

KAITLYN SWINNEY, PHD

Curriculum Vitae

Postdoctoral Fellow
School of Social Work
The University of Texas at Austin
kaitlyn.swinney@austin.utexas.edu

EDUCATION

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

EMPLOYMENT

[July 2024- Present]	Postdoctoral Fellow, T32 Research Training Program to Promote Cardiovascular and Respiratory Health School of Social Work The University of Texas at Austin
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REFEREES

1. Deanna Hoelscher, PhD, RDN, LD, CNS, FISBNPA
 - a. UTHealth School of Public Health at Austin, John P. McGovern Professor in Health Promotion
 - b. dhoelscher@uth.tmc.edu
2. Deborah Salvo, PhD
 - a. Associate Professor, The University of Texas at Austin Department of Kinesiology and Health Education
 - b. dsalvo@austin.utexas.edu
3. Beth Lewis, PhD
 - a. University of Minnesota, Twin Cities, Vice Provost for Faculty and Academic Affairs
 - b. blewis@umn.edu

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

RESEARCH INTERESTS

- Physical activity epidemiology and population health
- Child and family health
- Contextually-tailored physical activity behavioral frameworks and interventions
- Physical activity interventions as a protector against chronic illness using community-based methodology
- Chronic disease prevention
- Implementation and dissemination of behavioral health interventions
- Psychosocial benefits of physical activity interventions using community-based methodology

GRANT ACTIVITY

Title: Assessing Community Perspectives on Physical Activity and the Surrounding Social and Built Environments

Role: PI

Dates: 2026-2028

Funder: NCCIH- Extramural Loan Repayment Program for Research in Emerging Areas Critical to Human Health (LRP-REACH)

Amount: \$20,000 per year

Award: 1L70AT014035-01

Status: Active

Title: Maintaining Movement: An Intervention to Promote Physical Activity Participation for Adolescent Girls Transitioning from Middle to High School

Role: PI

Dates: 2027-2032

Funder: NICHD

Award: PA-24-193 (K99/R00)

Status: Submitted June 2026

RESEARCH ACTIVITY

Peer Reviewed Articles

1. **Swinney, K.**, Bentley, S. S., Ganzar, L. A., Tierny, N., Baker, B., Brown, H. S., Salvo, D., & Hoelscher, D. M. (2026). Adolescent Girls on the Move: A Qualitative Exploration of Middle School Girls' Perceptions of Actively Commuting to School. *Adolescents*, 6(4), 55.
<https://doi.org/10.3390/adolescents6040055> (in press)
2. **Swinney, K. B.**, Barr-Anderson, D. J., Antunovic, D., Slaughter-Acey, J., Harris, V., Fairley, K., ... & Lewis, B. A. (2026). Examining the feasibility and acceptability of a six-week at-home physical activity intervention with a focus on strength training for Black women: a randomized controlled trial. *BMC Women's Health*. (in press)
3. Lewis, B.A., Schuver, K.J., **Swinney, K.B.**, Dregney, T.M. & Linde, J.A. 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*.
4. **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. **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.

Manuscripts in Progress

1. **Swinney, K.**, Zhang, Y., Bentley, S., Ganzar, LA., Baker, B., Hoelscher, DM. "Policies supporting active commuting to school among elementary schools in Central Texas."
2. **Swinney, K.**, Zhang, Y, Le, S, Ganzar, LA, Bentley, S, Salvo, D, Hoelscher, DM. "An equity analysis of micro and macro-level environmental features surrounding 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.**, Le, S., Bentley, S., Ganzar, LA, Badillo, DJ, Garza, C, Karner, A, Hoelscher, DM, and Salvo, D (2026, March 11). "Using Public Participatory GIS to gain insights into community perceptions of walkability and bikeability near middle schools: qualitative findings from the Active Middle School Communities project." Active Living Conference, Minneapolis, MN, United States. *Oral presentation*.
2. Salvo, D, **Swinney, K.**, Le, S, Garza, C, Hoelscher, DM, and Salvo, D (2026, March 11). "Public Participatory GIS for Active Living Research and Action Integrating Spatial and Qualitative Methods to Amplify Local Community Priorities." Active Living Conference, Minneapolis, MN, United States. *Workshop*.
3. Le, S., **Swinney, K.**, Bentley, S, Ganzar, LA, Badillo, DJ, Garza, C, Karner, A, Hoelscher, DM, Salvo, D. (2026, March 11). "Student, Parent, and Community Resident Geospatial Insights on Walkability and Bikeability Near Middle Schools: a Public Participatory GIS Study in Central Texas." Active Living Conference, Minneapolis, MN, United States. *Oral presentation*.
4. **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. *Oral Presentation*.

