TEXAS STATE VITA

I. Academic/Professional Background

A. Name and Title

Name: Lindsay E. Kipp **Title: Associate Professor**

B. Educational Background

Degree	*Year*	*University*	*Major*	*Thesis/Dissertation*
Ph.D.	2012	University of Minnesota	Kinesiology, specialization in sport and exercise psychology	Social influences and physical and psychological well-being among female adolescent gymnasts
M.S.	2006	Illinois State University	Kinesiology, specialization in sport and exercise psychology	Perceived motivational climate and self-determined motivation in female high school athletes
B.S.	2004	Illinois State University	Kinesiology, emphasis in exercise science	

C. University Experience

Position	*University*	*Dates*
Associate Professor Department of Health and Human Performance	Texas State University	2021 – present
Assistant Professor Department of Health and Human Performance	Texas State University	2015 – 2021
Lecturer Department of Kinesiology and Health Promotion Faculty Director of the Kinesiology and Health Promotion Living Learning Community (2013-2015)	University of Kentucky	2012 – 2015
Research and Teaching Assistant School of Kinesiology	University of Minnesota	2008-2012
Lecturer School of Kinesiology and Recreation	Illinois State University	2006-2008
Lecturer Department of Psychology	Heartland Community College	2006-2008
Teaching Assistant School of Kinesiology and Recreation	Illinois State University	2004-2006

D. Relevant Professional Experience

Position	*Entity*	*Dates*
Personal Trainer, Group Exercise Instructor, and Aquatic Fitness Instructor	Gold's Gym, Bloomington, IL	2005-2007
Instructor (motor skills program for children 3-12 years-old)	The Little Gym, Burnsville, MN	2009-2010

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

Certification – Coaching Principles and Coaching Principles Instructor, American Sport Education Program, Human Kinetics Coach Education (July 2015 to present)

Certification – Collaborative Institutional Training Initiative (CITI)
Human Research, Human Subject Protection Training (2025 to present)
Human Research, IRB Committee Members & Staff (2023 to present)
Information Privacy Security, IRB Member (2023 to present)
Human Research, Social and Behavioral Research (2015-2025)

Professional Development Trainings:
Preventing Harassment and Discrimination (EEO & Title IX) (2020, 2022, 2024, 2025)
TXST Cybersecurity Training (2020, 2022, 2023, 2024, 2025)
Tools for an Ethical Workplace (Ethics and Compliance) (2023, 2025)

II. TEACHING

A. Teaching Honors and Awards:

College Achievement Award in Teaching at the Associate Professor rank, within the Presidential Awards Program, College of Education, Texas State University (awarded 2025).

B. Courses Taught:

Texas State University
ESS 3323 Psychosocial Aspects of Exercise and Sport Science (face-to-face, hybrid, online)
ESS 3340 Theory and Principles of Coaching (face-to-face, hybrid)
Students have the option to pursue the American Sport Education Program Coaching Certification by Human Kinetics Coach Education upon course completion.
ESS 5110 Research Seminar (hybrid)
ESS 5354 Positive Youth Development Through Sport & Physical Activity (face-to-face, hybrid) (formerly named Developmental Sports Education: Youth Participants)
ESS 5355 Psychosocial Aspects of Coaching High-Level Athletes (face-to-face, hybrid, online) (formerly named Developmental Sports Education: High-Level Athletes and Coaching Effectiveness)
ESS 5347 Independent Study in Exercise Science

ESS 5399 Thesis A and Thesis B

University of Kentucky
KHP 300 Psychology and Sociology of Sport and Physical Education (online and face-to-face)
KHP 445 Introduction to Tests and Measurement in Kinesiology
UK 101 Academic Orientation

University of Minnesota
KIN 3126W Sport and Exercise Psychology (writing intensive)
KIN 3131W History and Philosophy of Sport and Physical Activity (writing intensive)
KIN 3151 Measurement, Evaluation, and Research in Kinesiology

Illinois State University
KNR 154.40 Stress Management Instructional Methods
KNR 240 Principles and Applications of Fitness Assessment
KNR 285 Resistive Training Instructional Methods

Heartland Community College
PSY 101 Introduction to Psychology
PSY 209 Human Growth and Development

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

Texas State University

Theses and Culminating Projects

Chair, Undergraduate Honors Thesis for Desiree Gomez Hyde. *Psychosocial Predictors of Physical Activity Among Female College Students*.
B.S. Exercise and Sport Science, May 2025.

Chair, Master's Thesis for Celissa Pena. *Moral Reasoning in Adolescent Basketball Players: Exploring the Influence of Coach and Team Norms on Moral Behavior*.
M.S. Exercise Science, December 2024.

Member, Culminating project for graduate student Quinten Pigg. *Role of resistance training on sarcopenia-related quality of life in younger and older adults*.
M.S. Exercise Science, May 2023.

Member, Culminating project for graduate student Cole Hambric. *Sarcopenia-related quality of life and resistance training exercise*.
M.S. Exercise Science, May 2023.

Member, Culminating project for graduate student Leslie Adamson. *Female Adolescent's Understanding of Menstruation and Exercise as a Pre-Menstrual Symptom Relief.*
M.S. Exercise Science, May 2023.

Chair, Master's Thesis for Dana Mefferd. *Organizational Fit and Teammate Interactions: Why Some Athletes Experience Burnout.*
M.S. Exercise Science, May 2021.

Member, Master's Thesis for Holly Kendall. *Muscle mass and physical function in resistance trained versus non-resistance trained younger and older adults*. Proposed May 2020. Due to limited subject recruitment resulting from the COVID-19 pandemic, the student was granted a change to non-thesis in October 2020, ensuring that the student met graduation requirements for December 2020 and that graduation was not delayed due to the pandemic.

Member, Master's Thesis for Monica Mendoza. *A 4-Week Neuromuscular Stimulation Intervention on Skeletal Muscle Fatigue in Older Adults*.
M.S. Exercise Science, August 2020.

Chair, Culminating project for graduate student Kylie Nodorft. *Fostering a culture of health in the workplace: Experiences from a wellness internship at Apple, Inc.*
M.S. Exercise Science, May 2020.

Member, Master's Thesis for Leah Reeder. *A comparison of hardiness and quality of life between student-athletes and non-athletes.*
M.S. Athletic Training, May 2020.

Member, Master's Thesis for Sonia Preisser. *Alternative sports: A tool for modeling socially conscious behavior.*
M.S. Sustainability Studies, May 2020.

Member, Master's Thesis for Samantha Goldenstein. *The effects of anabolic signaling with neuromuscular electrical stimulation in older adults.*
M.S. Exercise Science, August 2019.

Chair, Culminating project for graduate students Kenneth Neal Ellis and Briana Allen. *How coaches teach sportsmanship: Comparing observations, coach perceptions, and player perceptions in club soccer.*
M.S. Exercise Science, May 2019.

Member, Master's Thesis for Joshua Waclawczyk. *Does motivation play a factor in engagement levels of marginal volunteers?*
M.S. Recreation, May 2019.

Member, Master's Thesis for Erin Dresser. *Availability of an athletic trainer and frequency of concussions in student-athletes in school and club sports.*
M.S. Athletic Training, May 2018.

Chair, Culminating project for graduate students Shelby Dixon and Paige Love. *Transformational leadership and self-determined motivation among female collegiate basketball players.*
M.Ed., Sports Education (Shelby); M.S. Exercise Science (Paige), May 2018.

Chair, Culminating project for graduate student Megan Dugie. *Community interest in activities at a local recreation facility.*
M.S. Exercise Science, May 2018.

Chair, Culminating project for graduate student Tiffani Collins. *Using mixed methodology to explore motivational climate on a high school football team.*
M.Ed. Sports Education, December 2017.

Co-Chair, Master's thesis for Kimberley Penilla. *Health-related quality of life and injury among current and former athletes.*
M.S. Athletic Training, August 2017.

Member, Culminating project for graduate student J. Alexandra Jasso. *Perceptions of a single neuromuscular electrical stimulation treatment in healthy adults.*
M.S. Exercise Science, May 2017.

Chair, Culminating project for graduate student Tanner McGee. *Social relationships, identity, and perceived competence among collegiate student-athletes.*
M.Ed. Sports Education, May 2017.

Member, Culminating project for graduate student Megan Callahan. *Investigation of the relationship between an irest yoga nidra intervention and pain management in the rehabilitation of sports injury.*
M.S. Athletic Training, May 2016.

