

Curriculum Vita
Kaitlyn B. Swinney, PhD
Postdoctoral Fellow
School of Social Work
The University of Texas at Austin
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EDUCATION

[Sept 2020-June 2024]	Doctor of Philosophy , Kinesiology Concentration in Sport and Exercise Psychology School of Kinesiology University of Minnesota, Twin Cities (UMN)
[Sept 2022-June 2024]	Doctoral Minor , Public Health Health Equity School of Public Health University of Minnesota, Twin Cities (UMN)
[Aug 2018-May 2020]	Master of Arts , Psychology General Experimental Psychology Department of Psychology California State University, Northridge (CSUN)
[Aug 2014-May 2018]	Bachelor of Arts , Psychology Department of Psychological Sciences Rice University

EMPLOYMENT

[July 2024-]	Postdoctoral Fellow , T32 Research Training Program to Promote Scientist Diversity and Health Equity in Cardiovascular and Lung Disease School of Social Work The University of Texas at Austin
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AWARDS AND HONORS

2020-2024	Provost Fellowship Award- University of Minnesota
2022-2023	Kinesiology Excellence in Teaching Award– University of Minnesota
2018-2020	Dean’s List– California State University, Northridge
2016-2018	Commissioner’s Honor Roll – Rice University
2016-2018	Honor Academic Athlete Award – Rice University
2016	True Blue Spirit Award – Rice University
2016	Natalie Kirchoff Inspiration Award – Rice University

RESEARCH INTERESTS

- Physical activity interventions as a protector against chronic illness using community-based methodology
- Psychosocial benefits of physical activity interventions using community-based methodology
- Implementation and dissemination of behavioral health interventions
- Sustainability of physical activity interventions and long-term effects

GRANT ACTIVITY

- Personnel member on Active Middle School Communities (AMSC) project (NIMHD 1R01MD019423)
- Submitting a K01 Grant in February 2026

RESEARCH ACTIVITY

Peer Reviewed Articles

1. Lewis, B.A., Schuver, K.J., **Swinney, K.B.**, Dregney, T.M. & Linde, J.A. (in press). Examining the feasibility and preliminary efficacy of a group-based physical activity intervention integrating strength training among pre- and perimenopausal Women: A randomized pilot trial. *Women's Health*.
2. **Swinney, K.**, Schuver, K., Dunsinger, S., & Lewis, B. (2024). Effect of Phone-based Counseling on Physical Activity and Fatigue in Postpartum Women. *American Journal of Health Behavior*, 48(2), 83-89.

Manuscripts Under Review

1. **Kaitlyn Swinney**, Daheia Barr-Anderson, Dunja Antunovic, Jaime Slaughter-Acey, Karmeal Fairley, Tytiana Seay, and Beth Lewis. Examining the feasibility, acceptability, and efficacy of a six-week at-home strength training intervention for Black women."

Manuscripts in Progress

1. **Swinney, K.**, Zhang, Y., Ganzar LA, Pérez, A., Bentley, S., Hoelscher, DM. Association between parental perceptions and active commuting to school in elementary-aged school children
2. **Swinney, K.**, Bentley, S., Ganzar, LA., Tierney, N., Hoelscher, DM. "Adolescent girls' attitudes about active commuting to school: a qualitative study."
3. **Swinney, K.**, Zhang, Y., Bentley, S., Ganzar, LA., Baker, B., Hoelscher, DM. "Policies supporting active commuting to school among elementary schools in Central Texas."

Poster/oral presentations

Invited Talks/Presentations

1. **Swinney, K.**, (2025, September 15), *Working with communities to improve health*, Guest lecture, UTHealth Houston School of Public Health at Austin, Public Health 1232, Public Health Nutrition and Working with Communities.
2. **Swinney, K.**, Barr-Anderson, D., Antunovic, D., Slaughter-Acey J., Fairley, K., Seay, T., and Lewis BA (2025, February 6) *Examining the feasibility, acceptability, and efficacy of a six-week at-home strength training intervention for Black women*, School of Nursing St. David's Center for Health Promotion and Prevention Research in Underserved Populations - Lunchtime Symposium, Austin, TX, United States

Peer-reviewed Oral Presentations

1. **Swinney, K.**, Zhang, Y., Bentley, S., Ganzar, L.A., Baker, B., and Hoelscher DM (2025, November 5th) Policies supporting active commuting to school among elementary schools in Central Texas. American Public Health Association (APHA) Annual Meeting, Washington D.C., United States

Poster Presentations

1. **Swinney, K.**, Barr-Anderson, D., Antunovic, D., Slaughter-Acey J., Fairley, K., Seay, T., and Lewis BA (2025, March 28) *Examining the feasibility, acceptability, and efficacy of a six-week at-home strength training intervention for Black women*, Society of Behavioral Medicine (SBM), San Francisco, CA, United States
2. **Swinney, K.**, Zhang, Y., Ganzar LA, Perez, A., Salvo, D., Bentley, S., and Hoelscher, D. (2025, March 17) *Association between parental perceptions and active commuting to school in children*, Active Living Conference, Manhattan, KS, United States.
3. **Swinney, K.**, Lewis, BA (2023, March 23). *The Relationship between Demographic Variables and Physical Activity Behavior in Postpartum Women*. [poster presentation]. College of Education and Human Development Research Day, Minnesota, MN, United States.
4. **Swinney, K.**, Fairclough, J., Paz de la Vega, L., Otten, M.P. (2019, January 26). *To Exercise or not to exercise: motivation of the female college student*. [PowerPoint presentation]. Performance Psychology Conference, San Diego, CA, United States.

