

**Curriculum Vitae
Katherine V Adams**

CONTACT INFORMATION

Katherine (Kat) V. Adams
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RESEARCH INTERESTS

My primary research interest is the application of social epidemiology to coach development and athlete welfare. I engage in this work to enhance the spread of coaching knowledge, skills, attitudes, and behaviors through formal and informal social networks. As a part of this line of inquiry, I seek to quantify the prevalence and incidence of athlete maltreatment in performance (judged), individual, and early-specialization sports.

My secondary research interests include the integration of positive youth development and trauma-informed practice in youth sport and implementing continuous-quality improvement systems within organizations.

EDUCATION

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| 2021-present | Doctor of Philosophy
Utah State University, Logan, Utah
Concentration: Human Development and Family Studies
Major Professor: Travis E. Dorsch, Ph.D. |
| 2015-2017 | Master of Public Health
Emory University, Atlanta, Georgia
Concentration: Behavioral Sciences and Health Education
Capstone (Thesis): Improving Athlete Performance with Social Emotional Development
Advisor: Elizabeth Walker, Ph.D. |
| 2009-2013 | Bachelor of Science in Education
University of Virginia, Charlottesville, Virginia
Major: Kinesiology
Sports Medicine Practicum Case Study: Midline Patellar Tendon Excision Recovery with Overlapping Co-Morbidities
Advisor: Art Weltman, Ph.D. |

PROFESSIONAL EXPERIENCE

August 2021 – present	Presidential Doctoral Research Fellow Office of Graduate Research Utah State University Logan, Utah
August – December 2021	Research Assistant, Teaching Assistant Department of Human Development and Family Studies Utah State University Logan, Utah
May 2017 – July 2021	Director, Youth Development Programs Sports & Recreation Boys & Girls Clubs of America Atlanta, Georgia
October 2015 – May 2017	Graduate Intern Health, Wellness and Gender Boys & Girls Clubs of America
August 2015 – December 2015	Quality Improvement Coordinator Emory Adult Congenital Heart Center Atlanta, Georgia
April 2015 – July 2015	Interim Competitive Director Fusion Gymnastics Center Litiz, Pennsylvania
May 2013 – July 2015	Women's Development Program Coach Trampoline and Tumbling Program Director Fusion Gymnastics Center Litiz, Pennsylvania
November 2011 – February 2013	Gymnastics Team Head Coach Orange County High School Athletic Department Orange County Public Schools Orange, Virginia

PUBLICATIONS AND WRITING

Boys & Girls Clubs of America Internal Publications – Lead Author

SMART Girls Targeted Program. Scope and Sequence proposal. November 2020.

“Key features of gender-based programs for boys and men: a review of existing research.”
Concept Paper. September 2020.

“Defining the concept of play: a review of existing research.” Concept Paper. September 2018

Boys & Girls Clubs of America Curricula – Lead Author

Daily Challenges Targeted Program. 2018. (*Daily Challenges* is a physical literacy program for youth ages 6-18. It contains 32 hour-long sessions for three age groups: ages 6-9, 10-12, and 13-18)

Healthy Habits Targeted Program. 2018. (*Healthy Habits* is a nutrition education program for youth ages 6-18. It contains 14 hour-long sessions for three age groups: ages 6-9, 10-12, and 13-18)

Boys & Girls Clubs of America Curricula – Contributing Author

SMART Moves: Emotional Wellness Targeted Program. 2019. (*SMART Moves: Emotional Wellness* is self-regulation, impulse control and stress management program for youth ages 5-14. It contains 10 hour-long sessions for 3 age groups: grades K-2, 3-5, and 6-8)

Money Matters: Make it Count Targeted Program. 2019. (*Money Matters: Make it Count* is a financial literacy program for teens age 13-18. It contains 25 hour-long sessions.)

Diplomas2Degrees Targeted Program. 2018. (*Diplomas2Degrees* is a college and postsecondary preparation for teens ages 13-18. It contains 27 hour-long sessions.)

Social Recreation Targeted Program. 2018. (*Social Recreation* is a relationship building program for youth ages 6-18. It contains 30 hour-long sessions for three age groups: ages 6-9, 10-12, and 13-18)

Boys & Girls Clubs of America Trainings – Lead Author

Money Matters Program Implementation Training. 2020.

Daily Challenges Program Implementation Training. 2019.

Healthy Habits Program Implementation Training. 2019.

Social Recreation Program Implementation Training. 2019.

Sports and Recreation 101 Strategy Implementation Training. 2019

Boys & Girls Clubs of America Trainings – Contributing Author

Activating the Principles of Positive Coaching. in partnership with Positive Coaching Alliance. November 2020.

Boys & Girls Clubs of America Publications – Lead Author

“Healthy Lifestyles.” 2020 National Youth Outcome Initiative Outcomes Report. 2021

Gym & Field Playbook. 2019. (The *Gym & Field Playbook* provides promising practices for planning high-quality youth development experiences in physical activity spaces.)

Social and Emotional Integration Grant Template. June 2019.

Organized Sports Grant Template. March 2019.

PlayBreaks Guide. 2017. (The *PlayBreaks Guide* contain short activities to integrate physical activity throughout the day)

“Get Hip with Lower Body Stretches.” Coronavirus Response Series. *BGCA Youth Development ClubExperience Blog*. May 2020.
<https://clubexperience.blog/2020/05/07/get-hip-with-lower-body-stretches/>

“Workouts That Don’t Need Equipment.” Coronavirus Response Series. *BGCA Youth Development ClubExperience Blog*. March 2020.
<https://clubexperience.blog/2020/03/23/workouts-that-dont-need-equipment/>

“Supporting Youth with Deployed Family Members.” *BGCA Youth Development ClubExperience Blog*. November 2019.
<https://clubexperience.blog/2019/11/07/supporting-youth-with-deployed-family-members/>

“11! Ideas for Fun Teen Health Week Events.” *BGCA Youth Development ClubExperience Blog*. March 2019. <https://clubexperience.blog/2019/03/28/11-ideas-for-fun-teen-health-week-events/>

“Why Female Coaches Matter.” *BGCA Youth Development ClubExperience Blog*. February 2019. <https://clubexperience.blog/2019/02/07/why-female-coaches-matter/>

Boys & Girls Clubs of America Publications – Contributing Author

Gamesroom Playbook (The *Gamesroom Playbook* Provides promising practices for planning high-quality youth development experiences in a gamesroom.)

“4 Ways to Support Youth Who Learn Differently.” *BGCA Youth Development ClubExperience Blog*. October 2020. <https://clubexperience.blog/2020/10/13/4-ways-to-support-youth-who-learn-differently/>

“Stretches for Deleting Tech Neck” Coronavirus Response Series. *BGCA Youth Development ClubExperience Blog*. April 2020.
<https://clubexperience.blog/2020/04/30/stretches-for-deleting-tech-neck/>

PRESENTATIONS AND TRAININGS

Conference Presentations:

8 Steps for Positive Youth Development at Practice. 2020/2021 USCCE Summit (Accepted for 2020, rescheduled for 2021)

"Heat of the Moment" (Sexual Health & Consent) 2017 National Keystone Conference. March 2017. Chicago, IL

Grimes-Oakley, T. Adams, K. *Keystone National Project Seminar: Youth Led Dialogue with Law Enforcement.* 2017 National Keystone Conference. March 2017. Chicago, IL

Workshop Facilitation:

Activating the Principles of Positive Coaching. Virtual Training Session. October 2020. Atlanta, GA

Doing Daily Challenges with Social Distancing. Virtual Training Session. Boys & Girls Clubs of Colorado Virtual All Staff Conference. October 2020. Denver, CO

Building Blocks of Programing. Virtual Training Session. June 2020. Atlanta, GA

De-Escalating Concerning Behavior. Virtual Training Session. Military Youth Center Staff Development Series. October 2020. Atlanta, GA

Doing Daily Challenges with Social Distancing. 2020 South Texas Boys & Girls Clubs Virtual All Staff Conference. May 2020. Austin, TX

Doing Daily Challenges with Social Distancing. Virtual Training Session. COVID-19 Professional Development Series. April 2020. Atlanta, GA

Staff Self-Care: Workouts Without Equipment Virtual Training Session. COVID-19 Professional Development Series. March 2020. Atlanta, GA

Membership Requirements Breakout Session. 2020 BGCA Field Operations All Staff Summit. January 2020 Atlanta, GA

Healthy Habits and HEPA. Full-Day workshop. North Carolina State Alliance Training. February 2019. Raleigh, NC

Daily Challenges, Healthy Habits, and Social Recreation. Training Sessions for Boys & Girls Clubs of Southeast Louisiana. October 2018. New Orleans, LA

EVALUATION EXPERIENCE

NYOI (National Youth Outcomes Initiative) 2020 National Youth Outcomes Report.

Analyzed data from BGCA annual member survey and YRBSS (Youth Risk Behavior Surveillance System) data from 2011-2019 to determine the effect of Club membership and attendance on physical activity and test new hypotheses connecting physical activity levels of self-reported social and emotional skills in teens.

Foundational Youth Development Training Pathway Virtual Instructor Led Training Conversion.

Supported the conversion of 12 foundation youth-development trainings from in-person delivery model to a live virtual model. Analyzed qualitative and quantitative data from facilitators and participants during pilot sessions. Provided general and session-specific recommendations to improve the training experience for participants and facilitators.

Needs Assessment for Childcare Assistance for Georgia College Students.

Developed interview and focus group moderator guides, conducted key informant interviews, and triangulated data across sources for community needs assessment conducted with Quality Care for Children.

Expansion Funding for Kids on the Block.

Delineated program outcomes, evaluation criteria, and budget for \$35,000 funding request for submission to Georgia Health Foundation.

Youth-Led Dialogue with Law Enforcement Summative Evaluation.

Conducted staff interviews and analyzed survey data to determine effectiveness and develop recommendations for of future toolkits.

TEACHING

Fall 2021

Teaching Assistant
HDFS 2400
Marriage and Family Relationships
Utah State University
Instructor: David Law, Ph.D.

HONORS AND AWARDS

Presidential Doctoral Research Fellowship

Department of Research
Utah State University
Logan, Utah

BGCA Spot Award, October 2020

Boys & Girls Clubs of America
For authoring a section of NYOI 2021 National Youth Outcomes Report

BGCA Spot Award, August 2020

Boys & Girls Clubs of America
For work publishing Covid-19 response materials

BGCA Spot Award, February 2020

Boys & Girls Clubs of America
For work organizing the 2020 Field Operations All Staff Summit

PROFESSIONAL MEMBERSHIPS

Society for Health and Physical Educators (SHAPE)

2017-2020

USA Gymnastics

2009-2019

PROFESSIONAL TRAINING

Weikart Center for Youth Program Quality

External Reliable Assessor
Atlanta, Georgia; September 2019

BGCA National Trainers Initiative

Tier 1 Facilitator and Tier 2 Trainer-of-Trainers
Atlanta Georgia; May 2019

US Soccer Foundation

Coach-Trainer
Washington, D.C.; July 2019

National Commission for Health Education Credentialing

Certified Health Education Specialist
Atlanta, Georgia; May 2017

SERVICE

PROFESSIONAL

U.S.O.P.C Multi-Sport Organizations Council – BGCA Representative

2018-2020

Participant at 2018, 2019, 2020 U.S. Olympic and Paralympic Assembly

2020 Field Operations All Staff Summit – Agenda Lead

July 2019-January 2020

Developed agenda, organized speaker, authored facilitator guides for two breakout sessions

2019 Field Operations All Staff Summit – Committee Member

July 2018-January 2019

COMMUNITY

Diversity, Equity and Inclusion Advisor

2020-2021

Theta Omicron Chapter of Alpha Delta Pi Sorority, James Madison University, Harrisonburg, Virginia

Cast Member & Costume Designer

“Hysteria.” Choreography by Bryn Chafin. *I’d Rather Be Dancing Season 15: Dance 101 Student Showcase*. November 2019. Atlanta GA

Cast Member

“Nevertheless, She Persisted.” Choreography by Bryn Chafin. *I’d Rather Be Dancing Season 13: Dance 101 Student Showcase*. March 2019. Atlanta, GA