Independent Studies

Chair, Independent Study for Trinity Rosado. Assisted with data collection, literature review and article summaries, data organization, and conference presentation. Fall 2024, Spring 2025.

Chair, Independent Study for Desiree Gomez-Hyde. Worked on literature review and methods to prepare for her Honors Thesis. Summer 2024.

Chair, Independent Study for Celissa Pena. Worked on literature review for her thesis on social influence and moral behavior among adolescents; assisted with Girls on the Run Alum Study tasks including Qualtrics survey creation and settings. Fall 2023.

Chair, Independent Study for Ashlyn Chambers. Assisted with data collection for the Social Innovation Research Grant project – Experiences in Afterschool Programs. Spring 2022.

Chair, Independent Study for Dana Mefferd. Worked on literature review for her thesis on social-environmental predictors of burnout in college athletes, IRB application, and thesis proposal document. Summer 2020.

Chair, Independent Study for Kylie Nodorft. Assisted with data collection for studies with youth soccer players (observations and surveys); literature review on use of accelerometers with older adults. Spring 2019.

Chair, Independent Study for Jeffrey Kyle Dean. Assisted with data collection for Fun & Fit 4 Life (coach observations); literature review on psychology of injury. Summer 2018.

Chair, Independent Study for Tanner McGee. Literature review on athlete identity and transition out of sport. Spring 2016.

D. Courses Prepared and Curriculum Development:

Kinesiology Doctoral Program Proposal - Writing Team Member (concentrations in Exercise Science and Sport Management). Worked in a group of 3 HHP faculty to develop a proposal for a hybrid PhD program, in collaboration with the HHP Chair, Curriculum Services, the Graduate College, and TXST Global. Attended regular meetings led by Dr. Sriraman, Senior Vice Provost and Dr. Housman, Associate Vice Provost, Curriculum & Academic Programs. Our tasks included writing and revising the proposal document, creating the curriculum and submitting courses in the CIM program, documenting resources needed, soliciting letters of support, researching similar programs, listing potential external reviewers, attending meetings with University Curriculum Committee and Faculty Senate for questions and feedback, and refining based on feedback at the various approval levels. The proposal was submitted first in August 2023, received an opportunity to revise, and resubmitted in October 2024. I helped prepare faculty and prospective students for participation in the virtual site visit with a representative from the Texas Higher Education Coordinating Board (THECB) and 3 external reviewers on October 9, 2025. I helped respond to reviewer feedback from that visit and assisted with preparing the SACSCOC prospectus. THECB voted to approve the program on January 22, 2026.
(June 29, 2023 to January 2026)

ESS 5355 Developmental Sports Education: High Level Athletes and Coaching Effectiveness. Advanced Online Program (AOP) course development. Worked with a Risepoint Instructional Designer to develop the course, including course map, syllabus, Canvas modules, activities, assignments, exams, and submit for Quality Matters approval (November 2024 to May 2025)

ESS 3323 Psychosocial Aspects of Exercise and Sport Science. I revised the course for fully online delivery. (Fall 2024)

ESS 5110 Research Seminar. First time course preparation. I used a syllabus template and created my own content and assignments. (Fall 2023)

ESS 3323 Psychosocial Aspects of Exercise and Sport Science. I revised the course for hybrid delivery. Revisions included instructional mode (combination of asynchronous and face-to-face), activities, and assignments. (Fall 2023)

ESS 5354 Developmental Sports Education: Youth Participants. I revised the course for hybrid delivery. Revisions included instructional mode (combination of synchronous, asynchronous, and face-to-face), activities, assignments, and exams. (Fall 2021)

ESS 3340 Theory and Principles of Coaching. I revised the course for hybrid delivery for large classrooms. Revisions included instructional mode (combination of synchronous, asynchronous, and face-to-face), activities, assignments, and exams. (Spring 2021)

ESS 5355 Developmental Sports Education: High Level Athletes and Coaching Effectiveness. I revised the course for hybrid delivery. Revisions included instructional mode (combination of synchronous, asynchronous, and face-to-face), activities, assignments, and exams. (Spring 2021)

ESS 5354 Developmental Sports Education: Youth Participants. I developed this course, which was first taught in Fall 2016. I incorporated a new textbook and prepared lectures, assignments, exams, and class activities.

ESS 5355 Developmental Sports Education: High Level Athletes and Coaching Effectiveness. I developed this course, which was first taught in Spring 2017. I put together a reading list of chapters and research articles, prepared lectures, assignments, exams, and class activities.

F. Other:

Student Accomplishments:
Thesis Research Support Fellowship awarded to Celissa Pena for her project titled *Moral Reasoning in Adolescent Basketball Players: Exploring the Influence of Coach and Team Norms on Moral Behavior*. The Graduate College, Texas State University. Awarded $1,986.
(July 2024 to December 2024).
Role: Thesis Chair and mentor.

G. Teaching Professional Development Activities Attended:

Texas State University

Academic Integrity and AI in Today's Classroom: Q&A with the Honor Code Council. By Faculty Development, via Zoom. (October 2025)

Communicating Progress: Developing Outcomes and Methods to Assess Student Improvement. By Educational Programs and General Education, via Zoom. (September 2025)

Communicating Progress: Developing & Documenting Evidence of Student Improvement. By Educational Programs & General Education. (April 2025)

H5P: Create Compelling, Interactive Activities, Dr. Eryn Berger, Director of Online & Extended Programs, sponsored by Department of Health and Human Performance Technology Committee. (January 2025)

Responsible AI: Guiding Students in Ethical AI Use. By Risepoint. (January, 2025)

Jazzing Up Canvas, Dr. Brenda Berumen, sponsored by Department of Health and Human Performance Technology Committee (October 2023)

How to Talk to Your Students About All Things AI (Artificial Intelligence), by Faculty Development, via Zoom (September, 2023)

Inclusive Language in Pedagogy, Drs. Martines-Ramos and Ausbrooks, sponsored by Department of Health and Human Performance (October 2021)

Setting Your Intentions: Inclusive Syllabus Design, by Faculty Development (June 2021)

Canvas Toolkit: Quizzes, Assignments, & Grading, by IT Assistance Center, via Zoom (July 2020)

Canvas Migration Workshop, by IT Assistance Center, via Zoom (July 2020)

Their Cheating Hearts: Tips for Maintaining Academic Integrity While Teaching Remotely, by Faculty Development, via Zoom (April 2020)

Alternatives to Lectures for Low-Tech Remote Course Delivery, by Faculty Development, via Zoom (March 2020)

Remote Teaching Alternatives to the 90 Minute Lecture, by Office of Distance and Extended Learning, via Zoom (March 2020)

Strategies for Remote Teaching, by Jodi and Doug Holschuh, College of Education (March 2020)

Promoting Active Learning and Research (PALIR): Phase III Professional Development Program (Active Learning in Large Classrooms), by Office of Distance and Extended Learning, hosted by Department of Health and Human Performance (HHP) (Series of 5 workshops, Fall 2019).

Zoom Workshop, by IT Assistance Center and Office of Distance and Extended Learning, hosted by HHP Technology Committee (April 2019).

Brennan and Smith Lecture, Dr. Jared Russell, diversity and inclusion issues in Health and Human Performance (September 2018).

Solstice Workshop (program that enables screen sharing among individuals in the same classroom), by Learning Spaces Design (April 2018).

Activate Student Learning Workshop (motivating students to engage in the classroom experience), by Learning Spaces Design (February 2018)

TechSmith Relay and Mediaflo Workshop, by Learning Spaces Design, hosted by HHP Technology Committee (January 2018)

Foundations of Online Course Design and Development (40 hour hybrid course that meets SACSCOC requirements for online instructors), by Instructional Technologies Support (July 2017)

“CATS” Active Learning Workshop Series, by Diane Boyd, director of the Biggio Center for the Enhancement of Teaching and Learning at Auburn University (workshops were provided at Texas State University in April, June, and August 2017).

