



AMERICAN COLLEGE
of SPORTS MEDICINE
Southeast Chapter



Candidate for Member at Large



Kelly Massey, PhD
Georgia College & State University

I am an Associate Professor in the School of Health and Human Performance at Georgia College & State University, the Director of the Scholars of Health and Human Performance Studies (SHHPS), a founding member of the Georgia College Mentoring Undergraduate Research and Creative Endeavors (MURACE) program and Managing Editor of the *Undergraduate Research* journal. My research agenda includes cardiac rehabilitation, metabolism/energy balance studies, and nutrition interventions as ergogenic aids. I would be honored to have the opportunity to serve on the SEACSM board for 2024 - 2025. I have been an active member of this chapter since 2006. I have thoroughly enjoyed being involved each year and I believe I could contribute greatly to the board at this time.

I am dedicated to growing the chapter through organizational planning and facilitating presentations focusing on student involvement and innovative teaching strategies. I have been extremely fortunate to have Dr. John Quindry as my ACSM mentor. Through him, I have been exposed to many aspects of the ACSM organization and have been able to contribute through: presenting research at conferences, reviewing abstracts, and moderating conference sessions. A highlight has been the opportunity to work with and present a tutorial presentation with Dr. Brian Parr, titled *Developing "Soft Skills" in Exercise Science Education*, at the 2017 SEACSM conference.

In addition, I served nine years on the American College of Sports Medicine (ACSM) Strategic Health Initiative – Women, Sports, & Physical Activity committee, as a member of the ACSM SIG Innovation in Teaching, and as an ACSM Credentialed Evidence Analyst.

Thank you for your consideration.

Kelly P. Massey, PhD
Associate Professor – Exercise Science
Georgia College & State University

Education

Doctor of Philosophy, Sport Science, 2011 Georgia State University, Atlanta GA
Master of Science, Exercise Physiology, 2005 Georgia State University, Atlanta GA
Bachelor of Science, Exercise and Health Science, 1997 Kennesaw State University, Kennesaw GA

Professional Experience

2020 – present Editor-in-Chief / Managing Editor, *Undergraduate Research*
2018 – present Associate Professor – Exercise Science / Director - Scholars of Health and Human Performance Studies (SHHPS) undergraduate research program, *Georgia College & State University*
2018 – 2020 Associate Professor / Clinical Coordinator – Exercise Science, *GCSU*
2010 – 2018 Assistant Professor / Clinical Coordinator – Exercise Science, *GCSU*
2008 – 2010 Instructor, *Georgia Institute of Technology*
2007 – 2010 Instructor, *Kennesaw State University – Continuing Education*

Scholarship

Selected Manuscripts

Butterworth, B., Long, E., Palmer, L., and Van Alstine, C. [**Faculty Mentor: Kelly Massey**] Sleeping Beauty: A Study on the Caffeine's Deleterious Effects on Post-Exercise Recovery. *Undergraduate Research Journal for the Human Sciences* (accepted for 2024)

Clark, William T.; Lawson, Micheal; Garnto, Garrett; Smith, Evan; and **Massey, Kelly** (2023) "Effect of Caffeine in Pattern Memory and Reaction Time Test Among College Students," *International Undergraduate Journal of Health Sciences*: Vol. 3: Iss. 1, Article 2. <https://sword.cit.ie/iujhs/vol3/iss1/2>

Massey, K., Phelts, S., Hunt, K., and Simonavice, E. Effects of Niacin on Blood Lactate Postmaximal Exercise. *Gazzetta Medica Italiana - Archivio per le Scienze Mediche*, 2018; 177(6), 271-6. DOI: [10.23736/S0393-3660.17.03662-2](https://doi.org/10.23736/S0393-3660.17.03662-2)

Massey, K., Miller, K., and Martino, M. A Comparison of Base Running Start Techniques in Collegiate Fastpitch Softball Athletes. *Journal of Human Sport and Exercise*. 2018, 13(1). DOI: [10.14198/jhse.2018.131.04](https://doi.org/10.14198/jhse.2018.131.04)

Sibenallar, B., Martino, M., **Massey, K.**, and Butler, S. The Relationship between Balance and Agility in Collegiate Athletes. *Journal of Sports and Human Performance*. 2017; Vol. 5 (2). DOI: <https://doi.org/10.12922/jshp.v5i2.102>

Hornbuckle, L.M., Amutah-Onukagha, A., Bryan, A., Edwards, E.S., Madzima, T., **Massey, K.**, May, L., and Robinson, L.E. Health Disparities in Women. *Clinical Medicine Insights: Women's Health*. 2017;10. DOI: [10.1177/1179562X17709546](https://doi.org/10.1177/1179562X17709546)

Massey, K. and Loughren, A. Vitamin D: Athletic Performance. *ACSM's Certified E-News*. May, 2017.

