

## CURRICULUM VITAE

---

# KELSEY RUSHING, PHD, RDN, LD

## EDUCATION

---

- Doctor of Philosophy* **University of Alabama at Birmingham**, Birmingham, AL  
2023  
Department of Nutrition Sciences  
Major Area: Nutrition Sciences  
Dissertation: Effects of dietary R,S-1,3-butanediol diacetoacetate on components of energy balance and hepatic health
- Master of Science* **University of Alabama at Birmingham**, Birmingham, AL  
Department of Nutrition Sciences  
Major Area: Nutrition Sciences  
Concentration: Dietetic Internship, Clinical Track
- Bachelor of Science* **Auburn University**, Auburn, AL  
Department of Nutrition, Dietetics, and Hospitality Management  
Major Area: Nutrition  
Concentration: Nutrition and Dietetics  
Minor: Italian Studies, Honors Studies

## PROFESSIONAL EXPERIENCE

---

- Director, Dietetic Internship Program** October 2024-Present  
*Department of Nutritional Sciences, Auburn University*  
Oversee program administration, ensuring it meets accreditation standards, facilitate student education and training, and prepare interns for professional practice as registered dietitians.
- Director, Accelerated Master's Coordinated Program in Dietetics** July 2023-September 2024  
*Division of Food, Nutrition, and Exercise Sciences, University of Missouri (MU)*  
Managed program within the university system and maintain accreditation of the program by the Accreditation Council for Education in Nutrition and Dietetics (ACEND)
- Graduate Research Trainee** August 2017-August 2023  
*Department of Nutrition Sciences, University of Alabama at Birmingham (UAB)*  
Designed protocols and conducted research with pediatric, athletic, and animal populations.  
Mentor – Eric P. Plaisance
- Performance Dietitian** August 2017-August 2020  
*Department of Athletics, UAB*  
Provided evidence-based nutrition therapy and education; conducted dietary and anthropometric assessments; developed educational materials; implemented performance nutrition interventions to aid in fueling and recovery.
- Wellness Dietitian** August 2017-December 2017  
*Department of Campus Recreation, UAB*  
Conducted dietary and anthropometric assessments and developed educational materials for current undergraduate and graduate students at UAB.

## MENTORING & TEACHING

---

- Lecturer** October 2024-Present  
*Department of Nutritional Sciences, Auburn University*  
 Develop and deliver course content, participate in curriculum design, and provide academic support, focusing on effective instruction and enhancing student learning outcomes.
- Assistant Teaching Professor** July 2023-Present  
*Division of Food, Nutrition, and Exercise Sciences, MU*  
 Develop and provide quality instruction of courses in nutrition and related topics, assess student competency-based learning, and involved in undergraduate advising
- Co-Instructor** June 2021-August 2022  
*Department of Nutrition Sciences, UAB*  
 Collaborated with primary instructor to develop activities and instruction materials to enhance learning for undergraduate and graduate students.
- Instructor of Record** August 2020-August 2022  
*Department of Human Studies, UAB*  
 Developed the curriculum and course materials for both remote and in-person teaching formats to successfully educate undergraduate and graduate students from various health-related majors.
- Preceptor/Mentor** January 2018-August 2022  
*Department of Athletics, Department of Nutrition Sciences, Department of Human Studies, UAB*  
 Guided graduate and undergraduate students from UAB and surrounding universities in research and nutrition. Objectives were to gain critical skills for conducting independent human subjects research and providing evidence-based nutrition therapy and education in clinical, community, and food service settings.
- Graduate Teaching Assistant** June 2021-August 2021  
*Department of Nutrition Sciences, UAB*  
 Provided supplemental assistance to students to reinforce learning in topics related to communications in nutrition.
- New Student Liaison** Spring 2017  
*Department of Nutrition Sciences, UAB*  
 Served as a liaison to graduate students and dietetic interns. The objectives were to provide prospective students and interns with leadership and guidance in internship selection, relocation to Birmingham, and general advising related to these processes.

