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