

## CURRICULUM VITAE

### Dr. Susannah L. Williamson

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#### EDUCATION

**Texas A&M University**, College Station, Texas December 2021  
*Doctor of Philosophy in Kinesiology*  
Cumulative GPR: 3.79

**Teachers College at Columbia University**, New York, New York February 2017  
*Master of Arts in Applied Physiology*  
Cumulative GPR: 4.04

**Brown University**, Providence, Rhode Island May 2015  
*Bachelor of Arts in Sociology with honors and a double concentration in Psychology*  
Cumulative GPR: 3.64

#### RESEARCH INTERESTS

My research interest focuses mainly on performance psychology, with an emphasis in biomechanics, strength and conditioning, and sports nutrition specifically in relation to military populations.

#### RESEARCH EXPERIENCE

**Exercise and Sports Nutrition Lab – Professor Richard Kreider**, Texas A&M University  
*Volunteer Graduate Research Assistant* September 2017 – May 2019

- Edited Dr. Kreider's English version of *Essentials of Exercise & Sport Nutrition: Science to Practice*.
- Prepared instructional course and test material for Dr. Kreider's textbook.
- Assisted in gathering data from study participants in a weight loss supplement intervention.

#### INTERNSHIPS

**Walter Reed Army Institute of Research**, Silver Spring, Maryland March 2023-Present  
*Postdoctoral fellow*

- Evaluate impact of Army interventions on soldiers' perception of operational readiness including the Transformational Course (TC), Ask Care Escort-Suicide Intervention (ACE-SI), and Deployment Cycle Resilience Training (DCRT).
- Write curriculum on Army suicide intervention and resilience training.
- Assist primary investigators in quantitative and qualitative analysis.

**Texas A&M University**, College Station, Texas January 2019 – May 2019  
*Sports Science Intern*

- Observed strength training sessions of women's soccer, basketball, and volleyball.
- Entered data of men's basketball under the supervision of Associate Athletic Director of Performance, Howard Gray.

**Rhode Island Hospital**, Providence, Rhode Island June 2013 – August 2014  
*Psychiatry Intern*

- Observed psychiatric and bariatric intake interviews under the supervision of Dr. Mark Zimmerman.
- Obtained insurance coverage for patients enrolled in the Partial Hospital Program (PHP).
- Entered diagnostic data and patient questionnaires.

#### RELATED EXPERIENCE

**Sam Houston State University**, Huntsville, Texas August 2022-Present  
*Adjunct Lecturer of Kinesiology*

- Instruct graduate students through the course of Clinical Exercise Physiology & Advanced Principles of Sport Psychology.
- Lead discussions, grade quizzes, evaluate midterm and final exams, and read final papers.

**Phy**, New York, New York

*Head of Research*

March 2023- April 2023

- Conduct literature reviews on relevant musculoskeletal research.
- Synthesize research and write original Phy reports.

*Exercise Movement Coach*

July 2022-February 2023

- Interpret individualized 3D scans of the human body as well as musculoskeletal imbalances.
- Assist clients in pain management and mitigation through physical exercise routines.

**AFSC/Magellan Health**, Fort Hood, Texas

*Master Resilience Trainer-Performance Expert (MRT-PE)*

June 2019 – July 2022

- Facilitated MRT Level 1 80-hour Certification Course.
- Assisted soldiers in performances pertaining to weapons qualification, gunnery, fitness evaluations, and board examinations.
- Taught tailored-fit modules to soldiers on mental foundational skills, goal setting, building confidence, energy management, attentional control, and integrating imagery into performance.

**Human Kinetics**, Champaign, Illinois

*Course Writer*

February 2018-Present

Brown, J. (2022). *Lower Body Training: The Definitive Guide to Increasing Size, Strength, and Athletic Performance*. Human Kinetics.

Sapstead, G. (2021). *Ultimate Abs: The Definitive Guide to Developing a Chiseled Six-Pack*. Human Kinetics.

Schoenfeld, M., & Kleiner, S. M. (2020). *Diet Lies and Weight Loss Truths*. Human Kinetics.

Armbruster, C. K., Evans, E., & Sherwood-Laughlin, C. (2018). *Fitness and wellness: a way of life*. Human Kinetics.

**Texas A&M University**, College Station, Texas

*Graduate Teaching Instructor*

September 2017 – May 2019

- Taught for-credit physical education courses on cardio dance aerobics.
- Assigned students to create SMART goals and calculate their individual optimal heart rates through the Karvonen formula.
- Served as a teaching assistant for the late Dr. Mike Greenwood for Physiology of Strength & Conditioning.

**Chelsea Piers Athletic Club**, Stamford, Connecticut

*Personal Trainer, Group Fitness Instructor, and Strength Coach*

July 2016 – April 2017

- Acted as Assistant Strength Coach to the synchronized skating club, *The Skyliners*, a 15-time National Champion team.
- Personal trained general population and taught classes in strength training, cycling, and dance aerobics.
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**Personal Training Professionals**, New Canaan, Connecticut

*Personal Trainer*

June 2015-June 2016

- Guided individual clients through structured exercise routines.
- Population of clients ranged from young athletes to senior citizens.

**Brown University**, Providence, Rhode Island

*Group Fitness Instructor, Personal Trainer, and Mascot*

September 2011-May 2015

- Instructed group classes in Zumba, bootcamp, body sculpt, indoor cycling, and kickboxing.
- Worked with individual clients towards their health and fitness goals.
- Moonlit as Brown University's mascot, Bruno, the brown bear, at football and basketball games.

