

# Sarah McKinley-Barnard



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## Skills

### Overview



### Programming

## Education

- 2016 **Ph.D., Kinesiology, Exercise, Nutrition, and Health Promotion** Baylor University  
Dissertation: The Effectiveness of MusclePharm Fish Oil in Attenuating Eccentric Exercise-Induced Damage in Females During Mid-Follicular and Mid-Luteal Menstrual Phases
- 2013 **M.S.Ed., Exercise Physiology** Baylor University
- 2010 **B.S., Kinesiology** University of Texas at El Paso

## Experience

- Aug 2016 - May 2020 **Assistant Professor of Exercise Science** University of South Alabama
- Taught graduate and undergraduate courses in the Health, Kinesiology, and Sport Department
  - Development lead for Human Capital Key Risk Indicators.
    - Graduate courses: Exercise Management for Diseases and Disabilities, Stress Testing and Exercise Prescription, Cardiopulmonary Responses and Adaptations to Exercise
    - Undergraduate Courses: Fitness Assessment and Exercise Prescription, Physiology of Exercise, Evaluation and Measurement in Physical Education, Concepts of Health and Fitness
  - Advised students on courses, careers in the field, and graduate school
  - Conducted research on various topics related to Exercise Science
  - Served on various committees in the department and in the College of Education
  - Received grants/funding for research projects
- Aug 2013 - Aug 2016 **Doctoral Graduate Research Assistant** Baylor University
- Taught Anatomy and Physiology Lab Courses for the Department of Health, Human Performance, and Recreation majors
  - Conducted research on various topics related to Exercise Science
- Oct 2012 - Mar 2014 **Rehab Technician/Exercise Physiologist** Baylor Scott and White Health
- Wrote exercise prescriptions for patients in the cardiac rehab/pulmonary rehab program
  - Monitored patients exercising
  - Monitored patients' EKGs while exercising
  - Diabetes management
  - Educated patients on health, exercise, medications, and nutrition
  - Supervised maintenance (Phase IV) patients

- Aug 2011 - May 2013 **Graduate Teaching Assistant** Baylor University
- Taught activity courses for the Department of Health, Human Performance, and Recreation
- Sep 2010 - Aug 2011 **Exercise Physiologist** Del Sol Medical Center
- Wrote exercise prescriptions for patients in the cardiac rehab program
  - Monitored patients exercising
  - Monitored patients' EKGs while exercising
  - Conducted stress testing
  - Diabetes management
  - Educated patients on health, exercise, and nutrition
  - Supervised maintenance (Phase IV) patients
  - Conducted body composition testing and monitoring

## Professional Memberships

- 2015 – Pres **International Society of Sport Nutrition**
- 2015 – Pres **National Strength and Conditioning Association**
- 2016 – Pres **American College of Sports Medicine**
- 2012 – 2016 **Texas American College of Sports Medicine**

## Training and Certifications

- CISSN – Certified Sports Nutritionist, International Society of Sport Nutrition
- Collaborative Institutional Training Initiative – Human Subjects Research Course
- Radiation Safety Training
- Environmental Health and Safety Training Certified (Blood-Borne Pathogens)
- CPR/AED – American Heart Association