## SERVICE

---

- Graduate Programs Committee (Chair), Department of Nutritional Sciences, Auburn University** 2024
- Search Committee, Department of Nutritional Sciences, Auburn University** 2024
- Manuscript Reviewer, Alabama Cooperative Extension System** 2024
- Committee for Persons with Disabilities, MU** 2024
- Strategic Planning Committee, Division of Food, Nutrition, and Exercise Sciences, MU** 2024
- Admissions Committee, Coordinated Program in Dietetics, MU** 2023-2024
- Graduate Admissions Committee, Division of Food, Nutrition, and Exercise Sciences, MU** 2023-2024
- Advisory Board, Coordinated Program in Dietetics, MU** 2023-2024
- Study Abroad Faculty Advisor – Italy, College of Agriculture, Food, and Natural Resources, MU** 2023-2024
- Manuscript Reviewer, International Journal of Exercise Science** 2022
- Professional Development Committee, Department of Nutrition Sciences, UAB** 2020
- Internal Wellness Committee, UAB Employee Wellness** 2019-2020

## RELATED PROFESSIONAL TRAINING & CERTIFICATIONS

---

<b>Aspire Auburn: Leading People</b> , Auburn University	2025
<b>Learning and Expanding Abilities for Professoriate Cohort Fellows Program</b> , MU	2024
<b>Program Director Workshop</b> , ACEND	2023
<b>Licensed Dietitian</b> , Missouri Division of Professional Registration	2023
<b>Licensed Dietitian</b> , Georgia Board of Examiners of Licensed Dietitians	2023
<b>Registered Dietitian</b> , Commission on Dietetic Registration	2017
<b>Licensed Dietitian</b> , Alabama Board of Examiners for Dietetics and Nutritionists	2017
<b>Certified Manager</b> , National Restaurant Association, ServSafe Management	2015
<b>Associate Certificate</b> , Center for the Integration of Research, Teaching, and Learning	2020

## PUBLICATIONS

---

### Peer-Reviewed Manuscripts

Cannon S, Mintz J, Roberts B, **Rushing K**, Jenkins G, Plaisance EP, Morris CE. Evaluation of the Effectiveness of ROTC Army Cadet Exercise Training for the Army Combat Fitness Test. *International Journal of Exercise Science*. 2024; 17(4): 172-182

**Rushing KA**, Bolyard ML, Kelty T, et al. Dietary ketone ester attenuates the accretion of adiposity and liver steatosis in mice fed a high-fat, high-sugar diet. *Front Physiol*. 2023;14:1165224

Roberts BM, **Rushing KA**, Plaisance EP. Sex Differences in Body Composition and Fitness Scores in Military Reserve Officers' Training Corps Cadets. *Mil Med*. 2023;188(1-2):e1-e5

**Rushing K**. Effects of dietary R, S-1, 3-butanediol diacetoacetate on components of energy balance and hepatic health. University of Alabama at Birmingham. 2023.

### Published Abstracts

Pierce M, Reed E, Winchester L, **Rushing K**, Bello M, Langford E, Morris CE. (2024) Fitness facilities and tactical occupations: is it necessary to have an on-site exercise facility? *International Journal of Exercise Science*: 16(3): 278

Morris CE, **Rushing K**, Butler P, Graves G, Rich A, Steen M, Watson E, Willis K, Abadie A, Plaisance E. (2023) Pilot study to evaluate the feasibility of ketone supplementation to improve functional outcomes in adolescents post sports-related concussion. *Medicine & Science in Sports & Exercise*. 55(9S): 488

**Rushing K**, Butler P, Graves G, Rich A, Steen M, Watson E, Willis K, Abadie A, Plaisance E, Morris C. (2023) Pilot study to evaluate the feasibility of ketone supplementation to improve functional outcomes in adolescents post sports-related concussion. *International Journal of Exercise Science*. 16(2): 75

**Rushing KA**, Cannon SA, Mintz JA, Roberts BM, Jenkins GW, Fisher G, Plaisance EP, Morris CE (2022) Evaluation of the effectiveness of ROTC army cadet exercise training for the army combat fitness test. *International Journal of Exercise Science*. 16(1): 334

Plaisance E, **Rushing K**, Bolyard M, Kelty T, Wieshhaus N, Rector S. (2022) Dietary ketone ester attenuates hepatic steatosis in mice on a high-fat, high-sugar diet. *The Obesity Society*. 30: 201

Chimera L, Dellana J, Farris A, Wentz L, Harman T, Dommel A, **Rushing K**, Stowers L, Behrens C. (2022) Food insecurity among college student athletes in the southeastern region: a multi-site study. *International Journal of Exercise Science*.

Dellana J, Chimera L, Farris A, Nunnery D, Harman T, Dommel A, **Rushing K**, Stowers L, Behrens C. (2022) The impact of sexual orientation on food insecurity among Division 1 student athletes. *International Journal of Exercise Science*.

