

**Shelley L. Holden**  
University of South Alabama  
Health, Kinesiology and Sport  
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## Education

Ed.D., University of West Florida, 2006.  
Major: Curriculum and Instruction  
Supporting Areas of Emphasis: Teacher Education  
Dissertation Title: Burnout: An Evaluation of High School Coaches in Florida

M.Ed., University of South Alabama, 1996.  
Major: Physical Education (K-12)

BS, University of South Alabama, 1995.  
Major: Physical Education (K-12)

## Licensures and Certifications

Precision Nutrition - Level 1, Precision Nutrition. (October 2018 - Present).

Fitness Nutrition Specialist (FNS) Certification, National Academy of Sports Medicine. (August 18, 2018 - Present).

Council For Accreditation of Educator Preparation (CAEP) Lead Site Reviewer, CAEP. (July 2018 - Present).

Council For Accreditation of Educator Preparation (CAEP) Site Reviewer, CAEP. (July 2016 - Present).

Coaching Accreditation Program- Beach Volleyball Level I, United States Volleyball Association. (March 2015 - Present).

USA Volleyball Impact Instructor Certified, USA Volleyball. (October 2014 - Present).

USOC Safe Sport Training, USOC. (September 2014 - Present).

Coaching Accreditation Program Level III, United States Volleyball Association. (May 28, 2014 - Present).

United States Volleyball Association Coaching Accreditation Program Level II Certification, USA Volleyball. (December 2010 - Present).

United States Volleyball Association Coaching Accreditation Program Level I Certification, USA Volleyball. (December 2008 - Present).

Florida Teaching Certificate, Florida Department of Education. (August 1996 - July 2023).

Basic Life Support (CPR and AED) Certification, American Heart Association. (January 3, 2019 - January 2, 2021).

## **Professional Memberships**

The International Society of Sports Nutrition. (May 2018 - Present).

National Association of Kinesiology in Higher Education. (November 2017 - Present).

Mid-South Educational Research Association. (November 2012 - Present).

National Social Sciences Association. (October 2011 - Present).

American Alliance of Health, Physical Education, Recreation and Dance. (January 2008 - Present).

United States of America Hockey Association. (July 2007 - Present).

American Volleyball Coaches Association. (January 2006 - Present).

College Council Chair, Alabama State Association for Health, Physical Education, Recreation and Dance. (April 2010 - May 2013).

## **Directed Student Learning**

Master's Thesis Committee Member, "Validation of a Rowing Ergometer Glycogen Depletion Protocol," Health, Kinesiology and Sport. (June 2019 - Present).  
Advised: Brandon Funderburg

Summer Undergraduate Research Fellows (SURF), "Modification and Reformation of Nutrition Knowledge Survey," Health, Kinesiology and Sport. (May 15, 2018 - October 2018).  
Advised: Braden Urban

Master's Thesis Committee Member, "A Comparison of Machine-Based Versus Free Weight Squat Training for the Enhancement of Sport-Specific Tasks Related to Lower-Body Power, Speed, and Change-of-Direction Ability," Hospitality and Tourism Management. (August 2017 - August 2018).  
Advised: Sean Harper

Master's Thesis Committee Member, "Effects of (-)-Epicatechin Supplementation on Adaptations to Aerobic and Anaerobic Endurance Exercise Training," Health, Kinesiology and Sport. (August 2017 - August 2018).  
Advised: Zach Blahnik

Supervised Research, "Fast Food Consumption and Exercise Habits of Air National Guard," Health, Kinesiology and Sport. (January 2018 - April 2018).  
Advised: Zac Norred

Master's Thesis Committee Member, "Effect of Aerobic and Fat Mass on Components of Total Energy Expenditures," Health, Kinesiology and Sport. (April 2016 - December 2017).  
Advised: Amanda Knapp

Summer Undergraduate Research Fellows (SURF), "Pre-Pilot/Pilot of: Sports Nutrition Knowledge Survey," Health, Kinesiology and Sport. (May 2017 - August 2017).  
Advised: Braden Urban

Supervised Research, "Prevalence of Eating Disorders in College Females," Health, Kinesiology and Sport. (April 2017).  
Advised: Ashley Smith

Supervised Research, "Computer/Social Media Use and Its Relationship with Health-Related Quality of Life Among Older Adults," Health, Kinesiology and Sport. (April 2017).  
Advised: Eric McClure

Undergraduate Honors Thesis, "Factors That Influence Collegiate Student-Athletes to Transfer, Consider Transferring, or Not Transfer.," Health, Kinesiology and Sport. (July 2015 - June 2016).  
Advised: Jared Richards

Undergraduate Thesis Committee Member, "Determining Different Sources of Motivation to Exercise Regularly Among Traditional Age Male and Female College Students," Health, Kinesiology and Sport. (January 2015 - October 2015).  
Advised: Aysha Razavi

Supervised Research, "Eating Disorders and the Use and Understanding of Nutrition Labels Among the Adult Female Population," Health, Kinesiology and Sport. (April 2015).  
Advised: Katy Smith

Supervised Research, "Nutrition Knowledge of College Coaches," Health, Kinesiology and Sport. (January 2014 - January 2015).  
Advised: Aline Botsis

Supervised Research, "Nutritional Education Intervention and the Effects on Nutritional Knowledge of Male College Athletes," Health, Kinesiology and Sport. (August 2013 - August 2014).  
Advised: Brent Mitchell

Supervised Research, "Nutrition Knowledge of Women in their Child Bearing Years," Health, Kinesiology and Sport. (April 2014).  
Advised: Amanda Alvarez

Supervised Research, "Adolescent Female Cheerleaders and Eating Disorders," Health, Kinesiology and Sport. (November 2013).  
Advised: Shayna McCarver

Supervised Research, "Nutritional Knowledge and Attitudes of College Athletes," Health, Kinesiology and Sport. (April 2013).  
Advised: Darla Mathews

Supervised Research, "Dietary Practices and Athlete Burnout: Connection?," Health, Kinesiology and Sport. (April 2013).  
Advised: Meagan Austin

AIS Senior Project Faculty Advisor, "Why the Nutritional Education Component is an Important Part of the Special Supplemental Nutritional Education Program for Women, Infant, and Children," Adult Degree Program. (August 15, 2012 - December 7, 2012).  
Advised: Theresa Thompson

Undergraduate Honors Thesis, "Cognition and Exercise Versus Cognition and Nutrition," Health, Kinesiology and Sport. (April 2012 - July 2012).  
Advised: Julia Sunde

Supervised Research, "Nutritional Knowledge and Dietary Practices of College Coaches," Health, Kinesiology and Sport. (April 2012).  
Advised: Allie Barker

Supervised Research, "Nutritional Label Use Among College Students," Health, Kinesiology and Sport. (April 2012).  
Advised: Melissa Jones

Supervised Research, "Nutritional Knowledge of Coaches," Health, Kinesiology and Sport. (March 2012).  
Advised: Phelps Bobby

Supervised Research, "Nutritional Label Use/Nonuse and /Nutritional Knowledge of Nutrient Claims Among Adults," Health, Kinesiology and Sport. (November 2011).  
Advised: Amanda Shaw

Supervised Research, "A Comparison of Grade Point Average, Body Mass Index, and Physical Activity Among Adolescents," Health, Kinesiology and Sport. (November 2011).  
Advised: Johnathon May

Supervised Research, "Eating Disorders Among Female Collegiate Athletes," Health, Kinesiology and Sport. (April 2011).  
Advised: Meaghan Harper

Supervised Research, "Nutritional Supplement Use Among High School Athletes," Health, Kinesiology and Sport. (January 2011).  
Advised: Samantha Zimmerman

Supervised Research, "Freshman Fifteen: Fact or Fiction?," Health, Kinesiology and Sport. (2010).  
Advised: Jennifer Carithers-Thomas

Supervised Research, "Determination of Nutrition Knowledge Among High School Students," Health, Kinesiology and Sport. (November 2010).  
Advised: Brannon Willison

Supervised Research, "Determination of Label Use Among College Students," Health, Kinesiology and Sport. (November 2010).  
Advised: Marcus McCarty

Master's Thesis Committee Member, Psychology. (August 2010).  
Advised: Ryan Cochran

## **Awards and Honors**

Top Prof, Mortar Board, University of South Alabama. (November 2018).

Top Prof, Mortar Board, University of South Alabama. (November 16, 2016).

Nominated for SHAPE America Health Educator of the Year, Shape America. (November 7, 2016).

Southern District of SHAPE Health Educator of the Year, Southern District of SHAPE. (November 7, 2016).

ASAHPERD Health Educator of the Year, ASAHPERD. (July 2016).

Top Prof, Mortar Board, University of South Alabama. (November 17, 2014).

Early Career Award for Excellence in Teaching, College of Education. (April 28, 2011).

## RESEARCH

### Published Intellectual Contributions

#### Books

Holden, S. L., Baghurst, T. M. (2016). *Sports Nutrition: A Guide for Youth Sport Coaches* (pp. 1-74). Hauppauge, NY: Nova Publishers, Inc.

#### Book Chapters

Keshock, C. M., Forester, B. E., Holden, S. L. (2014). In O. Budzinski & A. Feddersen (Eds.), *Gridiron Games: A Case Analysis of Turf War Issues and the Economic, Social, Cultural, and Political Incentives for Government Subsidization*. (vol. 14, pp. 233-248). Frankfurt, Germany: Political Economics Competition and Regulation: Contemporary Research in Sports Economics /Peter Lang International Academic Publishers. [www.tandfonline.com/loi/rjto20](http://www.tandfonline.com/loi/rjto20)

Keshock, C. M., Holden, S. L., Forester, B. E., Pugh, S. F. (2013). Data Driven Solutions: Participative Decision Making to Improve Community Sport Operations. In D. King & W. Xie (Eds.), *Chapter 3- Education, Political, Social* (vol. 28, pp. 318-320). Nashville, TN/Intellectbase International Consortium: International Handbook of Academic Research and Teaching..

Holden, S. L., Keshock, C. M. (2013). Factors of burnout in high school coaches. In D. Drane (Ed.), *Contemporary Athletics Compendium* (vol. 4, pp. 149-160). Hauppauge, NY: Nova Science Publishers.  
[https://www.novapublishers.com/catalog/product\\_info.php?products\\_id=37849](https://www.novapublishers.com/catalog/product_info.php?products_id=37849)

Keshock, C. M., Pugh, S. F., Heitman, R. J., Forester, B. E., Holden, S. L. (2012). Service Learning: Differences in Student Perceptions of Sports Event Experiences. In D. King & K. Dyer (Eds.), *Chapter 3- Education, Political, Social* (vol. 23, pp. 411-414). Nashville, TN: Intellectbase International Consortium Publishers: International Handbook of Academic Research and Teaching..

Keshock, C. M., Heitman, R. J., Holden, S. L., Pugh, S. F. (2011). Factors Influencing Purchases of Season Tickets for Collegiate Sports: A Logistic Regression Approach. In D. King & K. Dyer (Eds.), *International Handbook of Academic Research and Teaching* (pp. 41-50). San Antonio, TX: Intellectbase International Consortium Publishers.

Keshock, C. M., Holden, S. L. (2011). Coaching Behavior: Leadership Preferences of Rookie and Veteran College Athletes. In J. A. Morelli & O. D. Velez (Eds.), *Book- Coaching and Management Techniques in Athletics* (pp. 107-124). Hauppauge, NY: Nova Science Publishers. [www.novapublishers.com/catalog/product\\_info.php?products\\_id=19982](http://www.novapublishers.com/catalog/product_info.php?products_id=19982)

Keshock, C. M., Heitman, R. J., Holden, S. L., Pugh, S. F. (2011). Factors influencing purchases of season tickets for collegiate sports: A logistic regression approach. In D. King & K. Dyer (Eds.), *Chapter 1- Business and Management* (vol. 15). Nashville, TN: Intellectbase International Consortium Publishers: Intellectbase International Consortium.

## Refereed Journal Articles

- Holden, S. L., Forester, B. E., Williford, H. N., Reilly, E. (2019). Sport Locus of Control and Perceived Stress among College Student-Athletes. *International Journal of Environmental Research and Public Health: Interaction of Exercise and Cognitive Function*, 16(2823), 1-7. <https://www.mdpi.com/1660-4601/16/16/2823>
- Holden, S. L., Schwarz, N. A., Hudson, G. (in press). Sports Nutrition Knowledge of Athletic Trainers. *Journal of Exercise and Nutrition*.
- Blahnik, Z., Holden, S. L., Schwarz, N. A. (2019). Relationship between Select Dietary Habits, Academic Achievement, Body Mass Index, Living Arrangements, and Perceived Body Image among Collegiate Female Track and Field Athletes. *ASAHPERD Journal*, 39(1), 23-37. <https://www.asahperd.org/assets/ASAHPERD%20Journal%20Spring-Summer%202019.pdf>
- Schwarz, N. A., Blahnik, Z. J., Prahadeeswaran, S., McKinley-Barnard, S., Holden, S. L., Waldhelm, A. G. (2018). (-)-Epicatechin Supplementation Inhibits Aerobic Adaptations to Cycling Exercise in Humans. *Frontiers in Nutrition*, 5. [www.frontiersin.org/articles/10.3389/fnut.2018.00132/full](http://www.frontiersin.org/articles/10.3389/fnut.2018.00132/full)
- Holden, S. L., Forester, B. E., Keshock, C. M., Henry, W. N. (2018). Sports Nutrition Knowledge of Volleyball Players. *International Journal of Kinesiology in Higher Education*(2471-1616), 1-8. <https://www.tandfonline.com/doi/full/10.1080/24711616.2018.1538711>
- Holden, S. L., Baghurst, T. M. (2018). Ten Practical Strategies Coaches Can Use To Promote Nutrition. *Strategies*, 31(6), 34-41. [https://www.shapeamerica.org/publications/journals/strategies/strategies\\_articles/nov-dec-free-access-article-2018.aspx](https://www.shapeamerica.org/publications/journals/strategies/strategies_articles/nov-dec-free-access-article-2018.aspx)
- Forester, B. E., Holden, S. L. (2018). NCAA Division I Athletic Academic Service Departments' Mission Statements: Are Life Skills Included? *Applied Research in Coaching and Athletics Annual*(Special Edition), 112-139. [www.americanpresspublishers.com/ARCAAContents2018SpecEd.html](http://www.americanpresspublishers.com/ARCAAContents2018SpecEd.html)
- Holden, S. L., Keshock, C. M., Mitchell, S. M., Chatfield, S. L. (2018). Dominant Energy System Influence on Burnout in College Female Athletes: A Follow Up Study. *International Journal of Physical Education, Sport and Health*, 5(3), 178-182.
- Holden, S. L., Forester, B. E., Smith, A. L., Williford, H. N., Keshock, C. M. (2018). Nutritional Knowledge of Collegiate Athletes. *Applied Research in Coaching and Athletics Annual*, 33, 65-77. <https://americanpresspublishers.com/ARCAAContents2018.html>
- Holden, S. L., Baghurst, T. M. (2018). Considerations When Choosing a Fitness Tracking Device. *Strategies*, 31(8), 54-56. <https://www.tandfonline.com/doi/pdf/10.1080/08924562.2018.1445891>
- Knapp, A. C., Holden, S. L., Forester, B. E. (2017). Grade Point Average, Body Mass Index, Living Arrangements, and Fast Food Consumption of College Students in Alabama. *ASAHPERD Journal*, 37(1), 5-11. [http://www.asahperd.org/news.asp?record\\_no=26655&pdf=true](http://www.asahperd.org/news.asp?record_no=26655&pdf=true)
- Holden, S. L., Pugh, S. F., Schwarz, N. A. (2017). Achievement Motivation for Sport Participation. *International Journal of Sports Science*, 7(2), 25-28.

- Smith, K., Holden, S. L., Chatfield, S. L. (2016). Exploring the Relationship Between Use of Nutrition Label Information and Risk for Eating Disorders Among Females in Alabama. *Alabama State Association Journal*, 36(2), 8-12.
- Richards, J. K., Holden, S. L., Pugh, S. F. (2016). Factors That Influence Collegiate Student-Athletes to Transfer, Consider Transferring, or Not Transfer. *The Sport Journal*, 1-7. <http://thesportjournal.org/>
- Mitchell, B. A., Holden, S. L., Forester, B. E., Gurchiek, L. R., Heitman, R. J. (2016). Nutritional education intervention and the effects on nutritional knowledge of male college athletes. *Applied Research in Coaching and Athletics Annual*, 31(2016), 207-223.
- Norrell, P. M., Holden, S. L. (2016). The Power of Teamwork: From Classroom Interaction to Real World Application. *National Social Science Journal*, 47(1), 22-29. [nssa.us](http://nssa.us)
- Holden, S. L., Keshock, C. M., Forester, B. E., Pugh, S. F., Heitman, R. J. (2016). Burnout and years of sports competition: Is there a correlation? *International Journal of Sports Science*, 6(1A), 8-11. <http://www.sapub.org/journal/currentissue.aspx?journalid=1113>
- Holden, S. L., Phelps, B. E., Baghurst, T. M., Keshock, C. M., Pugh, S. F., Heitman, R. J. (2016). Nutritional knowledge: Are undergraduates smarter than high school coaches? *Journal of Contemporary Athletics*, 10(1), 67-71. [www.novapublishers.com/catalog/product\\_info.php?products\\_id=57436](http://www.novapublishers.com/catalog/product_info.php?products_id=57436)
- Baghurst, T., Sandlin, J., Holden, S. L., Parish, A. (2015). Physical Education Teacher Education Students' Perceptions of the Physiques of Self and Educators in the Profession. *Journal of Sport Pedagogy and Research*, 8(5), 57-63.
- Botsis, A. E., Holden, S. L. (2015). Nutritional knowledge of college coaches. *Sport Science Review*, XXIV(3-4), 193-200.
- McCarver, S. D., Holden, S. L., Forester, B. E., Pugh, S. F., Keshock, C. M. (2015). Disordered Eating Patterns in Adolescent Female Cheerleaders. *Alabama State Association of Health Physical Education and Dance*, 35(2), 20-24. [http://www.asahperd.org/news.asp?record\\_no=26555](http://www.asahperd.org/news.asp?record_no=26555)
- Forester, B. E., Holden, S. L., Keshock, C. M. (2015). High School Coaches' Continuing Education Preferences: Content Preferences. *Alabama State Association for Health, Physical Education, and Dance*, 35(2), 6. [www.asahperd.org/](http://www.asahperd.org/)
- Forester, B. E., Holden, S. L., Keshock, C. M. (2015). High School Coaches' Continuing Education Preferences. *The Sport Journal*, 8. <http://thesportjournal.org/article/high-school-coaches-continuing-education-delivery-preferences/>
- Holden, S. L., Forester, B. E., Keshock, C. M., Pugh, S. F. (2015). How to effectively manage coach, parent, and player relationships. *The Sport Journal*. [thesportjournal.org/article/how-to-effectively-manage-coach-parent-and-player-relationships/](http://thesportjournal.org/article/how-to-effectively-manage-coach-parent-and-player-relationships/)
- Holden, S. L., Norrell, P. M. (2014). The deep fried south: A literary analysis of nutritional knowledge of students and adults in Alabama. *Education*, 134(3), 195-201.
- Holden, S. L., Keshock, C. M., Forester, B. E., Pugh, S. F. (2014). Athlete burnout: Is the type of sport a factor? *The Sport Journal*. [thesportjournal.org/article/athlete-burnout-is-the-type-of-sport-a-factor/](http://thesportjournal.org/article/athlete-burnout-is-the-type-of-sport-a-factor/)

- Holden, S. L., Pugh, S. F., Norrell, P. M., Keshock, C. M. (2014). Nutritional knowledge of Alabama undergraduate students. *The Sport Journal*.  
<http://thesportjournal.org/article/nutritional-knowledge-of-alabama-undergraduate-students/>
- Mathews, D. R., Holden, S. L., Pugh, S. F., Keshock, C. M., Forester, B. E. (2014). Nutritional knowledge and attitudes of soccer and volleyball athletes. *ASAHPERD Journal*, 34(1), 24-29.
- Norrell, P. M., Holden, S. L. (2013). Finding the Beast in the Beauty: Resistance as a Rape Prevention Strategy. *National Social Science Journal*, 40(2), 74-87.
- Keshock, C. M., Holden, S. L., Forester, B. E., Pugh, S. F. (2013). Data Driven Solutions: Participatory Planning to Improve Community Sport Operations. *International Journal of Accounting Information Science and Leadership*, 6(18), 35-40.
- Holden, S. L., Pugh, S. F., Keshock, C. M., Heitman, R. J. (2013). Relationship of burnout and years experience in high school varsity head coaches. *The Applied Research in Coaching and Athletics Annual*, 28, 122-130.
- Pugh, S. F., Heitman, R. J., Kovaleski, J. E., Keshock, C. M., Holden, S. L. (2012). Effects of augmented visual feedback and stability level on standing balance performance using the biodex balance system. *The Sport Journal*, 14(Winter). [www.thesportjournal.org/article](http://www.thesportjournal.org/article)
- Holden, S. L., Pugh, S. F., Heitman, R. J., Kovaleski, J. E., Keshock, C. M. (2012). Evidence for a curvilinear relationship between burnout and years of coaching experience. *The Sport Journal*, 15, 5.  
[thesportjournal.org/article/evidence-curvilinear-relationship-between-burnout-and-years-coaching-experience](http://thesportjournal.org/article/evidence-curvilinear-relationship-between-burnout-and-years-coaching-experience)
- Keshock, C. M., Pugh, S. F., Heitman, R. J., Forester, B. E., Holden, S. L. (2012). Sport event service learning design: Perceived values and student characteristics. *Review of Higher Education and Self-Learning Journal*, 5(16), 51-61.
- Baghurst, T., Holden, S. L., Mulekar, M. (2012). The effect of feedback on goal setting and performance in a push up task. *Texas Association HPERD Journal*, 80(3), 8-13, 37.
- Keshock, C. M., Heitman, R. J., Holden, S. L., Pugh, S. F. (2011). Factors influencing purchases of season tickets for collegiate sports: A logistic regression approach. *Journal of International Business Management and Research*, 2(4), 82-95.
- Zimmerman, S., Holden, S. L., Keshock, C. M., Pugh, S. F. (2011). Nutritional supplement use among high school athletes. *ASAHPERD Journal*, 32(1), 5-8.
- Holden, S. L., Keshock, C. M. (2010). Athlete attrition and turnover: A study of division I female athletes. *Psychology and Education: An Interdisciplinary Journal*, 47(3), 42-46.
- Holden, S. L., Keshock, C. M. (2010). Factors of burnout in high school coaches. *Journal of Contemporary Athletics*, 5(1), 43-54.
- Holden, S. L., Keshock, C. M., Heitman, R. J., Pugh, S. F. (2010). Occupational burnout and PGA tour caddies: A comparative study relative to gender and player rankings. *Alabama State AAHPERD Journal*, 31(1), 22 - 25.
- Carithers-Thomas, J. A., Holden, S. L., Keshock, C. M., Pugh, S. F. (2010). Freshman fifteen: Fact or fiction? *College Student Journal*, 44(2), 419-423.

Keshock, C. M., Holden, S. L. (2009). Coaching behavior: Leadership preferences of rookie and veteran college athletes. *Journal of Contemporary Athletics*, 4(3), 183-196.

Holden, S. L., Keshock, C. M. (2009). Female coaches and job stress: A review of the literature. *College Student Journal*, 43(1), 196-199.

Holden, S. L. (2009). Primary factors that have an impact attrition in high school coaches. *Psychology and Education- An Interdisciplinary Journal*, 46(1), 31-33.

### Conference Proceedings

Blahnik, Z. J., Schwarz, N. A., McKinley-Barnard, S., Holden, S. L., Waldhelm, A. G. (2018). A randomized, double-blind, placebo-controlled trial of (-)-epicatechin supplementation on adaptations to aerobic and anaerobic endurance exercise training (52nd ed., vol. 15 (Suppl 1), pp. A28). *Journal of the International Society of Sports Nutrition*.  
[jissn.biomedcentral.com/articles/10.1186/s12970-018-0256-5](http://jissn.biomedcentral.com/articles/10.1186/s12970-018-0256-5)

Holden, S. L., Blahnik, Z. J., Schwarz, N. A. (2018). *Relationship between select dietary habits, academic achievement, body mass index, and perceived body image among collegiate female track and field athletes* (52nd ed., vol. 15 (Suppl 1), pp. A30). *Journal of the International Society of Sports Nutrition*.  
[jissn.biomedcentral.com/articles/10.1186/s12970-018-0256-5](http://jissn.biomedcentral.com/articles/10.1186/s12970-018-0256-5)

Norrell, P. M., Holden, S. L. (2016). *The Power of Teamwork: From Classroom Interaction to Real World Application* (1st ed., vol. 60, pp. 104-114). El Cajon, CA: National Social Science Association. [nssa.us](http://nssa.us)

Keshock, C. M., Adkins, M., Forester, B. E., Pugh, S. F., Holden, S. L. (2016). *First Year Student Perceptions of Experiential Learning Events* (vol. 16, pp. pp. 15). Columbia, SC: FYE Conference Program.

Keshock, C. M., Forester, B. E., Pugh, S. F., Holden, S. L. (2015). *2015 Senior Bowl: Economic Contributions, Benefits, and Impacts* (vol. 85, pp. 16 pages). Chattanooga, TN: Southern Economic Association.  
<https://www.southerneconomic.org/session-details/?conferenceId=1&participantId=7474>

Keshock, C. M., Forester, B. E., Holden, S. L. (2014). *Event Attendees and Sponsorship Target Market Matching: An Analysis of an Event Festival* (pp. 76). Cedar Falls, Iowa: World Leisure Congress. <http://www.worldleisure.org/news.php>

Forester, B. E., Holden, S. L., Keshock, C. M. (2014). *The Rails-to-Trails Conservancy – Scope, Impact, and Alabama's Role* (pp. p. 63). Cedar Falls, Iowa: World Leisure Congress.  
<http://www.worldleisure.org/news.php>

Broach, M. E., Pugh, S. F., Holden, S. L. (2014). Student Perceptions of a Wii Fit Activity Course. *Research Quarterly for Exercise and Sport*. AAHPERD.

Holden, S. L., Pugh, S. F., Norrell, P. M., Keshock, C. M. (2013). In M. J. Bradley & L. Howerton (Eds.), *Nutritional knowledge of Alabama undergraduate students* (pp. 18). MSERA Published Proceedings. <http://msera.org/2012/Proceed12.pdf>

Norrell, P. M., Holden, S. L. (2012). *Finding the Beast in the Beauty: Resistance as a Rape Prevention Strategy* (vol. 48, pp. 152-169). National Social Science Association Conference Proceedings 2011. [www.nssa.us](http://www.nssa.us)

Keshock, C. M., Heitman, R. J., Holden, S. L., Pugh, S. F. (2011). Factors influencing purchases of season tickets for collegiate sports: A logistic regression approach. In D. King & K. Dyer (Eds.), *International Handbook of Academic Research and Teaching* (pp. 41-50). San Antonio Texas: Intellectbase International Consortium Publishers.

Keshock, C. M., Holden, S. L., Pugh, S. F. (2010). *Differentiated Marketing and Sequential Segmentation to Improve Marketing Strategies: A Cross-Case Analysis of the Toughest Sport on Earth* (pp. 31-32). Lausanne, Switzerland/International Sport Management Association: Lausanne International Sports Management Conference Proceedings. <http://www.worldeventsforum.com/ismc/xhtml-css/papers.html#keshock>

Holden, S. L., Keshock, C. M. (2009). *Physically active lifestyle and occupational burnout: A study of LPGA Caddies* (pp. 28). Pensacola, Florida: AIESP Conference.

### **Journal Articles**

Holden, S. L. (2015). Nutritional options while on the road. *Soccer Performance Conditioning*, 19(4), 13-14.

Holden, S. L. (2015). Nutritional options while on the road. *Performance Baseball/ Softball Conditioning*, 14(3), 10-11.

Holden, S. L. (2014). Nutritional options while on the road. *Performance Volleyball Conditioning*, 19(6), 8-9.

Holden, S. L., Keshock, C. M. (2014). Creating a daily nutritional plan. *Performance Volleyball Conditioning*, 19(5), 8-10.

Holden, S. L., Forester, B. E., Blake, J. E. (2013). Sitting volleyball: A skill enhancing and physically demanding activity. *National Center on Health, Physical Activity, and Disability*, 4. [http://www.ncpad.org/print.php?action=printArticle&content\\_id=1073](http://www.ncpad.org/print.php?action=printArticle&content_id=1073)

Holden, S. L., Keshock, C. M. (2013). A basic guide to hydration. *Performance Volleyball Conditioning*, 18(4), 9-10.

Holden, S. L., Keshock, C. M. (2013). A basic guide to hydration. *Performance Soccer Conditioning*, 17(5), 4-5.

Holden, S. L. (2012). Pre-During-Post game nutritional considerations for soccer players. *Performance Soccer Conditioning*, 16(7), 7-8.

Holden, S. L., Keshock, C. M. (2010). Nutrition guidelines for baseball and softball players. *Performance Baseball/Softball Conditioning*, 10(3), 4.

