Hannah E. Nelson
Oxford, MS
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EDUCATION

University of Mississippi
Ph.D. in Health and Kinesiology (Anticipated) 2023

Liberty University
M.S. in Exercise Science 2019
Thesis: Comparison of peak aerobic capacity between the treadmill and a skiing ergometer
Committee Members: Dr. Andy Bosak

Liberty University
B.S. in Exercise Science 2017

ACADEMIC AND PROFESSIONAL EXPERIENCE

Graduate Research Assistant, University of Mississippi 2019-present
Department of Health, Exercise Science, and Recreation Management
Advisor/Mentor: Dr. Thomas Andre
• Exercise, Performance, and Nutrition Lab graduate assistant
• Graduate teaching assistant

Graduate Research Assistant, Liberty University 2017-2019
Department of Allied Health Professions
Advisor/Mentor: Dr. Andy Bosak
• Human Performance Lab graduate assistant
• Department research assistant

Adjunct Instructor, Central Virginia Community College 2019
Physical Education

Health Fitness Assistant, Health Fitness Corporation 2017-2019
Personal trainer
Group fitness instructor

TEACHER OF RECORD
University of Mississippi

Exercise Leadership (ES 402)
2021 Spring – 57 Students 4.41/5.00
2020 Fall – 50 Students 4.42/5.00
Allied Health Terminology (ES 396)
2021 Spring – 71 Students 4.36/5.00
2021 Winter – 24 Students 4.62/5.00
2020 Fall – 54 Students 4.64/5.00
2020 Spring – 51 Students 4.58/5.00

Structural Kinesiology (ES 346)
2021 Summer – 19 students
2020 Summer – 17 Students 4.67/5.00

Walking (EL 155)
2020 Spring – 22 Students 4.59/5.00

Introduction to Exercise Science (ES 100)
2020 Winter – 19 Students 4.12/5.00

Kinesiology Lab (ES 347)
2019 Fall – 50 Students 4.62/5.00

Central Virginia Community College

Exercise and Nutrition, I (PED 107)
Spring 2019 – 15 students

PUBLICATIONS

1. **Nelson, H.**, Valladão, S., Schwarz, N., Valliant, M., & Andre, TL. (2021). Effect of Pre-sleep Casein and Tryptophan Supplementation on Energy Expenditure Before, During, and After Exercise in Active Females. *Journal of Exercise and Nutrition, 4*(1), 1-9.

2. Rhoden, G., **Nelson, H.**, Valladão, S., & Andre, TL. (2021). Blood glucose levels in response to 1 hour of esports training: A pilot study. *International Journal of Esports, 1*(1), 1-14.

3. **Nelson, H.**, Bosak, A., Lowell, R., McDermott, M., Blackley, A., De Moors, M., Ziebell, B., & Arter, S. Comparison of Peak Aerobic Capacity Between the Treadmill and a Skiing Ergometer. (Manuscript in revisions)

EXTERNAL FUNDING

1. **Nelson H.,** Valladão S., Andre TL. The Effect of Whole-Body Aerobic Resistance Training ‘Exercise Snacks’ on Health and Fitness in Sedentary Females. National Strength and Conditioning Association (NSCA) Doctoral Student Grant. **Amount Requested: $8,563** (not funded)
2. Valladão S., Nelson H., Andre TL. Effects of low-impact treadmills on time-trial running performance, economy and kinetics, physiological and perceptual markers, and perceived enjoyment. National Strength and Conditioning Association (NSCA) Doctoral Student Grant. **Amount Requested: $11,180** (not funded)

3. Nelson, H., Andre, TL. The Effect of Intermittent Stair Climbing "Exercise Snacks" on Health and Fitness Parameters in Sedentary Women. American College of Sports Medicine (ACSM) Foundation Doctoral Student Research Grant. **Amount Requested: $4,900** (not funded)

**INTERNAL FUNDING**

1. Nelson, H. Lumen Circles Faculty Learning Community, Belonging & Inclusive Teaching Fundamentals. **Amount: $2,000 (FUNDED)**

