

Alyssum M. Reno, MS

amr066@uah.edu

Phone: 256-824-2180

Education

- **Master of Science**- University of North Alabama, Florence, AL (May, 2019)
Health and Human Performance GPA: 4.0/4.0
Specialization: Exercise Science
Thesis: Effects of Magnesium Supplementation on Muscle Soreness and Performance
Committee Members: Dr. Matt Green, Dr. Lauren Killen, Dr. Eric O'Neal, Dr. Kelly Pritchett
- **Bachelor of Science** – Central Washington University, Ellensburg, WA (May, 2017)
Food Science and Nutrition
Specialization: Dietetics

Professional Experience

- Clinical Instructor, University of Alabama in Huntsville – Department of Kinesiology (Fall, 2019- present)
- Graduate Research Assistant, University of North Alabama - Health and Human Performance Department (Fall, 2017- Spring, 2019)
- Undergraduate Internship (200 hrs) – Central Washington University Strength and Conditioning Department (Winter, 2016- Spring, 2017)
 - Assisted with programming of exercises
 - Managed team lifting sessions (football, basketball, soccer, softball, track and field)
 - Created a meal plan for 90 + student athletes
 - Administered football team conditioning sessions

University Teaching/Lab Experience

Primary Instructor

- KIN 418: Kinesiology (Fall 2019)
- KIN 490: Exercise Science Internship (Fall 2019)
- HPE 102: Introduction to Weight Training (Fall 2018, Spring 2019)

Graduate Research Assistant

- HPE 360: Introduction to Fitness Testing (Fall 2017, 2018; Spring 2018, 2019)
- HPE 353: Physiology of Exercise (Fall 2017, 2018; Spring 2018, 2019)
- HPE 402: Essentials of Resistance Training (Fall 2017, Spring 2018)
- HPE 430: Behavioral Modification Interventions (Fall 2017, 2018; Spring 2018, 2019)

Lab Experience

- VO₂ max (Parvo, Vacumed)
- Body composition assessment: BIA, skinfolds
- Performance assessments (Wingate, vertical jump, agility test, balance test, coordination test)
- Lactate analyzer (YSI Inc., Yellow Spring, OH, USA)
- Lipid profile testing

Publications/Research Experience

- **Reno AM**, Green JM, Killen LG, O'Neal EK, Pritchett K, Hanson Z. (2019) Effects of Magnesium Supplementation on Muscle Soreness and Performance. *Journal of Strength and Conditioning Research*, accepted with revisions.

- Neal KK, Green JM, O’Neal E, McIntosh JR, **Reno AM**. (2019) Effects of Caffeine on Perceptually- Based Intensity Production During Outdoor Running. *International Journal of Exercise Science*, 12(5): 526-535

Funding

- **Reno AM**, Killen LG, Green JM (Fall, 2019). Effects of DBR Supplementation on Muscle Soreness and Recovery. Proposal submitted to Vital Body, Phoenix, AZ (\$16,107.04 requested, accepted)
- **Reno AM** (Spring 2019). Graduate Research Grant at the University of North Alabama (\$1000 requested, accepted)
- **Reno AM** (Spring 2019). Phi Kappa Phi at the University of North Alabama (\$500 requested, accepted)

Research in Progress

- Effects of DBR Supplementation on Muscle Soreness and Recovery (awaiting IRB approval)
- Health apps and wearables and their influence on negative health behaviors and body image (manuscript in preparation)

Professional Presentations:

- **Reno AM**, Green JM, Killen LG, O’Neal EK, Pritchett K, Hanson Z. Effects of Magnesium Supplementation on Muscle Soreness and Performance. Poster presentation at SCAN (Spring, 2019).
- **Reno AM**, Green JM, Killen LG, O’Neal EK, Pritchett K, Hanson Z. Effects of Magnesium Supplementation on Muscle Soreness and Performance. Oral Presentation at ASAPERD (Spring, 2019).
- **Reno AM**, Renfroe LG, Killen LG, Drummond H, Fleming K, Swopes S. Wearables and Health Apps and their Influence on Negative Health Behaviors and Body Image. Poster presentation at ASAPERD (Spring, 2019).
- **Reno AM**, Poire B, Killen LG, Green JM, O’Neal EK and Renfroe LG. Effects of Caffeine on Tennis Serve Accuracy. Poster presentation at Southeast ACSM (Spring, 2019).
- **Reno AM**. Meal Prepping for the Student Athlete” Oral Presentation, ASAPERD, Birmingham, AL, Fall, 2018

Service and Involvement:

Professional

- Development of Undergraduate Internship Program- University of Alabama in Huntsville, Department of Kinesiology (Fall 2019- Present).
- Peer Reviewer- International Journal of Exercise Science

Community

- Dog Walker-Huntsville Animal Services

Certifications/Memberships

- Sports, Cardiovascular, and Wellness Nutrition member (Spring 2019- present)
- Southeast American College of Sports Medicine member (2018-present)
- Academy of Nutrition and Dietetics (Fall 2017- present)
- Alabama Association of Health, Physical Education, Recreation and Dance member (2017- present)

Activities/Honors

- Outstanding Graduate Student Award (Spring 2019)
- Phi Kappa Phi Honor Society (2019-present)
- 3-Minute Thesis, College of Education Competition, University of North Alabama, Spring 2018- 2nd place
- Central Washington University Track and Field Scholarship, Fall 2014-Spring 2017
- CWU Early Scholar- Central Washington University Scholarship, 2014
- Ruth Harrington Luncheon Scholarship- Central Washington University, 2014
- Larry Pinnt Endowed Scholarship- Central Washington University, 2014
- Wildcat Tuition Waiver- Central Washington University, 2014