

**Shelley L. Holden**  
University of South Alabama  
Health, Kinesiology and Sport  
(251)-460-1611  
Email: sholden@southalabama.edu

## **Education**

Ed.D., University of West Florida, 2006.  
Major: Curriculum and Instruction  
Supporting Areas of Emphasis: Teacher Education  
Dissertation Title: Burnout: An Evaluation of High School Coaches in Florida

M.Ed., University of South Alabama, 1996.  
Major: Physical Education (K-12)

BS, University of South Alabama, 1995.  
Major: Physical Education (K-12)

## **Licensures and Certifications**

Precision Nutrition - Level 1, Precision Nutrition. (October 2018 - Present).

Fitness Nutrition Specialist (FNS) Certification, National Academy of Sports Medicine. (August 18, 2018 - Present).

Council For Accreditation of Educator Preparation (CAEP) Lead Site Reviewer, CAEP. (July 2018 - Present).

Council For Accreditation of Educator Preparation (CAEP) Site Reviewer, CAEP. (July 2016 - Present).

Coaching Accreditation Program- Beach Volleyball Level I, United States Volleyball Association. (March 2015 - Present).

USA Volleyball Impact Instructor Certified, USA Volleyball. (October 2014 - Present).

USOC Safe Sport Training, USOC. (September 2014 - Present).

Coaching Accreditation Program Level III, United States Volleyball Association. (May 28, 2014 - Present).

United States Volleyball Association Coaching Accreditation Program Level II Certification, USA Volleyball. (December 2010 -



Supervised Research, "Prevalence of Eating Disorders in College Females," Health, Kinesiology and Sport. (April 2017).  
Advised: Ashley Smith

Supervised Research, "Computer/Social Media Use and Its Relationship with Health-Related Quality of Life Among Older Adults," Health, Kinesiology and Sport. (April 2017).  
Advised: Eric McClure

Undergraduate Honors Thesis, "Factors That Influence Collegiate Student-Athletes to Transfer, Consider Transferring, or Not Transfer.," Health, Kinesiology and Sport. (July 2015 - June 2016).  
Advised: Jared Richards

Undergraduate Thesis Committee Member, "Determining Different Sources of Motivation to Exercise Regularly Among Traditional Age Male and Female College Students," Health, Kinesiology and Sport. (January 2015 - October 2015).  
Advised: Aysha Razavi

Supervised Research, "Eating Disorders and the Use and Understanding of Nutrition Labels Among the Adult Female Population," Health, Kinesiology and Sport. (April 2015).  
Advised: Katy Smith

Supervised Research, "Nutrition Knowledge of College Coaches," Health, Kinesiology and Sport. (January 2014 - January 2015).  
Advised: Aline Botsis

Supervised Research, "Nutritional Knowledge and Dietary Practices of College Coaches," Health, Kinesiology and Sport. (April 2012).  
Advised: Allie Barker

Supervised Research, "Nutritional Label Use Among College Students," Health, Kinesiology and Sport. (April 2012).

Top Prof, Mortar Board, University of South Alabama. (November 17, 2014).

Early Career Award for Excellence in Teaching, College of Education. (April 28, 2011).

## Refereed Journal Articles

Holden, S. L., Forester, B. E., Williford, H. N., Reilly, E. (2019). Sport Locus of Control and Perceived Stress among College Student-Athletes. *International Journal of Environmental Research and Public Health: Interaction of Exercise and Cognitive Function*, 16(2823), 1-7. <https://www.mdpi.com/1660-4601/16/16/2823>

Holden, S. L., Schwarz, N. A., Hudson, G. (in press). Sports Nutrition Knowledge of Athletic Trainers. *Journal of Exercise and Nutrition*.

Blahnik, Z., Holden, S. L., Schwarz, N. A. (2019). Relationship between Select Dietary Habits, Academic Achievement, Body Mass Index, Living Arrangements, and Perceived Body Image among Collegiate Female Track and Field Athletes. *ASAHPERD Journal*, 39(1), 23-37. <https://www.asahperd.org/assets/ASAHPERD%20Journal%20Spring-Summer%202019.pdf>

