



Haley Roberts

Thesis Defense
College of Health Sciences
M.S., Kinesiology – Sport and
Human Performance

**The Effect of Breakfast on a Resistance
Training Session in Female Collegiate
Athletes**

This project had two aims: 1) to determine if consuming breakfast prior to a routine resistance training session impacted female collegiate athletes physiologically and subjectively; and 2) to determine if consuming breakfast affected other behaviors and wellness for the remainder of the day.

Event Information

October 20th 2023
2:00pm – 4:00pm
Via Zoom

Committee Members

Dr. Yvette Figueroa
Dr. Jennifer Bunn
Dr. Patrick Davis



Sam Houston State University

PUBLIC DEFENSE ANNOUNCEMENT