rose, K. (Summer, 2011). Move it: Build self-esteem and self-efficacy while fighting childhood obesity. *Texas Child Care Quarterly*.

Bai, Y., Allums-Featherston, K., Saint-Maurice, P. F., Welk, G. J., & Candelaria, N. (2018). Evaluation of youth enjoyment toward physical activity and sedentary behavior. *Pediatric exercise science*, 30(2), 273-280.

Bai, Y., Saint-Maurice, P. F., Welk, G. J., Allums-Featherston, K., & Candelaria, N. (2016). Explaining disparities in youth aerobic fitness and body mass index: relative impact of socioeconomic and minority status. *Journal of School Health*, 86(11), 787-793.

Bai, Y., Saint-Maurice, P. F., Welk, G. J., Allums-Featherston, K., Candelaria, N., & Anderson, K. (2015). Prevalence of youth fitness in the United States: baseline results from the NFL PLAY 60 FITNESSGRAM partnership project. *The Journal of Pediatrics*, 167(3), 662-668.

- Bai, Y., Saint-Maurice, P. F., Welk, G. J., Russell, D. W., Allums-Featherston, K., & Candelaria, N. (2017). The longitudinal impact of NFL PLAY 60 programming on youth aerobic capacity and BMI. *American Journal of Preventive Medicine*, 52(3), 311-323.
- da Cunha Furtado, O. L. P., Allums-Featherston, K., Lieberman, L. J., & Gutierrez, G. L. (2015). Physical activity interventions for children and youth with visual impairments. *Adapted Physical Activity Quarterly*, 32(2), 156-176.
- Featherston, K. A. (2014). School adoption and utilization of NFL Play 60 programming. *Research Quarterly for Exercise and Sport*, 85(S1), A4.
- Saint-Maurice, P. F., Bai, Y., Welk, G. J., Bandelli, L. N., Allums-Featherston, K., & Candelaria, N. (2017). Impact of NFL PLAY 60 programming on elementary school children's body mass index and aerobic capacity: the NFL PLAY 60 FitnessGram partnership project. *Journal of School Health*, 87(11), 873-881.
- Saint-Maurice, P. F., Welk, G. J., Bai, Y., & Allums-Featherston, K. (2014). Comparison of data screening methods for evaluating school-level fitness patterns in youth: findings from the NFL PLAY 60 FitnessGram Partnership Project. *Open Journal of Preventive Medicine*, 4(11), 876.
- Welk, G. J., Bai, Y., Saint-Maurice, P. F., Allums-Featherston, K., & Candelaria, N. (2016). Design and evaluation of the NFL PLAY 60 FITNESSGRAM® Partnership Project. *Research Quarterly for Exercise and Sport*, 87(1), 1-13.

Poster Presentations at Professional Meetings

- Allums-Featherston, K., Candelaria, N., Anderson, K., Bai, Y., & Saint-Maurice, P. F. (2015, March). NFL PLAY60 FITNESSGRAM-Closing the Gap Between Good and Great Teachers. In *Research Quarterly for Exercise and Sport* (Vol. 86, pp. A115-A115).
- Allums-Featherston, K., Crane, J., & Davis, R. (December, 2009). Instructional modifications to exercise and physical activity programs for youth with Autism. *The 86th Annual Convention of the Texas Association for Health, Physical Education, Recreation, & Dance*, Arlington, TX.
- Allums-Featherston, K., & French, R. (October, 2009) A holistic approach to obesity: A bibliometric analysis. *Texas Woman's University 2009 Arts & Sciences Research Symposium*, Denton, TX, USA.
- Allums-Featherston, K., & French, R. (July, 2010). Partners in Physical Education: Program Evaluation and Guidance for the Future. *The 2010 National Consortium for Physical Education Recreation Individuals Disabilities Annual Conference*, Reston, VA, USA.
- Allums-Featherston, K., & French, R. (July, 2009). Obesity as a disability within the IDEA: Opinions of adapted physical educators. *The 2009 National Consortium for Physical Education Recreation Individuals Disabilities Annual Conference*, Reston, VA, USA.
- Allums-Featherston, K., & Poczwardowski, A. (August, 2009). Activity preference and psychological well-being among adolescents with intellectual disabilities. *The 117th American Psychological Association Annual Convention*, Toronto, Canada.
- Allums-Featherston, K., Sanborn, B., & French, R. (October, 26, 2009). Should obesity be considered a disability under the Individuals with Disabilities Improvement Education Act of 2004? *The Obesity Society's 2009 Annual Scientific Conference*, Washington DC, USA.

Allums, K., & Thomas, T. (October 26, 2007). Social physique anxiety and exercise motivation among male college students. *Association for the Advancement of Sport Psychology 22nd Annual Convention*, Louisville, KY, USA.

Belanger, J., & Allums-Featherston, K (April, 2010). Associations between physical education experiences and obesity as an educational disability. *Texas Woman's University 2010 Arts & Sciences Research Symposium*, Denton, TX, USA.

Kim, J., & Allums-Featherston, K. (April, 2010). Obesity as an educational disability: Opinions from Korean and US professionals. *Texas Woman's University 2010 Student Creative Arts & Research Symposium*, Denton, TX, USA.

Kim, J., Allums-Featherston, K., Oh, K., & French, R. (November, 2010). Obesity as an educational disability: Opinions from South Korea and United States. *39th National Adapted Physical Education Annual Conference & North American Federation of Adapted Physical Activity Symposium*, Riverside, CA, USA.