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### **Periodicals**

Holden, S. L. (2019). *NAKHE Leadership Development Workshop* (pp. 8-10). Cambridge, MA: NAKHE. [https://www.nakhe.org/\\_Library/newsletters/NAKHE\\_Magazine\\_June-July-August\\_2019.pdf](https://www.nakhe.org/_Library/newsletters/NAKHE_Magazine_June-July-August_2019.pdf)

### **Other**

- Wright, H. S., Holden, S. L., Bush, B. L., Boe, C. S., Coleman, A. S. (2019). *Council for the Accreditation of Education Preparation (CAEP) Board of Examiners On-Site Report*. Washington, DC: CAEP.
- Blahnik, Z., Holden, S. L., Schwarz, N. A. (2018). *Comparison of GPA, BMI, Body Image, and Fast Food Consumption among Track and Field Athlete* (3rd ed., vol. 37, pp. 37). ASAPERD Spring Journal. [www.asahperd.org/assets/docs/journal%20spring%202018.pdf](http://www.asahperd.org/assets/docs/journal%20spring%202018.pdf)
- Horton, M. L., Holden, S. L., Mosely, C. A., Sencibaugh, J. M., Doerksen, C. L. (2017). *Council for the Accreditation of Education Preparation (CAEP) Board of Examiners On-Site Report*. Washington, DC: CAEP.
- Keshock, C. M., Holden, S. L., Pugh, S. F. (2017). *Fiscal and Economic Considerations in Hosting a Club Sport Tournament* (pp. 2). Reston, Virginia: Society of Health and Physical Educators. [convention.shapeamerica.org/Convention/2017\\_Programs.aspx](http://convention.shapeamerica.org/Convention/2017_Programs.aspx)
- Pugh, S. F., Holden, S. L., Forester, B. E., Keshock, C. M., Heitman, R. J. (2017). *Race as a Factor in Achievement Motivation in College Athletes* (1st ed., vol. 88, pp. 124). Philadelphia, PA: Research Quarterly for Exercise and Sport.
- Pugh, S. F., Holden, S. L., Forester, B. E., Keshock, C. M. (in press). Achievement Motivation of College Athletes and Race. *Abstract of Poster to be presented at SHAPE Conference Boston March 16th 2017..* SHAPEAmerica.org: Research Quarterly for Exercise and Sport Online Supplement.
- Forester, B. E., Holden, S. L., Keshock, C. M., Heitman, R. J. (2014). In S. Chen (Ed.), *High School Coaches' Continuing Education Delivery Preferences* (1st ed., vol. 51, pp. p. 9). Hays, KS: Kentucky Association for Health, Physical Education, Recreation, and Dance. [www.kahperd.com/main/Portals/0/Newsletters/JournalSpring2014.pdf](http://www.kahperd.com/main/Portals/0/Newsletters/JournalSpring2014.pdf)
- Holden, S. L., Norrell, P. M. (2014). In National Social Science Association (Ed.), *The deep fried south: A literary analysis of nutrition knowlege of students and adults in Alabama* (vol. 54, pp. 162-169). National Social Sciences Association Proceedings.
- Holden, S. L., Keshock, C. M., Forester, B. E., Heitman, R. J. (2013). In M. Sheridan (Ed.), *Burnout and Years of Sport Competition* (2nd ed., vol. 6, pp. 194-195). Reston, VA: Journal of Coaching Education.
- Holden, S. L., Keshock, C. M., Norrell, P. M., Gurchiek, L. R., Heitman, R. J. (2013). *Dominant energy system influence on burnout in collegiate female athletes* (1st ed., vol. 84, pp. 71). Reston, VA: Research Quarterly for Exercise and Sport.
- Holden, S. L., Baghurst, T. M., Pugh, S. F., Keshock, C. M. (2011). *Factors of attrition: A study of high school coaches in Alabama* (1st ed., vol. 82, pp. 77-78). Reston, VA: Research Quarterly for Exercise and Sport.
- Baghurst, T. M., Holden, S. L. (2011). *The effects of feedback on goal setting and performance* (1st ed., vol. 82, pp. 63). Reston, VA: Research Quarterly for Exercise and Sport.
- Holden, S. L., Keshock, C. M., Heitman, R. J. (2010). *Occupational burnout of LPGA tour caddies* (1 (supplement) ed., vol. 18, pp. 95). Research Quarterly for Exercise and Sport.
- Holden, S. L., Keshock, C. M. (2009). *Factors of burnout in high school coaches* (1st ed., vol. 80, pp. 105-106). Reston, VA: Research Quarterly for Exercise and Sport.

## Presentations Given

- Holden, S. L. (Author & Presenter), Schwarz, N. A. (Author & Presenter), International Society of Sports Nutrition Annual Conference, "A Comparison between Recommended Kilocalorie and Macronutrient Intake and Reported Intake of Women's Collegiate Soccer Players," ISSN, Las Vegas, NV. (June 15, 2019).
- Holden, S. L., USA Volleyball Beach Coaching Accreditation Program (Level I and II), "Advanced Nutrition for Beach Volleyball," USA Volleyball, Gulf Shores. (May 1, 2019).
- Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Woltring, M., Keshock, C. M., ASAPERD Spring Conference, "Coaching Certification Programs: An Overview and Applications," ASAPERD, Orange Beach, AL. (April 5, 2019).
- Norred, Z. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), ASAPERD Spring Conference, "Fast Food Consumption and Exercise Habits of Air National Guard," ASAPERD, Orange Beach, AL. (April 5, 2019).
- Schwarz, N. A. (Author & Presenter), Blahnik, Z. J. (Author), Prahadeeswaran, S. (Author), McKinley-Barnard, S. (Author), Holden, S. L. (Author), Waldhelm, A. G. (Author), 26th Annual Graduate Research Forum, "(-)-Epicatechin Supplementation Inhibits Aerobic Adaptations to Cycling Exercise in Humans," University of South Alabama. (March 6, 2019).
- Holden, S. L. (Author & Presenter), Baghurst, T. M. (Author & Presenter), National Association of Kinesiology in Higher Education Annual Conference, "Experiences in Higher Education Leadership Positions from Early Career Administrators," NAHKE, Savannah, GA. (January 10, 2019).
- Baghurst, T. (Author & Presenter), Holden, S. L. (Author & Presenter), National Association of Kinesiology in Higher Education Annual Conference, "Using Your Knowledge for Personal Gain," NAHKE, Savannah, GA. (January 10, 2019).
- Merrem, A. (Author & Presenter), Fiaud, V. (Author & Presenter), Holden, S. L. (Author & Presenter), Wachira, E. (Author), Baghurst, T. M. (Author & Presenter), Zarco, E. (Author & Presenter), National Association of Kinesiology in Higher Education Annual Conference, "International Faculty Perspectives on Kinesiology in Higher Education in the US," NAHKE, Savannah, GA. (January 9, 2019).
- Holden, S. L., Diabetes Workshop, "Nutrition and Health," Catholic Social Services, Mobile, Alabama. (December 3, 2018).
- Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), Williford, H. (Author), Erin, R. (Author), MSERA Annual Meeting, "Sport Locus of Control and Perceived Stress Among Athletes," Mid-South Educational Researcher, Pensacola, FL. (November 9, 2018).
- Blahnik, Z. J. (Author & Presenter), Schwarz, N. A. (Author), McKinley-Barnard, S. (Author), Holden, S. L. (Author), Waldhelm, A. G. (Author), Annual Conference of the International Society of Sports Nutrition, "A randomized, double-blind, placebo-controlled trial of (-)-epicatechin supplementation on adaptations to aerobic and anaerobic endurance exercise training," International Society of Sports Nutrition, Clearwater, FL. (June 9, 2018).
- Blahnik, Z. J. (Author & Presenter), Holden, S. L. (Author & Presenter), Schwarz, N. A. (Author & Presenter), Annual Conference of the International Society of Sports Nutrition, "Relationship between Selected Dietary Habits, Academic Achievement, Body Mass Index and Perceived Body Image among Collegiate Female Track and Field Athletes," ISSN, Clearwater, FL. (June 9, 2018).

- Holden, S. L. (Author & Presenter), NCAA Beach Volleyball Championships, "Advanced Nutrition for Beach Volleyball," USA Volleyball Coaching Accreditation Program, Gulf Shores, AL. (May 2, 2018).
- Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author), Alabama State Association for Health, Physical Education, Recreation, and Dance Spring Conference, "How to Select and Use Nutritional Trackers," ASAPERD, Orange Beach, AL. (April 21, 2018).
- Blahnik, Z. (Author & Presenter), Holden, S. L. (Author & Presenter), Schwarz, N. A. (Author), Alabama State Association for Health, Physical Education, Recreation, and Dance Spring Conference, "Comparison of GPA, BMI, Body Image and Fast Food Consumption among Track and Field Athletes," ASAPERD, Orange Beach, AL. (April 20, 2018).
- Keshock, C. M. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), ASAPERD Spring 2018 Conference, "Facility Standards: Is Your Environment Safe?," Alabama State Association for Health, PE, Recreation and Dance, Orange Beach, Alabama. (April 20, 2018).
- Blahnik, Z. (Author & Presenter), Holden, S. L. (Author & Presenter), Schwarz, N. A. (Author), 25th Annual Graduate Research Forum, "Comparison of Grade Point Average, Body Mass Index, Body Image, Event, and Fast Food Consumption among Collegiate Female Track and Field Athletes," University of South Alabama. (March 14, 2018).
- Schwarz, N. A. (Author & Presenter), Knapp, A. C. (Author), McKinley-Barnard, S. (Author), Holden, S. L. (Author), Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, "Variability in Resting Energy Expenditure Adaptation Following Short-Term Aerobic Exercise Training: A Pilot Study," Southeast American College of Sports Medicine, Chattanooga, TN. (February 16, 2018).
- Holden, S. L. (Author & Presenter), Baghurst, T. M. (Author & Presenter), National Association of Kinesiology in Higher Education Annual Conference, "Ten Practical Strategies Coaches Can Use To Promote Nutrition," NAHKE, Phoenix, AZ. (January 4, 2018).
- Holden, S. L. (Author & Presenter), Schwarz, N. A. (Author & Presenter), Urban, B. (Presenter), 19th Annual Undergraduate Research Symposium, "Pre-Pilot/Pilot of: Sports Nutrition Knowledge Survey," SURF, Mobile, AL. (October 20, 2017).
- Holden, S. L. (Author & Presenter), NCAA Beach Volleyball Championships, "Advanced Nutrition for Beach Volleyball," USA Volleyball Coaching Accreditation Program, Gulf Shores, AL. (May 3, 2017).
- McClure, E. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASAPERD Spring Conference, "Computer/Social Media Use and Its Relationship with Health-Related Quality of Life Among Older Adults," ASAPERD, Orange Beach, AL. (April 21, 2017).
- Smith, A. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), ASAPERD Spring Conference, "Prevalence of Eating Disorders in College Females," ASAPERD, Orange Beach, AL. (April 21, 2017).
- Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASAPERD Spring Conference, "How to Get