The Guide on the Side: Strategies for Mentoring Graduate Students, by Faculty Development (March 2017)

4th Annual Award for Excellence in Online Teaching: Reception and Showcase, by Office of Extended and Distance Learning (February 2017)

Allies Training (Allies are part of a campus-wide network that helps sustain Texas State as a safe place for LGBTQIA individuals), by Professional Development, Human Resources (November 2016)

Supporting Transgender Students on Campus Workshop, by Professional Development, Human Resources (February 2016)

Experience an active learning space, by Finance and Support Services Planning, and Instructional Technologies Support (January 2016)

Beginning TRACS for new faculty orientation, by Educational Technology Center Support (August 2015)

Program for Excellence in Teaching and Learning for new tenure-track faculty. Six sessions throughout the 2015-2016 academic year on teaching and research topics including an orientation to students at the university; encouraging multiculturalism and diversity in the classroom; active learning strategies; tips on the tenure and promotion process; and balancing teaching, research, and writing.

III. SCHOLARLY/CREATIVE

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

1. Books

d. Chapters in Books

Refereed:

Weiss, M. R., **Kipp**, L. E., & Bolter, N. D. (in press). Positive youth development through sport and physical activity: Fostering social, emotional, and physical life skills and well-being. In S.M. Murphy, B.S. Harris, & K. Gunter (Eds.), The Oxford handbook of sport and performance psychology (2nd ed., pp. xxx-xxx). New York: Oxford University Press. (invited chapter to be published in early 2027)

Kipp, L. E. (2025). Psychology of physical activity. In D.V. Knudson and T.A. Brusseau, (Eds.), *Introduction to Kinesiology*. (7th ed., pp. 187-211) Champaign, IL: Human Kinetics.

Kipp, L. E. (2024). Sport and exercise psychology. In D.V. Knudson (Ed.), *Introduction to Exercise Science*. (pp. 163-185). Champaign, IL: Human Kinetics.

Weiss, M. R., **Kipp**, L. E., & Espinoza, S. E. (2019). Motivational processes in youth sport and physical activity. In R.M. Ryan (Ed.), *The Oxford handbook of human motivation* (pp. 487-506, 2nd ed.). London, UK: Oxford University Press.

Weiss, M. R., & **Kipp**, L. E. (2018). Relationships rock! How parents, coaches, and peers can optimize girls' psychological development through sport and physical activity. In N.M LaVoi (Ed.), Developing physically active girls: A multidisciplinary evidence-based approach (3rd ed.; pp. 37-54). Minneapolis, MN: University of Minnesota. https://digital.library.txst.edu/items/702f7145-caae-4895-9bf5-f2fa1b026164

Kipp, L. E. (2017). Developmental considerations for working with young athletes. In C.J. Knight, C.G. Harwood, & D. Gould, (Eds.), *Sport psychology for young athletes* (pp. 32-42). New York: Routledge.

Kipp, L. E. (2017). Sports. In K. Peppler (Ed.), *The SAGE encyclopedia of out-of-school learning.* (pp. 743-745). Thousand Oaks, CA: SAGE Publications, Inc. http://dx.doi.org/10.4135/9781483385198.n283

Kipp, L. E., & Weiss, M. R. (2013). Physical activity and self-perceptions among children and adolescents. In P. Ekkekakis (Ed.), *Routledge handbook of physical activity and mental health* (pp. 187-199). New York: Routledge.

Weiss, M. R., **Kipp**, L. E., & Bolter, N. D. (2012). Training for life: Optimizing positive youth development through sport and physical activity. In S.M. Murphy (Ed.), *The Oxford handbook of sport and performance psychology* (pp. 448–475). New York: Oxford University Press.

Weiss, M. R., Amorose, A. J., & **Kipp**, L. E. (2012). Youth motivation and participation in sport and physical activity. In R.M. Ryan (Ed.), *The Oxford handbook of human motivation* (pp. 520–553). New York: Oxford University Press.

2. Articles

a. Refereed Journal Articles (* indicates student author)

1. Bolter, N.D., **Kipp**, L.E., & Greenwood, P.B. (2026). Multiple perspectives on Junior Giants: Volunteer coaches', team parents', and caregivers' perceptions of program impact and intentions to return. *Youth, 6*(1), 9. https://doi.org/10.3390/youth6010009

2. Kendall, H., **Kipp**, L. E., & Mettler, J. A. (2025). Resistance training preserves physical function in older community-dwelling adults. *Translational Journal of the American College of Sports Medicine. 10*(3), e000312. https://doi.org/10.1249/TJX.0000000000000312

3. **Kipp**, L. E., *Pigg, Q. W., Kim, J., *Fisher, A., & Mettler, J. A. (2025). Resistance training and sarcopenia-related quality of life in younger and older adults. *Translational Journal of the American College of Sports Medicine. 10*(1), e000280. https://doi.org/10.1249/TJX.0000000000000280

4. Bolter, N. D., **Kipp**, L. E., & Greenwood, P. B. (2024). Retention in Junior Giants, a sport-based youth development program: what factors are associated with intentions to return?. *Frontiers in Sports and Active Living,* 6:1360289. https://doi.org/10.3389/fspor.2024.1360289

5. **Kipp**, L. E., & Bolter, N. D. (2024). Motivational climate dimensions predict youth soccer players' psychosocial well-being over time. *Psychology of Sport and Exercise, 70,* 102518. https://doi.org/10.1016/j.psychsport.2023.102518

6. †Weiss, M. R., †**Kipp**, L. E., & Riley, A. (2023). Inspiring IDEA: Girls on the Run's developmental approach to and assessment of inclusion, diversity, equity, and access programming. *Frontiers in Psychology, Developmental Psychology section, 14,* 1128680. https://doi.org/10.3389/fpsyg.2023.1128680
† authors contributed equally, designated on publication

7. Weiss, M. R., **Kipp**, L. E., & Riley, A. (2021). "A piece of sanity in the midst of insane times": *Girls on the Run* programming to promote physical activity and psychosocial well-being during the COVID-19 pandemic. *Frontiers in Public Health, 9*, 729291. https://doi.org/10.3389/fpubh.2021.729291

8. Weiss, M. R., *Moehnke, H. J., & **Kipp**, L. E. (2021). A united front: Coach and teammate motivational climate and team cohesion among female adolescent athletes. *International Journal of Sports Science & Coaching, 16*(4), 875-885. https://doi.org/10.1177/17479541211006905

9. **Kipp**, L. E., Meaney, K., & Griffin, K. (2021). A mastery motivational climate-based service-learning program: Physical and psychosocial benefits among underserved children. *The Physical Educator, 78,* 61-81. https://doi.org/10.18666/TPE-2021-V78-I1-10197

10. **Kipp**, L. E. & Bolter, N. D. (2020). Motivational climate, psychological needs, and personal and social responsibility in youth soccer: Comparisons by age group and competitive level. *Psychology of Sport and Exercise, 51*, 101756. https://doi.org/10.1016/j.psychsport.2020.101756

11. Weiss, M. R., **Kipp**, L. E., Phillips Reichter, A., Bolter, N. D. (2020). Evaluating *Girls on the Run* in promoting positive youth development: Group comparisons on life skills transfer and social processes. *Pediatric Exercise Science, 32,* 172-182. https://doi.org/10.1123/pes.2019-0252

12. **Kipp**, L. E., Bolter, N. D., & Phillips Reichter, A. (2019). Motivational climate profiles, pubertal status, and well-being among female adolescent aesthetic sport athletes. *Pediatric Exercise Science, 31,* 458-464. https://doi.org/10.1123/pes.2018-0182

13. Weiss, M. R., **Kipp**, L. E., Phillips Reichter, A., Espinoza, S. & Bolter, N. D. (2019). *Girls on the Run*: Impact of a physical activity youth development program on psychosocial and behavioral outcomes. *Pediatric Exercise Science, 31,* 330-340. https://doi.org/10.1123/pes.2018-0168

14. Bolter, N. D., **Kipp**, L. E., & Johnson, T. (2018). Teaching sportsmanship in physical education and youth sport: Comparing perceptions of teachers with students and coaches with athletes. *Journal of Teaching in Physical Education, 37,* 209-217. https://doi.org/10.1123/jtpe.2017-0038

15. Bolter, N. D., & **Kipp**, L. E. (2018). Sportspersonship coaching behaviours, relatedness need satisfaction, and early adolescent athletes' prosocial and antisocial behaviors. *International Journal of Sport and Exercise Psychology, 16,* 20-35. https://doi.org/10.1080/1612197X.2016.1142461

16. *Johnson, C. E., Erwin, H. E., **Kipp**, L. E., & Beighle, A. (2017). Student perceived motivational climate, enjoyment, and physical activity in middle school physical education. *Journal of Teaching in Physical Education, 36,* 398-408. https://doi.org/10.1123/jtpe.2016-0172

17. Weiss, M. R., Bolter, N. D., & **Kipp**, L. E. (2016). Evaluation of *The First Tee* in promoting positive youth development: Group comparisons and longitudinal trends. *Research Quarterly for Exercise and Sport, 87,* 271-283. https://doi.org/10.1080/02701367.2016.1172698

18. Weiss, M. R., Phillips, A. C., & **Kipp**, L. E. (2015). Effectiveness of a school-based fitness program on youths' physical and psychosocial health outcomes. *Pediatric Exercise Science, 27*, 546-558.

19. **Kipp**, L. E., & Weiss, M. R. (2015). Social predictors of psychological need satisfaction and well-being among female adolescent gymnasts: A longitudinal analysis. *Sport, Exercise, and Performance Psychology, 4*, 153-169.

20. Weiss, M. R., **Kipp**, L. E, & Goodman, D. (2015). Unsportsmanlike play in youth ice hockey: Gender and age differences in attitudes and perceived social approval. *International Journal of Sport Psychology, 46*, 1-17.

21. Weiss, M. R., Bolter, N. D., & **Kipp**, L. E. (2014). Assessing impact of physical activity-based youth development programs: Validation of the *Life Skills Transfer Survey (LSTS*). *Research Quarterly for Exercise and Sport, 85*, 263-278.

22. **Kipp**, L. E., & Weiss, M. R. (2013). Social influences, psychological need satisfaction, and well-being among female adolescent gymnasts. *Sport, Exercise, and Performance Psychology, 2*, 62-75.

23. **Kipp**, L. E. & Amorose, A. J., (2008). Perceived motivational climate and self-determined motivation in female high-school athletes. *Journal of Sport Behavior, 31*, 108-129.

10. Other Works in Print

Commentaries:

Kipp, L. E. (2017). The year that was—Commentaries: Psychosocial aspects of youth physical activity (commentator). *Pediatric Exercise Science, 29*, 35-38.

Kipp, L. E. (2016). The year that was—Commentaries: Psychosocial aspects of youth physical activity (commentator). *Pediatric Exercise Science, 28,* 28-31.

Kipp, L. E. (2015). The year that was—Commentaries: Psychosocial aspects of exercise and physical activity in childhood (commentator). *Pediatric Exercise Science, 27,* 26-29.

B. Works not in Print

1. Papers Presented at Professional Meetings (* indicates student author):

Bolter, N.D., **Kipp**, L.E., & Greenwood, P.B. (2025, November). *Academy baseball and softball and its impact on adolescents' planning for the future*. [Verbal presentation]. Western Society for the Physical Education of College Women Conference. Sacramento, CA.

Bolter, N.D., *DeBoer, K., *Nilson, K., *Bacura, N., **Kipp**, L.E., Greenwood, P.B. (2025, October). *Volunteer coaches' and team parents' reasons for not returning to a sports-based youth development program* [Poster presentation]. Western Society for Kinesiology & Wellness Conference, Boise, ID.

Bolter, N.D., **Kipp**, L.E., & Greenwood, P.B. (2025, June). *Exploring the equitable impact of* Junior Giants*, a sport-based youth development program: Perspectives from multiple stakeholders* [Verbal presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, South Lake Tahoe, CA.
[Abstract published in *Journal of Sport & Exercise Psychology, 47: Supplement*, S61]

*Pena, C., & **Kipp**, L.E. (2025, June). *Moral reasoning in adolescent basketball players: Exploring the influence of coach and team norms on moral behavior* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, South Lake Tahoe, CA.
[Abstract published in *Journal of Sport & Exercise Psychology, 47: Supplement*, S55]

*Rosado, T., Ellis, N., **Kipp**, L.E., & Bolter, N.D. (2025, June). *How coaches teach sportspersonship: Observations, coach perceptions, and player perceptions in adolescent competitive soccer* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, South Lake Tahoe, CA.
[Abstract published in *Journal of Sport & Exercise Psychology, 47: Supplement*, S94]

*Khan, K., Fisher, A., Pigg, Q., Kendall, H., **Kipp**, L.E., Kim, J. & Mettler, J.A. (2025, May). *Sarcopenia-Related Quality of Life: A Practical Tool for Early Risk Detection in Older Adults* [Poster presentation]. American College of Sports Medicine Conference, Atlanta, GA.
[Abstract published in *Medicine and Science in Sports and Exercise, 57: Supplement*]

*Khan, K., Mettler, J.A., Griffin, L.K., & **Kipp**, L.E. (2025) *Impact of an outdoor physical activity intervention on muscular fitness in adolescents* [Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference, Waco, TX.

[Abstract published in *International Journal of Exercise Science: Conference Proceedings: 2(17),* 91]

Bolter, N.D., *Balthasar, A., *DeBoer, K., **Kipp**, L.E., & Greenwood, P.B. (2024, November). *Gathering multiple perspectives on a sport-based youth development program: What do coaches and team parents think?* [Verbal presentation]. Western Society for the Physical Education of College Women. Oakland, CA.

Bolter, N.D., & **Kipp**, L.E., Greenwood, P.B. (2024, June). *Impact of a sport-based positive youth development program: Parents'/caregivers' perspectives* [Verbal presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, New Orleans, LA.
[Abstract published in *Journal of Sport & Exercise Psychology, 46: Supplement*, S59]

*Khan, K., Pigg, Q., **Kipp**, L.E., & Mettler, J.A. (2024, May). *Exercise patterns and body composition among resistance trained and non-resistance trained younger and older adults* [Poster presentation]. American College of Sports Medicine Conference, Boston, MA.
[Abstract published in *Medicine and Science in Sports and Exercise, 56*(10): *Supplement*, 800]

Kipp, L.E., & Mettler, J.A. (2024, March). *Four weeks of neuromuscular electrical stimulation treatment increases physical activity among older adults* [Poster presentation]. Health Scholar Showcase. Translational Health Research Center, Texas State University.

*Khan, K., *Fisher, A., Pigg, Q., Kendall, H., **Kipp**, L.E., & Mettler, J.A. (2024, February). *Resistance training status and detection of sarcopenia-related risk in older adults* [Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference, Waco, TX.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings: 2(16),* 100]

Bolter, N.D., *Carreon, A., *DeBoer, K., **Kipp**, L.E., & Greenwood, P.B. (2023, November). *Exploring parents'/guardians' reasons for not retuning to a sports-based youth development program* [Verbal presentation]. Western Society for the Physical Education of College Women. Pacific Grove, CA.

*Pigg, Q.W., *Kendall, H.H., **Kipp**, L.E., & Mettler, J.A. (2023, June). *Effects of resistance training on sarcopenia-related quality of life* [Poster presentation]. American College of Sports Medicine Conference, Denver, CO.
[Abstract published in *Medicine and Science in Sports and Exercise, 55*(9S): *Supplement*, 153]

*Van Ree, G.H., *Goldenstein, S. *Jiwan, N., *Ramirez, K., *Mendoza, M., **Kipp**, L.E., McAllister, M., Mettler, M. (2023, June). *Skeletal muscle anabolic signaling response to repeated neuromuscular electrical stimulation treatment in older adults* [Poster presentation]. American College of Sports Medicine Conference, Denver, CO.
[Abstract published in *Medicine and Science in Sports and Exercise, 55*(9S): *Supplement*, 315-316]

Bolter, N.D., & **Kipp**, L.E. (2023, June). *Retention in a sports-based youth development program: What predicts intentions to return?* [Verbal presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Toronto, ON.
[Abstract published in *Journal of Sport & Exercise Psychology, 45: Supplement*, S62]

*Van Ree, G.H., *Fisher, A., **Kipp**, L.E., & Mettler, J.A. (2023, February). *Effects of neuromuscular electrical stimulation training on skeletal muscle anabolic signaling in older adults* [Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference, Waco, TX.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings: 2(15),* 85]

*Pigg, Q.W., *Hambric, C., *Van Ree, G., *Fisher, A., Kendall, H., **Kipp**, L.E., & Mettler, J.A. (2023, February). *Effects of resistance training status on exercise patterns and body composition among younger and older adults* [Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference, Waco, TX.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings: 2(15),* 84]

Kipp, L.E., & Bolter, N.D. (2022, November). *Predicting young soccer players' personal and social responsibility: The role of competence and connection*. [Verbal presentation]. Western Society for the Physical Education of College Women. Pacific Grove, CA.

