TEXAS STATE VITA

I. Academic/Professional Background

A. Name and Title

Name:	*Title:*
Caitlyn Farrell, MS	Assistant Professor of Instruction

B. Educational Background

Degree	*Year*	*University*	*Major*	*Thesis/ Dissertation*
Masters of Health and Exercise Science	2015	University of Oklahoma		Culminating Project
BS of Health and Exercise Science	2013	University of Oklahoma		

C. University Experience

Position	*University*	*Dates*
Assist. Professor of Instruction	Texas State University	2024-Present
Lecturer	Texas State University	2020-2024
Lecturer	University of Oklahoma	2017-2020

D. Relevant Professional Experience

Position	*Entity*	*Dates*
Owner	Caitlyn Farrell Fitness LLC	August 2015-Present
Personal Trainer	Movati Athletic	Dec 2018-Nov 2019
Research Coordinator	University of Ottawa	Aug 2018-Dec 2018

E. Other Professional Credentials (licensure, certification, etc.)

American Red Cross - Adult and Pediatric First Aid/CPR/AED Nov. 2024-Present
Girl Gone Strong Pre/Postnatal Jan. 2021-Present
Darby Training Systems (DTS) Conditioning Coach Mar. 2019-Present
Darby Training Systems (DTS) Lean Body Coach Aug. 2019-Present
Precision Nutrition Level 1 Aug. 2018-Present
RYT-200 Instructor July 2012-Present
NSCA Certified Personal Trainer (NSCA-CPT) May 2014-Present

II. TEACHING

B. Courses Taught:

Texas State University:

ESS 4660 Internship in Exercise Sport Science
ESS 4661 Internship in Clinical Exercise Science
ESS 4100 Professional Development in Health and Human Performance
ESS 4101 Professional Development in Clinical Exercise Science
ESS 1201 Group Exercise Instructor Training
US 1100 University Seminar

PFW 1110 Aerobic Conditioning

Other institutions grouped by institution name:

University of Oklahoma:

HES 1823 Principles of Health and Disease

HES 2823 Introductory to Nutrition

HES 1041 Introductory to Yoga

HES 1351 Pilates

HES 1351 Boot Camp

D. Courses Prepared and Curriculum Development:

Living Learning Community Curriculum Development, Texas State University, 2021-Present

Developed and continue to annually refine the curriculum for the Exercise and Sports Science Living Learning Community (2021-2025), renamed the Health and Human Performance Living Learning Community beginning in the 2025-2026 academic year. The curriculum integrates academic success, professional exploration, faculty engagement, career development, community building, and experiential learning. Design approximately fifteen educational and professional-development experiences annually to support students' transition to the university, strengthen departmental belonging, and promote professional identity development.

Principles of Health and Disease — Revised Existing Course — University of Oklahoma — 2017

F. Other:

Student Accomplishments:

Student Professional Outcomes through the HHP Internship Program, 2020–Present

Students completing internships in Clinical Exercise Science have successfully transitioned into professional employment following their internship experiences, including numerous graduates hired into cardiac rehabilitation positions. In addition, approximately 10 students completing internships in strength and conditioning have subsequently secured graduate assistantship positions in strength and conditioning programs at universities across the country.

G. Teaching Professional Development Activities Attended

2026

Reshaping What's Possible in the Classroom with Google Gemini - September 3, 2026

Micro-Credential Information Session - August 10, 2026

US 1100 Annual Faculty Development Meeting - 2026

Living Learning Community Faculty Development Meeting - 2026

2025

US 1100 Annual Faculty Development Meeting - 2025

Living Learning Community Faculty Development Meeting - 2025

Click Here for Success: Strategies for Asynchronous Teaching - April 29, 2025

Click Here for Success: Strategies for Asynchronous Teaching - April 16, 2025

Communicating Progress: Developing & Documenting Evidence of Student Improvement (Educational Programs & General Education) - April 8, 2025

2024

US 1100 Annual Faculty Development Meeting - 2024

Living Learning Community Faculty Development Meeting - 2024

2023

Living Learning Community Faculty Development Meeting - 2023

May 2023 US Faculty Development - May 2, 2023

Spring 2023 US 1100 Faculty Development - January 10, 2023

2022

Living Learning Community Faculty Development Meeting - 2022

May 2022 US Faculty Development - May 3, 2022

2021

Living Learning Community Faculty Development Meeting - 2021

US 1100 Faculty Only: Campus Tour - August 17, 2021

Fall 2021 US 1100 Faculty Development - August 4, 2021

2021 University Seminar "Quick Start" to Teaching US 1100 - July 22, 2021

"You've Got a Friend in Me" - Teaching a University Seminar - March 24, 2021

2020

Teaching Online @ TxState - Online Teaching Certification (Self-Paced Course) - August 31, 2020

Canvas for New Faculty Orientation - August 18, 2020

III. SCHOLARLY/CREATIVE

A. Works in Print (including works accepted, forthcoming, in press):

2. Articles:

a. Refereed Journal Articles:

Wann, T., Hayes, L., Marshment, G., Marcum, C., Meiklejohn, M., & Branscum, P. (2015). Native American childhood obesity prevention interventions: a systematic review. Vulnerable Children and Youth Studies, 10(2), 118-130.

E. Scholarly / Creative Professional Development Activities Attended:

National Strength and Conditioning Association (NSCA) National Conference - 2026 - New Orleans, LA

National Strength and Conditioning Association (NSCA) National Conference - 2025 - Kansas City, MO

National Strength and Conditioning Association (NSCA) National Conference - 2023 - Las Vegas, NV

IV. SERVICE

A. Institutional

3. Department/School:

Member at Large, Faculty Evaluation Committee 2023-2025

Member, Agency Fair Committee 2024-2025

Faculty Advisor, Living Learning Community, Texas State University 2021-Present

Exercise and Sports Science Living Learning Community, 2021-2025; Health and Human Performance Living Learning Community, 2025-Present

Internship Coordinator/Supervisor, Exercise Sports Science Internship Program 2020-Present

C. Community:

Kids Ministry Team Lead, Living Waters Church 2022-Present

D. Organization Memberships:

National Strength and Conditioning Association (NSCA), Professional Member 2015–Present

G. Service Professional Development Activities Attended:

2026

Living Learning Community Faculty Development Meeting — August 12, 2026

2025

12th Annual Live2Lead Seguin — October 31, 2025

Living Learning Community Faculty Development — August 21, 2025

2024

LLC Faculty Orientation — April 12, 2024

2023

RA LLC Themed Communities Review — August 11, 2023

LLC Themed Community Student Orientation — August 5, 2023

LLC Community Orientation — April 21, 2023