- Published in Health, Physical Education, and Sport Journals," ASHPERD, Orange Beach, AL. (April 21, 2017).
- Knapp, A. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E., Williford, H., 24th Annual Graduate Research Forum, "Fast Food Consumption of Collegiate Athletes and Non-Athletes in Alabama," University of South Alabama. (April 13, 2017).
- Keshock, C. M., Holden, S. L. (Author), Pugh, S. F. (Author), SHAPE National Convention 2017, "Fiscal and Economic Considerations in Hosting a Club Sport Tournament," Society of Health and Physical Educators, Boston, MA. (March 2017).
- Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author & Presenter), SHAPE America Boston 2017, "Achievement Motivation of College Athletes and Race," Shape America, Boston, MA. (March 16, 2017).
- Holden, S. L. (Author & Presenter), Increased Mastery and Professional Application of Coaching Theory Workshop, "IMPACT Coaches Training," United States Volleyball Association, Mobile, Alabama. (January 31, 2017).
- Forester, B. E., Holden, S. L., Gulf Coast Fitness Expo, "The Finances of Small Sport Business Ownership," University of South Alabama, Mobile, AL. (November 12, 2016).
- Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M., ASHPERD Fall Conference, "College athletes' community service: What is the impact?," Alabama State Association for Health, Physical Education, Recreation, and Dance, Birmingham, AL. (November 7, 2016).
- Holden, S. L. (Author & Presenter), Forester, B. E. (Author), Pugh, S. F. (Author), Keshock, C. M. (Author), Mid-South Educators Research Association Conference, "Sports Nutrition Knowledge of Volleyball Players," MSERA, Mobile, AL. (November 3, 2016).
- Holden, S. L. (Author & Presenter), "Volleyball Nutrition," Coach Your Brains Out - A Volleyball Coaching PodCast, California. (September 15, 2016).
- Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Summer Health and Physical Education Workshop, "Team handball for Middle School Physical Education," Alabama State Department of Education & SARIC, University of South Alabama Department of Health, Kinesiology and Sport. (July 13, 2016).
- Holden, S. L. (Author & Presenter), NCAA Beach Volleyball Championships, "Advanced Nutrition For Beach Athletes," USA Volleyball, Gulf Shores, AL. (May 5, 2016).
- Keshock, C. M. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author), Pugh, S. F. (Author), ASHPERD Spring Conference 2016, "Risk Management Sport Event Planning: Components for Consideration," Alabama State Association of Health, Physical Education, Recreation and Dance, Orange Beach, Alabama. (April 16, 2016).
- Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M. (Author & Presenter), 2016 ASHPERD Spring Conference, "Exercise Habits and Nutritional Knowledge of College Students," Alabama State Association for Health, Physical Education, Recreation, and Dance, Orange Beach, Alabama. (April 15, 2016).
- Richards, J. K. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASHPERD Spring Conference, "Factors That Influence Collegiate

- Student-Athletes to Transfer, Consider Transferring, or Not Transfer," ASAPERD, Gulf Shores, AL. (April 15, 2016).
- Smith, A. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASAPERD Spring Conference, "Nutritional Knowledge of College Athletes," ASAPERD, Gulf Shores, AL. (April 15, 2016).
- Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Mitchell, S. M. (Author), Norrell, P. M. (Author), Chatfield, S. L. (Author), SHAPE National Convention, "Dominant Energy System Influence on Burnout in College Female Athletes: A Follow Up Study," SAHPE America, Minneapolis, MN. (April 7, 2016).
- Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Mitchell, S. M. (Author), Norrell, P. M. (Author), Chatfield, S. L. (Author), 23rd Annual Research Forum, "Dominant Energy System Influence on Burnout in College Female Athletes: A Follow Up Study," University of South Alabama, Mobile, AL. (March 21, 2016).
- Smith, A. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author), Pugh, S. F. (Author), 23rd Annual Research Forum, "Nutritional Knowledge of College Athletes," University of South Alabama, Mobile, AL. (March 21, 2016).
- Keshock, C. M. (Author & Presenter), Adkins, M. (Author & Presenter), Forester, B. E. (Author), Pugh, S. F. (Author), Holden, S. L. (Author), 35th First Year Experience Annual Conference, "FYE Student Perceptions of Sport Event Experiential Learning: A Mixed Methods Approach," National Resource Center FYE and Student Transition, Orlando, Florida. (February 22, 2016).
- Holden, S. L. (Author & Presenter), USA Volleyball Coaching Accreditation Program, "Volleyball Nutrition- Level III," USAV, Webinar- Colorado Springs, CO. (February 2, 2016).
- Holden, S. L. (Author & Presenter), Increased Mastery and Professional Application of Coaching Theory Workshop, "IMPACT Coaches Training," United States Volleyball Association, Pensacola, FL. (January 20, 2016).
- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition 101: Fueling for Volleyball Players," University of South Alabama, Omaha, NE. (December 17, 2015).
- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition 201: Fueling for Sand Excellence," United States Volleyball Association, Omaha, NE. (December 17, 2015).
- Keshock, C. M. (Author & Presenter), Forester, B. E. (Author), Pugh, S. F. (Author), Holden, S. L. (Author), 85th Annual Southern Economic Association Conference, "2015 Senior Bowl: Economic Contributions, Benefits, and Impacts," Southern Economic Association, New Orleans, LA. (November 21, 2015).
- Holden, S. L. (Author & Presenter), Pugh, S. F. (Author & Presenter), Mid-South Educators Research Association Conference, "Achievement Motivation for Sport Participation," MSERA, Lafayette, LA. (November 4, 2015).
- Norrell, P. M. (Author & Presenter), Holden, S. L. (Author & Presenter), National Fall Professional Development Conference, "The Power of Teamwork: From Classroom Interaction to Real World Application," National Social Science Association, New Orleans, LA. (October 5, 2015).

Holden, S. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASAHPERD District I Summer Health and Physical Education Workshop, "L.I.F.E. Physical Education," ASAHPERD, University of South Alabama. (June 19, 2015).

Norrell, P. M. (Author & Presenter), Anastasio, R. J. (Presenter), Holden, S. L. (Author), Summer Health and Physical Education Workshop, "Finding the Beast in the Beauty: Teaching Resistance as a Rape Prevention Strategy," ASAHPERD District I, University of South Alabama. (June 19, 2015).

Holden, S. L. (Author & Presenter), NCAA Beach Volleyball Championships, "Nutrition for Beach Athletes and Coaches," United States Volleyball Association, Gulf Shores, AL. (April 20, 2015).

Holden, S. L. (Author & Presenter), Pugh, S. F. (Author), Forester, B. E. (Author), Keshock, C. M. (Author), ASAHPERD Spring Conference, "Beach Volleyball vs. Indoor Volleyball: How are the Different?," ASAHPERD, Gulf Shores, AL. (April 17, 2015).

Holden, S. L. (Author & Presenter), Keshock, C. M., Forester, B. E. (Author), Pugh, S. F. (Author & Presenter), Heitman, R. J. (Author & Presenter), Shape America National Convention, "Burnout and Years of Sports Competition: A Follow Up Study," SHAPE, Seattle, Washington. (March 20, 2015).

Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Heitman, R. J. (Author), SHAPE America National Convention & Expo, "Perceived Stress in Undergraduate Male and Female Athletes and Non-Athletes," SHAPE, Seattle Washington. (March 20, 2015).

Holden, S. L. (Author), Keshock, C. M. (Author), Forester, B. E. (Author), Pugh, S. F. (Author), Heitman, R. J. (Author), 22nd Annual Research Forum, "Athlete Burnout and Years of Competition: A Follow Up Study," University of South Alabama, Mobile, AL. (March 17, 2015).

Smith, K. (Author & Presenter), Holden, S. L. (Author), 22nd Annual Research Forum, "Eating Disorders and the Use and Understanding of Nutrition Labels Among the Adult Female Population," University of South Alabama, Mobile, AL. (March 17, 2015).

Botsis, A. (Author & Presenter), Holden, S. L. (Author), 22nd Annual Research Forum, "Nutrition Knowledge of College Coaches," University of South Alabama, Mobile, AL. (March 17, 2015).

Holden, S. L., Increased Mastery and Professional Application of Coaching Theory Workshop, "IMPACT Coaches Training," United States Volleyball Association, Mobile, AL. (March 12, 2015).

Norrell, P. M. (Presenter), Holden, S. L. (Presenter), SHAPE America Southern District Convention, "The Power of Teamwork for Classroom Success," SHAPE America and GAHPERD, Atlanta, Georgia. (February 20, 2015).

Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Forester, B. E. (Author), Holden, S. L. (Author & Presenter), Mitchell, S. M. (Author), SHAPE America Southern Division Conference, "Service Learning benefits of Sport Management and Physical Education Students," SHAPE Southern District, Atlanta, Georgia. (February 20, 2015).

Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition 201: Fueling for Sand Excellence," United States Volleyball Association, Oklahoma City, OK. (December 20, 2014).

- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition 101: Fueling for Indoor Volleyball Athletes," United States Volleyball Association, Oklahoma City, OK. (December 19, 2014).
- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition 101: Fueling for Sand Volleyball Players," United States Volleyball Association, Oklahoma City, OK. (December 18, 2014).
- Holden, S. L., Increased Mastery and Professional Application of Coaching Theory Workshop, "IMPACT Coaches Training," United States Volleyball Association, Pensacola, FL. (December 10, 2014).
- Holden, S. L., Increased Mastery and Professional Application of Coaching Theory Workshop, "IMPACT Coaches Training," United States Volleyball Association, Mobile, AL. (December 4, 2014).
- Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), World Leisure Congress 2014, "Rails-to-Trails Conservancy – Scope, Impact, and Alabama's Role," World Leisure Organization, Mobile, AL. (September 11, 2014).
- Keshock, C. M. (Author & Presenter), Forester, B. E. (Author & Presenter), Holden, S. L. (Author), World Leisure Congress International Conference, "Event Attendees and Target Market Matching: An Event Analysis," World Leisure Congress, Mobile, Alabama. (September 11, 2014).
- Holden, S. L. (Author & Presenter), Alabama Recreation and Parks Association Annual Workshop, "Healthy and Profitable Concession Stands," Alabama Parks and Recreation Association, Gulf Shores, AL. (September 4, 2014).
- Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), 2014 National Coaching Conference, "High School Coaches' Continuing Education: Content Preferences," American Alliance for Health, Physical Education, Recreation, and Dance, Washington, D.C. (June 20, 2014).
- Holden, S. L. (Author & Presenter), NCAA Beach Volleyball Championships, "Nutrition for Beach Athletes and Coaches," United States Volleyball Association, Gulf Shores, AL. (May 1, 2014).
- Holden, S. L. (Author & Presenter), Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASAPERD Spring Conference, "Middle and High School Athletics: How to Effectively Deal With Parents," ASAPERD, Orange Beach, AL. (April 11, 2014).
- Alvarez, A. M. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASAPERD Spring Conference, "Nutrition Knowledge of Women in their Child Bearing Years," ASAPERD, Orange Beach, AL. (April 11, 2014).
- Mitchell, B. A. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), ASAPERD Spring Conference, "Nutritional Education Intervention and the Effects on Nutritional Knowledge of Male College Athletes," ASAPERD, Orange Beach, AL. (April 11, 2014).
- Baghurst, T. M. (Author & Presenter), Sandlin, J. R. (Author & Presenter), Holden, S. L. (Author & Presenter), Parish, A. (Author & Presenter), AAHPERD National Conference, "Students' Perceptions of the Physiques of Self and Physical Educators," AAHPERD, St. Louis, MO. (April 4, 2014).