*Kendall, H.H., *Shah, A., *Torres, D., *Pigg, Q., *Pandya, R., **Kipp**, L.E., & Mettler, J.A. (2022, June). *Impact of resistance training on skeletal muscle mass and physical function in older adults* [Poster presentation]. American College of Sports Medicine Conference. San Diego, CA.
[Abstract published in *Medicine and Science in Sports and Exercise, 54*(9S): *Supplement*, 94]

*Ramirez, K.P., *Mendoza, M.A., *Jiwan, N.C., **Kipp**, L.E., & Mettler, J.A. (2022, June). *Short-term neuromuscular electrical stimulation training improves physical function in older adults* [Poster presentation]. American College of Sports Medicine Conference. San Diego, CA.
[Abstract published in *Medicine and Science in Sports and Exercise, 54*(9S): *Supplement*, 73]

*Mendoza, M.A., *Ramirez, K.P., *Jiwan, N.C., **Kipp**, L.E., Doucet, B.M., & Mettler, J.A. (2022, June) *Effects of a 4-week neuromuscular electrical stimulation treatment on skeletal muscle endurance in older adults*. [Verbal presentation]. American College of Sports Medicine Conference. San Diego, CA.
[Abstract published in *Medicine and Science in Sports and Exercise, 54*(9S): *Supplement*, 612]

Kipp, L.E., & Mettler, J.A. (2022, May). *Physical activity level and self-perceptions among older adults after 4 weeks of neuromuscular electrical stimulation training* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Waikoloa Village, HI.
[Abstract published in *Journal of Sport & Exercise Psychology, 44: Supplement*, S89]

Mettler, J.A., **Kipp**, L.E., Kendall, H., Pigg, Q.W., Torres, D. (2022, March). *Resistance training positively impacts physical function resilience in aging.* [Poster presentation]. Health Scholar Showcase. Translational Health Research Center, Texas State University.

*Pigg, Q.W., *Kendall, H., *Torres, D., **Kipp**, L.E., & Mettler, J.A. (2022, Feb). *Resistance training and quality of life among younger and older adults* [Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference, Waco, TX. (note: this conference consists of student presentations with faculty as mentors).
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2(14),* 63]

*Kendall, H., *Torres, D., *Pigg, Q.W., **Kipp**, L.E., & Mettler, J.A. (2022, Feb) *Resistance training may mitigate age-related decline in physical function* [Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference, Waco, TX. (note: this conference consists of student presentations with faculty as mentors).
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2(14),* 61]

*Mefferd, D., & **Kipp**, L.E. (2021, June). *A preliminary exploration of contextual factors and burnout in collegiate athletes* [E-poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference.
[Abstract published in *Journal of Sport & Exercise Psychology, 43: Supplement*, S78]

*Mendoza, M., *Ramirez, K., *Jiwan, N., **Kipp**, L.E., Doucet, B.M., & Mettler, J.A. (2021, February). *Neuromuscular electrical stimulation effects on skeletal muscle fatigue in older adults* [E-Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference. Virtual Conference. (note: this conference consists of student presentations with faculty as mentors).
[Abstract published in *International Journal of Exercise Science: Conference Proceedings, 2(13),* 59]

*Ramirez, K., *Mendoza, M., *Jiwan, N., **Kipp**, L.E., & Mettler, J.A. (2021, February). *Changes in physical function following 4-weeks of neuromuscular electrical stimulation training in older adults* [E-Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference. Virtual Conference. (note: this conference consists of student presentations with faculty as mentors).
[Abstract published in *International Journal of Exercise Science: Conference Proceedings, 2(13),* 69]

*Mefferd, D., *McGee, T., & **Kipp**, L.E. (2020, June, face-to-face conference canceled due to COVID-19). *Cross-domain social relationships, self-perceptions, and identity among collegiate student-athletes*. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference.
[Abstract published in *Journal of Sport & Exercise Psychology, 42: Supplement*, S95]

*Jiwan, N., *Ramirez, K., *Mendoza, M., *Kane, M., **Kipp**, L.E., & Mettler, J.A. (2020, May, face-to-face conference canceled due to COVID-19). *Impact of neuromuscular electrical stimulation on quality of life in older adults* [E-poster presentation]. National American College of Sports Medicine Conference.
[Abstract published in *Medicine and Science in Sports and Exercise, 52(7): Supplement,* S5]

*Mendoza, M., *Goldenstein, S., *Summers, S., *Moczygemba, D., **Kipp**, L.E., & Mettler, J.A. (2020, May, face-to-face conference canceled due to COVID-19). *Perceptions of pain over a 4 week neuromuscular electrical stimulation treatment in older adults*. National American College of Sports Medicine Conference.
[Abstract published in *Medicine and Science in Sports and Exercise, 52(7): Supplement,* S496]

*Mendoza, M., *Kane, M., *Jiwan, N., *Ramirez, K., **Kipp**, L.E., & Mettler, J.A. (2020, February). *Improvement in physical function and quality of life in older adults following 4 weeks of neuromuscular electrical stimulation* [Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference. Waco, TX. (note: this conference consists of student presentations with faculty as mentors).
[Abstract published in *International Journal of Exercise Science: Conference Proceedings, 2(12),* 118]

*Penilla, K., Pickerill, M., **Kipp**, L., & Fraser, M. (2019, July). *Effects of chronic lower extremity injury on health related quality of life in current and former Division 1 track and field athletes* [Poster presentation]. National Athletic Trainer Association (NATA) Conference. Las Vegas, NV.

Kipp, L.E., & Bolter, N.D. (2019, June). *Can psychological needs satisfaction predict personal and social responsibility among young soccer players?* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Baltimore, MD.
[Abstract published in *Journal of Sport & Exercise Psychology, 41: Supplement*, S72]

*Goldenstein, S.J., *Summers, S.L., *Moczygemba, D. **Kipp**, L.E., & Mettler, J.A. (2019, March). *Perceived discomfort during 4 weeks of neuromuscular electrical stimulation training in older adults* [Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference. Fort Worth, TX. (note: this conference consists of student presentations with faculty as mentors)
[Abstract published in *International Journal of Exercise Science: Conference Proceedings, 2(11),* 133]

Kipp, L.E., & Bolter, N.D. (2018, June). *Coaching Climate, Needs Satisfaction, And Personal And Social Responsibility among young soccer participants* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Denver, CO.
[Abstract published in *Journal of Sport & Exercise Psychology, 40: Supplement*, S100]

Weiss, M.R., **Kipp**, L.E., Phillips, A.C., *Espinoza, S.M., *Moehnke, H.J., & Bolter, N.D. (2018, June). *"What … so what?" Girls on the Run—A longitudinal evaluation of program impact* [Verbal presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Denver, CO.
[Abstract published in *Journal of Sport & Exercise Psychology*, *40: Supplement*, S14]

*Jasso, J.A., **Kipp**, L.E., & Mettler, J.A. (2018, May). *Attitude toward and perceived discomfort from neuromuscular electrical stimulation* [Poster presentation]. American College of Sports Medicine Conference. Minneapolis, MN.
[Abstract published in *Medicine and Science in Sports and Exercise, 50*: *Supplement*, 471]

*Jasso, J.A., Mettler, J.A., & **Kipp**, L.E. (2018, March). *Psychological and physical response to neuromuscular electrical stimulation* [Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference. Austin, TX. (note: this conference consists of student presentations with faculty as mentors)
[Abstract published in *International Journal of Exercise Science: Conference Proceedings, 2(10),* 103]

Kipp, L.E., Bolter, N.D., & Phillips, A.C. (2017, June). *Social, psychological, and physical predictors of well-being among female adolescents in aesthetic sports* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. San Diego, CA.
[Abstract published in *Journal of Sport & Exercise Psychology*, *39: Supplement*, S273]

*Dugie, M., *Corsi, N., **Kipp**, L., Meaney, K., Griffin, K. (2017, February). *Psychosocial outcomes and physical activity levels of children participating in the Fun and Fit for Life Program* [Poster presentation]. Texas Chapter of the American College of Sports Medicine Conference. Waco, TX. (note: this conference consists of student presentations with faculty as mentors)
[Abstract published in *International Journal of Exercise Science: Conference Proceedings, 2(9),* 87]

Kipp, L.E. (2016, June). *Promoting positive self-perceptions and healthy eating patterns among adolescent aesthetic sport athletes* [Interactive poster presentation]. National Coaching Conference. Seattle, WA.