Schwarz, N. A., Blahnik,

sar.1( H)ue4u4shlatn-C2.9(w),our lla .aps

B

H

7.1(.)2.8(2)-12 L.ing

- Smith, K., Holden, S. L., Chatfield, S. L. (2016). Exploring the Relationship Between Use of Nutrition Label Information and Risk for Eating Disorders Among Females in Alabama. *Alabama State Association Journal*, 36(2), 8-12.
- Richards, J. K., Holden, S. L., Pugh, S. F. (2016). Factors That Influence Collegiate Student-Athletes to Transfer, Consider Transferring, or Not Transfer. *The Sport Journal*, 1-7. <http://thesportjournal.org/>
- Mitchell, B. A., Holden, S. L., Forester, B. E., Gurchiek, L. R., Heitman, R. J. (2016). Nutritional education intervention and the effects on nutritional knowledge of male college athletes. *Applied Research in Coaching and Athletics Annual*, 31(2016), 207-223.
- Norrell, P. M., Holden, S. L. (2016). The Power of Teamwork: From Classroom Interaction to Real World Application. *National Social Science Journal*, 47(1), 22-29. [nssa.us](http://nssa.us)
- Holden, S. L., Keshock, C. M., Forester, B. E., Pugh, S. F., Heitman, R. J. (2016). Burnout and years of sports competition: Is there a correlation? *International Journal of Sports Science*, 6(1A), 8-11. <http://www.sapub.org/journal/currentissue.aspx?journalid=1113>
- Holden, S. L., Phelps, B. E., Baghurst, T. M., Keshock, C. M., Pugh, S. F., Heitman, R. J. (2016). Nutritional knowledge: Are undergraduates smarter than high school coaches? *Journal of Contemporary Athletics*, 10(1), 67-71. [www.novapublishers.com/catalog/product\\_info.php?products\\_id=57436](http://www.novapublishers.com/catalog/product_info.php?products_id=57436)
- Baghurst, T., Sandlin, J., Holden, S. L., Parish, A. (2015). Physical Education Teacher Education Students' Perceptions of the Physiques of Self and Educators in the Profession. *Journal of Sport Pedagogy and Research*, 8(5), 57-63.
- Botsis, A. E., Holden, S. L. (2015). Nutritional knowledge of college coaches. *Sport Science Review*, XXIV(3-4), 193-200.
- McCarver, S. D., Holden, S. L., Forester, B. E., Pugh, S. F., Keshock, C. M. (2015). Disordered Eating Patterns in Adolescent Female Cheerleaders. *Alabama State Association of Health Physical Education and Dance*, 35(2), 20-24. [http://www.asahperd.org/news.asp?record\\_no=26555](http://www.asahperd.org/news.asp?record_no=26555)
- Forester, B. E., Holden, S. L., Keshock, C. M. (2015). High School Coaches' Continuing Education Preferences: Content Preferences. *Alabama State Association for Health, Physical Education, and Dance*, 35(2), 6. [www.asahperd.org/](http://www.asahperd.org/)
- Forester, B. E., Holden, S. L., Keshock, C. M. (2015). High School Coaches' Continuing Education Preferences. *The Sport Journal*, 8. <http://thesportjournal.org/article/high-school-coaches-continuing-education-delivery-preferences/>
- Holden, S. L., Forester, B. E., Keshock, C. M., Pugh, S. F. (2015). How to effectively manage coach, parent, and player relationships. *The Sport Journal*. [thesportjournal.org/article/how-to-effectively-manage-coach-parent-and-player-relationships/](http://thesportjournal.org/article/how-to-effectively-manage-coach-parent-and-player-relationships/)
- Holden, S. L., Norrell, P. M. (2014). The deep fried south: A literary analysis of nutritional knowledge of students and adults in Alabama. *Education*, 134(3), 195-201.
- Holden, S. L., Keshock, C. M., Forester, B. E., Pugh, S. F. (2014). Athlete burnout: Is the type of sport a factor? *The Sport Journal*. [thesportjournal.org/article/athlete-burnout-is-the-type-of-sport-a-factor/](http://thesportjournal.org/article/athlete-burnout-is-the-type-of-sport-a-factor/)







Keshock, C. M., Heitman, R. J., Holden, S. L., Pugh, S. F. (2011). Factors influencing purchases of season tickets for collegiate sports: A logistic regression approach. In D. King & K. Dyer (Eds.), *International Handbook of Academic Research and Teaching* (pp. 41-50). San Antonio Texas: Intellectbase International Consortium Publishers.

Keshock, C. M., Holden, S. L., Pugh, S. F. (2010). *Differentiated Marketing and Sequential Segmentation to Improve Marketing Strategies: A Cross-Case Analysis of the Toughest Sport on Earth* (pp. 31-32). Lausanne, Switzerland/International Sport Management Association: Lausanne International Sports Management Conference Proceedings. <http://www.worldeventsforum.com/ismc/xhtmll-css/papers.html#keshock>

Holden, S. L., Keshock, C. M. (2009). *Physically active lifestyle and occupational burnout: A study of LPGA Caddies* (pp. 28). Pensacola, Florida: AIESP Conference.

### **Journal Articles**

Holden, S. L. (2015). Nutritional options while on the road. *Soccesh* [(H)-2.9() ( )-6.45hC[( )-6. 2 Td ( )Tj -.f33(e



## Presentations Given

Holden, S. L. (Author & Presenter), Schwarz, N. A. (Author & Presenter), International Society of Sports Nutrition Annual Conference, "A Comparison between Recommended Kilocalorie and Macronutrient Intake and Reported Intake of Women's Collegiate Soccer Players," ISSN, Las Vegas, NV. (June 15, 2019).

Holden, S. L., USA Volleyball Beach Coaching Accreditation Program (Level I and II), "Advanced Nutrition for Beach Volleyball," USA Volleyball, Gulf Shores. (May 1, 2019).

Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Woltring, M., Keshock, C. M., ASHPERD Spring Conference, "Coaching Certification Programs: An Overview and Applications," ASHPERD, Orange Beach, AL. (April 5, 2019).

Norred, Z. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), ASHPERD Spring Conference, "Fast Food Consumption and Exercise Habits of Air National Guard," ASHPERD, (i)-8.9(ng)3.1(ng.)-1.1-1.1( G)-7.1(u)-12.2(l)3.1(f)-13.2( S)2.4(E)2.4(R)-15(d)

Holden, S. L. (Author & Presenter), NCAA Beach Volleyball Championships, "Advanced Nutrition for Beach Volleyball," USA Volleyball Coaching Accreditation Program, Gulf Shores, AL. (May 2, 2018).

Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author), Alabama State Association for Health, Physical Education, Recreation, and Dance Spring Conference, "How to Select and Use Nutritional Trackers," ASHPERD, Orange Beach, AL. (April 21, 2018).

Blahnik, Z. (Author & Presenter), Holden, S. L. (Author & Presenter), Schwarz, N. A. (Author), Alabama State Association for Health, Physical Education, Recreation, and Dance Spring Conference, "Comparison of GPA, BMI, Body Image and Fast Food Consumption among Track and Field Athletes," ASHPERD, Orange Beach, AL. (April 20, 2018).

Keshock, C. M. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), ASHPERD Spring 2018 Conference, "Facility Standards: Is Your Environment Safe?," Alabama State Association for Health, PE, Recreation and Dance, Orange Beach, Alabama. (April 20, 2018).

Blahnik, Z. (Author & Presenter), Holden, S. L. (Author & Presenter), Schwarz, N. A. (Author),

- Published in Health, Physical Education, and Sport Journals," ASHPERD, Orange Beach, AL. (April 21, 2017).
- Knapp, A. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E., Williford, H., 24th Annual Graduate Research Forum, "Fast Food Consumption of Collegiate Athletes and Non-Athletes in Alabama," University of South Alabama. (April 13, 2017).
- Keshock, C. M., Holden, S. L. (Author), Pugh, S. F. (Author), SHAPE National Convention 2017, "Fiscal and Economic Considerations in Hosting a Club Sport Tournament," Society of Health and Physical Educators, Boston, MA. (March 2017).
- Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author & Presenter), SHAPE America Boston 2017, "Achievement Motivation of College Athletes and Race," Shape America, Boston, MA. (March 16, 2017).
- Holden, S. L. (Author & Presenter), Increased Mastery and Professional Application of Coaching Theory Workshop, "IMPACT Coaches Training," United States Volleyball Association, Mobile, Alabama. (January 31, 2017).
- Forester, B. E., Holden, S. L., Gulf Coast Fitness Expo, "The Finances of Small Sport Business Ownership," University of South Alabama, Mobile, AL. (November 12, 2016).
- Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M., ASHPERD Fall Conference, "College athletes' community service: What is the impact?," Alabama State Association for Health, Physical Education, Recreation, and Dance, Birmingham, AL. (November 7, 2016).
- Holden, S. L. (Author & Presenter), Forester, B. E. (Author), Pugh, S. F. (Author), Keshock, C. M. (Author), Mid-South Educators Research Association Conference, "Sports Nutrition Knowledge of Volleyball Players," MSERA, Mobile, AL. (November 3, 2016).
- Holden, S. L. (Author & Presenter), "Volleyball Nutrition," Coach Your Brains Out - A Volleyball Coaching PodCast, California. (September 15, 2016).
- Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Summer Health and Physical Education Workshop, "Team handball for Middle School Physical Education," Alabama State Department of Education & SARIC, University of South Alabama DepartSo(ent)-1.1( of)-13.001

Student-Athletes to Transfer, Consider Transferring, or Not Transfer," ASAPERD, Gulf Shores, AL. (April 15, 2016).