2. Nelson, H., Valladão, S., Phillips, J., Andre, TL. The use of heart rate monitoring for determination of adherence to high intensity, low volume exercise in sedentary female college students. Graduate Student Council (GSC) Research Grant. **Amount Requested: $1,000 (FUNDED)**

3. Valladão, S., Nelson, H., Andre, T. Introduction to Exercise Science. Faculty Approaches to Critical Thinking (FACT) Institute Grant. **Amount Requested: $12,000 (FUNDED)**

**INVITED GUEST SPEAKING**

1. Valladão, S. Andre, TL, Nelson, H. *Health and Wellness in Esports*. Mississippi Association for Health, Physical Education, Recreation and Dance (MAPHERD) Virtual Convention (February 2021).

2. R. Lowell, H. Nelson, M. Phillips, B. Ziebell, & A. Bosak. *Graduate Students’ and a Program Director’s Perspective on Achieving Academic and Professional Goals*. Tutorial presentation at Southeast American College of Sports Medicine Regional Conference (Greenville, SC: February 2019).

**PRESENTATIONS**

1. Nelson, H., Valladão, S., Milenkovic, A., Andre, T. *Use of Interval Aim Training Platform to Monitor Fatigue During a 3-Hour Gaming Session*. Presentation at the Esports Research Network Conference (December 2021).

2. Bosak, A., Shanahan, M., Ziebell, B., de Moors, M., Nelson, H., Blackley, A., Lowell, R., Frech, A. *Analyzing the impact of active vs passive recovery on broad jump performance in
collegiate males. Poster presentation at the National Strength and Conditioning Association Conference (July 2021).

3. Valladão, S., Nelson, H., Hill, C., Andre, TL. Impact Of Tdcs On Esports Performance. Poster presentation at the National American College of Sports Medicine Conference (June 2021).

4. Nelson, H., Valladão, S., Sanders, RT, Harnish, R., Milenkovic, A., Andre, TL. Effects of Esport Specific Supplementation On Esport Performance And Physiological Measurements. Poster presentation at the National American College of Sports Medicine Conference (May 2020).

5. Valladão, S., Andre, TL, Sanders, RT, Nelson, H., Schwarz, N., Valliant, M., Hogg, J. Impact of Casein Protein Containing L-Tryptophan and Melatonin on Sleep Quality and Energy Expenditure. Poster presentation at the National American College of Sports Medicine Conference (May 2020).

6. H. Nelson, A. Bosak, R. Lowell, M. Shanahan, B. Ziebell, M. de Moors, A. Blackley, A. Lau, A. Frech, A. McCarty. Assessing the Relationship Between Enjoyment Level and Metabolic Responses During Skiing Ergometer Activity. Poster Presentation at the National Strength and Conditioning Association’s National Conference (Washington, DC: July 2019)

7. H. Nelson, A. Bosak, M. Phillips, R. Lowell, B. Ziebell, M. De Moors, A. Blackley, A. Lau, A. Frech, & A. McCarty. Comparison of Maximal Aerobic Capacity Between the Treadmill and Concept2 SkiErg. Free Communication/Poster presentation at Southeast and National ACSM Conference (Greenville, SC: February 2019, Orlando, FL: May 2019)

8. R. Lowell, J. Roper, A. McCarthy, H. Nelson, M. Phillips, A. Frech, A. Blackley, M. de Moors, P. Sullivan, B. Ziebell, J. Hornsby, J. Simpson, D. Titcomb, A. Bosak. The Effects of Ankle Taping on Double Leg Balance after Plyometric Exercises. Free Communication/Poster presentation at Southeast and National ACSM Conference (Greenville, SC: February 2019, Orlando, FL: May 2019)

9. B. Ziebell, J. Feister, A. Bosak, R. Lowell, M. Phillips, H. Nelson, and R. Sanders. The Relationship between BMI, Lean Mass, and Body Fat Percentage with Balance in Collegiate Archers. Free Communication/Poster presentation at Southeast and National ACSM Conference (Greenville, SC: February 2019, Orlando, FL: May 2019)

10. M. Phillips, B. Ziebell, M. de Moors, A. Frech, H. Nelson, R. Lowell, A. Blackley, & A. Bosak. Assessing the Impact of Passive Vs. Active Recovery on Broad Jump Performance in Collegiate Females. Free Communication/Poster presentation at National American College of Sports Medicine Regional Conference (Orlando, FL: May 2019).