Kipp, L.E., Bolter, N.D., & Phillips, A.C. (2016, June). *Motivational climate profiles, psychological need satisfaction, and well-being among female adolescent athletes* [Verbal presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Montreal, Quebec, Canada.
[Abstract published in *Journal of Sport & Exercise Psychology*, *38: Supplement*, S21]

Bolter, N.D., **Kipp**, L.E., & Johnson, T. (2015, June). *Teaching sportspersonship and responsibility in physical education: A multilevel analysis* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Portland, OR.
[Abstract published in *Journal of Sport & Exercise Psychology*, *37: Supplement*, S97]

Bolter, N.D., **Kipp**, L.E., & *Coon, A. (2014, June). *Coaching behaviors, need satisfaction, and young athletes' sportspersonship behaviors: A test of basic needs theory* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Minneapolis, MN.
[Abstract published in *Journal of Sport & Exercise Psychology*, *36: Supplement*, S82]

Weiss, M.R., Phillips, A.C., & **Kipp**, L.E. (2014, June). *Impact of a middle school fitness program on adolescents' physical, psychosocial, academic, and behavioral outcomes* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Minneapolis, MN.
[Abstract published in *Journal of Sport & Exercise Psychology*, *36: Supplement*, S119]

Kipp, L.E., & Weiss, M.R. (2013, June). *Longitudinal predictors of psychological need satisfaction and well-being among female adolescent gymnasts* [Verbal presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. New Orleans, LA.
[Abstract published in *Journal of Sport & Exercise Psychology*, *35: Supplement*, S95]

Kipp, L.E. (2012, November). *Social influences and psychological and physical well-being among female adolescent gymnasts* [Verbal presentation]. Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference. Halifax, Nova Scotia. (Invited as part of the NASPSPA/SCAPPS Exchange Program for Outstanding Student Paper).

Kipp, L.E., & Weiss, M.R. (2012, June*). Social influences and psychological and physical well-being among female adolescent gymnasts* [Verbal presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Honolulu, HI. (Outstanding Student Paper Award).
[Abstract published in *Journal of Sport & Exercise Psychology*, *34: Supplement*, S244]

Weiss, M.R., Phillips, A.C., & **Kipp**, L.E. (2012, June). *Effectiveness of a school-based physical fitness program on adolescents' psychosocial outcomes* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Honolulu, HI.
[Abstract published in *Journal of Sport & Exercise Psychology*, *34: Supplement*, S300]

Weiss, M.R., **Kipp**, L.E., & Goodman, D. (2010, June). *Unsportsmanlike aggression in youth hockey: Attitudes, perceived social approval, situational temptation, and role models* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Tucson, AZ.
[Abstract published in *Journal of Sport & Exercise Psychology*, *32: Supplement*, S228]

Weiss, M.R., **Kipp**, L.E. & Goodman, D. (2009, October). *Unsportsmanlike aggression in youth hockey: Attitudes, perceived social approval, situational temptation, and role models*. Grant report presented at the Sport Canada Research Initiative Conference. Ottawa, ON.

Klinefelter, L.E. & Amorose, A.J. (2006, November). *An examination of predictors of burnout in athletes* [Verbal presentation]. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) Conference. St. Charles, IL.

Klinefelter, L.E., & Amorose, A.J. (2005, November). *Perceived motivational climate and self-determined motivation in male and female high school athletes* [Verbal presentation]. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) Conference. St. Charles, IL.

Klinefelter, L.E., & Amorose, A.J. (2003, November). *An examination of the relationship between college athletes' motivational orientation and burnout* [Verbal presentation]. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) Conference. St. Charles, IL.

Klinefelter, L.E., & Smith, P. (2002, November). *The effect of high- and low-trait anxiety on contextual interference in motor skill learning* [Verbal presentation]. Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD) Conference. St. Charles, IL.

2. Invited Talks, Lectures, and Presentations:

Department of Health and Human Performance Research Seminar Series. *Youth Experiences in Physical Activity: A Developmental Approach.* Speaker: Lindsay Kipp
(October 2024).

College of Education Faculty Spotlight: Community Engagement. *Stories of Community Engagement and Impact: Positive Youth Development, Community Literacies, and Building Relationships.* Panel members: Jesse Gainer, Miguel Guajardo, Lindsay Kipp.
(March 2023)

Kipp, L.E. (2011, April). *A graduate student is a writer is a teacher of writing*. Invited graduate student panel member, University of Minnesota, Center for Writing, Teaching with Writing Series.

Kipp, L.E. (2010, September). *A graduate student is a writer is a teacher of writing: Balancing writerly and teacherly roles (A Panel Discussion for Graduate Students)*. Invited graduate student panel member, University of Minnesota, Center for Writing, Teaching with Writing Series.

5. Other Works Not in Print

a. Works "submitted" or "under review":

*Mefferd, D., **Kipp**, L.E., & Farnsworth, J.L. Contextual factors, psychological needs satisfaction, and burnout in collegiate athletes. Resubmitted to *Journal of Athlete Development and Experience*, December 2025.

b. Works "in progress":

Kipp, L.E., & Mettler, J.A. Physical activity level and self-perceptions among older adults after 4 weeks of neuromuscular electrical stimulation training. (planned submission 2026)

Kipp, L.E., Weiss, M.R., & Horn, T.S. Girls on the Run alums study: beyond season-long to life-long impact on social-emotional and physical skills and well-being. (planned submission 2026)

C. Scholarly / Creative Grants and Contracts:

1. Funded External Grants and Contracts

Deringer, S.A. (PI), Griffin, L.K., Thomas, K.A., Dussler, M.R., Wait, M., **Kipp**, L.E., Norton, C. *Strengthening experiential education opportunities in central Texas*. Texas Parks and Wildlife, $59,920. Submitted, November, 2021. Funded 2022-2023.
Role: Co-Investigator.

Mettler, J.A. *Kendall, H., and **Kipp**, L.E. Impact of resistance training on skeletal muscle mass, strength and physical function in younger and older adults. Texas American College of Sports Medicine. Student Research Development Award. Student Investigator and Awardee: Kendall, H. $1,000 (July 2020-December 2021)
Role: Co-Investigator (faculty mentor)

Kipp, L.E. (PI) & Griffin, L.K. *Implementation and evaluation of the Texas State University Fun and Fit for Life Program.* City of San Marcos Youth Commission Grant. Submitted February 2019. Funded: $2,000. (May 2019-April 2020).
Role: Principal Investigator.

Griffin, L.K., (PI) **Kipp**, L.E., & Meaney, K.S. *Fun & Fit 4 Life Program*. United Way of Hays County, Submitted June 2017. Funded: $5,900. (January 2018-December 2018).
Role: Co-Investigator.

Kipp, L.E. (PI), Griffin, L.K., & Meaney, K.S. *Implementation and evaluation of the Texas State University Fun and Fit for Life Program.* City of San Marcos Youth Master Plan Grant Program. Submitted February 2017. Funded: $3,000. (May 2017-April 2018).
Role: Principal Investigator.

Meaney, K. (PI), Griffin, L.K., **Kipp**, L.E. *Implementation and evaluation of the Texas State University Fun and Fit for Life Program*. United Way of Hays County. Submitted September 2016. Funded: $5,500. (January 2017-December 2017).
Role: Co-Investigator.

Meaney, K.S. (PI), Griffin, L.K., **Kipp**, L.E. *Implementation and evaluation of the Texas State University Fun and Fit for Life Program.* City of San Marcos Youth Master Plan Grant Program. Submitted February 2016. Funded: $5,000. (May 2016-April 2017).
Role: Co-Investigator.

Weiss, M.R. (PI). *Girls on the Run: Evaluating a physical activity-based youth development program in promoting social, psychological, and physical assets.* Reemprise Fund, Foundation for the Carolinas, from Girls on the Run International. Funded: $77,324. (October 2015-September 2016).
Role: Consultant (statistical analysis).

Kipp, L.E. (PI). *Social influences and psychological and physical well-being among female adolescent gymnasts.* North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Student Research Grant. Funded: $500, 2011. The purpose was to promote and support the scholarly activity of graduate student members of NASPSPA.