## PUBLICATIONS

- Stults-Kolehmainen, M. A., Bond, D. S., Richardson, L. A., Herring, L. Y., Mulone, B., Garber, C. E., Morton, J., Ghiassi, S., Duffy, A. J., Balk, E., Abolt, C. J., Howard, M. C., Ash, G. I., Williamson, S., Marcon, E. R., De Los Santos, M., Bond, S., Huehls, J., Alowais, O., Heyman, N. B. & Gualano, B. Role of the exercise professional in bariatric surgery: A multimethod analysis for evidence-based recommendations. *MedRxiv*. 2023.04.20.23288698; doi: <https://doi.org/10.1101/2023.04.20.23288698>. Posted April 21, 2023.
- Stults-Kolehmainen, M. A., Blacutt, M., Bartholomew, J. B., Boullosa, D., Janata, P., Koo, B. B., . . . Ash, G. I. (2022). Urges to move and other motivation states for physical activity in clinical and healthy populations: A scoping review protocol. *Frontiers in Psychology*, *13*. doi:10.3389/fpsyg.2022.901272
- Williamson, S. L. (2021). *The Effect of Exercise, Weight Loss Programs, and Body Composition on Psychological Outcomes* (Doctoral dissertation).
- Sowinski, R. J., Grubic, T. J., Dalton, R. L., Schlaffer, J., Reyes-Elrod, A. G., Jenkins, V. M., ... & Kreider, R. B. (2021). An Examination of a Novel Weight Loss Supplement on Anthropometry and Indices of Cardiovascular Disease Risk. *Journal of Dietary Supplements*, *18*(5), 478-506.
- Stults-Kolehmainen, M. A., Blacutt, M., Fogelman, N., Gilson, T. A., Stanforth, P. R., Divin, A. L., ... & Sinha, R. (2021). Measurement of motivation states for physical activity and sedentary behavior: Development and validation of the CRAVE scale. *Frontiers in Psychology*, *12*.
- Stults-Kolehmainen, M. A., Blacutt, M., Gilson, T. A., Stanforth, P. R., Divin, A. L., Bartholomew, J. B., ... & Sinha, R. (2020). I want to move my body—right now! The CRAVE Scale to measure state motivation for physical activity and sedentary behavior. *MedRxiv*.
- Grubic, T. J., Sowinski, R. J., Nevares, B. E., Jenkins, V. M., Williamson, S. L., Reyes, A. G., ... & Kreider, R. B. (2019). Comparison of ingesting a food bar containing whey protein and isomalto-oligosaccharides to carbohydrate on performance and recovery from an acute bout of resistance-exercise and sprint conditioning: an open label, randomized, counterbalanced, crossover pilot study. *Journal of the International Society of Sports Nutrition*, *16*(1), 1-17.
- Grubic, T., Sowinski, R., Nevares, B., Jenkins, V., Williamson, S., Reyes, A., ... & Kreider, R. (2019). Effects of Ingesting a Food Bar Containing Whey Protein and Isomalto-Oligosaccharides on Performance and Recovery from an Acute Bout of Resistance-Exercise and Sprint-Conditioning. *The FASEB Journal*, *33*(S1), 534-1.
- Williamson, S., Darling, G., Carter, J., Greenwood, L., & Greenwood, M. The type of injuries sustained in the Texas A&M Corps of Cadets during an academic semester. *Journal of Sport and Human Performance*, *6*(1).

## POSTER PRESENTATIONS

- Stults-Kolehmainen, M., Blacutt, M., Divin, A., Williamson, S., Gilson, T. A., Bartholomew, J. B., & Sinha, R. (2020). The Desire to Move and Rest: Assessing Reliability and Validity of The CRAVE Scale: 466 Board# 282 May 27 10: 30 AM-12: 00 PM. *Medicine & Science in Sports & Exercise*, *52*(7S), 122.
- Grubic, T., Sowinski, R., Nevares, B., Jenkins, V., Williamson, S., Reyes, A., ... & Kreider, R. (2019). Effects of Ingesting a Food Bar Containing Whey Protein and Isomalto-Oligosaccharides on Performance and Recovery from an Acute Bout of Resistance-Exercise and Sprint-Conditioning. *The FASEB Journal*, *33*(S1), 534-1.

## PROFESSIONAL ASSOCIATIONS

NSCA, CSCS, CSPS, TSAC-F, & CPT

April 2017 – Present

## **HONORS**

Army Education Outreach Program (AEOP) Post-Doctoral Fellowship	March 2023-Present
Texas A&M College of Education and Human Development Honor Grad	December 2021
Silver Level Excellence Award from Magellan Federal	July 2021
Certificate of Appreciation from Col. Joseph Goetz II 36 <sup>th</sup> EN BDE	May 2021
Texas A&M University Association of Former Students Merit Fellowship	September 2017

## **SKILLS & CERTIFICATIONS**

Phlebotomy, DXA, Metabolic Cart, Blood Analysis, SPSS, Microsoft Office, ACSM EP-C, NSCA CSCS, NSCA CSFS, NSCA TSAC-F, NSCA CPT, USA Weightlifting Level 1, NASM CES, Precision Nutrition 1, TRX Suspension Training, Red Cross Adult & Pediatric CPR, AED, & First Aid

