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Creighton University
Department of Exercise Science and Pre-Health Professions
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EDUCATION

Doctor of Philosophy

May 2021

University of Kansas, Lawrence, KS
Department of Health, Sport, and Exercise Sciences
Major: Exercise Physiology
Research Focus: Thermoregulation, Hydration

Master of Science

August 2015

West Texas A&M University, Canyon, TX
Department of Sports & Exercise Science
Major: Sports and Exercise Science, Sport Management

Bachelor of Science

June 2013

Eastern Washington University, Cheney, WA
Major: Athletic Training (CAATE Accredited Athletic Training Program)
Senior Research Project: Collegiate Athlete's Perception of Athletic Trainers

ACADEMIC OR PROFESSIONAL POSITIONS

Assistant Professor

August 2021 – Present

Creighton University, Omaha, NE

Doctoral Teaching and Research Assistant

August 2016 – May 2021

University of Kansas, Lawrence, KS

Outreach Athletic Trainer

June 2015 – July 2016

Parker Sports Medicine & Orthopedics, Amarillo, TX

Graduate Assistant Athletic Trainer

August 2013 – May 2015

West Texas A&M University, Canyon, TX

SCHOLARSHIP

Manuscripts (Peer-Reviewed Original Research Publications)

- Atkins WC, Butts CL, **Kelly MR**, Troyanos C, Laursen RM, Duckett A, Emerson DM, Rosa-Caldwell ME, McDermott BP. Acute Kidney Injury Biomarkers and Hydration Outcomes at the Boston Marathon. *Frontiers in Physiology*. 2022.
- Uriegas NA, Emerson DM, Smith AB, **Kelly MR**, Torres-McGehee TM. Examination of Eating Disorder Risk among University Marching Band Artists. *Journal of Eating Disorders*. 2021; 9(1).
- Parra ME, Miller JD, Sterczala AJ, **Kelly MR**, Herda TJ. The reliability of the slopes and y-intercepts of the motor unit firing times and action potential waveforms versus recruitment threshold relationships derived from surface electromyography signal decomposition. *European Journal of Applied Physiology*. 2021; 121.
- Emerson DM, Torres-McGehee TM, Yeargin SW, Kelly MR, Uriegas N, Smith AB, Weber SR, Hirschhorn RM, Cannon C. Core body Temperatures in Collegiate Marching Band Artists During Rehearsals and Performances. *Journal of Athletic Training*. 2021; 56(3).

- Emerson DM, Torres-McGehee TM, **Kelly MR**, Parnell B, Chen SCL. Non-steroidal anti-inflammatory drugs on core body temperature during exercise: a systematic review. *Journal of Exercise Science and Fitness*. 2021; 56(3).
- Emerson DM, Torres-McGehee TM, Yeargin S, **Kelly MR**, Uriegas NA, Smith A, Weber S, Hirschhorn R, Cannon C. Collegiate Marching Band Artists Experience High Core Body Temperatures during Rehearsals and Performances. *Journal of Athletic Training*. 2021.
- **Kelly MR**, Emerson DM, Landes EJ, Barnes ER, Gallagher PM. Gastrointestinal Implications of Post-Exercise Orange Juice Consumption. *Journal of Nutrition and Health Sciences*. 2020; 7(1).
- Herda TJ, Parra ME, Miller JD, Sterczala AJ, **Kelly MR**. Measuring the accuracies of motor unit firing times and action potential waveforms derived from surface electromyographic decomposition. *Journal of Electromyography and Kinesiology*. 2020; 52.

Manuscripts in Progress

- **Kelly MR**, Emerson DM, Torres-McGehee TM, Uriegas NA, Smith A. Prevalence of Exertional Heat Illness and Exertional Heat Illness Risk Factors in Collegiate Marching Artists.
- **Kelly MR**, Emerson DM, McDermott BP, Atkins WC, Butts CL, Laursen RM, Troyanos C, Duckett A. Gastrointestinal Permeability and Perceived Symptoms after Running the Boston Marathon.
- **Kelly MR**, Emerson DM. Mental health drugs and exertional heat illness risk during exercise.
- **Kelly MR**, Gallagher PM, Deckert JA, Landes EJ, Barnes ER, Emerson DM. Exercise Induced Cytokine Response Implications of Post-Exercise Orange Juice Consumption.

