

**Caitlyn R. Hauff**  
University of South Alabama  
College of Education and Professional Studies  
Department of Health, Kinesiology and Sport  
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[chauff@southalabama.edu](mailto:chauff@southalabama.edu)

## Education

PhD, University of Wisconsin-Milwaukee, 2016.  
Major: Kinesiology  
Focus: Psychosocial aspects of weight and physical activity

MS, Georgia Southern University, 2013.  
Major: Kinesiology  
Focus: Sport and Exercise Psychology

BS, Baldwin-Wallace University, 2011.  
Major: Psychology

## Academic Positions

Assistant Professor, University of South Alabama. (January 1, 2017 - Present).  
Lecturer, University of Wisconsin-Milwaukee. (August 2013 - December 2016).  
Graduate Teaching Assistant, Georgia Southern University. (August 2011 - May 2013).

## Professional Memberships

American Psychological Association. (January 2021 - Present).  
American Psychological Association Division 47: Society for Sport, Exercise, and Performance Psychology. (January 2020 - Present).  
Association for Applied Sport Psychology. (February 1, 2012 - Present).  
Alabama State Association for Health, Physical Activity, Recreation, and Dance. (March 2019 - January 2020).  
Midwest Chapter of the American College of Sports Medicine. (October 2016 – December 2020).  
American College of Sports Medicine. (March 2014 – December 2020).  
Society of Health and PhysTEACHING

## Teaching Experience

### University of South Alabama

#### Fall 2022

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 510, Current Health Issues  
HON 499, Honors Thesis

#### Summer 2022

KIN 278, Sport and Human Behavior  
HS 462, Public Health  
HS 565, Community Health

**Spring 2022**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 462, Public Health  
KIN 594, Directed Study

**Fall 2021**

KIN 278-101, Sport and Human Behavior  
KIN 278-102, Sport and Human Behavior  
HS 510, Current Health Issues  
KIN 594, Directed Study

**Summer 2021**

KIN 278, Sport and Human Behavior  
HS 362, Drug Education  
HS 462, Public Health



Dissertation Committee Member, "Validation of the Cognitive Health Questionnaire," Psychology. (August 2019 - May 2021). Project completed.  
Advised: Jameson Beach

Master's Thesis Committee Member, "Religious commitment as a moderator between religious and spiritual struggles and mental health symptoms," Psychology. (November 2019 - December 2020). Project completed.  
Advised: Laura Stevens

Master's Thesis Committee Member, "The Cheers and Jeers and Simulation Effects Regarding Mediated Sports Entertainment," Communication. (March 2020 - July 31, 2020). Project not completed.  
Advised: Michael Hanich

Undergraduate Honors Thesis, Adult Health Nursing. (February 21, 2018 - May 2020). Project completed.  
Advised: Lyndsie Rhoden

Master's Thesis Committee Member, "Art: A Vehicle for Change in Health by Achieving Balance Between Humanity, Nature, and Technology," Art and Art History. (March 2019 - April 2020). Project completed.  
Advised: Alina Axsom

## **Awards and Honors**

Faculty Excellence Award, USA College of Education and Professional Studies. (April 2020).

## **Teaching Development Activities Attended**

Workshop, "Improving Performance Without Sacrificing Mental Health: Environmental Factors and Cultivating Emotional Resistance," Association for Applied Sport Psychology, Virtual. (May 18, 2022).

Workshop, "Weight Stigma: Harmful Health Consequences and Implications for Clinical Practice," Northwestern University/Virginia Tarlow, M.D. Grand Rounds, Virtual. (March 9).

Training Course, "Alabama Ethics Law Training," Alabama Ethics Commission, Mobile, AL, USA. (January 26, 2017 - Present).