**Rushing K**, Ticknell J, Bolyard M, Niedergeses C, Rector S, Plaisance E. (2021) Effects of a ketone supplement on energy balance and adiposity in mice on a high-fat high-sugar diet. *The Obesity Society*.

### Manuscripts in Preparation

Pierce M, Reed E, Winchester L, **Rushing K**, Bello M, Langford E, Morris C. Fitness Facilities and Tactical Occupations: Is it necessary to have an on-site exercise facility?

## OTHER WRITING & COMPOSURE

---

Student Handbook, Accelerated Master's Coordinated Program in Dietetics, University of Missouri, Columbia, 2024-2025

Preceptor Handbook, Accelerated Master's Coordinated Program in Dietetics, University of Missouri, Columbia, 2024-2025

Disordered Eating Policies and Procedures, Department of Sports Medicine, The University of Alabama at Birmingham, May 2018

Diabetes Mellitus Policies and Procedures, Department of Sports Medicine, The University of Alabama at Birmingham, May 2018

## PRESENTATIONS

---

### Oral Presentations & Invited Speaking

**Rushing, K.** Nutrition-focused physical exam. Auburn University. August 2024.

**Rushing, K.** Journey and vision for dietetics. Auburn University. August 2024.

**Rushing, K.** Effects of a dietary ketone on components of energy balance and liver health. NEP 1034H Honors Introduction to Human Nutrition. University of Missouri. November 2023.

**Rushing, K.** Effects of R,S-1,3-butanedioal diacetoacetate on components of energy balance and hepatic health. UAB Department of Nutrition Sciences. May 2023.

**Rushing, K.** Culturally responsive teaching. University of Southern Indiana. October 2022.

**Rushing, K.** Nutrition assessment. Southern Utah University. March 2022.

**Rushing, K.** Journey to dietetics. NUTR 210 Introduction to Nutrition and Dietetics. Samford University. October 2021.

**Rushing, K.** Ketone supplementation to improve functional outcomes in adolescents post sports-related concussion. UAB Department of Nutrition Sciences and Nutrition Obesity Research Center Annual Trainee Retreat, August 2020.

**Rushing, K.** Sports dietetics. Student Dietetic Association. Samford University. February 2019.

**Rushing, K.** Winning nutrition. Hellas Construction Birmingham Coaching Clinic, UAB, March 2018.

### Poster Presentations

**Rushing, K,** Cannon, S, Mintz, J, Roberts, B, Jenkins, G, Fisher, G, Plaisance, E, Morris, C. Evaluation of the effectiveness of ROTC Army cadet exercise training for the Army combat fitness test. Southeast American College of Sports Medicine Annual Meeting, February 2022.

**Rushing, K,** Ticknell, J, Bolyard, M, Niedergeses, C, Rector, S, Plaisance, E. Effects of a ketone supplement on energy balance and adiposity in mice on a high-fat high-sugar diet. Obesity Week, November 2021.

**Rushing, K,** Abadie, A, Jenkins, G, Willis, K, Steen, M, Watson, E, Ferrill, L, McCollough, K, Plaisance, E, Morris, C. Ketone supplementation to improve functional outcomes in adolescents post sports-related concussion. Southeast American College of Sports Medicine Annual Meeting, February 2021.

**Rushing, K,** Delk-Licata, A, Behrens, C, Bertrand, B, Fernandez, F, Plaisance, E. Timed protein intervention should consider energy balance to have an impact on body composition in a collegiate football team. UAB Center for Exercise Medicine 7<sup>th</sup> Annual Symposium, UAB, September 2019, Birmingham, AL.

### Presented Research

Pierce, M, Reed, E, Winchester, L, **Rushing, K,** Bello, M, Langford, E, Morris, C. Fitness Facilities and Tactical Occupations: Is it necessary to have an on-site exercise facility? Southeast American College of Sports Medicine Annual Meeting, February 2024.

Morris, C, **Rushing, K,** Butler, P, Graves, G, Rich, A, Steen, M, Watson, E, Willis, K, Abadie, A, Plaisance E. Pilot study to evaluate the feasibility of ketone supplementation to improve functional outcomes in adolescents post sports-related concussion. American College of Sports Medicine Annual Meeting and World Congresses, June 2023.

**Rushing, K,** Bulter, P, Graves, G, Rich, A, Steen, M, Watson, E, Willis, K, Abadie, A, Plaisance E, Morris, C. Pilot study to evaluate the feasibility of ketone supplementation to improve functional outcomes in adolescents post sports-related concussion. Southeast American College of Sports Medicine Annual Meeting, February 2023.