Holden, S. (Author & Presenter), Pugh, S. F. (Author & Presenter), ASHPERD District I Summer Health and Physical Education Workshop, "L.I.F.E. Physical Education," ASHPERD, University of South Alabama. (June 19, 2015).

Norrell, P. M. (Author & Presenter), Anastasio, R. J. (Presenter), Holden, S. L. (Author), Summer Health and Physical Education Workshop, "Finding the Beast in the Beauty: Teaching Resistance as a Rape Prevention Strategy," ASHPERD District I, University of South Alabama. (June 19, 2015).

Holden, S. L. (Author & Presenter), NCAA Beach Volleyball Championships, "Nutrition for Beach Athletes and Coaches," United States Volleyball Association, Gulf Shores, AL. (April 20, 2015).

Holden, S. L. (Author & Presenter), Pugh, S. F. (Author), .16( oL/-12.2(s)-8(ent),(es)-8(2Bgh,)-13.2( S)2E9.7(r)-6.4



Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition 101: Fueling for Indoor Volleyball Athletes," United States Volleyball Association, Oklahoma City, OK. (December 19, 2014).

Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition 101: Fueling for Sand Volleyball Players," United States Volleyball Association, Oklahoma City, OK. (December 18, 2014).

Holden, S. L., Increased Mastery and Professional Application of Coaching Theory Workshop, "IMPACT Coaches Training," United States Volleyball Association, Pensacola, FL. (December 10, 2014).

Holden, S. L., Increased Mastery and Professional Application of Coaching Theory Workshop, "IMPACT Coaches Training," United States Volleyball Association, Mobile, AL. (December 4, 2014).

Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), World Leisure Congress 2014, "Rails-to-Trails Conservancy – Scope, Impact, and Alabama's Role," World Leisure Organization, Mobile, AL. (September 11, 2014).

Keshock, C. M. (Author & Presenter), Forester, B. E. (Author & Presenter), Holden, S. L. (Author), World Leisure Congress International Conference, "Event Attendees and Target Market

Broach, M. E. (Author & Presenter), Pugh, S. F. (Author & Presenter), Holden, S. L. (Presenter), AAHPERD National Convention, "Student Perceptions of a Wii Fit Activity Course," American Association of Health Physical Education Recreation and Dance, St Louis, MO. (April 3, 2014).

Pugh, S. F. (Author & Presenter), Heitman, R. J. (Author), Kovaleski, J. E. (Author), Holden, S. L. (Author & Presenter), Gurchiek, L. R. (Author), American Alliance for Health, Physical Education, Recreation and Dance, "BMI, Mechanical and Strength Relationships to Dynamic Balance," AAHPERD, Saint Louis, MO. (April 3, 2014).

Holden, S. L. (Author & Presenter), Baghurst, T. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Keshock, C. M. (Author), Heitman, R. J. (Author), AAHPERD National Conference, "Comparison of the Nutritional Knowledge of College Athletes and Non-Athletes," AAHPERD, St. Louis, MO. (April 2, 2014).

Forester, B. E. (Author & Presenter), Holden, S. L. (Author), Keshock, C. M. (Author), Heitman, R. J. (Author), 21st Annual Research Forum, "High School Coaches' Continuing Education Preferences - Delivery Methods," University of South Alabama, Mobile, AL. (March 13, 2014).

Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Heitman, R. J. (Author), Forester, B. E. (Author & Presenter), Keshock, C. M. (Author), Southern District AAHPERD/KAHPERD, "A Comparison of dynamic balance on the Wii with the BioDex Stability System," SDAHPERD, Lexington, KY. (February 2014).

Forester, B. E. (Author & Presenter), Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Heitman, R. J. (Author), 2014 Southern District AAHPERD Convention, "High School Coaches Continuing Education Delivery Preferences," American Association for Health, Physical Education, Recreation, & Dance (AAHPERD), Lexington, KY. (February 21, 2014).

Holden, S. L. (Author & Presenter), United States Volleyball Coaching Education Program, "Nutrition 101," United States Volleyball Association, Colorado Springs, Colorado. (February 6, 2014).

Holden, S. L. (Author & Presenter), United States Volleyball Association Coaching Accreditation Program, "Nutrition 201," United States Volleyball Association, Colorado Springs, Colorado. (February 5, 2014).

Holden, S. L. (Author & Presenter), United States Volleyball Association Coaching Accreditation Program, "Nutrition: Fueling for Volleyball Players," United States Volleyball Association, Colorado Springs, Colorado. (February 5, 2014).

Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition for Indoor Volleyball Coaches," United States Volleyball Association, Seattle, Washington. (December 20, 2013).

Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Conference, "Nutrition for Beach Coaches and Athletes," United States Volleyball Association, Seattle, Washington. (December 19, 2013).

Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association National Convention, "Nutrition 101 for Indoor Coaches and Athletes," United States Volleyball Association, Seattle, Washington. (December 19, 2013).

McCarver, S. (Author & Presenter), Holden, S. L. (Author), Keshock, C. M. (Author), Forester, B. E. (Author), Pugh, S. F. (Author), ASAHPERD Fall Conference, "Adolescent Female Cheerleaders and Eating Disorders," ASAHPERD, Birmingham, AL. (November 2013).



Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association, "Introduction to Nutrition for the Beach Coach and Athlete," AVCA/ USA Volleyball Coaching Accreditation Program, Louisville, KY. (December 2012).

Holden, S. L. (Author & Presenter), The American Volleyball Coaches Association, "Nutrition 101: Making/ Analyzing Food Choices for Volleyball Players," AVCA/ USA Volleyball CAP Program, Louisville, KY. (December 2012).

Holden, S. L. (Author & Presenter), Pugh, S. F. (Author), Norrell, P. M. (Author), Keshock, C. M. (Author), The Mid-South Educational Research Association, "Nutritional Knowledge of Alabama Undergraduate Students," MSERA, Lexington, KY. (November 7, 2012).

Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), Forester, B. E., Heitman, R. J., Keshock, C. M. (Author & Presenter), ASHPERD Annual Fall Conference, "Impact of an undergraduate Wii activity program on selected fitness items.," ASHPERD, Birmingham, AL. (November 6, 2012).

Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Forester, B. E. (Author), Pugh, S. F. (Author), ASHPERD Fall Conference, "FORE! Starting a Golf Program in Middle and High







Holden, S. L. (Author & Presenter), Keshock, C. M. (Author), Heitman, R. J. (Author), AAHPERD National Convention, "Occupational Burnout: A Study of LPGA Tour Caddies," AAHPERD, Indianapolis, IN. (March 2010).

Keshock, C. M. (Author & Presenter), Pugh, S. F. (Author & Presenter), Holden, S. L. (Author & Presenter), ASAH9f.735 0 Td.ated on Sep A3 Td[.1f ed on Sep 8H anapo22.0C (o)-12."3(ep51(A)2.3( )-1a6



Holden, S. L., "NASPE/ ING Run for Something Better School Award Program," Sponsored by  
ING Run for Something Better Grant, Private, \$2,000.00. (2009).

## **Intellectual Contributions in Submission**

### **Book Chapters**

Invited Manuscript Reviewer, "Journal of Intercollegiate Sport." (March 12, 2018).

Invited Manuscript Reviewer, "Journal for the Study of Sport and Athletes in Education." (February 14, 2018 - March 1, 2018).

Invited Manuscript Reviewer, "Personal Nutrition (9th Edition)," Cengage Publishing. (May 20, 2016).

Invited Manuscript Reviewer, "Family & Community Health- The Journal of Health Promotion and Maintenance." (December 2015 - January 2016).

Invited Manuscript Reviewer, "Nutrition (6th Ed.), Textbook Review," Jones and Bartlett Publishing. (August 14, 2015).

Invited Manuscript Reviewer, "Southern District of Shape Program Reviewer," SHAPE (Formerly AAHPERD). (July 2015).

Invited Manuscript Reviewer, "Article Reviewer," Health Education and Behavior Journal. (November 2014).

Editorial Board Member, "Southern District (AAHPERD) Presentation Reviewer," Southern District of AAHPERD. (July 2014).

Editorial Board Member, "Southern District (AAHPERD) Presentation Reviewer," South District of AAHPERD. (June 2013).

Invited Manuscript Reviewer, "NASPE Sport and Coaching Area Reviewer," NASPE. (July 2012).

Invited Manuscript Reviewer, "Discovery Services: Introduction to Human Sexuality Textbook," Cengage Learning. (May 2012).

Invited Manuscript Reviewer, "Understanding Your Health 11th Edition Textbook," McGraw-Hill Higher Education. (May 2010).

## **Department Service**

Faculty Advisor, Faculty Evaluation Committee. (August 2012 - Present).

Committee Member, Academic Standards Committee (Undergraduate). (July 2012 - Present).

Committee Member, Graduate Admissions Committee. (August 2011 - Present).

Committee Member, Health Education Curriculum Committee. (August 2008 -





## **Other Service**

### **Other**

Director, Legacy Volleyball (Mobile, AL). (November 2014 - May 2015).

Board Member, East Coast Hockey League (Pensacola, FL). (September 2011 - March 2012).