Report generated on August 17, 2022







factors influencing college nursing students' willingness to utilize mHealth for health promotion. *CIN: Computers, Informatics, Nursing*, 38(5), 246-255.  
<https://pubmed.ncbi.nlm.nih.gov/32032084/>

Hauff, C. (2019). The sex symbol vs. the athlete: The dangers of objectification in sport. *Performance Enhancement & Health*, 7(2), 1-3. <https://doi.org/10.1016/j.peh.2019.100153>

Fruh, S. M., Golden, A., Minchew, L. A., Graves, R. J., P(i)Sa2ee9a8 (,)-19s-0.,e P(i)SaET0.02ETin( P(i)SaET0.0

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Hauff, C., Greenleaf, C. (2021). Exploring Plus-Size Exercise Apparel as a Social Justice Issue; Understanding How All Pants ARE NOT Created Equal. *Sportswomen's Apparel in the United States: Uniformly Discussed* (pp. 129-152). Cham, Switzerland: Palgrave Macmillan.

Greenleaf, C., Hauff, C. (2019). Environments that cultivate positive embodiment through mindful movement. *Handbook of Positive Body Image: Constructs, protective factors, and interventions* (pp. 118-128). New York, New York: Oxford University Press.  
<https://global.oup.com/academic/product/handbook-of-positive-body-image-and-embodiment-9780190841874?cc=us&lang=en&>

## Other

Woltring, M., Hauff, C., Forester, B. E., Holden, S. L. (2021). Examining the Transition Experiences of Mid-Major Student-Athletes. *Athletic Director U*.  
<https://athleticdirector.uconn.edu/articles/examining-the-transition-experiences-of-mid-major-student-athletes-improving-the-process/>

Voelker, D., Conviser, J., Perelman, H., Hauff, C. (2021). *Disordered Eating in Athletes: Understanding the Basics and What We Can Do About It*. Association for Applied Sport Psychology.  
<https://appliedsportpsych.org/blog/2014/07/disordered-eating-in-student-athletes-understanding-the-basics-and-what-we-can-do-about-it/>

Chirban, S., Conviser, J., Hauff, C., Kerulis, M., Nickols, R., Selby, C. (2020). *Commentary on "I Was the Fastest Girl in America, Until I Joined Nike" By Lindsay Crouse*.  
[https://appliedsportpsych.org/members/newsletters/march-20200927-edited1281.111\(1\)-8,000\(-\)11;0002.T1.11\(a\)28](https://appliedsportpsych.org/members/newsletters/march-20200927-edited1281.111(1)-8,000(-)11;0002.T1.11(a)28)

Hauff, C. R., Barnias, J., Mims, C., Harrell, M., Graves, R. J., Hall, H. R., Fruh, S. M., Williams, S. G. Nursing Students' Perceived Stressors as a Result of the COVID-19 Pandemic. *Journal of the American Psychiatric Nurses Association*.

Mims, C., Hauff, C., Harrell, M., Graves, R. J. Nursing Student Wellbeing During the COVID-19 Pandemic: A Literature Review and Synthesis. *Journal of Professional Nursing*.

Hauff, C. R., Greenleaf, C. Using psychosocial variables and social media use to predict exercise behaviors and engagement in impression management in women. *Body Image*.

## Contracts, Grants and Sponsored Research

### Grants

#### Funded

Hauff, C. R., "Technology Partnership Agreement," Sponsored by Innovation and Learning Center, Internal to the University, \$500.00. (November 2019).  
[ILC Technology Grant Partnership Form 2019\\_Hauff-1.pdf](#)

Forester, B. E., Holden, S. L. (Supporting), Woltring, M. (Supporting), Hauff, C. R. (Supporting), "Life Skills Programming: Division I Student-athletes' Perceptions and Suggestions," Sponsored by College of Education and Professional Studies, Internal to the University, \$3,536.00. (January 10, 2020 - June 1, 2021).  
[internal ncaa grant rev 11.18 bf 6pm-1.docx](#)  
[CEPS grant award letter-1.pdf](#)

Hauff, C. R. (Principal), Hudson, G. (Co-Principal), "Preliminary assessment to understand challenges, barriers, and needs for creating effective pediatric obesity interventions for the Greater Mobile area," Sponsored by University of South Alabama, CEPS, Internal to the University, \$2,637.00. (January 10, 2020 - June 1, 2021).  
[CEPS Grant 2019-1.pdf](#)  
[Signed Award Letter 1.13-1.pdf](#)