**Rushing, K,** Bolyard, M, Rector, S, Plaisance, E. Effects of a ketone supplement on energy balance and adiposity in mice on a high-fat high-sugar diet. UAB School of Health Professions Alpha Eta Research Day, February 2022.

Dellana, J, Chimera, L, Farris, A, Nunnery, D, Harman, T, Dommel, A, **Rushing, K,** Stowers, L, Behrens, C. The impact of sexual orientation on food insecurity among Division I student athletes. Southeast American College of Sports Medicine Annual Meeting, February 2022.

Chimera, L, Dellana, J, Farris, A, Wentz, L, D, Harman, T, Dommel, A, **Rushing, K,** Stowers, L, Behrens, C. Food insecurity among college student athletes in the Southeastern region: a multi-site study. Southeast American College of Sports Medicine Annual Meeting, February 2022.

### HONORS, ACTIVITIES, & AWARDS

Carol B. Craig Scholarship, Department of Nutrition Sciences, UAB	Spring 2017
Lettie Pate Whitehead Foundation Scholarship, Department of Nutrition Sciences, UAB	Spring 2017
Delta Epsilon Iota Academic Honor Society, Auburn University	August 2014-May 2016
Honors College, Auburn University	August 2011-May 2016
Spirit of Auburn Founders Scholarship, Auburn University	August 2011-May 2015

Killgore Scholarship, Opelika, AL  
Auburn Abroad Program, Taormina, Italy

August 2011-May 2015  
Summer 2012

## PROFESSIONAL & ACADEMIC AFFILIATIONS

Auburn District Dietetic Association (ADDA)	2016-present
Alabama Dietetic Association (ALDA)	2016-present
Nutrition and Dietetic Educators and Preceptors	2022-present
The Obesity Society	2021-present
American College of Sports Medicine (ACSM)	2018-present
Academy of Nutrition and Dietetics (AND)	2015-present
Missouri Academy of Nutrition and Dietetics	2023-2024
Collegiate and Professional Sports Dietetics Association (CPSDA)	2017-2020
Sports Cardiovascular and Wellness Nutrition (SCAN)	2016-2020
Birmingham District Dietetic Association (BDDA)	2016-2018

## SUMMARY OF COURSES TAUGHT

Course Name/Number	Term
<i>Graduate – Auburn University</i>	
NTRI 7020 Advanced Nutrition and Diet Therapy	Summer 2025
<i>Undergraduate – Auburn University</i>	
NTRI 2000 Nutrition and Health	Spring 2025
<i>Graduate – University of Missouri</i>	
NEP 7380 Medical Nutrition Therapy II	Fall 2024
NEP 7381 Medical Nutrition Therapy II SPE	Fall 2024
<i>Cross-Listed – University of Missouri</i>	
NEP 4370/7370 Medical Nutrition Therapy I	Spring 2024
NEP 4385/7385 Professional Development	Fall 2023
<i>Undergraduate – University of Missouri</i>	
NEP 4385 Professional Development	Fall 2024
GN HON 080H Honors Internship	Summer 2024
NEP 2450 Nutrition Throughout the Lifespan	Summer 2024
NEP 3370 Medical Nutrition Therapy I SPE	Spring 2024
NEP 2450 Nutrition Throughout the Lifespan	Spring 2024
NEP 1001 Introduction to Dietetics	Fall 2023
<i>Graduate – UAB</i>	
KIN 674 Advanced Sports Nutrition	Summer 2022
KIN 674 Advanced Sports Nutrition	Spring 2022
KIN 674 Advanced Sports Nutrition	Fall 2021
NTR 632 Nutrition Education and Counseling	Fall 2021
KIN 674 Advanced Sports Nutrition	Summer 2021
NTR 500 Communications in Nutrition	Summer 2021
KIN 674 Advanced Sports Nutrition	Spring 2021
KIN 674 Advanced Sports Nutrition	Fall 2020
<i>Undergraduate – UAB</i>	
KIN 405 Sports Nutrition	Summer 2022
KIN 405 Sports Nutrition	Spring 2022
NTR 320 Nutrition and the Consumer	Spring 2022
KIN 405 Sports Nutrition	Fall 2021
KIN 405 Sports Nutrition	Summer 2021

KIN 405 Sports Nutrition	Spring 2021
KIN 405 Sports Nutrition	Fall 2020