**Bre McDonald**

Department of Nutrition Sciences

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# Education

# Doctor of Philosophy in Nutrition Sciences

# *NIH T32 Obesity Training Program in Obesity-Related Research (NHLBI)*

# University of Alabama at Birmingham

# Expected Completion: May ‘28

# Advisor: Dr. Catia Martins

# Master of Science in Exercise Science, May ‘24

Kennesaw State University; Kennesaw, Georgia

Mentor: Dr. Katherine Ingram

# Bachelor of Science in Exercise Science, May ‘22

Kennesaw State University; Kennesaw, Georgia

# Professional Experience

# Graduate Research Assistant Kennesaw State University

*Department of Exercise Science and Sport Management* | August 22’ – May ‘24

**Principal Investigator:** Dr. Katherine Ingram

* Performed data collection, ensured protocol adherence
* Conducted body composition and ultrasound assessments

# Other Professional Experience

**Research Team Volunteer** *Kennesaw State University*

*Department of Exercise Science and Sport Management* | Aug ‘21 – May ‘24

**Principal Investigator:** Dr. Garrett Hester

* Received training on EMG testing from expert in neuromuscular aging physiology
* Assisted with data collection

# Exercise Physiologist (Intern); *WellStar Fitness Center* Aug ’23 – June ‘24

# Employee Wellness (Intern); *WellStar Health System* Aug ’23 –June ‘24

# Personal Trainer/Group Fitness Instructor (Intern); *TMaxFit* May ’23 – Aug ‘23

# Activity-Based Paralysis Recovery (Intern); *NextStep Paralysis Recovery* Oct ’20 – Jan ‘21

# NSCA Women’s Committee Mentorship Program (Mentee); May ’23 – Oct ‘23

**Research**

**Journal Article Publications**

1. Harper, L., Reed, W., McDonald, B., Antonio, M., Buford, K., Steingold, E., Anderson, K., Taddia, V., & Hester, G. M. (2025). Postural stability and muscle function responses to acute brisk walking in young and middle-aged women. *Sports Medicine and Health Science*. https://doi.org/10.1016/j.smhs.2025.08.001

**Abstract Journal Publications**

1. Katherine Ingram; Ami Eho; **McDonald, B**.; Janeen Amason. “1696-P: Early Predictors of Maternal Metabolic Health—Utility of Regional and Overall Body Composition Measures.” *Diabetes: A Journal of the American Diabetes Association.*, vol. 73, no. Supplement\_1, 2024, https://doi.org/10.2337/db24-1696-P.
2. Harper, Lacey; Antonio, Melanie; Reed, William; Taddia, Valentina; **McDonald, Bre**; Poisal, Micah; Buford, Kaden; Steingold, Esther; Hester, Garrett. Effects Of Brisk Walking On Rapid And Maximal Torque Capacity In Females: Preliminary Findings: 645. *Medicine & Science in Sports & Exercise* 55(9S):p 217, September 2023. | DOI: 10.1249/01.mss.0000981736.43425.b0
3. Harper, Lacey; Reed, William; **McDonald, B**.; Buford, Kaden; Antonio, Melanie; Poisal, Micah; Steingold, Esther; Hester, Garrett. (2024). Rapid and maximal force production of the lower and upper-body in young and middle-aged females: 1036. *Medicine & Science in Sports & Exercise.* 56. 352-352. 10.1249/01.mss.0001093568.94811.76.

**Selected Poster Presentations**

1. Carlstrom, R; Harper, L; Reed, W.; **McDonald, B**.; Anderson, K.; Buford K.; Gignac, P.; Dadzie, E.. Does Greater Mental Effort during Exercise Enhance Strength Adaptations in Older Women? Abstract accepted for poster presentation at the Kennesaw State University 28th annual symposium of student scholars. Spring 2024
2. **McDonald, B.**, Ramirez, S., Amason, J., Ingram, K. Angle of Exam Table Affects Ultrasound Measures of Intra-abdominal Fat. Abstract accepted for poster presentation at The Obesity Society Obesity Week annual conference. Oct. 13-17, 2023
3. Crystal, A.; **McDonald, B**.; Valero, M.; Ingram, K. Data Collection of GlucoCheck and the Usability of the Mobile App. Abstract accepted for poster presentation at the Kennesaw State University annual symposium of student scholars. Fall 2023.

1. Steingold, E., Harper, L., Antonio, M., Reed, W., Taddia, V., **McDonald, B.**, Poisdal, M., Buford, K., Hester, G. Dynamic Balance Following Six Minutes of Brisk Walking in Females: Preliminary Findings. Accepted for presentation at the American College of Sports Medicine Southeast Chapter regional conference. Feb. 17-19, 2023.
2. Sandstrom, H., Francis, B., Thomas, A., Diaz Orduz, S., **McDonald, B.**, Ramirez, S., Ingram, K.H., Amason, J. Agreeability of ActiGraph and ActivPal 4™ Measures of Vigorous Activity. Abstract accepted for poster presentation at the Kennesaw State University annual symposium of student scholars. April 20, 2023.
3. Harper, L., Antonio, M., Reed, W., Taddia, V., Poisal, M., **McDonald, B.**, Steingold, E., Hester, G. Does a Brisk Six Minute Walk Test Cause Upper Body Fatigue in Females. Abstract accepted for poster presentation at the Kennesaw State University annual symposium of student scholars. April 20, 2023.
4. Diaz Orduz, S., Ramirez, S., **McDonald, B.**, Amason, J., Ingram, K.H., Effect of Table Angle on Ultrasound Measures of Abdominal Fat. Abstract accepted for poster presentation at the Kennesaw State University annual symposium of student scholars. April 20, 2023.
5. Buford, K., Harper, L., Antonio, M., Reed, W., Taddia, V., **McDonald, B.**, Poisdal, M., Steingold, E., Hester, G. Effects of a Brisk 6-Minute Walk on Non-Local Performance Fatigue: Preliminary Findings. Accepted for presentation at the American College of Sports Medicine Southeast Chapter regional conference. Feb. 17-19, 2023.
6. Reed, W., Harper, L., Antonio, M., Taddia, V., **McDonald, B.**, Poisdal, M., Steingold, E., Buford, K., Hester, G. Effects of a Brisk 6-Minute Walk on Maximal and Rapid Torque Production in Females: Preliminary Findings. Accepted for presentation at the American College of Sports Medicine Southeast Chapter regional conference. Feb. 17-19, 2023.
7. Antonio, M., Harper, L., Reed, W., Taddia, V., **McDonald, B.**, Poisdal, M., Buford, K., Steingold, E., Hester, G. Acute Effects of a Brisk Walk on Muscle Function and Balance in Females. Abstract accepted for poster presentation at the Kennesaw State University annual symposium of student scholars. April 20, 2023.

**Skills**

* Logiq S7 Expert R3 Ultrasound

**Fellowship**

* Albert Schweitzer Fellow, Alabama Chapter, Class of 2025-2026

**Professional Membership**

* Clinical Exercise Physiology Association, Member ’23 -
* American College of Sports Medicine, Member ’21 -
* TOS (The Obesity Society), Member ’23 -
* WellStar College DEI Committee ’22 - 23
* KSU Vice President of Student Affairs Leadership Committee ’21-’22
* Communications and Collaborations Innovation Team (C2IT) at UAB ’25 -

**Service**

* DEI Committee, Kennesaw State University ‘23
* Search Committee for Faculty, Kennesaw State University ‘24
* UAB Service Learning & Undergraduate Research Expo Judge ‘24