Hauff, C. R. (Supporting), Fruh, So00. Soing), C.b17.904 0 Td[P]2.4 (r)-6.4 (i)1Epan <a95pa)-12.3 (.3 (l8 ( th)-i9)]T9

**Currently Under Review**

Parkes, C. A. (Principal), Parkes, C. (Co-Principal), "Closing the Opportunity Gap 2022," Sponsored by Community Foundation of South Alabama, External to the University, \$15,000.00. (October 2022 - Present).  
[Combined CFSA Grant-1.pdf](#)

Graves, R. J. (Principal), McDermott, R. C. (Supporting), Hauff, C. R. (Supporting), Mulekar, M. S. (Supporting), Hall, H. R. (Supporting), "Testing the Effects and Cultural Relevance of an Evidence-Based Program to Improve Health and Well-being Outcomes in Diverse Nursing Students," Sponsored by University of South Alabama, Federal, \$423,816.00. (April 2023-Present).

**Not Funded**

Hauff, C. R. ("k0 -1.157 TD \$)3.1 (3126 639.84 128)-1.1 ( Rr)-6.3 (s)-8.1 (i)3.2 (ng )J0.002 Tw -24.1 (6 639.84 128

Forester, B. E., Holden, S. L., Hauff, C. R., Woltring, M., "Development of a Student-Athlete First Year Experience Handbook," Sponsored by National Collegiate Athletic Association, External to the University, \$22,324.00. (February 2020 - January 2021).

[NCAA REVISION 11.22 bf-1.pdf](#)

Campbell, S. M. (Supporting), Fruh, S. M. (Co-Principal), Williams, S. G. (Supporting), Graves, R. J. (Supporting), McDermott, R. C. (Co-Principal), Hall, H. R. (Supporting), Bydalek, K. A. (Supporting), Mulekar, M. S. (Supporting), Hauff, C. R. (Supporting), Sittig, S. M. (Supporting), "Developing healthier happier nurses: Nursing student study," Sponsored by NIH, Federal, \$423,000.00. (2017 - 2020).

Fruh, S. M. (Principal), Campbell, S. M. (Supporting), Sittig, S. M. (Supporting), Hudson, G. (Supporting), Hall, H. R. (Supporting), Hauff, C. R. (Supporting), Graves, R. J. (Supporting), McDermott, R. C. (Supporting), Mulekar, M. S. (Supporting), Selwyn, C. N. (Supporting), Williams, S. G. (Supporting), "Creating a Culture of Self-Care for Future Nurses: Development of t

Hauff, C. R., "Community Engaged Fellow Program," Sponsored by University of South Alabama, Internal to the University. (August 2021-May 2022).  
[Community Engaged Fellow Acceptance Letter-1.docx](#)

Lisa Mitchell Bukstein Foundation Scholarship Award, College of Education and Professional Studies. (July 2017).  
[Coll of Ed Res Prop\\_Hauff-1.docx](#)

## **Presentations at Local, National, and International Conferences**

Graves, R. J. (Author & Presenter), Williams, S. G. (Author), Hauff, C. R. (Author), Harrell, M. (Author), Mims, C. (Author), Sigma's 33rd International Nursing Research Congress, "Perceptions of undergraduate and graduate nursing students on educational adaptations implemented during the COVID-19 pandemic," Edinburgh, Scotland. (July 2022).

Hauff, C. R. (Author), Mims, C. (Author & Presenter), Barinas, J. (Author), Fruh, S. M. (Author), Harrell, M. (Author), University of South Alabama Graduate Research Symposium, "Nursing Student Well-Being During COVID-19: A Qualitative Investigation," University of South Alabama, Mobile, Alabama. (February 2022).

Woltring, M. (Author & Presenter), Hauff, C. R. (Author), Forester, B. E. (Author), Holden, S. L. (Author), ASAHPERD Fall Conference, "The Altering Environment of Academic Integrity for NCAA Student-Athletes," Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD), Birmingham, AL. (November 15, 2021).