Research Funded (*Never completed due to COVID)

- ***Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
Physiological Changes when Exercising with an Alcohol Hangover
Doctoral Student Research Fund
Submitted: 2/2020
Funded: \$1,500
- ***Principal Investigator: Butts CL**
Co-Investigators: Emerson DM, **Kelly MR**, Nicholaou M
The Effects of Alcohol Hangover on Kidney Damage during Exercise
Weber State University – Hemingway Faculty Vitality Grant
Submitted: 1/2020
Funded: \$2,484
- **Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
Gastrointestinal Distress Following a Marathon
Mid America Athletic Trainers Association
Submitted: 11/2019
Funded: \$1,500
- **Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
Energy Needs and Hydration Status Among Elite Marching Band Artists
Mid America Athletic Trainers Association
Submitted: 11/2019
Funded: \$2,000
- **Principal Investigator: Kelly MR**
Does the Functional Movement Screen Decrease Dysfunctional Movement Patterns?
Killgore Research Center
Submitted: 11/2014
Funded: \$1,360

Research Not Funded

- **Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
Sex-Related Differences in Physiological Responses when Exercising with an Alcohol Hangover
Foundation for Women's Wellness
Submitted: 5/2020
- **Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
Physiological Changes when Exercising with an Alcohol Hangover
National Athletic Trainers' Association
Submitted: 2/2020
Proposed: \$2,500
- **Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
The Effects of an Alcohol Hangover on Physiological Measures during Exercise
The Dutch Beer Institute
Submitted: 11/2019
Proposed: \$5,000
- Principal Investigator: Butts CL
Co-Investigators: Emerson DM, Kelly MR, Nicholaou M
The Effects of Alcohol Hangover on Kidney Damage during Exercise
Weber State University – Hemingway Faculty Vitality Grant
Submitted: 9/2019
Proposed: \$5562.82
- **Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
Gastrointestinal Distress and Inflammation following a Marathon
American College of Sports Medicine – Central States Chapter Student Research Grants
Submitted: 5/2019
Proposed: \$1,500
- **Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
Examination of Physiological Measures in Marching Band Members
National Athletic Trainer's Association
Submitted: 2/2019
Proposed: \$2,500
- **Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
The Effects of an Alcohol Hangover on Gastrointestinal Distress, Hydration, Thermoregulation, and Cardiovascular Measures during Exercise.
Mid America Athletic Trainers Association
Submitted: 10/2018
Proposed: \$2,000
- **Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
The Effects of Alcohol Hangover on Physiological Measures during Exercise.
American College of Sports Medicine – Central States Chapter Student Research Grants
Submitted: 5/2018
Proposed: \$1,450

- **Principal Investigator: Kelly MR**
Co-Principle Investigator: Emerson DM
The Effects of an Alcohol Hangover on Gastrointestinal Distress, Hydration, Thermoregulation, and Cardiovascular Measures during Exercise.
Mid America Athletic Trainers Association
Submitted: 1/2018
Proposed: \$2,000

Published Abstracts

- Uriegas N, Torres-McGehee TM, Emerson DM, Smith AB, **Kelly MR**, Cannon C. Examination of Eating Disorder Risk among University Marching Band Artists. *Journal of Athletic Training*. Presented at the 71st NATA Annual Meeting & Clinical Symposia. June 2020.
- **Kelly MR**, Emerson DM, McDermott BP, Laursen RM, Troyanos C, Duckett A, Butts CL, Caldwell AR, Gibson ME. Gastrointestinal Distress, Core Temperature, and Hydration among Marathon Runners Using and Not Using NSAIDs. *Journal of Athletic Training*. 2019;54(6s)S-378. Presented at the 70th NATA Annual Meeting & Clinical Symposia. June 2019.
- Emerson DM, Torres-McGehee TM, Yeargin SW, Cannon C, **Kelly MR**, Hirschorn RM, Smith A, Weber SR, Uriegas N, Usuki H, Hatcher M. Core temperature and environmental factors among university marching band musicians. *Journal of Athletic Training*. 2019;(6s)S-67. Presented at the 70th NATA Annual Meeting & Clinical Symposia. June 2019.
- Yeargin SW, Emerson DM, Torres-McGehee TM, Cannon C, Hirschorn RM, Smith A, Weber SR, **Kelly MR**, Uriegas N, Hatcher M, Usuki H. Hydration status, fluid intake, and thirst among university marching band musicians. *Journal of Athletic Training*. 2019;54(6s)S-377-378. Presented at the 70th NATA Annual Meeting & Clinical Symposia. June 2019.
- Uriegas N, Torres-McGehee TM, Emerson DM, Yeargin SW, Cannon C, **Kelly MR**, Hirschorn RM, Smith A, Weber SR, Usuki H, Hatcher M. Perceived gastrointestinal distress symptoms among university marching band musicians. *Journal of Athletic Training*. 2019;54(6s)S-377. Presented at the 70th NATA Annual Meeting & Clinical Symposia. June 2019.
- Atkins WC, Caldwell AR, Butts CL, Jansen LR, **Kelly MR**, Gibson MP, Emerson DM, McDermott BP. Effects of NSAID Use on Biomarkers of Kidney Stress Following a Marathon. *Medicine and Science in Sports and Exercise*. 2019; 51(6). Presented at the 66th ACSM Annual Meeting. May 2019.
- **Kelly MR**, Emerson DM, Landes EJ, Barnes ER & Gallagher PM. 100% Orange Juice Consumption on Gastrointestinal Distress, Thirst, Palatability, and Mood After Exercise in the Heat. *Journal of Athletic Training*. 2018;53(6):S206. Presented at the 69th NATA Annual Meeting & Clinical Symposia. June 2018.
- **Kelly MR**, Emerson DM, Landes EJ, Barnes ER & Gallagher PM. 100% Orange Juice Consumption on Hydration, Electrolyte, and Cardiovascular Measures Following Exercise in the Heat. *Medicine and Science in Sports and Exercise*. 2018; 50(5). Presented at the 65th ACSM Annual Meeting. May 2018.
- **Kelly MR**, Emerson DM, Landes EJ, Barnes ER, Gallagher PM. Effects of 100% Orange Juice Consumption on Hydration Measures Following Exercise in the Heat. *International Journal of Exercise Science*. 2017;11(5). Presented at the Central States ACSM Annual Meeting. October 2017.

