TEXAS STATE VITA

I. Academic/Professional Background

A. Name: Stephanie Nicole Uriegas Title: Ms

B. Educational Background

Degree Year University Major Thesis/Dissertation

BS - May 2023 – Texas State University – Exercise and Sports Science
MS – May 2025 – Texas State University – Exercise Science – Culminating Project
C. University Experience
GTA – HHP
D. Relevant Professional Experience

E. Other Professional Credentials (licensure, certification, etc.)
N/A

II. TEACHING

A. Teaching Honors and Awards:

B. Courses Taught:
University of Tennessee – Knoxville
Introduction into Kinesiology, Beginning Tennis, Beginning Pickleball, and Basic Activity & Wellness
Texas State:
Primary Instructor:
PFW 1301. Social and Behavioral Dimensions of Physical Fitness and Wellness.
ESS 3321. Teaching Elementary Children Physical Activity.

Assistant:
ESS 4320. Resistance Training and Conditioning.
ESS 3323. Psychosocial Aspects of Exercise and Sport Science.
ESS 3340. Theory and Principles of Coaching.

C. Directed Student Learning (i.e. theses, dissertations, exit committees, etc.):

D. Courses Prepared and Curriculum Development:

E. Teaching Grants and Contracts

1. Funded External Teaching Grants and Contracts: N/A

2. Submitted, but not Funded, External Teaching Grants and Contracts: N/A

3. Funded Internal Teaching Grants and Contracts: N/A

4. Submitted, but not Funded, Internal Teaching Grants and Contracts: N/A

F. Other: N/A

G. Teaching Professional Development Activities Attended N/A

III. SCHOLARLY/CREATIVE

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

1. Books**: N/A**

a. Scholarly Monographs:

b. Textbooks:

c. Edited Books:

d. Chapters in Books:

e. Creative Books:

2. Articles:

a. Refereed Journal Articles:

Sutton, N. M., Uriegas, S., Martaindale, H., & McAllister, M. J. (2025). Added Psychological Stress Significantly Increases Anxiety but Does Not Impact Stress Biomarkers in Response to Combined Mental and Physical Stress. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 17, p. 95).

McAllister, M. J., Martaindale, M. H., Womble, A., Sutton, N., & Uriegas, S. (2023). Shift schedule change from 24/48 to 1/3/2/3 improves markers of stress and quality of life in career firefighters. *Journal of Occupational and Environmental Medicine*, 10-1097.

b. Non-refereed Articles:

3. Conference Proceedings:

a. Refereed Conference Proceedings:

b. Non-refereed:

4. Abstracts:

Uriegas, S. N., McAllister, M. J., Sutton, N., & Martaindale, H. (2025). Gender Gap in Stress: Differences Amongst Sex in Biomarkers of Stress and Anxiety. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 2, No. 17, p. 47).

5. Reports: **N/A**

6. Book Reviews: **N/A**

7. Essays: **N/A**

8. Poems: **N/A**

9. Short Stories: **N/A**

10. Other Works in Print: **N/A**

B. Works Not in Print: **N/A**

1. Papers Presented at Professional Meetings: **N/A**

2. Invited Talks, Lectures, and Presentations: **N/A**

3. Consultancies:
N/A
4. Workshops: **N/A**

5. Other Works not in Print:
N/A
a. Works "submitted" or "under review":

b. Works "in progress":

c. Other Works Not in Print:

C. Scholarly / Creative Grants and Contracts: **N/A**

1. Funded External Grants and Contracts:

2. Submitted, but not Funded, External Grants and Contracts:

3. Funded Internal Grants and Contracts:

4. Submitted, but not Funded, Internal Grants and Contracts:

D. Scholarly / Creative Fellowships, Awards, Honors: **N/A**

E. Scholarly / Creative Professional Development Activities Attended: **N/A**

F. Media Recognition: **N/A**

IV. SERVICE

A. Institutional **N/A**

1. University:

2. College:

3. Department/School:

B. Professional:

C. Community:

D. Organization Memberships:

E. Service Honors and Awards:

F. Service Grants and Contracts:

1. Funded External Service Grants and Contracts:

2. Submitted, but not Funded, External Service Grants and Contracts:

3. Funded Internal Service Grants and Contracts:

4. Submitted, but not Funded, Internal Service Grants and Contracts:

G. Service Professional Development Activities Attended: