

Katherine Nicole Alexander

Curriculum Vitae

24 January 2024

BACKGROUND

Contact Information

Katherine “Katie” Alexander
Ph.D. Student, Department of Human Development and Family Studies
Utah State University
2905 Old Main Hill
Logan, Utah 84322
Phone: 214-436-6153
Email: k.alexander@usu.edu
Twitter (X): @ktalexander33

Education

2021-present	Doctor of Philosophy Utah State University, Human Development & Family Studies
2017- 2020	Bachelor of Science Louisiana Tech University, Kinesiology & Health Science
2017- 2020	Bachelor of Arts Louisiana Tech University, Psychology
2013- 2017	Associate of Science Cedar Valley College, General Science

Professional Memberships

2021-present	North American Society for the Psychology of Sport and Physical Activity
2021-present	Association for Applied Sport Psychology

Professional Experience

2024	Graduate Research Assistant Utah Social Media Research Project HDFS Department, Utah State University Logan, UT HDFS Department, Brigham Young University Provo, UT
2023-2024	Graduate Research Assistant NIH Adolescent Brain Cognitive Development (ABCD) Study® HDFS Department, Utah State University

2021- present Logan, UT
Graduate Research Assistant
Families in Sport Lab
Utah State University
Logan, UT

2019-2021 Undergraduate Research Assistant
Dr. Benjamin Gleason, Department of Kinesiology
Louisiana Tech University, Ruston, LA

2020 Undergraduate Research Intern
Minds in Motion Lab, Department of Kinesiology
Louisiana Tech University, Ruston, LA

2020 Mental Health Specialist
Children's Methodist Home
Ruston, LA

2018-2020 Louisiana Tech College of Education Ambassador
Louisiana Tech University, Ruston, LA

RESEARCH

Refereed Publications

Alexander, K. N., Adams, K. V., & Dorsch, T. E. (2023). Exploring the impact of coaches' emotional abuse on intercollegiate student-athletes' experiences. *Journal of Aggression, Maltreatment & Trauma*, 1-19. <https://doi.org/10.1080/10926771.2023.2166441>

Gleason, B.H., **Alexander, K.N.**, & Fontenot, M.C. (2021). Exertional rhabdomyolysis in a type 1 diabetic female collegiate powerlifter, *The Sport Journal*.

Manuscripts Submitted, Awaiting Decision

Alexander, K.N., Page, L.A., Dorsch, T.E., & Adams, K.V. (2024). Exploitation, coercive control, manipulation, & hostile behaviors: A more holistic examination of perceived emotional abuse in intercollegiate athletics. [Manuscript submitted for publication].

Alexander, K.N., Fleming, D.J.M., Olsen, M., Dorsch, T.E., & Adams, K.V. (2023). Values and commitment matter: A mixed-method exploration of parental values and youth sport commitment. [Manuscript submitted for publication].

Alexander, K.N., Adams, K.V., Dorsch, T.E. (2023). "We just couldn't talk about that": Unmasking male student-athletes' experiences of emotional abuse. [Manuscript submitted for publication].

Alexander, K.N. & Meter, D.J. (2023). A narrative review of the bullying and hazing sport literature. [Manuscript submitted for publication].

Refereed Research Presentations

- Alexander, K.N.** & Adams, K.V. (2024). *Abuse in sport: Assessment of definitions, methods, and participants across North America*. [Symposium presentation]. NASPSPA.
- Alexander, K.N.**, Fleming, D.J.M. Dorsch, T.E., Cook, M., Page, L.A., Leonardi, K., & Bradshaw, S.D. (2024). The dark side of sport: Athletes' experiences of abuse and mental health symptomology [Poster session]. NASPSPA.
- Alexander, K.N.**, Page, L.A., Dorsch, T.E., & Adams, K.V. (2023). *Experiences of abuse among former NCAA student-athletes: Understanding the role of coaches' coercive control* [Verbal presentation]. AASP.
- Alexander, K.N.**, Adams, K.V., Dorsch, T.E. (2023). *Experiences of emotional abuse in former male intercollegiate student-athletes* [Poster session]. NASPSPA. <https://doi.org/10.1123/jsep.2023-0077>
- Alexander, K.N.**, Page, L.A., Adams, K.V., & Dorsch, T.E. (2023). *Experiences of abuse among former NCAA Division I female student-athletes: Understanding the potential role of control and surveillance behaviors* [Poster session]. NASPSPA. <https://doi.org/10.1123/jsep.2023-0077>
- Adams, K.V., **Alexander, K.N.**, Dorsch, T.E. (2023). *Perceived malicious intent and emotional abuse in former college athletes* [Verbal presentation]. NASPSPA. <https://doi.org/10.1123/jsep.2023-0077>
- Alexander, K.N.**, Dorsch, T.E., & Adams, K.V. (2022). *The impact of coaches' emotional abuse on intercollegiate athletes' relationships and team dynamics*. [Verbal presentation]. NASPSPA. <https://doi.org/10.1123/jsep.2022-0071>
- Alexander, K.**, Blazo, J.A., Parks, A.C., Fleming, D.J.M., Hardiman, A.L., Dorsch, T.E. (2022). *The impact of parental pressure and parental beliefs about early specialization on beliefs of ability and task values*. [Poster session]. NASPSPA. <https://doi.org/10.1123/jsep.2022-0071>
- Alexander, K.N.** & Gleason, B.H. (2020, February 14). *Exertional rhabdomyolysis in a type 1 diabetic female collegiate powerlifter* [Poster session]. Louisiana Tech Undergraduate Research Symposium. Ruston, LA, United States. <https://digitalcommons.latech.edu/undergraduate-research-symposium/2020/poster-presentations/9/>

