

Alyssum M. Reno, MS

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Education

- **Doctor of Philosophy** – University of North Alabama, Florence, AL
Exercise Science and Health Promotion
Specialization: Exercise Science
Anticipated Graduation Date: May, 2024
- **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)

University Teaching/Lab Experience

Primary Instructor

- KIN 490: Exercise Science Internship (Fall, 2019, Spring, 2020, Summer, 2020, Fall, 2020, Spring 2021)
- KIN 491: Sport and Fitness Management Internship (Fall, 2020)
- KIN 300: Nutrition for Fitness and Sport (Fall, 2020)
- KIN 210: Athletic Injury Prevention and Care (Summer, 2020)
- KIN 418: Kinesiology (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.** (2020) Effects of Magnesium Supplementation on Muscle Soreness and Performance. *Journal of Strength and Conditioning Research*. Published; ahead of print.

- 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, 2020). Effects of DBR Supplementation on Muscle Soreness and Recovery. Proposal submitted to Vital Body, Phoenix, AZ (\$16,107.04 requested, funded)
- **Reno AM** (Spring 2019). Graduate Research Grant at the University of North Alabama (\$1000 requested, funded)
- **Reno AM** (Spring 2019). Phi Kappa Phi at the University of North Alabama (\$500 requested, funded)

Research in Progress

- Effects of DBR Supplementation on Muscle Soreness and Recovery – IRB approved; data collection
- Effects of Home Based Exercise Programs in Parkinson’s Patients- IRB approved; data collection

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 SEACSM (Spring, 2020).
- **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).
 - Program design
 - Community outreach; cultivating relationships
 - Collaboration with partnerships
- Peer Reviewer- International Journal of Exercise Science

University/Department

- Undergraduate Internship Manual – Revised (Spring, 2021)
- Review and edit NISP for Proposed Master’s Degree in Kinesiology – Department of Kinesiology (Fall, 2020)
- Discovery Days – University of Alabama in Huntsville, Department of Kinesiology (Fall, 2020, Fall, 2019)
- Research Days - University of Alabama in Huntsville, Department of Kinesiology (Fall, 2019)
- Week of Welcome- University of Alabama in Huntsville, College of Education (Fall, 2019)

Community

- University of North Alabama Athletics Department (Spring, 2021)
 - Provide sports nutrition talks

Certifications/Memberships

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

Activities/Honors

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