

MANDY NORTHCUTT

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EDUCATION

EdD., Kinesiology, University of North Carolina – Greensboro, present.

M.S., Health, Physical Education and Sports Science, Arkansas State University, 2014.

B.A., Fine Arts & Communication, University of Central Arkansas, 2003.

EMPLOYMENT

Arkansas State University, Exercise Science Instructor, 2015 – present.

St. Bernards Health & Wellness, Group Exercise Coordinator, Instructor & Personal Trainer, 2012-2015.

GRANT INVOLVEMENT

GoGirlGo! Play!Pilot!Persist!, Women's Sports Foundation, 2015, \$5,000.

COMMUNITY EDUCATIONAL PRESENTATIONS

"Health & Wellness," Astate Early Childhood Conference, 2018.

"Amputee Fitness: Don't let Your Amputation get in Your Way," HealthSouth, 2015.

"The Importance of Exercise after a Stroke," HealthSouth, 2015.

"Understanding Nutrition," Life Skills Center, 2014.

"Eat This Not That," St. Bernards Health & Fitness Expo, 2014 & 2013.

"Ageless Exercise for a Youthful You," Ritter, 2014.

RESEARCH - Presentations:

Griffin, J., Scudamore, E., Scudamore, V., & **Northcutt, M.** (2018). Effects of kempo karate training on physical fitness, aggression, and attentiveness in children. Presented at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Kansas City, MO, Oct. 18 – 19, 2018.

Madden, K., Church, J.B., **Northcutt, M.**, & A.A. Wheeler. (2018). Self-myofascial release vs. static stretching: the effects on hamstring range of motion. Presented at the National Strength and Conditioning Association National Conference, Indianapolis, IN, July 11-14, 2018.

Thrasher AB, Supple M, Wheeler AA, **Northcutt ML**, Hosteng K, Church JB. (2017). Examining VO_{2max} and Yo-Yo Intermittent Test for Training Load Calculation for Women Collegiate Soccer Players. National Strength & Conditioning Association Conference, Las Vegas, NV, 2017.

Supple M, Thrasher AB, Wheeler AA, **Northcutt ML**, Hosteng K, Church JB. (2017). The Effects of Training Loads on Games in Collegiate Soccer. National Strength & Conditioning Association Conference, Las Vegas, NV, 2017.

UNDERGRADUATE HONORS THESIS COMMITTEE

Bland, Anna (member)

“Integrative review of parent-implemented intervention for children with ASD”

Doss, Clare (member)

“The effects of hippotherapy on the gross & fine motor function of children with down syndrome & spina bifida”

Griffin, Jared (member)

“Effects of kempo karate training on physical fitness, aggression, and attentiveness in children”

Madden, Kyle (member)

“Self-myofascial release vs. static stretching: the effects on hamstring range of motion”

Supple, Michaela (member)

“The effects of training loads on games in collegiate soccer”

Trussell, Lindsey (member)

“Physical therapy’s role in palliative care of an aging population”

GRADUATE THESIS COMMITTEE

Dunderdale, Hannah (member)

“Factors contributing towards mental toughness in collegiate athletes”

COURSES TAUGHT - Arkansas State University

ES 3743: Research and Statistical Methods In Exercise Science

ES 3543: Human Anatomy and Anatomic Fundamentals of Motion

ES 3553 & Honors Option: Basic Physiology of Activity

ES 3653 & Honors Option: Techniques of Aerobic Conditioning

ES 3713: Cardiovascular Physiology

ES 4763 & Honors Option: Kinesiology

PE 1011: Pilates & Fitness Yoga

PE 1002: Concepts of Fitness

COMMUNITY SERVICE PROJECTS/OUTREACH

- Worked with local schools/P.E. teachers on Kids Rock N Run Race Half Marathon Challenge, 2013, 2014, 2015, & 2016.
- Volunteered through St. Bernards Women’s Council to assist St. Bernards Medical Group in teaching students at Fox Meadow Elementary about the human body through St. Bernards Mega Body called ‘Molly,’ 2016.

- Coordinated a kid's summer camp program called PowerCamp that provided education for healthy lifestyle behaviors and physical activity, 2015.
- Developed a training program for novices for Indoor Triathlon, 2015.
- Worked with children with autism and/or disabilities and taught them the importance of good nutrition and physical activity, Life Skills Center, 2014.
- Spoke to at risk kids at Success Academy about opportunities in the exercise science field, 2013-2014.
- Taught exercise classes for girl's enrichment for Junior Auxiliary of Jonesboro, 2013 & 2014.
- Committee chair to Zumbathon to benefit cancer patients and/or survivors for rehabilitation program offered through St. Bernards Health & Wellness, 2013.
- Helped develop Matthews Medical Mile Fitness on the Mile, 2013-2015.
- American Cancer Society, Corporate Chairman, 2010 & 2011.

PROFESSIONAL MEMBERSHIPS

National Strength & Conditioning Association, 2017 – present.

American College of Sports Medicine, 2014 – present.

CURRENT CERTIFICATIONS

ACSM Personal Trainer

AFAA Group Exercise Instructor

American Heart Association AED/CPR (Adult, Child and Infant)

Zumba ZIN Certified Instructor