Regional Presentations

- **Kelly MR**. Mental Health Medication and Exercise Implications. To be presented at Mid America Athletic Trainers' Association. March 2022.
- **Kelly MR**, Emerson DM, Torres-McGehee TM, Uriegas NA, Smith A. Exertional Heat Illness Prevalence and Risk Factors in Collegiate Marching Artists. Presented at Central States ACSM Annual Meeting. March 2021
- **Kelly MR**, Bolles KR, Leach BJ. Collegiate Athletes Perceptions of Athletic Trainers. Presented at NWATA Annual Meeting. March 2013

COURSES INSTRUCTED

Creighton University

Instructor

- Sports Nutrition – EXS 350 (Spring 2022, Fall 2021)
- Human Physiology – EXS 320 (Spring 2022, Fall 2021)

University of Kansas

Instructor

- Care and Prevention of Athletic Injuries – HSES 350 (Spring 2021)
- Women's Strength Training – HSES 108 (Spring 2021, Fall 2020)
- First Aid, CPR, AED – HSES 248 (Spring 2021, Fall 2020, Spring 2020, Fall 2019, Spring 2019, Fall 2018, Spring 2017)
- Introduction to Exercise Science – HSES 269 (Summer 2020)
- Athletic Training Practicum I – HSES 353 (Fall 2017, Fall 2016)
- Indoor Cycling – HSES 108 (Fall 2016, Spring 2017)
- Physical Conditioning – HSES 108 (Fall 2016)

Teaching Assistant

- Exercise Physiology – HSES 472 (Fall 2020)
- Care and Prevention of Athletic Injuries – HSES 350 (Fall 2020)
- Exertional Heat Illness Physiology – HSES 798 (Spring 2020)
- Athletic Training Practicum VI – HSES 464 (Spring 2020, Spring 2019)
- Senior Capstone in Athletic Training – HSES 463 (Spring 2020, Spring 2019)
- General Medical/Pharmacology – HSES 458 (Fall 2019, Fall 2017)
- Upper Extremity Evaluation – HSES 456 (Fall 2018)
- Athletic Training Practicum III – HSES 457 (Fall 2018)
- Lower Extremity Evaluation – HSES 354 (Spring 2018)
- Athletic Training Practicum II – HSES 355 (Spring 2018)
- Rehabilitation – HSES 459 (Spring 2018)
- Athletic Training Practicum IV – HSES 460 (Spring 2018)
- Therapeutic Modalities – HSES 352 (Fall 2017)
- Athletic Training Practicum V – HSES 462 (Fall 2016)

PROFESSIONAL SERVICES

Related Clinical Experiences

- Boston Athletic Association Marathon, Boston, MA
April 2018; October 2021
- DV Sports Injury Replay Technician, Lawrence, KS
November 2018, August 2019 – November 2019
- Lawrence Lacrosse Club, Lawrence, KS
February 2017 – May 2019
- University of Kansas Softball Team Camps, Lawrence, KS
June 2018
- University of Kansas Football Team Camps, Lawrence, KS
June 2018
- University of Kansas Track & Field Kansas Relays, Lawrence, KS
April 2018
- University of Kansas Softball Tournament, Lawrence, KS
September 2017
- Department of Health, Sport, and Exercise Science Dr. Bob Run, Lawrence, KS
September 2016, 2017

International/National Service

- Volunteer, NATA Annual Meeting & Clinical Symposia – NATA Foundation Photo Booth. (2019)
- Laboratory Assistant, International Institute for Race Medicine: Interprofessional Management of Endurance Medicine (April 2019)