Hauff, C. R. (Panelist), Conviser, J. (Panelist), Chirban, S. (Panelist), Krueis, M. (Presenter), Nickols, R. (Panelist), Selby, C. (Panelist), Algieri, C., Association for Applied Sport Psychology, "Making Weight 2021: Risks and Rewards," Virtual. (September 30, 2021).

Hauff, C. R. (Author & Presenter), Powell, S. (Author & Presenter), Fasczewski, K., Association for Applied Sport Psychology, "Embracing Body Diversity: Creating Mindful Exercise Environments for all Shapes, Sizes, and Abilities," Virtual. (September 2021).

Hauff, C. R. (Author & Presenter), Conviser, J. (Author & Presenter), Feinstein, K. (Author & Presenter), Kerulis, M. R. (Author & Presenter), Perelman, H. (Author & Presenter), Association for Applied Sport Psychology, "Empowering Body, Mind, and Performance-Related Confidence in Youth Sports," Virtual. (September 2021).

Hauff, C. R. (Author & Presenter), Bennett, H. (Author), Powell, S. (Author), Jewell, S. (Author), Salzgeber, A. (Author), Stewart, J. (Author), American Psychological Association, "Exploring the Graduate School Experience: How Peer Mentorship Fosters Professional Development," Virtual. (August 2021).

Hauff, C. R. (Panelist), Conviser, J. (Panelist), Chirban, S. (Panelist), Krueis, M. (Presenter), Nickols, R. (Panelist), Selby, C. (Panelist), Association for Applied Sport Psychology, "Making Weight 2020: Risks and Rewards," Virtual. (October 21, 2020).

Graves, R. J. (Author & Presenter), Fruh, S. M. (Author), Williams, S. G. (Author), McDermott, R. C. (Author), Hauff, C. R. (Author), Sittig, S. M. (Author), Hudson, G. (Author), Campbell, S. M. (Author), Hall, H. R. (Author), Shaw, T. C. (Author), The 31st International Nursing Research Congress: Transforming Global Nursing Research and Scholarship Through Connections and Collaborations, "Connecting emotional health, hope, and healthy habits in undergraduate nursing students," Sigma, Abu Dhabi (converted to virtual). (July 2020).

Hudson, G., Hauff, C. R., Theodore, A., Zediker, A. (2020).

Gipson, C. (Author & Presenter), Hauff, C. R. (Author), Mitchell, R. (Author), Bennett, H. (Author), Malcolm, N. (Author & Presenter), 2018 ISSA World Congress of Sociology of Sport, "How do the women of CrossFit use social media? An exploratory study to examine influences and impacts," Lausanne, Switzerland. (June 6, 2018).

Malcolm, N. (Author & Presenter), Gipson, C. (Author & Presenter), Bennett, H. (Author), Hauff, C. R. (Author), 2018 ISSA World Congress of Sociology of Sport, "The Looking Glass Athlete: Female CrossFitters Reflect on Self," Lausanne, Switzerland. (June 6, 2018).

Serafin, G. (Author & Presenter), Greenleaf, C. (Author), Hauff, C. R. (Author), Klos, L. (Author), University of Wisconsin-Milwaukee College of Health Sciences Graduate Research Symposium, "Weight Bias Internalization and Embodiment among Physically Active Women," University of Wisconsin-Milwaukee, Milwaukee, WI. (May 4, 2018).

Hauff, C. R., USA Spring Graduate Research Forum, "Unless you puke, faint, or die, keep going!" Exploring the prevalence of weight bias commentary on The Biggest Loser," University of South Alabama, Mobile, AL. (March 15, 2018).

Serafin, G. (Author & Presenter), Greenleaf, C. (Author), Hauff, C. R. (Author), Klos, L. (Author), Kauffung, A. (Author), Pozolinski, B., Midwest American College of Sports Medicine Conference, "I ABSOLUTELY deserve better": Women's psychosocial health, physical activity, and perceptions of plus-size exercise apparel," American College of Sports Medicine, Grand Rapids, Michigan. (November 10, 2017).

Greenleaf, C. (Author & Presenter), Hauff, C. R. (Author), Serafin, G. (Author), Weight Stigma Conference, "Fat People Exercise Too!": The perceptions and experiences of women shopping for plus-size exercise apparel," Prague, Cz. (June 6, 2017).