- Broach, M. E. (Author & Presenter), Pugh, S. F. (Author & Presenter), Holden, S. L. (Presenter), AAHPERD National Convention, "Student Perceptions of a Wii Fit Activity Course," American Association of Health Physical Education Recreation and Dance, St Louis, MO. (April 3, 2014).
- Pugh, S. F. (Author & Presenter), Heitman, R. J. (Author), Kovaleski, J. E. (Author), Holden, S. L. (Author & Presenter), Gurchiek, L. R. (Author), American Alliance for Health, Physical Education, Recreation and Dance, "BMI, Mechanical and Strength Relationships to Dynamic Balance," AAHPERD, Saint Louis, MO. (April 3, 2014).
- Holden, S. L. (Author & Presenter), Baghurst, T. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Keshock, C. M. (Author), Heitman, R. J. (Author), AAHPERD National Conference, "Comparison of the Nutritional Knowledge of College Athletes and Non-Athletes," AAHPERD, St. Louis, MO. (April 2, 2014).
- Forester, B. E. (Author & Presenter), Holden, S. L. (Author), Keshock, C. M. (Author), Heitman, R. J. (Author), 21st Annual Research Forum, "High School Coaches' Continuing Education Preferences - Delivery Methods," University of South Alabama, Mobile, AL. (March 13, 2014).
- Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Heitman, R. J. (Author), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author), Southern District AAHPERD/KAHPERD, "A Comparison of dynamic balance on the Wii with the BioDex Stability System," SDAHPERD, Lexington, KY. (February 2014).
- Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Heitman, R. J. (Author), 2014 Southern District AAHPERD Convention, "High School Coaches Continuing Education Delivery Preferences," American Association for Health, Physical Education, Recreation, & Dance (AAHPERD), Lexington, KY. (February 21, 2014).
- Holden, S. L. (Author & Presenter), United States Volleyball Coaching Education Program, "Nutrition 101," United States Volleyball Association, Colorado Springs, Colorado. (February 6, 2014).
- Holden, S. L. (Author & Presenter), United States Volleyball Association Coaching Accreditation Program, "Nutrition 201," United States Volleyball Association, Colorado Springs, Colorado. (February 5, 2014).
- Holden, S. L. (Author & Presenter), United States Volleyball Association Coaching Accreditation Program, "Nutrition: Fueling for Volleyball Players," United States Volleyball Association, Colorado Springs, Colorado. (February 5, 2014).
- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition for Indoor Volleyball Coaches," United States Volleyball Association, Seattle, Washington. (December 20, 2013).
- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition for Beach Coaches and Athletes," United States Volleyball Association, Seattle, Washington. (December 19, 2013).
- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Convention, "Nutrition 101 for Indoor Coaches and Athletes," United States Volleyball Association, Seattle, Washington. (December 19, 2013).
- McCarver, S. (Author & Presenter), Holden, S. L. (Author), Keshock, C. M. (Author), Forester, B. E. (Author), Pugh, S. F. (Author), ASAHPERD Fall Conference, "Adolescent Female Cheerleaders and Eating Disorders," ASAHPERD, Birmingham, AL. (November 2013).

- Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Forester, B. E. (Author), Pugh, S. F. (Author & Presenter), Mid-South Educators Research Association, "Athlete Burnout: Is the Type of Sport a Factor?," MSERA, Pensacola, FL. (November 6, 2013).
- Holden, S. L. (Author & Presenter), Norrell, P. M. (Author & Presenter), National Social Sciences Association Fall Conference, "The Deep Fried South: A Literary Analysis of Nutritional Knowledge of Students and Adults in Alabama," NSSA, New Orleans, LA. (October 6, 2013).
- Keshock, C. M. (Author & Presenter), Holden, S. L. (Author), Pugh, S. F. (Author), Forester, B. E. (Author), European Conference in Sport Economics, "Gridiron Games: Turf War Issues and the Economic, Social, Cultural, and Political Incentives for Government Subsidization.," European Sport Economics Association, Esbjerg, Denmark. (September 2013).
- Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Forester, B. E. (Author & Presenter), Heitman, R. J. (Author), National Coaching Conference, "Burnout and Years of Sports Competition: Is There a Correlation?," USOC, NFHS, NCAA and AAHPERD, Colorado Springs, CO. (June 20, 2013).
- Keshock, C. M. (Author & Presenter), Holden, S. L. (Author), Forester, B. E. (Author), Pugh, S. F. (Author), Intellect Base International Academic Conference, "Data Driven Solutions: Participative Decision Making to Improve Community Sport Operations.," Intellect Base International Consortium, Nashville, TN. (May 24, 2013).
- Holden, S. L. (Author & Presenter), NCAA Sand Volleyball Championships, "Nutrition for Beach Athletes and Coaches," United States Volleyball Association, Gulf Shores, AL. (May 2, 2013).
- Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Norrell, P. M. (Author), Gurchiek, L. R. (Author), Heitman, R. J. (Author), AAHPERD National Conference, "Dominant Energy System Influence on Burnout in Collegiate Female Athletes," AAHPERD, Charlotte, NC. (April 25, 2013).
- Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), ASAHPERD Annual Spring Conference, "Communicating Experiential Learning to Host Organizations: Maximizing the Exchange," Alabama State AAHPERD, Orange Beach, Alabama. (April 13, 2013).
- Pugh, S. F. (Author & Presenter), Keshock, C. M. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author), ASAHPERD Annual Spring Conference, "Service Learning, Where do I Begin?," ASAHPERD, Orange Beach, AL. (April 13, 2013).
- Holden, S. L. (Author & Presenter), Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Forester, B. E. (Author & Presenter), ASAHPERD Spring Conference, "Sitting Volleyball: A Stationary but Skill Enhancing and Physically Demanding Activity," ASAHPERD, Orange Beach, AL. (April 13, 2013).
- Austin, M. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author & Presenter), Keshock, C. M. (Author), Forester, B. E. (Author), ASAHPERD Spring Conference, "Dietary Practices and Athlete Burnout: Connection?," ASAHPERD, Orange Beach, AL. (April 12, 2013).
- Mathews, D. R. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author & Presenter), Keshock, C. M. (Author), Forester, B. E. (Author), ASAHPERD Spring Conference, "Nutritional Knowledge and Attitudes of College Athletes," ASAHPERD, Orange Beach, AL. (April 12, 2013).

- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association, "Introduction to Nutrition for the Beach Coach and Athlete," AVCA/ USA Volleyball Coaching Accreditation Program, Louisville, KY. (December 2012).
- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association, "Nutrition 101: Making/ Analyzing Food Choices for Volleyball Players," AVCA/ USA Volleyball CAP Program, Louisville, KY. (December 2012).
- Holden, S. L. (Author & Presenter), Pugh, S. F. (Author), Norrell, P. M. (Author), Keshock, C. M. (Author), The Mid-South Educational Research Association, "Nutritional Knowledge of Alabama Undergraduate Students," MSERA, Lexington, KY. (November 7, 2012).
- Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E., Heitman, R. J., Keshock, C. M. (Author & Presenter), ASAPERD Annual Fall Conference, "Impact of an undergraduate Wii activity program on selected fitness items.," ASAPERD, Birmingham, AL. (November 6, 2012).
- Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Forester, B. E. (Author), Pugh, S. F. (Author), ASAPERD Fall Conference, "FORE! Starting a Golf Program in Middle and High School Physical Education Class," ASAPERD, Birmingham, AL. (November 6, 2012).
- Keshock, C. M. (Author & Presenter), Forester, B. E. (Author & Presenter), Holden, S. L. (Author), Pugh, S. F. (Author), ASAPERD Annual Fall Conference, "Is Your Playing Environment Safe? Negligence According to Sport and Physical Education Standards." Alabama State AAHPERD, Birmingham, Al. (November 4, 2012).
- Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author), Pugh, S. F. (Author & Presenter), Heitman, R. J. (Author), The National Physical Education Teacher Education Conference, "Burnout: Preparing Potential Coaches for the Demands of the Job," PETE, Las Vegas, NV. (October 6, 2012).
- Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author), Heitman, R. J. (Author), Forester, B. E. (Author), Holden, S. L. (Author), Intellectbase International Academic Conference, "Service Learning: Differences in Student Perceptions of Sport Event Experiences," Intellectbase, Nashville, TN. (May 26, 2012).
- Keshock, C. M. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author & Presenter), Forester, B. E. (Author), ASAPERD Annual Spring Conference, "Sport Events Impacts to Generate Revenue for Athletic Programs.," ASAPERD, Orange Beach, Alabama. (April 2012).
- Jones, M. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author & Presenter), Keshock, C. M. (Author), Forester, B. E. (Author), ASAPERD Spring Conference, "Nutrition Label Use Among College Students," ASAPERD, Orange Beach , AL. (April 2012).
- Holden, S. L. (Author & Presenter), Pugh, S. F. (Author & Presenter), Keshock, C. M. (Author & Presenter), ASAPERD Spring Conference, "Nutritional Choices for Competition and Development of Female Athletes," ASAPERD, Orange Beach, AL. (April 2012).
- Barker, A. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author & Presenter), Keshock, C. M. (Author), Forester, B. E. (Author), ASAPERD Spring Conference, "Nutritional Knowledge and Dietary Practices of College Coaches," ASAPERD, Orange Beach, AL. (April 2012).

Holden, S. L. (Author & Presenter), Beach Coaching Accreditation Program- Level I - NCAA Sand Championships, "Nutrition for Beach Athletes and Coaches," USA Volleyball, Gulf Shores, AL. (April 26, 2012).

Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M. (Author & Presenter), ASAPERD Annual Spring Conference, "Using NASPE Documents to Enhance PETE Classes," ASAPERD, Orange Beach, Alabama. (April 21, 2012).

