

SHSU VITA**I. Academic/Professional Background**A. Name: **YVETTE L. FIGUEROA**

Title: Assistant Professor

B. Educational Background

<i>Degree</i>	<i>Year</i>	<i>University</i>	<i>Major</i>
Ph.D.	2019	University of Miami	Exercise Physiology
M.S.	2011	University of Miami	Exercise Physiology – Strength and Conditioning/Fitness Entrepreneurship
B.A.	2010	University of Miami	Exercise Physiology

C. University Experience

<i>Position</i>	<i>University</i>	<i>Dates</i>
Assistant Professor	Sam Houston State University	8/20-present
Visiting Assistant Professor	Sam Houston State University	8/19-5/20
Assistant Professor	Augusta University	8/17-5/19
Adjunct Faculty	Florida International University	1/12-12/14

D. Relevant Professional Experience

<i>Position</i>	<i>Entity</i>	<i>Dates</i>
Assistant Strength Coach	University of Miami	12/16-7/17
Graduate Assistant	University of Miami	8/11-11/16
Assistant Coach	Ransom Everglades School	1/15-4/17

E. Other Professional Credentials (licensure, certification, etc.)

Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association (NSCA)

CPR, AED, & First Aid Certification, American Red Cross

Online Course Design Certification, Sam Houston State University (SHSU) Online

Stop the Bleed Certification, US Department of Defense

II. TEACHING

A. Teaching Honors and Awards:

B. Courses Taught:

(at Sam Houston State University: 2019-present)

KINE 3362 Functional Kinesiology

KINE 3373 Exercise Physiology

KINE 4314 Advanced Strength Training

KINE 4373 Exercise Testing and Prescription
KINE 4377 Advanced Topics in Exercise Physiology

(at Augusta University: 2017-2019)

KNHS 3220 Structural Kinesiology
KNHS 3300 Practicum in Exercise
KNHS 3319 Exercise Physiology
KNHS 4210 Fitness Assessment and Exercise Prescription
KNHS 4240 Strength Training and Conditioning
KNHS 4960 Internship in Kinesiology and Health Science

(at Florida International University: 2012-2014)

PEM 2131 Weight Training

C. Graduate Theses/Dissertations, Honors Theses, or Exit Committees (if supervisor, please indicate):

2020 Sarah Fakjus Honors B.S. *Kinesiology*: “Exploring the variation in resting heart rate with moderate intensity exercise,” (defended April), Supervisor.

2019 Thesis Advisor, Zachary Tabrani M.S. *Kinesiology*: “Effects of complex versus conjugate training methods on upper and lower body power,” (defended April), Supervisor.

2019 Thesis Co-Advisor, Alyse DePaola M.S. *Kinesiology*: “Muscular strength assessments in collegiate baseball and softball as an identifier of injury-prone athletes,” (defended April), Co-supervisor.

D. Courses Prepared and Curriculum Development:

2020 KINE 5388 Advanced Resistance Exercise (Sam Houston State University)

E. Funded External Teaching Grants and Contracts:

F. Submitted, but not Funded, External Teaching Grants and Contracts:

G. Funded Internal Teaching Grants and Contracts:

2019 *Odyssey Travel Grant*, Professional and Academic Center for Excellence (PACE), Sam Houston State University.

H. Submitted, but not Funded, Internal Teaching Grants and Contracts:

I. Other:

III. SCHOLARLY/CREATIVE

A. Works in Print (including works accepted, forthcoming, in press)

1. Books (if not refereed, please indicate)

a. Scholarly Monographs:

b. Textbooks:

c. Edited Books:

d. Chapters in Books:

e. Creative Books:

2. Articles

a. Refereed Journal Articles:

b. Non-refereed Articles:

3. Conference Proceedings

a. Refereed Conference Proceedings:

b. Non-refereed:

4. Abstracts:

2019 Figueroa, Y. L., *Nutrition and the female athlete: macronutrient consumption and body composition changes among collegiate volleyball players*, Poster presentation at the American College of Sports Medicine 2019 Annual Meeting, Orlando, Florida, (June).

2018 Figueroa, Y. L., *The relationship between macronutrient consumption and an off-season training program in female athletes*, Poster presentation at the American College of Sports Medicine 2018 Annual Meeting, Minneapolis, Minnesota, (June).

2017 Figueroa, Y. L., *The relationship between calorie and macronutrient intakes and strength and power across a training cycle in collegiate volleyball players*, McKnight Fellows Mid-Year Meeting, Tampa, Florida, (February).

2015 Figueroa, Y. L., *Mechanical Load Distribution in Lumbar Spine during Lifts Associated with CrossFit Workouts*, Poster presentation at the American College of Sports Medicine 2015 Annual Meeting, San Diego, California, (May).

2013 Figueroa, Y. L., *Differences in Muscle Utilization during the Hang Clean with and without Lifting Straps*, Poster presentation at the American College of Sports Medicine 2013 Annual Meeting, Indianapolis, Indiana, (May).

5. Reports:

6. Book Reviews:

7. Other Works in Print:

B. Works not in Print

1. Papers Presented at Professional Meetings:

2. Creative works

4. Invited Talks, Lectures, and Presentations:

2019 Figueroa, Y.L., *Warm-ups for Athletic Performance*, Rugby Research and Injury Prevention Group (RRIPG), Hospital for Special Surgery - Summer Lectures Series. New York, New York, (June).

