

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
American Heart Association CPR/AED/ Heartsaver First Aid (current)

Teaching Experience

Aug 2022-present	Texas A&M University-Commerce	Commerce, TX
<ul style="list-style-type: none"> Assistant Professor, Department of Health & Human Performance 		
Aug 2016-May 2022	Mesquite ISD (Kimball Elementary)	Mesquite, TX
<ul style="list-style-type: none"> Elementary Physical Education Teacher 		
Nov 2012 to July 2016	The Cooper Institute®	Dallas, TX
<ul style="list-style-type: none"> Youth Education Research Coordinator – NFL PLAY 60/FITNESSGRAM® 		
Aug 2012 to Dec 2012,	Texas Christian University	Fort Worth, TX
<ul style="list-style-type: none"> Adjunct Faculty, Department of Kinesiology 		
August 2008 to Dec 2012	TWU	Denton, TX
<ul style="list-style-type: none"> Aug 2012 to Dec 2012, Adjunct Faculty Department of Kinesiology Jan 2011 to Aug 2011, Graduate Research Assistant, Department of Family Sciences Jan 2009 to Dec 2010, Graduate Assistant Coach, Division II Volleyball <ul style="list-style-type: none"> Developed and implemented the team's strength and conditioning program Aug 2008 to May 2010, Graduate Teaching Assistant, Department of Kinesiology 		
May 2011 to May 2012	Brain Balance Achievement Center	Southlake, TX
<ul style="list-style-type: none"> Program Director: Worked one-on-one with children who have neurodevelopmental disorders to manage adaptive behaviors, including assessment and goal setting. Implemented whole family strategies to promote healthy lifestyle behaviors and other target other functional skills. 		
Aug 2008 to Aug 2011	Denton ISD (multiple campuses).	Denton, TX
<ul style="list-style-type: none"> Adapted Physical Education (supervised intern, 15 hours/wk): Provided APE instruction to children with disabilities, completed assessments to evaluate eligibility of services, developed and implemented IEP goals related to motor skill, fitness development, and weight management. Assisted in the development of a Partner PE program at the middle school level. 		

August 2007 to May 2008 Kidokinetics, Inc. Miami, FL

- Mobile Physical Educator: Provided group-based physical activity and sport skills instruction to children ages 3 to 10 years at Miami-area recreational centers, private and public schools.

December 2006 to May 2008 Shake a Leg Miami, Inc. Miami, FL

- Adapted Physical Activity & Outdoor Educator: Provided physical activity, sports, and kayaking instruction to children of all abilities ages 5 to 21 years old.

TEACHING

TAMUC Courses:

HHPK 1338 Concepts of Physical Activity
HHPK 212 Introduction to Teaching Physical Education
HHPK 302 Adapted Physical Education
HHPK 314 Methods in Elementary Physical Education
HHPK 315 Methods in Secondary Physical Education
HHPK 324 Health & Kinesiology for Children
HHPK 424 Assessment & Technology in Physical Education

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 (TA)
KINS 4811 Inclusion in Physical Education Internship (TA)
KINS 4821 Physical Fitness and Motor Skill Assessment (TA)
KINS 5603 Gross Motor Development (TA)
KINS 5863 Pedagogy in Adapted Physical Education (TA)
KINS 5843 Adapted Physical Activity/Adapted Physical Education National Standards (TA)

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. Advisor: Artur Poczwardowski, PhD

PhD Dissertation

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

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. *TWU2009 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. *TWU2010 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. *TWU2010 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. *TWU2011 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

- 2019-present, Fitnessgram Advisory Board Member (The Cooper Institute)
- 2016- 2022, 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 (Cleveland, OH)
- 2010-2012, Selected for membership in The Honor Society of Phi Kappa Phi, TWU Chapter
- 2010, 2011, & 2012, Selected as Who's Who Among Students in American Universities & Colleges; TWU Graduate School
- 2010, Phi Kappa Phi Scholarship Recipient (\$750 continuing research), TWU Chapter
- 2010 & 2009, TWU Outstanding Doctoral Student of the Year: Adapted Physical Education/Activity
- 2002-2006, NCAA Division II Athlete-Volleyball, ATU. 2006 ATU Female Student Athlete of the Year
- 2005 & 2006, Selected All-Gulf South Conference Student (1st & 2nd team) Athlete

2006, All-Academic Gulf South Conference Student Athlete

GRANT FUNDING (SCHOOL-BASED)

2018, Fuel Up to Play 60 Nutrition & Physical Activity Promotion- \$1,500

2018, Action for Healthy Kids, School Health Promotion- \$2,500

2017, Walmart Community grant- \$750

2017-2019, Healthy Zone School Recognition Program- \$7,000

2016, Fuel Up to Play 60 Nutrition & Physical Activity Promotion- \$1,500

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.

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)