RESEARCH EXPERIENCE

(2024-) UTHealth School of Public Health, Austin, TX

- Planned evidence-based interventions for high needs communities
- Engaged in community-engaged research
- Conducted qualitative analysis using software (Group Concept Mapping)
- Created plans for intervention evaluation
- Completed secondary analysis of large datasets with quantitative and physiological data
- Conducted a scoping review of the literature on a research topic
- Engaged in cross-disciplinary and collaborative research projects with experts in public health, community-engagement, kinesiology, and architecture

(2020-2024) Exercise Psychology Laboratory, School of Kinesiology, UMN, Minneapolis, MN

- Created an at-home strength training intervention program for Black women in the Twin Cities (dissertation project)
 - Created a question guide for and conducted formative focus groups with Black women in the area to help inform my program
 - Engaged in focus groups with intervention participants to assess efficacy and acceptability of the program
 - Hired an outside moderator to ask questions and engage in data analysis
 - Successfully recruited over 30 participants from various sources
 - Used objective and subjective assessments to gauge perceptions surrounding physical activity
 - Engaged in weekly Zoom counseling with intervention participants
 - Engaged in mixed methods data analysis
 - Mentored undergraduate students throughout the research process
- Assisted in a home-based physical activity intervention for perimenopausal women
- Conducted secondary statistical analysis using R and SPSS
- Wrote a secondary analysis research paper (accepted for publication)
- Attended weekly journal clubs where the lab read and discussed relevant articles in the field

(2018-2020) Sport Psychology Laboratory, Psychology Department, CSUN, Northridge, CA

- Analyzed data on the relationship between exercise motivation and culture in young women on SPSS
- Organized archival data from the NFL website for analysis
- Created abstracts for a sport psychology academic conference
- Attended and present at academic conferences
- Generated ideas for research exploration

(2017-2018) Social Psychology Laboratory, Psychology Department, Houston, TX

- Investigated the concept of “flourishing,” or thriving, among Rice University undergraduates
- Created a questionnaire targeted at different constructs in Qualtrics
- Collected and analyzed data using SPSS

TEACHING EXPERIENCE

(Aug 2020-May 2022) Graduate Lead Instructor

School of Kinesiology, UMN, Minneapolis, MN

- Taught a section of KIN 3928: *Research Methods in Kinesiology* for five semesters
- Created engaging and dynamic lesson plans
- Lectured on course material with prepared presentations
- Created quizzes over relevant articles
- Separated students into groups and helped guide them through a group project
- Graded student papers, quizzes, tests, and presentations
- Resolved student conflict

(Aug 2021-May 2024) Graduate Teaching Assistant

School of Kinesiology, UMN, Minneapolis, MN

- Assisted with KIN 3131W: *History and Philosophy of Sport* and KIN3126: *Sport and Exercise Psychology*
- Created academic writing workshops
- Graded student papers, quizzes, tests, and presentations
- Provided detailed feedback through assignments and meetings with students
- Collaborated with various professors and graduate students to solve problems
- Adapted to various types of grading and paper formats

(Aug 2018-May 2020) Graduate Teaching Assistant

Psychology Department, CSUN, Northridge, CA

- Assisted with PSY 320: *Statistical Methods in Psychological Research* and PSY 479: *Advanced Social Psychology: Sport and Exercise*
- Attended lectures and guided class discussion
- Coordinated efforts with the professor and the other teaching assistants
- Graded exams, papers, and problem sets
- Worked with students on any issues they may have
- Held group discussions to assist with problems via Zoom

MENTORING

2023-2024 Karmel Fairley, University of Minnesota

- Clinical trial research, data analysis, intervention creation

2023-2024 Tytiana Seay, University of Minnesota

- Clinical trial research, data analysis, intervention creation

SERVICE

2025 Hosted Ethics in AI Panel for UT Austin Community

2025 Abstract Reviewer for American Public Health Association Annual Meeting

2021-2024 President's Initiative for Student Mental Health (PRISMH)

2023 Abstract Reviewer for UMN Graduate Student Funding Applications

CERTIFICATIONS

2025	Mental Health First Aid (2025-)
2022-2025 Teams)	Good Clinical Practice and Human Research Protections for Biomedical Study
2022-2025 Research	Good Clinical Practice for Social and Behavioral Best Practices for Clinical

TRAININGS

2025 Libraries	Systematic Review and Evidence Synthesis Boot Camp – University of Texas
2024	A Life Course Approach to Physical Activity and Cardiovascular Health Research: Critical Challenges, Innovations, and Opportunities Virtual Workshop - NHLBI
2024	Adapting Research Methods to an Overworked Population: The Use of Asynchronous Online Focus Groups – Advanced Qualitative Methods Learning Collaborative
2024	R01 Crash Course – University of Texas
2024	Making the Most of Your Postdoc – University of Texas