Paz, K. and **Massey, K.** Health Disparity among Latina Women: Comparison to Non-Latina Women. *Clinical Medicine Insights: Women's Health* (2016) 71-74. DOI: [10.4137/CMWH.S38488](https://doi.org/10.4137/CMWH.S38488)

Selected Presentations

Massey, K. Fueling Your Body: Learning Opportunities to Incorporate Healthy Eating Habits During the Workday. Invited Speaker – WINSPIRE, Community Bankers Association of Georgia, 2023.

Clark, S., Niswonger, E., Snider, C., Dyer, M., and **Massey, K.** Examining Pain levels in Competition and Performance Female Athletes. *Oral Presentation*, Georgia Undergraduate Research Conference (GURC), Valdosta, GA., Nov 2022.

Dyer, M., Wahus, A., Jones, C., Loobie, J., Park, J., and **Massey, K.** Comparison of Maximal Fat Oxidation Rates Between Exercise Modalities in College-aged Women. SEACSM Annual Meeting, Greenville, SC. (Feb 2022).

Berman, K., Chiang, T., **Massey, K.**, and Sams, D. Undergraduates as Research Partners. CTL program (March 2020).

Chiang, TM., **Massey, K.**, and Sams, D. Conducting Undergraduate Research through Partnership with Community. Faculty-Administrator Network Session at NCUR conference, Kennesaw, GA (April 2019).

Mayeux, L., **Massey, K.**, and Nevins, C. Create, Review, Release: An Opportunity with the MERLOT Health Sciences Community. *Online Learning Consortium (OLC)* Innovate conference, Denver, CO. (April 2019).

Massey, K. and Seffens, P. (Tutorial Presentation Invitation for 2018). Sticking Cardiac Rehab!: Overcoming Obstacles to Increase Participation in Women. American College of Sports Medicine Annual Meeting. Minneapolis, MN, 2018.

Knight, D., Simonavice E., **Massey, K.**, and Hunt K. The Effects of Cancer Related Treatment on Vision and Various Components of Balance. *Poster Presentation*, SEACSM Annual Meeting, Chattanooga, TN. (Feb 2018).

Massey, K. and Parr, B. Developing “Soft Skills” in Exercise Science Education. *Tutorial Presentation*, American College of Sports Medicine Southeast Regional Meeting. Greenville, SC, 2017.

Massey, K., Okereke, V., and Simonavice, E. Cinnamon Supplementation Does Not Increase Fat Oxidation in a Normal Healthy Population. *Thematic Poster Presentation*, American College of Sports Medicine Annual Meeting. Boston, MA, 2016.

Professional Service

ACSM Credentialed Evidence Analyst – American College of Sports Medicine (ACSM) 2018 – present

Committee Member - SHI-Women, Sports, & Physical Activity Committee (ACSM) 2013 – 2022

Committee Member – ACSM SIG Innovation in Teaching Award Committee 2017 – present

Global Undergraduate Awards (UA)
Chair (Nursing, Midwifery, and Allied Healthcare) – 2018 - present

CUR Councilor in Health Science Division – Council on Undergraduate Research (CUR)
Chair – Health Sciences Division – 2016 – 2019/ 2023 -
Councilor/Representative - Health Sciences Division – 2016 – present
Executive Board Representative – 2016 – 2019

Session Moderator –
2017, 2018, 2019 – Southeast Regional American College of Sports Medicine Conference
2018, 2019 – American College of Sports Medicine Annual Conference

Protégé – American College of Sports Medicine Mentoring Protégé Fellowship program
2016 – 2018 (John Quindry, Ph.D. – mentor)

Reviewer –
Scholarship and Practice of Undergraduate Research (SPUR) - 2019 – present
Clinical Medicine Research - 2019 – present
Perceptual and Motor Skills - 2019 – present
Medicine & Science in Sports & Exercise (MSSE) - 2018 - present
American Journal of Men’s Health - 2018 – present