

KATHERINE E FAIRHURST

DOCTORAL CANDIDATE

WEST VIRGINIA UNIVERSITY

COLLEGE OF PHYSICAL ACTIVITY & SPORT SCIENCES

P.O. BOX 6116, 375 BIRCH STREET, MORGANTOWN, WV 26506

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EDUCATION

- ✦ **Doctor of Philosophy (May 2020, expected), West Virginia University**
Major Area of Study: Kinesiology
Concentration: Sport, Exercise, and Performance Psychology
Advisor: Dana Voelker, PhD
Dissertation: *Body-image experiences of female exercisers in fitness center environments*
- ✦ **Master of Arts (2019), West Virginia University**
Major Area of Study: Clinical Mental Health Counseling
Advisor: Dr. Edward Jacobs
- ✦ **Master of Arts (2015), McGill University, Montreal, Canada**
Major Area of Study: Kinesiology and Physical Education
Concentration: Sport Psychology
Advisor: Gordon Bloom, PhD
Thesis: *Mentoring and learning experiences of Paralympic coaches*
- ✦ **Bachelor of Science (2012), McGill University, Montreal, Canada**
Major Area of Study: Psychology

PROFESSIONAL EMPLOYMENT

- ✦ **Graduate Teaching Assistant, West Virginia University**
Department of Sport Sciences, Coaching and Teaching Science
Fall 2018 – Present
- ✦ **Health Behavior Counselor, West Virginia University**
PEIA Weight Management Program
Summer 2018
- ✦ **Graduate Service Assistant, West Virginia University**
Student Recreation Center, Fitness and Wellness Programming, Personal Training Services Coordinator
Summer 2017 – Summer 2018
- ✦ **Graduate Research Assistant, West Virginia University**
PEIA Weight Management Program
Fall 2015 – Summer 2017
- ✦ **Graduate Research Assistant, McGill University, Montreal, Canada**
Department of Kinesiology and Physical Education, Sport Psychology
Fall 2012 – Fall 2015

✦ **Undergraduate Research Assistant, McGill University, Montreal, Canada**

Sport Psychology Lab, Department of Kinesiology and Physical Education, Fall 2010 –2012

Social Psychology Lab, Department of Psychology, Fall 2009 – Fall 2010

APPLIED EXPERIENCE IN SPORT, EXERCISE, AND MENTAL HEALTH

Mental Performance Consulting Intern (Fall 2015 – Present)

Department of Kinesiology, West Virginia University

Completed over 200-hours, to date, of mentored performance consulting experience with Division I and II athletes, teams, and coaches

Counseling Intern (Spring 2018 – Fall 2018)

Carruth Center for Psychological and Psychiatric Services, West Virginia University

Completed a 600-hour supervised community counseling internship with individuals and groups

Counseling Practicum (Fall 2017)

PEIA Weight Management Program, West Virginia University

Completed a 100-hour supervised health behavior change practicum providing phone counseling to individuals enrolled in an insurance-based physical activity and nutrition weight management program

Health Coach (Fall 2016 – Spring 2017)

WellWVU Movement for Mental Health, West Virginia University

Completed 50-hours of physical activity promotion coaching with college-aged students with mild mood and affective disorders

GRANTS

INTERNAL GRANTS

1. 2016: **Fairhurst, K. E.** & Voelker, D. K. (**Role: Co-investigator**)

Body Ideal and Weight-Related Communication with Female Athletes in Judged Sports: The Coach Perspective

Sport & Exercise Psychology Doctoral Research Support Program

Department of Sport Sciences, West Virginia University

Funded: \$2,433

EXTERNAL GRANTS

1. 2019: **Fairhurst, K. E.** & Voelker, D. K. (**Role: Co-investigator**)

A phenomenological photovoice exploration of female exercisers' experiences of their body in fitness center environments

AASP Research Grant Committee

Association of Applied Sport Psychology

Funded: \$1,335.30

PUBLICATIONS: REFEREED

3. Voelker, D. K., Petrie, T., **Fairhurst, K. E.**, & Casanave, K. M. (under review). "My Body Love Me, So I Should Love It Back": A qualitative evaluation of Bodies In Motion program for female collegiate athletes. Submitted to *Sport, Exercise, and Performance Psychology*

2. **Fairhurst, K. E.**, Bloom, G. A., & Harvey, W. J. (2017). The learning and mentoring experiences of Paralympic coaches. *Disability and health journal*, 10(2), 240-246.

1. Koh, K. T., Bloom, G. A., **Fairhurst, K. E.**, Paiement, D. M., & Kee, Y. H. (2014). An investigation of a formalized mentoring program for novice basketball coaches. *International Journal of Sport Psychology*, 45(1), 11-32.