Baghurst, T. M. (Author & Presenter), Parish, A. P. (Author & Presenter), Holden, S. L., AAHPERD National Conference, "Becoming Competitive Amateur Bodybuilders: Identification of Contributors," AAHPERD, Boston, MA. (March 2012).

Holden, S. L. (Author & Presenter), Phelps, B. E. (Author), Timothy, B. M. (Author & Presenter), Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Heitman, R. J. (Author), AAHPERD National Convention, "Nutritional Knowledge: Are Undergraduates Smarter than High School Coaches," AAHPERD, Boston, MA. (March 2012).

Holden, S. L. (Author & Presenter), Baghurst, T. M. (Author), Keshock, C. M. (Author), Pugh, S. F. (Author & Presenter), Heitman, R. J. (Author), AAHPERD Southern District Conference, "Coaching Burnout: An Examination of Current and Former High School Coaches in Alabama," AAHPERD Southern District, Orlando, FL. (February 2012).

Keshock, C. M., Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), AAHPERD Southern District Spring Conference, "Service learning: Reflection of sport management and physical education students," AAHPERD, Orlando, FL. (February 2012).

Holden, S. L. (Author & Presenter), USA Volleyball National Sitting Team Training Camp, "Volleyball Nutrition," USA Volleyball- Women's Sitting National Team, Edmond, OK. (January 2012).

Holden, S. L. (Author & Presenter), American Volleyball Coaches Association Convention, "Nutrition 101: Introduction to Nutrition for the Beach Coach and Athlete," AVCA, San Antonio, TX. (December 2011).

Holden, S. L. (Author & Presenter), American Volleyball Coaches Association Convention, "Nutrition 201: Making/ Analyzing Food Choices for Volleyball Players," AVCA, San Antonio, TX. (December 2011).

Holden, S. L. (Author & Presenter), Speed and Strength Clinic, "Sport Nutrition for Female Development," Mobile, AL. (December 2011).

Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), ASAPERD Annual Fall Conference, "Parent attitudes of child club sport participation," Alabama State AAHPERD, Birmingham, AL. (November 2011).

May, J. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author), Keshock, C. M. (Author), ASAPERD Fall Conference, "A Comparison of Grade Point Average, Body Mass Index, and Physical Activity Among Adolescents," ASAPERD, Birmingham, AL. (November 2011).

Holden, S. L. (Author & Presenter), Keshock, C. M. (Author & Presenter), Heitman, R. J. (Author), Norrell, P. M. (Author), Pugh, S. F. (Author & Presenter), ASAPERD Fall Conference, "Nutritional Knowledge of College Athletes," ASAPERD, Birmingham, AL. (November 2011).

Shaw, A. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author), Keshock, C. M. (Author), ASAPERD Fall Conference, "Nutritional Label Use/Nonuse and Nutritional Knowledge Claims Among Adults," ASAPERD, Birmingham, AL. (November 2011).

Holden, S. L. (Author & Presenter), USA Volleyball Accreditation Program- Level 1, "Nutrition 101," United States Volleyball Association, Webinar. (November 2011).

Pugh, S. F., Holden, S. L., Keshock, C. M., Norrell, P. M., Heitman, R. J., Broach, M. E., AAHPERD, "Wii as a Pilot Undergraduate Activity Program," Alabama AAHPERD, Birmingham, Alabama. (November 14, 2011).

Norrell, P. M. (Author & Presenter), Holden, S. L. (Author & Presenter), National Social Science Association Fall Professional Development Meeting, "Finding the Beast in the Beauty: Resistance as a Rape Prevention Strategy," National Social Science Association, New Orleans, LA. (October 9, 2011).

Holden, S. L. (Author & Presenter), Quality Physical Education Workshop, "Activities to Support the Alabama Course of Study," Alabama State Department of Education, Columbiana, AL. (July 2011).

Holden, S. L. (Author & Presenter), Quality Physical Education Workshop, "Life PE for Grades 9-12," Alabama Department of Education, Columbiana, AL. (July 2011).

Pugh, S. F. (Presenter), Holden, S. L. (Presenter), State Department of Education Inservice, "Instructional Guide Training," Alabama State Department of Education, University of South Alabama. (June 30, 2011).

Pugh, S. F. (Presenter), Holden, S. L. (Presenter), Broach, M. E., Norrell, P. M., Keshock, C. M. (Presenter), Heitman, R. J., Scaffidi, F. M., Alabama American Alliance of Health, Physical Education, and Recreation, "An eight week activity intervention for middle school special needs students," ASAPERD, Gulf Shores, Alabama. (April 2011).

Keshock, C. M. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASAPERD Annual Spring Conference, "Theoretical considerations in Sport/Recreation team practice planning," ASAPERD, Orange Beach, Alabama. (April 2011).

Harper, M. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Pugh, S. F. (Author), ASAPERD Spring Conference, "Eating Disorders Among Collegiate Athletes," ASAPERD, Orange Beach, AL. (April 2011).

Keshock, C. M. (Author & Presenter), Heitman, R. J. (Author), Holden, S. L. (Author), Pugh, S. F. (Author & Presenter), Intellectbase International Conference, "Factors influencing purchases of season tickets for collegiate sports: A logistic regression approach," Intellect Base International Consortium, San Antonio, Texas. (April 2011).

Keshock, C. M., Heitman, R. J., Holden, S. L., Pugh, S. F., Intellectbase International Consortium, "Factors influencing purchase of season's tickets: A logistic regression approach," Intellectbase International Consortium, San Antonio, Texas. (April 2011).

Holden, S. L. (Author & Presenter), Baghurst, T. M. (Author & Presenter), Pugh, S. F., Keshock, C. M., AAHPERD National Convention, "Factors of Attrition: A Study of High School Coaches in Alabama," AAHPERD, San Diego, CA. (March 2011).

- Baghurst, T. M. (Author & Presenter), Holden, S. L. (Author & Presenter), AAHPERD National Convention, "The Effects of Feedback on Goal Setting and Performance," AAHPERD, San Diego, CA. (March 2011).
- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association Convention, "Nutrition 201 for Beach Volleyball: Making/Analyzing Food Choices," AVCA, Kansa City, MS. (December 2010).
- Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association Convention, "Nutrition 201: Making/Analyzing Food Choices for Volleyball Players," AVCA, Kansas City, MS. (December 2010).
- Holden, S. L. (Author & Presenter), USA Volleyball Coaching Accreditation Program- Level 1, "Nutrition 101," United States Volleyball Association, Webinar. (December 9, 2010).
- Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), ASAHPERD Annual Fall Conference, "Scholastic sport policies: legal implications and boundaries of sports team rules," ASAHPERD, Birmingham, Alabama. (November 2010).
- Keshock, C. M. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASAHPERD Annual Fall Conference, "What women want: Coaching preferences of females athletes," Alabama State AAHPERD, Birmingham, Alabama. (November 2010).
- Holden, S. L. (Author & Presenter), Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASAHPERD Fall Conference, "A Study of Female High School Coaches," ASAHPERD, Birmingham, AL. (November 2010).
- McCarty, M. M. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author), Keshock, C. M. (Author), ASAHPERD Fall Conference, "Determination of Label Use Among College Students," ASAHPERD, Birmingham, AL. (November 2010).
- Willison, B. M. (Author & Presenter), Holden, S. L. (Author & Presenter), Pugh, S. F. (Author), Keshock, C. M. (Author), ASAHPERD Fall Conference, "Determination of Nutritional Knowledge Among High School Students," ASAHPERD, Birmingham, AL. (November 2010).
- Pugh, S. F. (Author & Presenter), Keshock, C. M. (Author & Presenter), Holden, S. L. (Author & Presenter), ASAHPERD Fall Conference, "Principals' Perceptions of Physical Education," ASAHPERD, Birmingham, AL. (November 2010).
- Holden, S. L. (Author & Presenter), USA Volleyball Coaching Accreditation Program- Level 1, "Nutrition 101," United States Volleyball Association, Webinar. (November 28, 2010).
- Holden, S. L. (Author & Presenter), Pugh, S. F. (Author), Keshock, C. M. (Author), Heitman, R. J. (Author), Scaffidi, F. M. (Author), The Congress of the International Association of Physical Education in Higher Education, "Relationship of Burnout and Years Experience in High School Varsity Head Coaches," AIESEP, La Coruna, Spain. (October 28, 2010).
- Keshock, C. M., Pugh, S. F., Holden, S. L., Spring Conference of ASAHPERD, "Sport and recreation sponsorships: Generating a return on sponsorship investment," AAHPERD, Birmingham, Alabama. (April 2010).
- Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), AAHPERD National Convention, "Athlete Attrition: A Study of Division I Female Athletes," AAHPERD, Indianapolis, IN. (March 2010).

Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Heitman, R. J. (Author), AAHPERD National Convention, "Occupational Burnout: A Study of LPGA Tour Caddies," AAHPERD, Indianapolis, IN. (March 2010).

Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), ASAHPERD Annual Fall Conference, "An attitudinal assessment of students' sports event service learning," ASAHPERD, Birmingham, Alabama. (November 2009).

Carithers-Thomas, J. A. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Pugh, S. F. (Author), ASAHPERD Fall Conference, "Freshman Fifteen: Fact or Fiction?," ASAHPERD, Birmingham, AL. (November 2009).

Holden, S. L. (Author), Keshock, C. M. (Author & Presenter), The International Association for Physical Education in Higher Education, "Physically Active Lifestyle and Occupational Burnout: A Study of LPGA Tour Caddies," AIESEP, Pensacola, FL. (September 2009).

Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), AAHPERD National Conference, "Factors of Burnout in High School Coaches," AAHPERD, Tampa, FL. (April 2009).

Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Spring Conference ASAHPERD, "Turf war issues: A look at the economic benefit of sport in mobile, Alabama," ASAHPERD, Orange Beach, Alabama. (April 2009).

Holden, S. L. (Author & Presenter), American Volleyball Coaches Association National Convention, "Sports Nutrition for High School and Club Volleyball Players," AVCA, Omaha, NE. (December 2008).

## **Contracts, Grants and Sponsored Research**

### **Grant**

#### **Funded**

Pugh, S. F. (Principal), Heitman, R. J. (Co-Principal), Keshock, C. M. (Supporting), Holden, S. L. (Supporting), Broach, M. E. (Supporting), "Proposal for Wii Activity course," Sponsored by College of Education, Internal to the University, \$7,000.00. (May 2011).