Research in Progress

- Boyce, L., Meter, D.J., Bradshaw, S., **Alexander, K.N.**, Cook, M., & Salazar, J. (in progress). NIH Adolescent Brain Cognitive Development (ABCD) Study®.
- Alexander, K.N.**, Ramos, A., Boyce, L., Meter, D.J., Bradshaw, S., Cook, M., & Salazar, J. (in progress). NIH Adolescent Brain Cognitive Development (ABCD) Study®: Research on Emotion Regulation, Twins, and Adverse Life Experiences.
- Alexander, K.N.**, Cook, M., Page, L.A., Leonardi, K., Dorsch, T.E., & Bradshaw, S. (in progress). Examining traumatic experiences of elite athletes, PTSD and mental health symptomology, and physiological brain responses in athletes with high rates of PTSD symptomology.
- Adams, K.V., **Alexander, K.N.**, & Dorsch, T.E. (in progress). Emotional abuse in context: Examining how former intercollegiate athletes reflect on acceptable and unacceptable coaching behaviors.
- Alexander, K.N.**, Adams, K.V., Fleming, D.J.M., & Dorsch, T.E. (in progress). An exploration of youth sport and physical activity participation in the Western United States.

GRANTS AND RESEARCH CONTRACTS

Alexander, K.A., Cook, M., Page, L., & Dorsch, T.E. (2023). Utah State University Graduate Research and Creative Opportunity (GRCO) grant: \$950

Alexander, K.A., Cook, M., Page, L., & Dorsch, T.E. (2023). Grant submitted for David Caul Graduate Research Fund: \$ 1,500

Alexander, K.A., Cook, M., Page, L., & Dorsch, T.E. (2023). Grant submitted for NASPSPA Graduate Student Research Grant: \$2,000

Dorsch, T. E., Adams, K. V., Fleming, D. J. M., **Alexander, K. N.** (2023) Youth sport landscape analysis, Daniels Fund: \$50,000

Dorsch, T. E., Adams, K. V., **Alexander, K. A.**, Fleming, D. J. M., Hardiman, A. L. (2022) External review for Center for Sports Transformation grant proposal, Lilly Foundation: \$7,500

TEACHING

Instructor of Record

Fall 2023- HDFS 2400 Couple and Family Relationships

Spring 2024- HDFS 2400 Couple and Family Relationships

Teaching Assistantships- Classroom Instruction

Spring 2023- HDFS 2400 Marriage and Family Relationships

Instructor: Jacob Gossner

Fall 2022- HDFS 1500 Human Development Across the Lifespan

Instructor: Dr. Travis Dorsch

Fall 2022- HDFS 2400 Marriage and Family Relationships

Instructor: Jacob Gossner

Spring 2022- HDFS 2400 Marriage and Family Relationships

Instructor: Dr. Joshua Turner

Spring 2022- HDFS 2660 Parenting and Child Guidance

Instructor: Heather Kelley

Fall 2021- HDFS 2000 Careers and Life Planning in Human Development & Family Studies

Instructor: Cindy Stokes

Fall 2021- HDFS 2660 Parenting and Child Guidance
Instructor: Dr. Olena Kopystynska