PRESENTATIONS

PEER REVIEWED PRESENTATIONS - NATIONAL

7. **Fairhurst, K. E.**, & Voelker, D. K. (2019, October). "Maintaining her weight is part of her job": Coaches' perspectives on body- and weight-related communication with female athletes in aesthetic sports. Lecture presentation at the annual *Association of Applied Sport Psychology Conference*, Portland, Oregon.
6. **Fairhurst, K. E.**, & Voelker, D. K. (2018, October). Exploring coaches' views of body ideal expectations for female athletes in aesthetic sports. Lecture presentation at the annual *Association of Applied Sport Psychology Conference*, Toronto, Ontario, CA.
5. Van Dyke, E. D., & **Fairhurst, K. E.**, (2018, October). Motivational climate, enjoyment, and intent to continue in group exercise. Poster presentation at the annual *Association of Applied Sport Psychology Conference*, Toronto, Ontario, CA.
4. **Fairhurst, K. E.**, Bloom, G. A., & Harvey, W. J. (2015, June). Strategies for improving the learning and career development of Paralympic coaches. Poster presentation at the annual *National Coaching Conference*, Morgantown, West Virginia.
3. Voelker, D. K., Petrie, T. A., Freshour, N. P., **Fairhurst, K. E.**, & Coker-Cranney (June 2016). Introducing...Bodies-in-Motion! A new evidence-based program to promote healthy body image and eating behaviors in female collegiate athletes. Workshop presented at *Eating Disorders in Sport Conference*, St. Louis, MO.
2. **Fairhurst, K. E.**, & Bloom, G. A. (2014, October). Selection, Training, and Mentoring of Paralympic Coaches. Lecture presentation at the annual *Association of Applied Sport Psychology*, Las Vegas, Nevada.
1. **Fairhurst, K. E.**, & Bloom, G. A. (2014, March). Paralympic Coaches' Perceptions of Learning and Mentoring. Lecture presentation at the annual meeting of the *Eastern Canadian Sport & Exercise Psychology Symposium*, Toronto, Ontario.

TEACHING & LEARNING

COURSES TAUGHT

West Virginia University, College of Physical Activity & Sport Sciences

Undergraduate Courses

- ✦ SEP 272: Psychological Perspectives of Sport 61 Students (SP19)
- ✦ SEP 272: Psychological Perspectives of Sport 25 Students (SU19 – Online)
- ✦ SEP 383: Exercise Psychology 70 Students (FA19)
- ✦ Guest lecture SEP 383: Exercise Psychology (SP16)

HONORS & AWARDS

- ✦ **2020 American Kinesiology Association Doctoral Scholar Award**
American Kinesiology Association
Nomination put forth by West Virginia University, College of Physical Activity and Sport Sciences Faculty

- ✦ **2019 Association of Applied Sport Psychology Student Travel Award**
Association of Applied Sport Psychology
 Awarded (\$750) are offered by the AASP Foundation for the purpose of allowing student members who wish to attend the AASP Annual Conference to present their work.

- ✦ **2014 Graduate Research Enhancement and Travel Award**
Department of Kinesiology and Physical Education, McGill University
 Awarded (\$2000) to a graduate student in support of professional development efforts and pursuit of presenting novel research at a national conference.

- ✦ **2013 Daniel Q Marisi Award**
Department of Kinesiology and Physical Education, McGill University
 Awarded (\$500) to a graduate student demonstrating outstanding academic merit, conference attendance and presentations, research publications, and community service in sport and exercise psychology.

- ✦ **2000-2004 Canadian National Gymnastics Team member**
Women's Artistic Gymnastics

- ✦ **2014 Olympic Qualification Trials**
Team Canada, Women's Artistic Gymnastics

- ✦ **Canadian National Champion in Artistic Gymnastics**
Awarded 8 national titles, Team Canada, Women's Artistic Gymnastics

- ✦ **2004 Team Canada Member in Artistic Gymnastics**
Stella Zahkarova International in Kiev, Ukraine
Beam Specialist

- ✦ **2004 Team Canada Member in Artistic Gymnastics**
International Team Champions at the Jurassic Classic International; Calgary, Alberta

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

- ✦ National Certified Counselor (2019-Present)
- ✦ American College of Sports Medicine Certified Personal Trainer (February 2020-Present)
- ✦ American College of Sports Medicine - Member (2018-Present)
- ✦ Association of Applied Sport Psychology - Student Member (2014-Present)
- ✦ Canadian Sport Psychology Association - Student Member (2012-2016)
- ✦ MENSA Canada (2008-Present)
- ✦ Canfitpro Certified Personal Trainer (2015)