#### **Not Funded**

Holden, S. L. (Principal), Schwarz, N. A. (Co-Principal), Forester, B. E. (Co-Principal), "Get Healthy Mobile: A Nutrition Education Program for Teens," Sponsored by Allen Foundation, External to the University, \$144,448.00. (September 2019).

Broach, E. (Principal), Holden, S. L. (Co-Principal), Forester, B. E. (Co-Principal), "USA Bicycle Adventures," Sponsored by Community Foundation of South Alabama, External to the University, \$42,965.00. (June 2019).

Holden, S. L. (Supporting), Baghurst, T. M. (Principal), Boardley, I. (Supporting), Nicholls, A. (Supporting), "Effect of an Online Drugs in Sport Education Program on Prohibited Substance Knowledge and Long-Term Retention and Adoption of Program Content," Sponsored by World Anti-Doping Agency, External to the University, \$60,000.00. (November 2014).

Holden, S. L., Pugh, S. F., "NASPE/ING Run for Something Better School Award Program," Sponsored by ING Run for Something Better Grant, Private, \$2,000.00. (2010).

Holden, S. L., "NASPE/ ING Run for Something Better School Award Program," Sponsored by ING Run for Something Better Grant, Private, \$2,000.00. (2009).

## Intellectual Contributions in Submission

### Book Chapters

Holden, S. L. (2019). Sports Nutrition. In T. Baghurst (Ed.), *Coaching for Sports Performance* (First Edition ed., pp. 464). London: Routledge.  
[www.routledge.com/Coaching-for-Sports-Performance/Baghurst/p/book/9780367221171?fbclid=IwAR3hGiMDcYspJ\\_wV67fAoMRvSehNvbSnYFDrstTuGhUGClwd7Od-yQmIF4M](http://www.routledge.com/Coaching-for-Sports-Performance/Baghurst/p/book/9780367221171?fbclid=IwAR3hGiMDcYspJ_wV67fAoMRvSehNvbSnYFDrstTuGhUGClwd7Od-yQmIF4M)

### Refereed Journal Articles

Baghurst, T., Price, T., Holden, S. L., Andrews, D. Practical Recommendations for Securing Early Career and Pre-Tenure Academic Positions in the Kinesiology Disciplines. *International Journal of Kinesiology in Higher Education*.

Baghurst, T., Sandlin, J., Holden, S. L., Parish, A. Impact of educator physique on student learning and instructor credibility. *Health Education Journal*.

Pugh, S. F., Heitman, R. J., Kovaleski, J. E., Gurchiek, L. R., Holden, S. L. Application of generalizability theory in estimating the reliability of the Biodex Balance System. *Journal of Perceptual & Motor Skills*. [amsci.edmgr.com/](http://amsci.edmgr.com/)

### Journal Articles

Keshock, C. M., Woltring, M., Forester, B. E., Holden, S. L. Sport Management Service Learning: Student Perceptions and Gender Differences. *Sport Management Education Journal*, 22.

Harper, S. P., Schwarz, N. A., Waldhelm, A. G., McKinley-Barnard, S., Holden, S. L., Kovaleski, J. E. A Comparison of Machine versus Free Weight Squats for the Enhancement of Lower-Body Power, Speed, and Change-of-Direction Ability during the Initial Training Phase of Recreationally-Active Women. *International Journal of Exercise Science*.

## SERVICE

### Editorial and Review Activities

"Council For Accreditation of Educator Preparation (CAEP) Lead Site Reviewer," CAEP. (July 2018 - Present).

Invited Manuscript Reviewer, "International Journal of Kinesiology in Higher Education." (January 2018 - Present).

Editorial Board Member, "Education Journal," Project Innovation. (January 1, 2017 - Present).

"Council For Accreditation of Educator Preparation (CAEP) Site Reviewer," CAEP. (July 2016 - Present).

Editorial Board Member, "Applied Research in Coaching and Athletics Annual." (September 2013 - Present).

Invited Manuscript Reviewer, "Journal of Intercollegiate Sport." (March 12, 2018).

Invited Manuscript Reviewer, "Journal for the Study of Sport and Athletes in Education." (February 14, 2018 - March 1, 2018).

Invited Manuscript Reviewer, "Personal Nutrition (9th Edition)," Cengage Publishing. (May 20, 2016).

Invited Manuscript Reviewer, "Family & Community Health- The Journal of Health Promotion and Maintenance." (December 2015 - January 2016).

Invited Manuscript Reviewer, "Nutrition (6th Ed.), Textbook Review," Jones and Bartlett Publishing. (August 14, 2015).

Invited Manuscript Reviewer, "Southern District of Shape Program Reviewer," SHAPE (Formerly AAHPERD). (July 2015).

Invited Manuscript Reviewer, "Article Reviewer," Health Education and Behavior Journal. (November 2014).

Editorial Board Member, "Southern District (AAHPERD) Presentation Reviewer," Southern District of AAHPERD. (July 2014).

Editorial Board Member, "Southern District (AAHPERD) Presentation Reviewer," South District of AAHPERD. (June 2013).

Invited Manuscript Reviewer, "NASPE Sport and Coaching Area Reviewer," NASPE. (July 2012).

Invited Manuscript Reviewer, "Discovery Services: Introduction to Human Sexuality Textbook," Cengage Learning. (May 2012).

Invited Manuscript Reviewer, "Understanding Your Health 11th Edition Textbook," McGraw-Hill Higher Education. (May 2010).

## **Department Service**

Faculty Advisor, Faculty Evaluation Committee. (August 2012 - Present).

Committee Member, Academic Standards Committee (Undergraduate). (July 2012 - Present).

Committee Member, Graduate Admissions Committee. (August 2011 - Present).

Committee Member, Health Education Curriculum Committee. (August 2008 - Present).

Committee Member, Physical Education Curriculum Committee. (August 2008 - Present).

Committee Member, Student Awards Committee. (August 2012 - August 2016).

Committee Member, Faculty Search Committee. (February 2012 - July 2012).

## **College Service**

Committee Chair, COEPS Curriculum Committee. (January 1, 2017 - Present).

Committee Member, Undergraduate Candidacy Committee. (August 2009 - Present).

Faculty Council. (May 2016 - May 2017).

Committee Member, Faculty Council. (August 2009 - May 2017).

Committee Member, Student Awards Committee. (June 2013 - August 2016).

Committee Chair, Faculty Council. (May 2014 - May 2015).

Committee Member, Deans Advisory Council. (May 2014 - May 1, 2015).

Chair Elect, Faculty Council. (May 2012 - May 2014).

Secretary, Faculty Council. (May 2011 - May 2014).

## **University Service**

Program Coordinator, Council of Department Chairs. (September 2018 - Present).

## **Professional Service**

Reviewer, Journal Article, The International Journal of Kinesiology in Higher Education (IJKHE).  
(January 2018 - Present).

Editorial Review Board Member, Education Journal, Mobile, Alabama. (January 1, 2017 - Present).

Editorial Review Board Member, Applied Research in Coaching and Athletics Annual, Boston, MA. (September 2013 - Present).

Program Organizer, United States Volleyball Association, Colorado Springs, CO. (December 2009 - Present).

Member, University of South Alabama, Mobile, AL. (November 2008 - Present).

Member, Southern District AAHPERD Physical Education for Children Member at Large, Orlando, FL. (February 2012 - April 2017).

Book Reviewer, Jones and Bartlett Publishers. (November 2015).

Reviewer, Journal Article, Health Education and Behavior Journal, Thousand Oaks, California.  
(November 2014).

Session(s) Presider, Mid-South Educators Research Association, Pensacola, Florida.  
(November 6, 2013 - November 8, 2013).

Chairperson, AASHPERD College Council Chair, Birmingham, AL. (May 2011 - May 2013).

NASPE Sport and Coaching Area Manuscript Reviewer, NASPE. (July 2012).

Reviewer, Book, Cengage Learning. (May 2012).

Task Force Member, Alabama State Games, Mobile, AL. (May 2011 - May 2012).

Program Coordinator, Alabama Department of Education Physical Education Workshop,  
Columbiana, AL. (July 2011).

Program Coordinator, Alabama Department of Education Physical Education Training Inservice,  
Mobile, AL. (June 2011).

Reviewer, Book, McGraw-Hill Higher Education. (May 2010).

## **Public Service**

Member, University of South Alabama Retired Number Committee (Athletics), Mobile, AL.  
(August 2015 - Present).

Workshop Organizer, Christ United Methodist Church, Mobile, AL. (September 9, 2017).

Workshop Organizer, Springhill College Athletic Department, Mobile, AL. (February 8, 2017).

Workshop Organizer, Christ United Methodist Church, Mobile, Alabama. (January 18, 2017 -  
February 1, 2017).

Session Presenter, Christ United Methodist Church, Mobile, AL. (September 24, 2016).

Committee Member, Jaguar Athletic Fund Board Member, Mobile, AL. (August 2008 - May 2016).

Championship Desk Staff Member, Dynamic Events (Volleyball Tournament Hosting Company),  
Biloxi, MS. (February 5, 2016 - February 7, 2016).

Workshop Organizer, Legacy Volleyball Club, Mobile, AL. (December 14, 2015).

Workshop Organizer, UMS Wright Women's Basketball Team, Mobile, AL. (October 30, 2015).

Workshop Organizer, Baker High School Athletics Program, Mobile, AL. (August 31, 2015).

Advisor/Reviewer of a Course Proposal, Mobile County Schools, Mobile, AL. (October 2012 -  
December 2014).

Workshop Organizer, Murphy High School, Mobile, Alabama. (March 2013).

Workshop Organizer, Murphy High School, Mobile, Alabama. (December 2012).

Workshop Assistant, Dauphin Island Elementary School, Dauphin Island, Alabama. (October  
2012).

Workshop Organizer, Murphy High School, Mobile, AL. (January 2012).

Workshop Organizer, Navarre Beach Volleyball Club, Navarre, Florida. (December 2011).

Workshop Organizer, Baker High School Athletic Department, Mobile, AL. (October 2011).

Volunteer, Navarre High School Track and Field Team, Navarre, FL. (March 2009).

Workshop Organizer, Mobile Storm Volleyball Club, Mobile, AL. (February 2009).

## **Other Service**

### **Other**

Director, Legacy Volleyball (Mobile, AL). (November 2014 - May 2015).

Board Member, East Coast Hockey League (Pensacola, FL). (September 2011 - March 2012).