



**AMERICAN COLLEGE
of SPORTS MEDICINE®**
Southeast Chapter



Candidate for Member at Large



Karissa Peyer, PhD

University of Tennessee at Chattanooga

I am excited about the opportunity to serve as an SEACSM board member because, like so many other students and professionals in our field, the American College of Sports Medicine and specifically the regional chapters, have been instrumental in my professional development. I attended my first ACSM meeting shortly after finishing my undergraduate degree in 2004 and have attended both national and regional meetings nearly every year since. Beginning in graduate school, I felt the need to give back and served as the Student Representative to my regional chapter – Midwest, at that time. I believe that the regional chapter and regional meetings provide a priceless opportunity for professional development and networking for students and young professionals and I am passionate about making those experiences as beneficial as possible. Collaboration and knowledge-sharing are crucial in driving innovation and progress in health, exercise science and sports medicine. By serving in the regional chapter, I aim to foster a sense of belonging and community among members, facilitating the exchange of ideas and best practices. Intentional programming at the annual meeting and throughout the year can help our student- and professional members connect and fuel their own passion for the field.

I am also eager to contribute to initiatives that enhance the dissemination of cutting-edge research and pedagogy across the region. As a firm believer in the physical, cognitive, and emotional well-being benefits of physical activity for all people, I would welcome the chance to support SEACSM in efforts to help members spread this message. In a region of the country that sees some of the highest levels of physical inactivity, SEACSM is positioned to be a leader in reversing these trends and improving health.

I look forward to the opportunity to work alongside committed professionals and contribute to the ongoing success of SEACSM.

Karissa L. Peyer, PhD

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EDUCATION

- Ph.D** **Kinesiology (Physical Activity and Health Promotion) May 2016**
Iowa State University, Ames, IA
Dissertation: Longitudinal validity of the FNPA screening tool to predict changes in child weight status
- M.S.** **Kinesiology (Exercise Physiology) May 2010**
Michigan State University, East Lansing, MI
- B.S.** **Exercise and Sport Science, magna cum laude, May 2008**
University of Wisconsin-La Crosse, La Crosse, WI
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PROFESSIONAL EXPERIENCE

- Fall 2022-Present** **Associate Professor of Health and Human Performance** - University of Tennessee at Chattanooga
- 2016-2022** **Assistant Professor** – University of Tennessee at Chattanooga

RECENT PEER-REVIEWED PUBLICATIONS

1. Cruz, E., **Peyer, K.**, Womack, B., & Myers, B. (2023). Kickstart: A mixed methods analysis of a group activity program for persons with serious mental illness. *Sport Social Work Journal*, 4(1), 44-56.
2. **Peyer, K.L.**, Hogg, J.A., Carlson, L.M., & Sa, J. (2023). The relationship between physical activity, stress, and resilience in sexual and gender minority college students. *Journal of American College Health*, 1-11.
3. Hathaway, E.D., **Peyer, K.L.**, & Doyle, K.A. (2023). A first look at perceived stress in southeastern university students during the COVID-19 pandemic. *Journal of American College Health*, 71(2), 329-332.
4. Hogg, J.A., Riehm, C.D., Wilkerson, G.B., Tudini, F. **Peyer, K.L.**, Acocello, S.N., Carlson, L.M., Le, T., Sessions, R., Diekfuss, J.A., & Myer, G.D. (2022). Changes in dual-task cognitive performance elicited by physical exertion vary with motor task. *Frontiers in Sports and Active Living*, 4, 989799.
5. **Peyer, K.L.** & Hamilton, K.C. (2022). Validity of the Garmin Vivofit Jr. to measure physical activity during a youth after-school program. *Journal for the Measurement of Physical Behaviour*, 5(2), 61-68.

BOOK CHAPTERS

Peyer, K.L. (2021). Youth physical activity and considerations for interventions. In Z. Zenko & L. Jones (Eds.), *Essentials of Exercise and Sport Psychology: An Open Access Textbook*. Society for Transparency, Openness, and Replication in Kinesiology.

AL Martin, TV Calise, J Vick, **Peyer, K.L.**, & Heath, G.W. (2019). Evaluating multifaceted public health initiatives aimed to increase physical activity. In Heath, G.W. (Ed), *Physical Activity and Public Health: A Practitioner's Guide* (97-116). Washington, DC: American Public Health Association

RECENT CONFERENCE PRESENTATIONS

1. **Peyer, K.L.**, Hogg, J.A., Carlson, L.M., & Sa, J. (2023, May, Poster). Gender identity and sexual orientation do not impact the benefit of aerobic exercise on stress. American College of Sports Medicine Annual Meeting. Denver, CO.
2. **Peyer, K.L.** (2023, February, Tutorial). Quick Wits: Critical thinking activities. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC.
3. **Peyer, K.L.**, Pierce, B., Davis, S., & Jack, J. (2022, February, Tutorial) Developing a clinical collaboration and after-school exercise program for children with obesity. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC.
4. Doyle, K.A., **Peyer, K.**, Hathaway, E.D. (2022, April, Research Presentation). Stress and resilience during COVID-19. American Counseling Association Conference and Expo. Atlanta, GA.
5. Doyle, K.A., **Peyer, K.**, Hathaway, E.D., & *Turner, H. (2021, October, Educational Session). *Student stress and resilience during COVID-19*. Association of Counselor Education and Supervision Conference. Atlanta, GA.

RECENT GRANT ACTIVITIES – INTERNAL FUNDING

1. 2023 American College of Sports Medicine Annual Meeting (Travel Funding)
Applicant: Peyer, K.L.
Funding Source: University of Tennessee at Chattanooga – Faculty Development Grants
Amount: \$1500.
2. Sport Participation Disparities Among Hamilton County Youth, 2019-2020
PI: Peyer, K.L.
Funding Source: UTC Community Research Initiative Equity Fellows program
Amount: \$11,176.

AWARDS AND HONORS

UC Foundation Assistant Professor (2020)
College of Health, Education and Professional Studies Faculty Service Award (2020-2021)

PROFESSIONAL SERVICE

2023 – Present Committee Member – ACSM Youth Fitness Task Force
2022 – Present Committee Member – Southeast American College of Sports Medicine Quiz Bowl Committee
2022 Mentor – Southeast American College of Sports Medicine Leadership and Diversity Training Program
2021-Present Member – ACSM Exercise is Medicine Pediatric Committee
2018-2022 Session Chair – Southeast American College of Sports Medicine Annual Meeting
2018-2020 Co-Editor in Chief – Journal of Adolescent and Family Health
2017-Present Abstract Reviewer – Southeast American College of Sports Medicine
2015-2016 Student Representative - Exercise is Medicine – On Campus Committee
American College of Sports Medicine
2014-2016 Graduate Student Representative - American College of Sports Medicine, Midwest Region