2019 Figueroa, Y. L., *The impact of macronutrient and caloric consumption on strength and power across an off-season resistance training program in collegiate volleyball players*, McKnight Mid-Year Research & Writing Conference, Florida Education Fund, Tampa, FL, (February).

2019 Figueroa, Y.L. *Cardiovascular & Muscular Adaptations*, Lifespan Motor Development, Department of Kinesiology, Sam Houston State University, Huntsville, Texas, (October).

2019 Panel Speaker, *Kinesiology Research Day*, Department of Kinesiology, Augusta University, (March).

2019 Figueroa, Y. L., *Strength & Conditioning: A Look at Career Options*, Introduction to Kinesiology, Kinesiology Department, Augusta University, Augusta, Georgia, (March).

2019 Figueroa, Y. L., *Strength & Conditioning: A Look at Career Options*, Introduction to Kinesiology, Kinesiology Department, Augusta University, Augusta, Georgia, (February).

2018 Figueroa, Y. L., *Strength & Conditioning: A Look at Career Options*, Introduction to Kinesiology, Kinesiology Department, Augusta University, Augusta, GA, (November).

2018 Figueroa, Y. L., *Strength & Conditioning: A Look at Career Options*, Introduction to Kinesiology, Kinesiology Department, Augusta University, Augusta, Georgia, (September).

2014 Figueroa Y. L., *Internships in Strength and Conditioning*, National Strength and Conditioning Association South Florida State Clinic, Barry University, Miami Shores, Florida, (September).

5. Consultancies:

2017- Strength and Conditioning Consultant, Augusta University Athletics
2019

2016 National Council on Strength and Fitness Strength Coach Job Analysis: Test Specification Task Force. *Alan, Ozgur, Biagioli, Brian, Figueroa, Yvette, Klich, Andrew, Monaco, Jeff, Pineda, Rodolfo, Strong, John, Watson, Lafayette Trey, Wermus, Steven, White, Ashley. NCSF Task Force (3), Published Online.*

6. Workshops:

2015- “Certified Strength and Conditioning Specialist Exam Prep,” National Strength &
2019 Conditioning Association, various locations.

2012- “Certified Personal Trainer Course,” National Council on Strength and Fitness,
2016 various locations.

7.5. Other Works not in Print:

- a. Works “submitted” or “under review”
- b. Works “ in progress”

C. Grants and Contracts

1. Funded External Grants and Contracts:

2. Submitted, but not Funded, External Grants and Contracts:

3. Funded Internal Grants and Contracts:

2018 “The effects of exogenous ketone supplementation or a ketogenic diet in individuals with PTSD (G),” (Angelia M. Holland, PI and Yvette L. Figueroa, CO-PI), *Scholarly Activity Award*, March, \$1,000. **AU**

4. Submitted, but not Funded, Internal Grants and Contracts:

D. Fellowships, Awards, Honors:

2017 Bouchet Graduate Honor Society. Yale University, New Haven, CT (April).

2016 McKnight Dissertation Fellowship Award. Florida Education Fund, Tampa, FL (July).

2015 School of Education and Human Development Conference Travel Award. University of Miami, Coral Gables, FL (March).

2013 School of Education and Human Development Conference Travel Award. University of Miami, Coral Gables, FL (March).

2008 The Coverall Foundation Scholarship Program. Tampa, FL (August).

IV. SERVICE

A. Institutional

1. University:

First Generation Champions Committee, (2019 – present)

(at previous institutions)

University of Miami

Graduate Student Senate, Department of Kinesiology and Sport Sciences Senator, (2016-2017)

2. College:

Interprofessional Education (IPE) Committee, (2019 – present)

3. Department/School:

Graduate Fair Recruitment, (2019 – present)

Graduate Curriculum Committee, (2019 – present)

Undergraduate Curriculum Committee, (2019 – present)

Peer Evaluation of Teaching Committee, (2019-2020)

(at previous institutions)

Augusta University

Wellness Fair Recruitment, (2019)

Huffines Discussion, (2017-2018)

Kinesiology Club, Faculty Advisor, (2017-2019)

Kinesiology Research Day Committee, (2017-2019)

High School Sports Medicine Groups, Faculty Mentor, (2017-2018)

Undergraduate Preview Day, (2017)

Major Fest, (2017)

B. Professional:

Western Society for Kinesiology and Wellness, Reviewer, Journal of Kinesiology and Wellness, (2019 – present)

American College of Sports Medicine Committee, Strength and Conditioning Special Interest Group, (2019 – present)

American College of Sports Medicine Committee, Nutrition Special Interest Group, (2019 – present)

International Teaching Learning Cooperative, Lilly Conference – San Diego, Reviewer, (2019)

National Strength and Conditioning Association, Georgia State Director, (2018-2019)

National Strength and Conditioning Association, Georgia State Advisory Board, (2017-2018)

Editorial Review Panel, NSCA Coach, (2014 – present)

National Strength and Conditioning Association, Florida State Advisory Board, (2013-2017)

C. Community:

D. Service Honors and Awards:

E. Service Grants and Contracts

1. Funded External Service Grants and Contracts:

2. Submitted, but not Funded, External Service Grants and Contracts:

3. Funded Internal Service Grants and Contracts:

4. Submitted, but not Funded, Internal Service Grants and Contracts: