

**Kaylee Couvillion Woodard, PhD, CSCS**  
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## **EDUCATION**

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Doctor of Philosophy – August 2020  
Motor Behavior and Sport Psychology  
University of Tennessee, Knoxville

Master of Science – May 2016  
Exercise Science  
University of South Florida

Bachelor of Science – December 2013  
Kinesiology, Fitness Studies  
Louisiana State University

## **ACADEMIC & PROFESSIONAL APPOINTMENTS**

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2020 - present	<b>Assistant Professor</b> , Department of Kinesiology, Recreation and Sport Western Kentucky University, Bowling Green, KY
2016 - 2020	<b>Graduate Teaching Assistant</b> , Department of Kinesiology, Recreation and Sport Studies University of Tennessee, Knoxville, TN
2014 – 2016	<b>Graduate Teaching Assistant</b> , Exercise Science Program University of South Florida, Tampa, FL

## **PROFESSIONAL & ACADEMIC AWARDS**

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2019, 2020	<b>A.W. Hobt Memorial Teaching Award</b> University of Tennessee, Knoxville
2019	<b>American Kinesiology Association Writing Award</b>
2017	<b>A.W. Hobt Memorial Teaching Award</b> University of Tennessee, Knoxville

2016-2020

**Chancellor's Fellowship Award**

University of Tennessee, Knoxville

2013

**American Kinesiology Association Undergraduate Scholar Award**

**RESEARCH AND SCHOLARSHIP**

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Peer-Reviewed Journal Publications:

1. **Woodard, K.F.** & Fairbrother, J.T. (2020). Cognitive loading during and after continuous task execution alters the effects of self-controlled knowledge of results. *Frontiers in Psychology*.
2. **Couvillion, K.F.**, Bass, A.D., & Fairbrother, J.T. (2020). Increased cognitive load during acquisition of a continuous task eliminates the learning effects of self-controlled knowledge of results. *Journal of Sports Sciences*, 38(1), 94-99.
3. **Couvillion, K.F.** & Fairbrother, J.T. (2018). Expert and novice performers respond differently to attentional focus cues for speed jump roping. *Frontiers in Psychology*. 9.
4. Becker, K.A., Fairbrother, J.T., & **Couvillion, K.F.** (2018). The effects of attentional focus in the preparation and execution of a standing long jump. *Psychological Research*.
5. Campbell, B.I., Aguilar, D., Conlin, L., Vargas, A., Schoenfeld, B.J., Corson, A., Gai, C., Best, S., Galvan, E., & **Couvillion, K.** (2018). Effects of high vs. low protein intake on body composition and maximal strength in aspiring female physique athletes engaging in an 8-week resistance training program. *International Journal of Sport Nutrition and Exercise Metabolism*.
6. Colquhoun, R.J., Gai, C.M., Aguilar, D., Bove, D., Dolan, J., Vargas, A., **Couvillion, K.**, & Campbell, B.I. (2018). Training volume, not frequency, indicative of maximal strength adaptations to resistance training. *Journal of Strength and Conditioning Research*, 32(5), 1207-1213.

Manuscripts in Preparation or Under Review:

1. **Woodard, K.F.**, Fairbrother, J.T., & Markwell, L. Exploring the effects of traditional and expert-derived attentional focus cue structures on complex skill learning. *Human Movement Sciences*. (Submitted for review)
2. Porter, J. M., Markwell, L., **Woodard, K.F.**, & Beck, A. Heart rate is negatively affected through the conscious allocation of attention. (In preparation)
3. Fairbrother, J.T. & **Woodard, K.F.** Attentional focus instructions influence distance perception and performance of the standing long jump. (In preparation)

Selected Presentations at Research Conferences, Seminars, and Professional Events:

1. **Woodard, K.F.**, Fairbrother, J.T., & Markwell, L. Exploring the effects of traditional and expert-derived attentional focus cue structures on complex skill learning. Presented virtually at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, June 9-11, 2021.
2. **Woodard, K.F.** & Fairbrother, J.T. Cognitive loading during and after continuous task execution alters the effects of self-controlled knowledge of results. Presented virtually at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, June 11-12, 2020.
3. **Woodard, K.F.** & Fairbrother, J.T. Effects of internal and external focus instructions on novice double dutch turning performance and learning. Presented virtually at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, June 11-12, 2020.

4. **Couvillion, K.F.**, Bass, A.D., & Fairbrother, J.T. Increased cognitive load eliminates the learning effects of self-control. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD, June 6-8, 2019.
5. Fairbrother, J.T. & **Couvillion, K.F.** Attentional focus instructions influence distance perception and performance of the standing long jump. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD, June 6-8, 2019.
6. **Couvillion, K.F.** & Fairbrother, J.T. Attentional focus effects on the performance of a continuous whole-body task with object manipulation. Presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, Denver, CO, June 21-23, 2018.
7. **Couvillion, K.F.**, Woodard, N.D. Learnin' the Ropes: Program evaluation and future steps. Presentation delivered to directors and instructors at the Tennessee Recreation and Parks Association Conference, Knoxville, TN, October, 2018.
8. **Couvillion, K.F.** Performing under pressure: An application of motor learning and sport psychology principles. Presentation delivered to coaches at the World Jump Rope Federation International Championship & Camp, University of Central Florida, Orlando, FL, July, 2018.

## PROFESSIONAL SERVICE

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2021	<b>Faculty Fellow for Exercise Science Living Learning Community</b> Western Kentucky University
2021	<b>Advisor for Youth Development Commission</b> International Jump Rope Union
2021	<b>Board Member</b> Jump Ahead After School Program
2018-present	<b>Athletes' Commission Chair</b> Pan American Jump Rope Federation
2019	<b>Live Commentator for World Championship Event</b> World Jump Rope Federation
2017-2019	<b>Assistant Camp Director</b> World Jump Rope Federation International Camp
2017-2018	<b>Assistant Director for City Youth Jump Rope Showcase</b> City of Knoxville – Parks and Recreation
2015-2017	<b>International Medical Committee Member</b> World Jump Rope Federation
2012	<b>Instructor and Workshop Leader</b> Bermuda Heart Foundation
2012	<b>Group Fitness Instructor for High Risk Senior Adults</b> Leo Butler Community Center

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