Regional Service

- MAATA Free Communications Abstract Reviewer. (2019 – 2021)
- Moderator, MAATA Annual Meeting & Symposium – What does Doc know about Dopey, Sleepy and Happy? A Review of Opioid Pharmacology, Abuse, and Reversal. (2019)
- Room Representative, MAATA Annual Meeting & Symposium – Using Data to Promote Collaboration and Improved Outcomes. (2019)
- Room Representative, MAATA Annual Meeting & Symposium – Building Bridges: Connecting With Your Peers. (2019)
- Moderator, MAATA Annual Meeting & Symposium – Preventing Knee Injuries and Optimizing Long Term Joint Health. (2018)
- Moderator, MAATA Annual Meeting & Symposium – Diagnostic Assessment Following Tissue Mobilization. (2018)
- Room Representative, MAATA Annual Meeting & Symposium – Investigating Hip Ranges of Motion in Healthy Female Basketball Players and Females Who Have an ACL Tear. (2018)
- Room Representative, MAATA Annual Meeting & Symposium – Special Topics in Clinical Education. (2018)
- Room Representative, MAATA Annual Meeting & Symposium – What Preceptors Want and Need to Teach Critical Thinking and What to do About it. (2018)
- Room Representative, MAATA Annual Meeting & Symposium – The Hydration Debate: Making Sense of the Mixed Messages. (2018)

Local Service

- Ambassador, District 5, NATA Research and Education Foundation (2019 – present)
- Co-Coordinator, Hydration Assessment of Men's and Women's Basketball Teams, University of Missouri – Kansas City (September 2019)

University Service

- NOVICE Formation Program, Office of Mission and Ministry (AY21-22)
- CPR Certification for the Physical Therapy Department (Fall 2021)
- COVID Safety Procedures for Department Facility (Fall 2020)
- Undergraduate Athletic Training Club, Advisor (January 2017 – May 2020)

Manuscript Reviewer

- BMC Sports Science, Medicine and Rehabilitation (2021 – present)
- Journal of the American College of Nutrition (2019 – present)

Professional Organizations

- National Athletic Trainers' Association (#37635) (2010 – present)
- American College of Sports Medicine (#805669) (2016 – present)
- Central States American College of Sports Medicine (2017 – present)
- Mid-America Athletic Trainers' Association (2016 – present)
- Kansas Athletic Trainers' Association (2016 – 2021)
- Texas State Athletic Trainers' Association (2013 – 2017)
- Southwest Athletic Trainers' Association (2013 – 2017)
- Northwest Athletic Trainers' Association (2010 – 2013)

International/National Professional Meetings

- NATA Annual Meeting & Clinical Symposium (June 2013, 2015 – 2019)
- International Institute for Race Medicine: Interprofessional Management of Endurance Medicine (April 2019)
- ACSM Annual Meeting (May 2018)

Regional Professional Meetings

- Central States Chapter ACSM Annual Meeting (2017, 2021)
- MAATA Annual Meeting (2018 – 2019)
- NWATA Annual Meeting (2010 – 2013)

Local Professional Meetings

- Revolutionizing Academia: Engaging Anti-Racism and Restructuring Curricular Practices (2021)
- Graduate Teaching Assistant Flexible and Online Teaching Seminar (2020)
- Suicide Prevention Gatekeeper Program, QPR Institute (2020)
- Sports Medicine Symposium, Lawrence Memorial Hospital (2020)
- Concussion Prevention and Management in Athletics Webinar, Rod Walters (2020)
- KATS Annual Symposium (2017 – 2019)
- Personalized Blood Flow Restriction Course, Owens Recovery Science (2017)
- Rod Walters Evidence Based Practice Seminar (2017)

Licenses and Certifications

- Nebraska Licensed Athletic Trainer (2022 – present)
- American Red Cross CPR/AED for Professional Rescuer and Healthcare Provider Instructor (2017 – present)
- Blood Flow Restriction Rehabilitation Certification (2017 – present)
- National Provider Identifier #1194195826 (2015 – present)
- Board of Certification #2000014400 (2013 – present)
- American Red Cross CPR/AED: Professional Rescuer and Healthcare Provider Certified (2010 – present)
- Kansas Licensed Athletic Trainer (2016 – 2021)
- Texas Licensed Athletic Trainer (2013 – 2017)
- Functional Movement Screen, Level 1 (2015 – 2018)

Honors and Awards

- TransAlta U.S. Operations Dependents Scholarship (2018 – 2021)
- School of Education Recognition Scholarship (2019 – 2020)
- Anderson Ruth M. Memorial Scholarship (2018 – 2019)
- Margaret Sanders Leighty, Julius I. Leighty and Ruth Phenicie Memorial Scholarship (2017 – 2018)
- Ted Chu Memorial Athletic Training Mentor Award (2014 – 2015)