Invited Academic Lectures

- Alexander, K.A.**, (2023, September). Qualitative Research. Guest lecture for Dr. Yin Liu, HDFS 6031 (Graduate Research Methods and Design). Utah State University, Logan, Utah
- Alexander, K.A.**, (2023, September). Abuse in Development. Guest lecture for Matthew Cook, HDFS 1500 (Human Development Across the Lifespan). Utah State University, Logan, Utah
- Alexander, K.A.**, (2023, March). History & Stages of Marriage. Guest lecture for Jacob Gossner, HDFS 2440 (Marriage and Family Relationships). Utah State University, Logan, Utah
- Alexander, K.A.** (2023, February). Abuse and Abusive Coaching in Sport. Guest lecture for Daniel Fleming, KIN 4000 (Mental Aspects of Sports Performance). Utah State University, Logan, Utah.
- Alexander, K.A.**, (2022, November). History & Stages of Marriage. Guest lecture for Jacob Gossner, HDFS 2440 (Marriage and Family Relationships). Utah State University, Logan, Utah.
- Alexander, K.A.**, (2022, October). Abusive Coaching in Sport Settings. Guest lecture for Daniel Fleming, KIN 4000 (Mental Aspects of Sports Performance). Utah State University, Logan, Utah.
- Alexander, K.A.** (2022, September). Parenting Strategies for Disciplining Children & Keeping Children Safe. Guest lecture for Heather Kelley, HDFS 2660 (Parenting and Child Guidance). Utah State University, Logan, Utah.
- Alexander, K.A.** (2022, September). Socioemotional Development in Infancy. Guest lecture for Dr. Travis Dorsch, HDFS 1550 (Human Development Across the Lifespan). Utah State University, Logan, Utah.
- Alexander, K.A.** (2022, April). Stress, Abuse, & Family Problems. Guest lecture for Dr. Joshua Turner, HDFS 2440 (Marriage and Family Relationships). Utah State University, Logan, Utah.
- Alexander, K.A.** (2022, April). Abuse and Domestic Violence. Guest lecture for Dr. Joshua Turner, HDFS 2440 (Marriage and Family Relationships). Utah State University, Logan, Utah.
- Alexander, K.A.** (2022, March). Parents by Adoption and Reproductive Technology. Guest lecture for Heather Kelley, HDFS 2660 (Parenting and Child Guidance). Utah State University, Logan, Utah.
- Alexander, K.A.** (2022, March). Early Adolescence. Guest lecture for Heather Kelley, HDFS 2660 (Parenting and Child Guidance). Utah State University, Logan, Utah.
- Alexander, K.A.** (2022, February). Keeping Your Child Safe: Abuse and Maltreatment. Guest lecture for Daniel Fleming, HDFS 1500 (Introduction to Human Development). Utah State University, Logan, Utah.
- Alexander, K.A.** (2022, February). Parenting Techniques & Keeping Children Safe. Guest lecture for Heather Kelley, HDFS 2660 (Parenting and Child Guidance). Utah State University, Logan, Utah.

- Alexander, K.A.** (2022, February). Conflict & Conflict Resolution in Relationships. Guest lecture for Dr. Joshua Turner, HDFS 2440 (Marriage and Family Relationships). Utah State University, Logan, Utah.
- Alexander, K.A.** (2022, January). Cultural Diversity in Families, Part 2. Guest lecture for Dr. Joshua Turner, HDFS 2440 (Marriage and Family Relationships). Utah State University, Logan, Utah.
- Alexander, K.A.** (2022, January). Cultural Diversity in Families. Guest lecture for Dr. Joshua Turner, HDFS 2440 (Marriage and Family Relationships). Utah State University, Logan, Utah.
- Alexander, K.A.** (2021, November). Parenting in Sport. Guest lecture for Dr. Olena Kopystynska, HDFS 2660 (Parenting and Child Guidance). Utah State University, Logan, Utah.
- Alexander, K.A.** (2021, October). A Guide to Writing Papers in College. Guest lecture for Cindy Stokes, HDFS 2000 (Careers and Life Planning in Human Development & Family Studies). Utah State University, Logan, Utah.
- Alexander, K.A.** (2021, September). A Guide on APA. Guest lecture for Cindy Stokes, HDFS 2000 (Careers and Life Planning in Human Development & Family Studies). Utah State University, Logan, Utah.

Professional Development Workshops Attended

- Utah State University Human Development and Family Studies Graduate Instructors Forum, Bi-Weekly Seminars (2023-current).
- Participation in the Empower Teaching Excellence Canvas teaching course at Utah State University (2023-current).
- Participation in the Empowering Teaching Excellence Conference at Utah State University. (August 16, 2023). <https://www.usu.edu/empowerteaching/events/conference/schedule>
- Participation in LAUNCH—Student Engagement and Learning Strategies Collaboration Event at Utah State University. (May 10-11, 2023). <https://www.usu.edu/empowerteaching/events/ete-affiliated/index-LAUNCH>
- North American Society for the Psychology of Sport and Physical Activity Pre-Conference Workshop: Teaching Network – “Making your teaching and mentoring more inclusive: Equity and diversity considerations and suggestions” (2022).