[Total External Grant Funding as a PI or Co-I: $82,820]

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

Mettler, J.A. (PI), **Kipp**, L.E., McAllister, M., Fry, C. *Frequency-specific neuromuscular electrical stimulation and physical function in older adults*. National Institutes of Health, National Institute on Aging (R15), $461,305. Resubmission, Not Funded.
Submitted June 2020.
My role as co-investigator focused on one of the three specific aims: quality of life outcomes, including self-perceptions and physical activity.

Mettler, J.A. (PI), & **Kipp**, L.E. *Screening and prevention of sarcopenia with promotion of healthy lifestyle for middle-aged and older adults.* United Way of Hays & Caldwell Counties, $9,000. Not funded. Submitted June 2020.
Role: Co-Investigator.

Mettler, J.A. (PI), **Kipp**, L.E., McAllister, M., Fry, C. *Frequency-specific neuromuscular electrical stimulation and physical function in older adults*. National Institutes of Health, National Institute on Aging, $458,255. Not funded. Submitted October 2019. Proposal was discussed and scored.
My role as co-investigator focused on quality of life outcomes, including self-perceptions and physical activity.

3. Funded Internal Grants and Contracts

Kipp, L.E (co-PI), & Mettler, J.A. (co-PI). *Impact of neuromuscular electrical stimulation (NMES) on physical activity and physical function in older adults*. Translational Health Research Center Award. Texas State University. Funded: $6,000 (October 2024-May 2026).
Role: Co-Principal Investigator.

Kipp, L. (PI), Griffin, K., Deringer, A., Mettler, J., & Forsythe, S. *Enhancing mental and physical health of children and adolescents through innovative afterschool programs*. College of Education Social Innovation Research Accelerator, Texas State University. Submitted October 2019. Funded: $13,396. (January 2020-May 2022).
Role: Principal Investigator.

Mettler, J.A. (PI), & **Kipp**, L.E. *Impact of neuromuscular electrical stimulation on physical activity in older adults*. Research Enhancement Program, Texas State University. Submitted October 2017. Funded: $16,000. (June 2018-Dec 2019).
Role: Co-Principal Investigator.

Kipp, L.E. (PI), & Williams, R.D. *Psychosocial and physical well-being of early adolescent soccer players: A prospective study.* Research Enhancement Program, Texas State University. Submitted October 2015. Funded: $14,867. (June 2016-September 2017).
Role: Principal Investigator.

Kipp, L.E. (PI). *Social influences and psychological and physical well-being among female adolescent gymnasts*. GradSEHD Research Grant, College of Education and Human Development, University of Minnesota. Funded: $250. (2012). The purpose was to support data

collection, data analysis, and publication costs for graduate student research in the College of Education and Human Development.

[Total Internal Grant Funding as PI or Co-I: $50,513]

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

Mettler, J.A. (PI), **Kipp**, L.E., & Farrell, J. Impact of resistance training on skeletal muscle mass, strength and physical function across the lifespan. Texas State University. Big Ideas Initiative. $275,000. Submitted Oct 2020. Dec 2020 selected to move to Round II of the Big Ideas Initiative. The Texas State Office of Development has identified this project as a fundraising priority with the intent of securing funding from donors. Not funded.
Role: Co-Investigator.

Kipp, L.E. (PI) *Psychosocial and physical well-being of early adolescent soccer players: A prospective study.* Submitted to the College of Education Faculty Pilot Research Grant Program, Texas State University, $6,000, November 2015.

D. Scholarly / Creative Fellowships, Awards, Honors:

Outstanding Research Writing Award, 2016 (with M.R. Weiss and N.D. Bolter); Research Council for Society of Health and Physical Educators (SHAPE). For article published in *Research Quarterly for Exercise and Sport*, 2016, 87, 271-283: "Evaluation of The First Tee in promoting positive youth development: Group comparisons and longitudinal trends."

Outstanding Research Writing Award, 2014 (with M.R. Weiss and N.D. Bolter); Research Council for Society of Health and Physical Educators (SHAPE). For article published in *Research Quarterly for Exercise and Sport*, 2014, 85, 263-278: "Assessing impact of physical activity-based youth development programs: Validation of the *Life Skills Transfer Survey (LSTS*)."

Kipp, L.E. (2012). NASPSPA *Outstanding Student Paper Award* for "Social Influences and Psychological and Physical Well-Being Among Female Adolescent Gymnasts." Award presented at the North American Society for the Psychology of Sport and Physical Activity Conference.

Kipp, L.E. (2010). *Eloise Jaeger Scholarship*, School of Kinesiology, University of Minnesota ($2,000). The purpose was to "ensure that the best female and male students in the nation are able to participate in significant education and research initiatives designed to improve the lives of girls and women, their families and their communities."

E. Scholarly / Creative Professional Development Activities Attended:

Texas State University

Promotion to Professor: Advice for Associate Professors. Workshop presented by: Dr. Toni Sol, Interim Vice Provost for Faculty Success and Dr. Pranesh B. Aswath, Provost and Executive Vice President for Academic Affairs. (February 2025).

College of Education Academic Writing Month (AcWriMo) Challenge. AcWriMo is a month-long, self-directed, no guilt academic writing challenge with weekly check-ins with colleagues. I set goals and made progress on manuscripts and book chapters. (Feb and June 2022, November 2023, June 2024, March, June, November 2025)

Faculty Development Leave. This leave from teaching and service allowed an opportunity to enhance my scholarly achievements in the area of sport and exercise psychology, and more specifically, positive youth development through physical activity. Key outcomes included 2 manuscript submissions and one conference presentation. (Fall 2022)

College of Education Pilot Initiative: Additional Research Support for Associate Professors on Path to Professor (ASAP). I applied for and was granted one course release during Spring 2022 to provide additional time for research. (Spring 2022)

North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Annual Conference. Attended research presentations. (yearly, 2009-2013 and 2015 to present)

Texas Chapter of the American College of Sports Medicine Annual Conference. Attended research presentations. (yearly, 2016-2019 and 2021 to present)

COE Funded Research Lecture Series: Lessons Learned: Applying to Grants from Scholarly and Professional Organizations and Beyond, by College of Education Research Office. (September 2021)

Grant Development Scholars Program by College of Education Research Office. Series of 8 workshops on grant funding, including finding funding; creating letters of intent, proposals, and budgets; and tips for after the proposal is funded. (January 2019 to December 2019)

Effective Strategies for Crafting Competitive Research Proposals for External Funding, by Academic Development and Assessment (March, 2016)

Finding Grant Funding, by Office of Faculty and Staff Development, and Office of Research and Sponsored Programs (October, 2015)

Overview of the Research Enhancement Program, by Academic Development & Assessment (September 2015)

External Workshops

Workshop on Open-Science Practices by Society for Transparency Openness and Replication in Kinesiology, sponsored by the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) (June 2019)

Two-Day Professional Grant Development workshop, by Grant Training Center, Co-Sponsored with Texas A&M Health Science Center, registration paid by College of Education, Texas State University (September 2015)

F. Media Recognition:

Weiss, Kipp, et al. (2019) cited in U.S. Surgeon General's report titled *Physical Activity: An Untapped Resource to Address our Nation's Mental Health Crisis Among Children and Adolescents.*

Full reference: Murthy, V. (2023). Surgeon General's Perspective: Physical Activity: An Untapped Resource to Address Our Nation's Mental Health Crisis Among Children and Adolescents. *Public Health Reports*. 1-4.

IV. SERVICE

A. Institutional:

1. University – Texas State University

Full Board Member, Institutional Review Board (IRB). Review research protocols submitted to the IRB, attend monthly full board meetings, and serve on subcommittees as needed.
(September 2023 to present)

Panel Chair for Honors Capstone Presentations, Undergraduate Research Conference. Introduced presenters and facilitated questions during a session of verbal presentations.
(April 2025)

Member, Online Program Dissertation Model Work Group. Meetings to explore and discuss workload and compensation for faculty chairing dissertations for online PhD programs. Work group formed under the direction of the Provost and Vice President of TXST Global.
(Fall 2024)

Alternate Member, Institutional Review Board (IRB). Review research protocols submitted to the IRB.
(January 2023 to August 2023)

College of Education Representative, Affordable Learning Materials Committee. The Provost appointed Dr. Sriraman, Associate Vice President for Academic Affairs, to lead a committee of the Association of Public & Land-Grant Universities (APLU) to address the cost of learning materials for students. Members meet monthly to work on a project leading to guidelines/recommendations for use at Texas State to increase affordable options and raise awareness among faculty members.
(Fall 2019 to Spring 2023)

Core Curriculum Affordable Learning Materials Committee. This was a subcommittee of the Affordable Learning Materials Committee, tasked with creating a lower cost pathway through the core courses for students.