11. B. Ziebell, J. Feister, A. Bosak, R. Lowell, M. Phillips, H. Nelson, and R. Sanders. An Evaluation of the Impact of Flexibility on Balance in Archery Athletes. Poster presentation at Midwest American College of Sports Medicine Regional Conference (Grand Rapids, MI: November, 2018).

12. Bosak, M. Phillips, R. Sanders, J. Feister, H. Nelson, R. Lowell, and B. Ziebell. Evaluating the impact of lean mass and body fat percentage on broad jump performance. Poster
13. Houck, J., Bosak, A., A. Smith, M. Sokoloski, J. Kelly, R. Sanders, and H. Nelson. *Physiological profile of recreational ultramarathon runners.* Poster Presentation at the National Strength and Conditioning Association’s National Conference (Indianapolis, IN: July, 2018).

14. H. Nelson, A. Bosak, R. Lowell, B. Ziebell, R. Sanders, J. Feister, M. Phillips. *An Assessment of a 15 vs. 30 Second Recovery Period on Vertical Jump Performance.* Poster Presentation at Southeast, Mid-Atlantic, and National ACSM Conference (Harrisburg, PA: November, 2017; Chattanooga, TN: February, 2018; Minneapolis, MN: May, 2018).

15. Philips, M., Sanders, R., Feister, J., Bosak, A., Nelson, H., Lowell, R., and Ziebell, B. *Assessing the Impact of a Governed Focal Point on Broad Jump Performance in Collegiate Females.* Poster Presentation at Southeast, Mid-Atlantic, and National ACSM Conference (Harrisburg, PA: November, 2017; Chattanooga, TN: February, 2018; Minneapolis, MN: May, 2018).

16. Sanders, R., Bosak, A., Sokoloski, M., Nelson, H., Kelly, J., and Feister, J. *Assessing the Impact of Body Fat Percentage and Lean Mass on Wingate Performance.* Poster Presentation at Southeast, Mid-Atlantic, and National ACSM Conference (Harrisburg, PA: November, 2017; Chattanooga, TN: February, 2018; Minneapolis, MN: May, 2018).

17. Feister, J., Sanders, R., Carver, C., Nelson, H., Kelly, J., and Bosak, A. *Evaluating the Potential Impact of Fatigue on Ultimate Frisbee Players During Tournament Play.* Poster Presentation at Southeast, Mid-Atlantic, and National ACSM Conference (Harrisburg, PA: November, 2017; Chattanooga, TN: February, 2018; Minneapolis, MN: May, 2018).

18. Bosak A., Peveler, W., Houck, J., Sokoloski, M., Nelson, H., Kelly, J., Smith, A., and Sanders, R. *Evaluating the Effects of Two-Minutes Active Recovery on a “Booster” VO2max Test Using Ultramarathon Runners.* Thematic Poster Presentation at the National American College of Sports Medicine Annual Conference (Minneapolis, MN: May, 2018)

19. Sanders, R., Bosak, A., Sokoloski, M., Nelson, H., Kelly, J., and Feister, J. *Assessing the Impact of Body Fat Percentage and Lean Mass on Wingate Performance.* Verbal Presentation at the Liberty University Graduate Research Lunch Seminar Series (Lynchburg, VA: April, 2018).

20. Philips, M., Sanders, R., Feister, J., Bosak, A., Nelson, H., Lowell, R., and Ziebell, B. *Assessing the Impact of a Governed Focal Point on Broad Jump Performance in Collegiate Females.* Verbal Presentation at the Liberty University Graduate Research Lunch Seminar Series (Lynchburg, VA: April, 2018).