Student Mentoring

- Daxon, Toone, Human Development & Family Studies (2023-current).
- CITI training
 - Data collection and management—Interviews, interview transcriptions, and various write-ups for works related to Daniels Fund grant on youth sport and physical activity
- Mitchell Olson, Human Development & Family Studies (2022-current).
- CITI training
 - Data collection and management—Interviews, interview transcriptions, and various write-ups for works related to Daniels Fund grant on youth sport and physical activity

Jessica Hamilton, Human Development & Family Studies (2023).

- CITI training
- Data collection and synthesis—Narrative review of bullying in sport literature
- Hamilton, J., **Alexander, K.N.**, Meter, D., & Casdorff, C. (2023, April). Bullying Sport & Athlete Outcomes, Utah State University Student Research Symposium, Poster Presentation, Logan, Utah.

Caroline Casdorff, Human Development & Family Studies (2023).

- CITI training
- Data collection and synthesis—Narrative review of bullying in sport literature
- Served as supervisor for HDFS 4980 (Undergraduate Practicum)

Anna Perez, Human Development & Family Studies (2023).

- CITI training
- Data collection and synthesis—Review of media articles related to athlete abuse and maltreatment in the United States

Jordan Goldsberry, Human Development & Family Studies (2022-2023).

- CITI training
- Data collection and management—Interviews, interview transcriptions, and various write-ups for works related to Daniels Fund grant on youth sport and physical activity

Chandler Peterson, Human Development & Family Studies (2022-2023).

- CITI training
- Data collection and management—Interviews, interview transcriptions, and various write-ups for works related to Daniels Fund grant on youth sport and physical activity

Justin Hodges, Human Development & Family Studies (2021-2023).

- CITI training
- Qualitative data management—Interview transcriptions for works related to emotional abuse in the coach-athlete relationship
- Data collection and management—Interviews, interview transcriptions, and various write-ups for works related to Daniels Fund grant on youth sport and physical activity
- Served as supervisor for HDFS 4980 (Undergraduate Practicum)

SERVICE

Invited Workshops, Community Presentations, & Podcasts

Alexander, K.A., (2023, December). My Athletic and Academic Journey. Next Chapter Athletes Podcast.

Alexander, K.A., (2023, December). On Bringing Awareness to Abuse and Maltreatment in Sport. The Sideline Perspective Podcast.

Alexander, K.A. (2023, October) Graduate School Workshop for Undergraduate Students in the Families in Sport Lab. Utah State University, Logan, Utah.

Alexander, K.A. (2023, September) CV and Resume Workshop for Undergraduate Students in the Families in Sport Lab. Utah State University, Logan, Utah.

Alexander, K.A. (2023, March). Talking about the Dark Side of Sport. Athlete Voices Podcast.

Alexander, K.A. (2022, December). Abuse in Sport. Morgan's Message, Howard University, Washington, D.C.

Independent Contracting

Alexander, K.A., & Adams, K.V. (2023). Subject matter expert review of educational modules on emotional and verbal abuse, United Educators: \$1,000.00

Other Service Positions

2023-current	Supervisor for Undergraduate Research Assistants in the Families in Sport Lab Utah State University, Logan, UT
2021-current	Student- Athlete Academic Mentor Utah State University Athletics, Logan, UT
2021	The Virago Project, Content Writer Website: https://viragoproject.org/
2018-2020	Louisiana Tech Powerlifting, Treasurer Louisiana Tech Powerlifting Club, Ruston, LA
2018-2019	Phi Kappa Phi Louisiana Tech Chapter, Ruston, LA
2018-2019	National Alliance on Mental Illness, Vice President Louisiana Tech University Chapter, Ruston, LA

HONORS AND AWARDS

2023-2024	Phyllis R. Snow Memorial Graduate Endowment Scholarship Utah State University, Logan, UT
2023-2024	Ila Smith Taggart Graduate Scholarship Utah State University, Logan, UT
2022-2023	Student-Athlete Mentor of the Year Student-Athlete Academic Services (SAAS) Department at Utah State Athletics, Logan, UT
2022-2023	Harriet Ann Richards Rasmussen Graduate Scholarship Utah State University, Logan, UT
2021-2022	Graduate Enhancement Fellowship Utah State University, Logan, UT
2017-2020	Miriam Davis Hogan Education Endowment Scholarship Louisiana Tech University, Ruston, LA
2017-2020	Deans Scholarship Louisiana Tech University, Ruston, LA
2020	Scholastic Achievement Certificate

2019-2020 Phi Epsilon Kappa Fraternity, Louisiana Tech University, Ruston, LA
Outstanding Future Professional Award
Louisiana Association of Physical Education, Recreation, and Dance,
Baton Rouge, LA

2019 Outstanding Student within Department of Kinesiology
Louisiana Tech University, Ruston, LA