(Fall 2021 to Spring 2023)

Best Practices for Managing Costs and Open Education Resources. This was a subcommittee of the Affordable Learning Materials Committee, tasked with researching best practices for creating more affordable options for learning materials.
(Fall 2019 to Spring 2021)

2. College – Texas State University, College of Education

Member, College of Education Artificial Intelligence Working Group. Charged with providing insights, feedback, and suggestions for assessing and strengthening the incorporation of AI into academic programs in the College. Led subcommittee meetings for student use of AI subgroup.
(September 2025 to December 2025)

Alternate Member for College of Education Tenure and Promotion Review Group (attended meeting in place of member who could not attend). Reviewed applications, attended meeting to discuss and vote, wrote summary letter for one candidate for tenure and promotion to Associate Professor.
(September 2024 to January 2025)

Member, Outstanding Graduate Student Award selection committee
(Spring 2018)

3. Department: Texas State University, Department of Health and Human Performance

ESS Undergraduate Coordinator. Review and modify program curriculum to ensure students are well-prepared and to aid retention and graduation rates, prepare schedule of courses, track course and program enrollment, schedule program meetings in Fall and Spring semester, evaluate and approve overrides and course substitutions, develop and assess student learning outcomes and marketable skills, collaborate on Field of Study discussions and transfer equivalencies, coordinate with Collin College contacts regarding ESS course schedule and enrollment.

- Initiated a committee to explore concentration-specific courses and degree plans in November 2025.
- Lead ESS undergraduate course curriculum review in line with university-wide value-neutral curriculum review (November 2025 to present).

(June 2025 to present)

Member, Search Committee for Chair of the Department of Health and Human Performance.
(June 2025 to August 2025)

Member, Committee for new online Sport Coaching concentration within ESS Master's program. Research and discuss sport coaching programs, names, and curriculums and develop our online sport coaching concentration.
(October 2023 to present)

Member, Mentoring Committee for Tenure-Track Faculty member Brenda Berumen.
(January 2024 to present)

Chair, Mentoring Committee for Tenure-Track Faculty member James Matthew Bishop.
(September 2023 to present)

Personnel Committee for Department of Health and Human Performance. Monthly meetings to vote on and discuss reappointments and departmental issues.
(September 2021 to present)

Faculty Co-Advisor, Exercise and Sport Science Graduate Student Organization (ESS GSO). Attend meetings and provide guidance as the graduate student officers plan professional development and social events for fellow graduate students. I help coordinate graduate student volunteers from the GSO for a recruiting table at the Texas ACSM conference.
(Fall 2021 to present)

Chair, Search Committee for Open Rank Position in Public Health.
(June 2023 to October 2023)

Chair, Mentoring Committee for Tenure-Track Faculty member Brenda Berumen.
(January 2023 to December 2023)

Member, Search Committee for Assistant Professor in Public Health.
(Spring 2022)

Chair, Exercise and Sport Science Graduate Comprehensive Exam Committee. Meetings to re-visit equitable faculty distribution of comprehensive exam students.
(Spring 2021 to Spring 2023)

Chair, Exercise and Sports Science Graduate Admissions Committee. I worked with 3 other committee members to review applications and make recommendations for acceptance to the graduate coordinator.
(Summer 2019 to August 2021)

Member, HHP Scholars Day Committee (student poster presentations).
(Fall 2018 to Spring 2019; Fall 2020 to Spring 2021)

Chair, HHP Scholars Day Committee (student poster presentations). Work with committee members to plan and implement a student poster presentation event each December and May.
(August 2019 to August 2020)

Member, Technology Committee. Attended meetings regarding technology needs in the department. Researched software and equipment pricing. Help plan technology workshops.
(Fall 2017 to May 2020)

Member, Search Committee for Assistant Professor in Clinical Exercise Science.
(Fall 2017 to Spring 2018)

Member, Exercise and Sports Science Graduate Admissions Committee.
(Fall 2018 to Spring 2019)

Co-Chair, Exercise and Sport Science Graduate Comprehensive Exam Committee. Scheduled and attended meetings to discuss a redesign of the current option for ESS comprehensive exams. Sent out a survey to ESS faculty and analyzed their responses. Created and piloted exam in Fall 2018.
(Fall 2017 to Spring 2019)

Member, Exercise and Sports Science Graduate Curriculum Committee. Ad Hoc committees: Co-Chair, Strength & Conditioning and Sport Coaching Concentration; member, Interdisciplinary Concentration. We discussed potential courses to be included. Paperwork for the Strength & Conditioning and Sport Coaching Concentration was completed in September 2018.
(Fall 2016 to Fall 2018)

B. Professional:

Member, Sport and Exercise Psychology Program Committee for the 2026 North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Tasks include suggesting speakers, reviewing abstracts and applications for the Outstanding Student Paper Award, and organizing the program.
(September 2025 – June 2026)

Editorial Board Member, *Pediatric Exercise Science*. Meet twice a year to discuss journal-specific issues and initiatives. Assist with manuscript reviews. Member of subcommittee to review journal mission and scope.
(August 2024 to present)

Member, Sport and Exercise Psychology Program Committee for the 2025 North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Tasks included suggesting speakers, reviewing abstracts and applications for the Outstanding Student Paper Award.
(June 2024 – June 2025)

Section Editor, *Measurement in Physical Education and Exercise Science*. Section editor for the sport and exercise psychology section of the journal; assigned reviewers and provided a recommendation to the editor in chief.
(July 2021 – June 2024)

Member, Sport and Exercise Psychology Program Committee for the 2020 North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference. Tasks included suggesting speakers, reviewing abstracts, reviewing applications for the Outstanding Student Paper Award, and posing questions to presenters at the 2020 virtual conference.
(June 2019 – June 2020)

Manuscript Reviewer. Reviewed articles for *Research Quarterly for Exercise and Sport; Journal of Sport & Exercise Psychology; Sport, Exercise, and Performance Psychology; Psychology of Sport and Exercise; Journal of Adolescent Health; Journal of Applied Developmental Psychology; Pediatric Exercise Science; Journal of Sports Sciences; Adapted Physical Activity Quarterly; European Physical Education Review*.

(November 2012 – present)

Reviewed and scored abstracts for the 2017 North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference.
(February 2017)

Research Abstracter for Journal of Sport & Exercise Psychology (JSEP) Digest. Read and summarized 2 to 3 articles, three times per year, relevant to JSEP readership; summaries are then published in each issue of the journal.
(March 2014 – March 2017)

C. Community:

Created and distributed a summary report for parents and teen participants in our Girls on the Run Alums study. Provided a summary of study results. Results were displayed in a 1-page infographic an 3-page "brochure" using practical terms with recommendations for coaches.
(November 2025)

Youth Partnership between ESS faculty and City of San Marcos Parks and Recreation. Attended meetings to discuss short and long-term goals, benefitting students in HHP, city youth sport programs, and potential research opportunities. As part of this partnership, I helped coordinate student coaching volunteers for City of San Marcos Parks and Recreation. Six of my students in ESS 3340 volunteered as assistant coaches, and one as a head coach, for youth flag football teams.
(May 2024 to December 2025)

Created and distributed a summary report for youth sport coaches. Provided a summary of study results to coaches whose teams participated in a study on well-being among female aesthetic sport athletes. Results were displayed in a 5-page "brochure" using practical terms with recommendations for coaches.
(August 2018)

D. Organization Memberships:

North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
(2009 to present)

Texas Chapter of the American College of Sports Medicine (TACSM)
(2016 to present)

American College of Sports Medicine (ACSM)
(2020)

E. Service Honors and Awards:

2025 Nominee for Executive Board position for North American Society for the Psychology of Sport and Physical Activity (NASPSPA). I was nominated to run in an election for the Communication Director position.
(December 2024)

G. Service Professional Development Activities Attended:

Registered Student Organization (RSO) Risk Management Training. Attended as a co-advisor of the ESS GSO. (July 2024)

Updated 1/31/26