Zamzow, L., Allums-Featherston, K., & Silliman-French, L. (April 13, 2011). The use of verbal cueing to increase physical activity in students with intellectual disabilities. *Texas Woman's University 2011 Student Creative Arts & Research Symposium*, Denton, TX, USA.

Speaking Presentations at Professional Meetings

Allums-Featherston, K. (November, 2012). Physical activity and weight concerns between siblings with and without Down syndrome. *41st National Adapted Physical Education Conference*, Sonoma, CA, USA.

Allums-Featherston, K., & Silliman-French, L. (June, 2009) Lessons for good to great through movement activities. *Texas Council for Exceptional Children: 29th Annual Conference*, Irving, Texas, USA.

Davis, R., & Allums-Featherston, K. (December 4, 2009). PE for students with Autism & students who use wheelchairs. *Texas Association for Health, Physical Education, Recreation, & Dance 86th Annual Convention*, Arlington, TX.

Diaz, P., & Allums-Featherston, K. (June, 2010) Fun and easy strategies to promote language and motor fitness among children. *Texas Council for Exceptional Children: 30th Annual Conference*, Irving, Texas, USA.

French, R., & Allums-Featherston, K. (December 3, 2009). Obesity: The new disability. *College Academy Series. Texas Association for Health, Physical Education, Recreation, & Dance 86th Annual Convention*, Arlington, TX.

HONORS, AWARDS, AND OTHER

August 2016 to present, Marathon Kids club coach and representative
2019-2020, Teacher of the Year, Kimball Elementary

2018, Fuel Up to Play 60 selected teacher for National Conference

March 2010 to present, Selected for membership in The Honor Society of Phi Kappa Phi, Texas Woman's University Chapter

March 2010, 2011, & 2012, Selected as Who's Who Among Students in American Universities & Colleges; Texas Woman's University Graduate School
Sept 2010, Phi Kappa Phi Scholarship Recipient (\$750 continuing research), Texas Woman's University Chapter
May 2010 & May 2009, TWU Outstanding Doctoral Student of the Year: Adapted Physical Education/Activity
Aug 2002 to May 2006, NCAA Division II Athlete-Volleyball, ATU.
2006 ATU Female Student Athlete of the Year
2005 & 2006, All-Gulf South Conference Student Athlete
2006, All-Academic Gulf South Conference Student Athlete

GRANT WRITING SUBMISSION/EXPERIENCE

Agency for Healthcare Research and Quality/DHHS Title: AHRQ Grants for Health Services Research Dissertation Program (R36). (Submission April 2011, funding not received). The purpose of funding was to monetarily assist with the data collection procedures of my dissertation.

CVS Pharmacy \$5,000 Grant (Submitted October 2009, funding not received) Growing with EASE (Eating, Activity, & Self-Esteem) project. The purpose of funding was to purchase accelerometers for assessing activity levels of children and youth within Denton Independent School District in conjunction with TWU Adapted Physical Activity Department.

COMMUNITY & PROFESSIONAL SERVICE

Community Service

November 20, 2012, Invited Health and Fitness Judge, 2013 Miss Dallas and Miss Teen Dallas Scholarship Pageant (Miss America Pageant Affiliate)

April 2011 to May 2015, Volunteer, Hands & Hearts Homeless Ministry. Assist with food preparation and service in Downtown Dallas (monthly).

March 2010 to March 2012, Volunteer Cross Timbers Community Church. Work toward the inclusion of children with disabilities in all children's activities, and training volunteers related to inclusion (weekly).

May 2011 to September 2011, Nelson Children's Center. Weekly swim instructor and volunteer for youth programs. The Denton Center closed its doors in October 2011.

January 2009 to August 2009, Volunteer Graduate Assistant, Texas Woman's University NCAA Division II Volleyball team.

December 2006 to May 2008, Weekend Volunteer, Shake A Leg, Miami: Led fitness and sporting activities for out-of-town guest and visitors (children and adults with disabilities) to the organization (i.e., Miami Children's Ventilation Assisted Children's Center [VACC Camp]); Wounded Warrior Project, local Miami area Special Education field trips).

Professional Service

April 2010 to April 2013, Manuscript Reviewer. Forum of Sport, Physical Education & Recreation

for Those with Disabilities (PALAESTRA); Department of Research Applications.

August 2008 to May 2011, Program Coordinator, Dr. Carol Huettig Morning Swimming Program for Children with Disabilities. Texas Woman's University. Weekly swimming program during the Fall and Spring semesters. Primary duties are to contact families from the community, train undergraduate volunteers, and schedule facility use.

July 26- Aug 1, 2010 (July 2012), Assistant to the Director of the 1st annual Camp Abilities-San Marcos; Led aquatics and kayaking activities for the week, assisted the Camp Director with all tasks throughout the week. Responsibilities continued for 2011 camp, yet camp was discontinued due to lack of funding.

June 2010 to June 2011 (1 year term), Selected as Graduate Student Representative for the Curriculum Committee for the School of Health Sciences at TWU.

July 2009 to July 2011 (2 year term), Doctoral Student Representative, National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID).

Professional Memberships

2008-present, Member, American Alliance for Health, Physical Education, Recreation, & Dance (Texas Chapter)

References

Tess Bragg

Physical Education Teacher, Galloway Elementary
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