**Texas State Vita**

**Name: Holly H. Kendall Title: Lecturer**

**EDUCATION**

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| ***Degree***  | ***Year***  | ***University***  | ***Major***  |  ***Research Area***  | ***GPA*** |
| M.S.  | 2020  | Texas State University | Kinesiology, specializationin exercise science |  Sarcopenia |  4.0 |
| B.A.  | 1996  | University of Texas  | Psychology, specializationin biology |  |  3.0 |
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**RELATED UNIVERSITY EXPERIENCE**

|  |  |  |
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| ***Position***  | ***University***  | ***Dates***  |

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| Lecturer for the Department of Health and Human Performance |  Texas State  |  2021-Present |
| Research Development: Resistance Training may Mitigate Age-  Related Decline in Physical Function  |  Texas State  |  2020 |
| Pilot Study: Body Composition and Functional Performance  Differences in Older and Younger Women |  Texas State |  2018 |

**RELATED PROFESSIONAL EXPERIENCE**

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| ***Position*** | ***Entity*** | ***Dates*** |
| Owner and certified personal trainer (Senior Fitness) | Fit with Hope, LLC | 2000-Present |
| Owner and Independent Contractor (Towers of Town Lake) | Training Inside Out | 2005-2020 |

**OTHER PROFESSIONAL CREDENTIALS (licensure, certification)**

**Teaching Online/Live Classroom at Texas State – Hybrid Course**

Completed course as part of the Promoting Activity Learning and Research (PALIR): Phase III Professional Development Program (Active Learning in Large Classrooms). Teaching Online @TxState Hybrid Professional Development Course which meet the SACSCOC requirements for online instruction. (December 2021).

**TEACHING PROFESSIONAL DEVELOPMENT ACTIVITIES ATTENDED**

* TXST Cybersecurity Training (April 2023)
* Tools for an Ethical Workplace (September 2022)
* Preventing Harassment and Discrimination: EEO & Title IX (April 2022)
* Canvas Toolkit: Quizzes, Assignments, & Grading, by IT Assistance Center, via Zoom (Jan 2021)

**GRANTS AND SCHOLARSHIPS**

*Grants (2020)*

* Kendall, Holly H (Principal), Mettler, Joni A (Supporting), Kipp, Lindsay Erin (Supporting). Thesis Research Support Fellowship: Impact of Resistance Training on Muscle Mass and Physical Function in Younger and Older Adults, Texas State Graduate College, Texas State University, $2000. (Submitted: July 20, 2020, Funded: September 1, 2020 - August 31, 2021).
* Kendall, Holly H. (Principal),Mettler, J.A. (supporting), and Kipp, L.E. (supporting). Impact of resistance training on skeletal muscle mass, strength, and physical function in younger and older adults. Texas American College of Sports Medicine. Student Research Development Award to Kendall, H.H. $1,000 (July 2020- July 2021)

*Scholarship (2019-2020)*

* Award/Honor Recipient: Graduate College Scholarship, Texas State University

**SCHOLARLY/CREATIVE**

*Abstracts published:*

* **Kendall, Holly H.;** Shah, Aayushi; Torres, David; Pigg, Quinten; Pandya, Rushali; Kipp, Lindsay E.; Mettler, Joni A. (2022) Impact Of Resistance Training On Skeletal Muscle Mass And Physical Function In Older Adults: 401. *Medicine & Science in Sports & Exercise* 54(9S):p 94, DOI: 10.1249/01.mss.0000876216.74820.b2
* **Kendall, Holly H.;** Torres, David; Pigg, Quinten W.; Kipp, Lindsay E. Ph.D; and Mettler, Joni A. Ph.D (2022) "Resistance Training may Mitigate Age-related Decline in Physical Function," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 14, Article 61.
* Pigg, Quinten W.; **Kendall, Holly**; Torres, David; Kipp, Lindsay E. Ph.D; and Mettler, Joni A. Ph.D (2022) "Resistance Training and Quality of Life Among Younger and Older Adults," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 14, Article 63.

*Manuscript Submitted:*

* **Kendall, H.H.,** Kipp, L.E., Mettler, J.A. Resistance Training may Mitigate Age-related Decline in Physical Function. Submitted to Medicine & Science in Sports and Exercise (December 2023).

 *External award:*

* Masters Poster Finalist: The Texas Chapter of the American College of Sports Medicine (2022).

**EXTRACURRICULAR, COMMUNITY, and INTERESTS**

*Current*

* **Flame Fellowship International: A non-profit organization helping women with goals to develop potential life skills.**
	+ International board member and conference speaker
	+ Golden Flame Award received for Leadership among Women in 2008

* **Discovery: A non-profit organization that guides others into discovering personal life missions.**
	+ Leader, program, fiscal patron

*March 2014*

* **Austin Fitness Magazine**
	+ Featured as the “One-armed Push-Up Girl”.

*January 2008*

* **Senior Advocate: A newspaper for senior citizens**
	+ Writer**:** featured one article titled “Young at Heart”