Poster Presentations

1. Hunt, E. T., Saleh, A., Brazendale, K., Pfladderer, C. D., De Moraes, A. C. F., Ranjit, N., Malkani, R., Perez, A., Berry, J. L., Smith, C. L., Zhang, Y., **Swinney, K.**, & Hoelscher, D. M. (2026, March 29–April 1). *Validation of the Texas School Physical Activity and Nutrition (Texas SPAN) Survey derived Healthy Eating Index against 24-hour recall in adolescents*. American Academy of Health Behavior Annual Meeting, Austin, TX, United States.
2. Lewis, B. A., Schuver, K., **Swinney, K.**, Dregney, T., & Linde, J. Pilot Study Evaluating a Strength Training Intervention Delivered via Zoom for Pre- and Perimenopausal Women. Presented at the 47th annual meeting of the Society of Behavioral Medicine, Chicago, IL, April, 2026.
3. Le, S., Garza, C., Springer, A., Zhang, Y., Bentley, S., **Swinney, K.**, Hoelscher, D.H., and Salvo, D. (2025). "Public Participatory GIS on Built Environment Features Influencing Physical Activity in Middle School Communities." UT GIS Day 2025, Austin, TX, USA. November 19th, 2025.
4. **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

5. **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.
6. **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.
7. **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

- Coordinating evidence-based interventions for high needs school communities
- Engaging in community-engaged and adolescent-focused research
- Conducting mixed-method analysis **analysis**
- Creating plans for intervention evaluation
- Completing secondary analysis of large datasets with quantitative and physiological data
- Conducting a scoping review of the literature on a research topic
- Engaging 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)
 - o 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
 - o Hired an outside moderator to ask questions and engage in data analysis
 - o Successfully recruited over 30 participants from various sources
 - o Used objective and subjective assessments to gauge perceptions surrounding physical activity
 - o Engaged in weekly Zoom counseling with intervention participants
 - o Engaged in mixed methods data analysis
 - o 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
- Supervised group projects
- Graded student papers, quizzes, tests, and presentations
- Provided conflict resolution

(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 improve student learning experiences and outcomes

(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
- Graded exams, papers, and problem sets
- Held group discussions to assist with problems via Zoom

MENTORING

2026	Shahd Elganainy, UTHealth Houston School of Public Health • Health promotion program evaluation
2026	Lina Landin, UTHealth Houston School of Public Health • Health promotion research
2026	Erica Daley • Qualitative data analysis, scoping review manuscript
2023-2024	Karmeal 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

ORGANIZATIONAL MEMBERSHIP

2026-current International Society of Physical Activity and Health Member

2024-current American Public Health Association Member

SERVICE

2026	Reviewer for PLOSONe Academic Journal
2026	Hosted Ethics Panel on Research Rigor for UT Austin Community
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 - Present	——Mental Health First Aid (2025-)
2022-2025	—— Good Clinical Practice and Human Research Protections for Biomedical Study Teams)
2022-2025	——Good Clinical Practice for Social and Behavioral Best Practices for <u>Clinical Research</u> ____Clinical Research

TRAININGS

2026-2027	Bill Kohl Peer Review Academy
2025	- Systematic Review and Evidence Synthesis Boot Camp – University of <u>Texas Libraries</u> —— Texas Libraries
2024	A Life Course Approach to Physical Activity and Cardiovascular Health <u>Research: Critical Challenges, Innovations, and Opportunities Virtual</u>

~~Workshop - NHLBI 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~~
~~Asynchronous Online Focus Groups - Advanced Qualitative Methods~~
~~Learning Collaborative Collaborative~~
2024 R01 Crash Course – University of Texas
2024 Making the Most of Your Postdoc – University of Texas