Texas State Vita

Name: Holly H. Kendall **Title: Lecturer/Researcher**

EDUCATION

Degree	*Year*	*University*	*Major*	*Research Area*	*GPA*
M.S.	2020	Texas State University	Kinesiology/Exercise Science	Sarcopenia	4.0
B.A.	1996	University of Texas	Psychology major Biology minor		3.0

RELATED UNIVERSITY EXPERIENCE

Position	*University*	*Dates*
Lecturer for the Department of Health and Human Performance	Texas State	2021-Present
Research Development: Resistance Training may Mitigate Age-Related Decline in Physical Function	Texas State	2020
Pilot Study: Body Composition and Functional Performance Differences in Older and Younger Women	Texas State	2018

RELATED PROFESSIONAL EXPERIENCE

Position	*Entity*	*Dates*
Owner and certified personal trainer (Senior Fitness)	Fit with Hope, LLC	2000-Present

Owner and Independent Contractor (Towers of Town Lake)	Training Inside Out	2005-2020

OTHER PROFESSIONAL CREDENTIALS (licensure, certification)

Teaching Online/Live Classroom at Texas State – Hybrid Course
Completed course as part of the Promoting Activity Learning and Research (PALIR): Phase III Professional Development Program (Active Learning in Large Classrooms). Teaching Online @TxState Hybrid Professional Development Course which meet the SACSCOC requirements for online instruction. (December 2021).

GRANTS AND SCHOLARSHIPS

Grants (2020)

- Kendall, Holly H (Principal), Mettler, Joni A (Supporting), Kipp, Lindsay Erin (Supporting). Thesis Research Support Fellowship: Impact of Resistance Training on Muscle Mass and Physical Function in Younger and Older Adults, Texas State Graduate College, Texas State University, $2000. (Submitted: July 20, 2020, Funded: September 1, 2020 - August 31, 2021).

- Kendall, Holly H. (Principal), Mettler, J.A. (supporting), and Kipp, L.E. (supporting). 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 to Kendall, H.H. $1,000 (July 2020- July 2021)

Scholarship (2019-2020)

- Award/Honor Recipient: Graduate College Scholarship, Texas State University

SCHOLARLY/CREATIVE

Published work:

- **Kendall, Holly H.**; Kipp, Lindsay E.; Mettler, Joni A. Resistance Training Preserves Physical Function in Older Community-Dwelling Adults. *Translational Journal of the ACSM* 10(3):e000312, Summer 2025. | DOI: 10.1249/TJX.0000000000000312

Abstracts:

- **Kendall, Holly H.;** Shah, Aayushi; Torres, David; Pigg, Quinten; Pandya, Rushali; Kipp, Lindsay E.; Mettler, Joni A. (2022) Impact Of Resistance Training On Skeletal Muscle Mass and Physical Function In Older Adults: 401. *Medicine & Science in Sports & Exercise* 54(9S):p 94, DOI: 10.1249/01.mss.0000876216.74820.b2

- **Kendall, Holly H.;** Torres, David; Pigg, Quinten W.; Kipp, Lindsay E. Ph.D; and Mettler, Joni A. Ph.D (2022) "Resistance Training may Mitigate Age-related Decline in Physical Function," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 14, Article 61.

- Pigg, Quinten W.; **Kendall, Holly**; Torres, David; Kipp, Lindsay E. Ph.D; and Mettler, Joni A. Ph.D (2022) "Resistance Training and Quality of Life Among Younger and Older Adults," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 14, Article 63.

EXTRACURRICULAR, COMMUNITY, and INTERESTS

Current

- **Flame Fellowship International: A non-profit organization helping women with goals to develop potential life skills.**
  - International board member and conference speaker
  - Golden Flame Award received for Leadership among Women in 2008

- **Discovery: A non-profit organization that guides others into discovering personal life missions.**
  - Leader, program, fiscal patron

- **Supporting Women in Geography Student (SWIG) Club at Texas State University:**
  - Motivational Speaker about complicated subjects: Communicating with confidence
    Imposter syndrome
  - Leader/mentor

March 2014

- **Austin Fitness Magazine**
  - Featured as the "One-armed Push-Up Girl".

January 2008

- **Senior Advocate: A newspaper for senior citizens**
  - Writer**:** featured one article titled "Young at Heart"