21. Nelson, H., Bosak, A., Lowell, R., Ziebell, B., Sanders, R., Feister, J., and Philips, M. *An Assessment of 15 vs. 30 Second Recovery Period on Vertical Jump Performance.* Verbal Presentation at the Liberty University Graduate Research Lunch Seminar Series (Lynchburg, VA: April, 2018).
22. Feister, J., Sanders, R., Carver, C., **Nelson, H.**, Kelly, J., and Bosak, A. *Evaluating the Potential Impact of Fatigue on Ultimate Frisbee Players During Tournament Play.* Verbal Presentation at the Liberty University Graduate Research Lunch Seminar Series (Lynchburg, VA: April, 2018).

23. Bosak, A., Sanders, R., **Nelson, H.**, Feister, J., and Sokoloski, M. *An Evaluation of Different Passive Recovery Periods on Vertical Jump Performance in Collegiate Females.* Poster Presentation at the Southeast American College of Sports Medicine Regional Conference (Chattanooga, TN: February, 2018).

24. A. Bosak, W. Peveler, J. Houck, M. Sokoloski, **H. Nelson, J. Kelly, A. Smith, R. Sanders.** *Evaluating the Effects of Two-Minutes Active Recovery on a “Booster” VO₂max Test Using Ultramarathon Runners.* Oral free communication at Mid-Atlantic American College of Sports Medicine Regional Conference (Harrisburg, PA: November, 2017).

25. ML Sokoloski, AM Bosak, CB Carver, RT Sanders, J Kelly, T Bohon, **HE Nelson.** *Effects of Lab Technician Administered vs. Subject Administered Resistance on Wingate Performance.* Presentation at the LU Student Research Conference (Lynchburg, VA: April, 2017).

**ONGOING RESEARCH**

1. Andre TL, Hill C, Valladão S, Sanders RT, **Nelson H.** Impact of 2-weeks of Esport Training with HaloSport on Esports Performance. (Manuscript preparation)

2. Andre TL, Valladão S, **Nelson H**, Sanders RT. Impact of Eadvantage Caffeine Supplement on Esport Performance, Visual, and Cognitive Fatigue. (Manuscript preparation)

3. Andre, TL, **Nelson, H.**, Valladao, S. Gunnar Optiks Gaming Glasses for Esports. (Data collection)

**RESEARCH SKILLS**

Maximal oxygen uptake  
Submaximal testing  
Vertical/broad jump  
Body composition (DEXA, BodPod, Skinfold)  
Functional movement screening

**PROFESSIONAL DEVELOPMENT AND SERVICE**

Reviewer - International Journal of Exercise Science (IJES), 2017 – Present  
Reviewer – Journal of Physical Activity and Health (JPAH), 2020 – Present  
Graduate Exercise Science Representative – Ole Miss Admitted Students Day, 2020  
Student Exercise Science Representative – Ole Miss Junior Preview Day, 2019  
Practicum Leader – ACSM EP-C Certification Workshop, 2017-2019

**PROFESSIONAL MEMBERSHIPS**
American College of Sports Medicine (ACSM) grad student member, 2018–present
Southeast American College of Sports Medicine (SEACSM), 2017–present
National Strength and Conditioning Association student member (NSCA), 2017–present
Mid Atlantic American College of Sports Medicine (ACSM), 2017

CERTIFICATIONS

Certified Strength and Conditioning Specialist (CSCS), NSCA, August 2017–present
Certified Exercise Physiologist (EP-C), ACSM, November 2016–present
Level 1 Certification, Functional Movement System (FMS), June 2017–present
CPR/AED/First Aid Certified, American Heart Association, April 2018–present
MORR Performance Certification, MORR Training System, May 2019–present
CITI Training “Human Subjects Research”, August 2017–present

VOLUNTEER AND FUNDRAISING ACTIVITIES

Campus Resident Life Walking League, 2020 – present
Firefighter Cadet training, March 2017 – June 2018
Assistant Soccer Coach, YMCA of Central Virginia, 2017-2018
Back2School backpack event 5K, 2016

AWARDS AND HONORS

Liberty University Most Outstanding Residential Graduate Exercise Science student (2019)
Liberty University School of Health Sciences Exceptional Student Award (2019)
Liberty University Dean’s List (2014 - 2017)