

Holly E. Clarke

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Education

INSTITUTION AND LOCATION	DEGREE (if applicable)	COMPLETION DATE (MM/YYYY)	FIELD OF STUDY
Auburn University at Montgomery	B.S.	05/2015	Exercise Science – Kinesiology
Auburn University at Montgomery	M.S.	05/2017	Exercise Science – Kinesiology

Prior Teaching & Research Experience

POSITION HELD	START DATE (mm/yyyy)	END DATE (mm/yyyy)	FIELD	INSTITUTION	SUPERVISOR
Internship	01/2015	05/2015	Kinesiology	Auburn University at Montgomery	Dr. Hank Williford
Graduate Teaching Assistant	08/2015	05/2017	Kinesiology	Auburn University at Montgomery	Dr. George Schaefer
Graduate Research Assistant	08/2015	05/2017	Kinesiology	Auburn University at Montgomery	Dr. Hank Williford & Dr. Matt Schubert

Other Relevant Positions Held

POSITION HELD	START DATE (mm/yyyy)	END DATE (mm/yyyy)	INSTITUTION	SUPERVISOR
Assistant Women's Soccer Coach	08/2014	05/2016	Auburn University at Montgomery	Jessie Rosa (Ass. AD)

Academic & Professional Honors

Fall 2011 – Spring 2015	Dean's List for the School of Education
Fall 2011 – Spring 2015	Provost's Honor Roll
2012	Capitol One Academic All American Team
2012/2013 and 2013/2014	Women's Scholar Athlete Award
2011 – 2014	Sothern States Athletic Conference All-Academic Team
2011 – 2014	Daktronics NAIA Women's Soccer Scholar Athlete Award
Spring 2015	Auburn University at Montgomery Chancellor's Scholar Award for the School of Education
Spring 2015	Graduated Summa Cum Laude (Undergraduate GPA 4.0)
Member	Omicron Delta Kappa Honor's Society
Member	Phi Kappa Phi Honor's Society
Member	Delta Kappa Pi Honor's Society

Certifications & Professional Memberships

American College of Sports Medicine – Student & Southeast Chapter Member
ACSM Certified Exercise Physiologist
National Strength and Conditioning Association – Student Member
NSCA Certified Strength and Conditioning Specialist
American Heart Association
AHA Basic Life Support (CPR and AED)

Courses Taught

Fall 2016	Physiology of Exercise Laboratory Instruction
Fall 2015 – Spring 2017	PHED - Aerobics
Spring 2017	Undergraduate Exercise Prescription

Publications

SPRINT AND HIGH-INTENSITY INTERVAL TRAINING AND THEIR INFLUENCE ON RESTING METABOLIC RATE AND SUBSTRATE OXIDATION

M.M Schubert, H.E. Clarke, R.F. Seay, & K.K. Spain (In preparation for submission to *Physiological Reports*)

COFFEE, CAFFEINE, AND APPETITE CONTROL: A REVIEW

M.M. Schubert, C. Irwin, R.F. Seay, H.E. Clarke, D. Allegro, & B. Desbrow (In preparation for submission to *Appetite*)

In Preparation

HYDRATION KNOWLEDGE AND HABITUAL PRACTICES OF FEMALE COLLEGIATE ATHLETES IN TRAINING AND COMPETITION

H.E. Clarke, R.F. Seay, J.K. Taylor, & M.M. Schubert (In preparation for submission to the *International Journal of Sport Nutrition and Exercise Metabolism*)

Presentations & Abstracts

SPRINT AND HIGH-INTENSITY INTERVAL TRAINING AND THEIR INFLUENCE ON RESTING METABOLIC RATE AND SUBSTRATE OXIDATION

R.F. Seay, **H.E. Clarke**, K.K. Spain, and M.M. Schubert (Southeast Chapter of the American College of Sports Medicine Annual Meeting)

RELIABILITY OF RESTING ENERGY EXPENDITURE AND SUBSTRATE OXIDATION IN YOUNG ADULTS

H.E. Clarke, R.F. Seay, and M.M. Schubert (Southeast Chapter of the American College of Sports Medicine Annual Meeting)

THE ENERGY COST OF METABOLIC TRAINING – A PILOT STUDY

H.E. Clarke and M.S. Olson (Poster Presentation 2016 ASASPERD Conference – Birmingham, AL)

Research Involvement and Interests

With a strong passion for the field of exercise physiology as a whole, I enjoy participating and gaining experience in a wide variety of scopes and topics. From body compositional aspects to metabolic adjustments to specific training programs, I enjoy indulging in all areas. In saying this however, after

investing years into playing and coaching women's soccer and experiencing sports at a college level I find myself very interested in the well-being and performance of athletes. Topics such as habitual hydration as it relates to preparation and recovery in sports call to me not only as an exercise professional but also as a prior student athlete.

Skills

- All Microsoft Office formats (Word, Excel, PowerPoint, Outlook, Publisher)
- Body composition assessment (BodPod, Underwater Weighing, DEXA, Skinfolds)
- Metabolic assessments (Parvomedics TrueONE 2400 Metabolic Cart – VO₂max testing, resting metabolic rate with ventilated hood; Cosmed K4b2 portable metabolic system)
- Exercise testing and training with cycle ergometers (Monark and Velotron)
- Blood lactate testing (treadmill and cycling protocols using Lactate Scout)
- Exercise prescription (individual plans and have worked with athletics teams)
- Basic biospecimen collection, handling, and analysis
- Surface EMG (BioPac) placement, testing, and analysis
- Billing and accounts payable
- Physical fitness performance testing each semester on undergraduate students (variable, 25-50 per semester)