Forseth, B. (Author & Presenter), Hauff, C. R. (Author), Swartz, A. (Author), American College of Sports Medicine, "Development of a Method to Quantify Physical Activity Performed During Yoga," Denver, CO. (May 2017).

Greenleaf, C. (Author & Presenter), Hauff, C. R. (Author), Hennum, A. (Author), Pozolinski, B. (Author), Serafin, G. (Author), Midwestern Psychological Association, "Fat shaming in realityweight loss television," Chicago, IL. (April 20, 2017).

## Research Currently in Progress

### Writing Results

Hauff, C. R., Powell, S., Fasczewski, K. "An exploration of future providers' competence and implicit biases for working with special populations in physical activity spaces"

Hauff, C. R., Greenleaf, C., Stewart, J., Klos, L., Swartz, A., Harley, A. "Hashtagging your health: Using psychosocial variables and social media use to understand impression management and exercise behaviors in women"

Hauff, C. R., Forseth, B. Exploring Yoga, Reasons for Exercise, and Body Image Concerns"

Hudson, G., Hauff, C. R. "Impact of body fat testing on body esteem"

Hauff, C. R., Fruh, S. M., Graves, R. J., Hall, H. R., Barnias, J., Harrell, M. Nursing Student Experiences with COVID-19"

Graves, R. J., Hauff, C. R., Mims, C., Fruh, S. M. "Examining Nursing Students' Experiences of Weight Bias in Clinical Settings"

Hauff, C. R., Graves, R. J., Mims, C. "Nursing Student Learning Outcomes During the COVID-19 Pandemic"

### **Ongoing**

Forester, B. E., Holden, S. L., Woltring, M., Hauff, C. R. "Development of a Life Skills Program for Collegiate Athletes"

Fruh, S. M., Graves, R. J., Hudson, G., Hauff, C. R., Sittig, S. M., Williams, S. G., McDermott, R. C. "Healthy Student, Happy Nurse: A Longitudinal Investigation of Nursing Students"

Hauff, C. R. " JagFit@South Awareness and Program Evaluation"

Hauff, C. R., Parkes, C. A., Exploring social media use with DI student-athletes, coaches, and administrators"

Hauff, C. R., Greenleaf, C., Serafin, G., Pozolinski, B., Kauffung, A. "Plus Size Exercise Apparel"

Hauff, C. R. "The Body Project"

Hauff, C. R., Fruh, S. M. "Weight Bias and Nursing Students"

Hauff, C. R., Powell, S., Fasczewski, K. "An exploration of future providers' competence and implicit



Communication and Sport  
Obesity Reviews  
Pediatric Exercise Science  
Pediatric Obesity  
Teaching and Learning in Medicine  
Journal of Clinical Sport Psychology  
Association for Applied Sport Psychology (Conference Abstract Reviewer)  
APA Division 47 (Conference Abstract Reviewer)  
Elsevier (Book Reviewer)  
CHOICE Reviews (Book Reviewer)

### **Guest Editorial Board Member**

Journal of Clinical Sport Psychology

### **Department Service**

Committee Member, Academic Standards Committee (UG). (August 2019 - Present).

Committee Member, Program Curriculum Committee: Health Education. (August 22, 2018 - Present).

Committee Member, Graduate HKS Admissions Committee. (August 20, 2017 - Present).

Committee Member, Program Curriculum Committee: Exercise Science. (August 20, 2017 - Present).

### **College Service**

Committee Member, CEPS Faculty Council. (August 2021 - Present).

Committee Member, Recruitment, Retention, and Marketing Committee. (August 2021 - Present).

Committee Member, CEPS Curriculum Committee. (August 2017 - Present).

Committee Member, CEPS Faculty Council. (August 16, 2017 - May 2019).

### **University Service**

Committee Member, Recreation Center Advisory Committee. (November 2021 - Present).

Department Representative, South Fund. (January 2021 - Present).

Committee Member, Obesity Research Network. (March 2018 - Present).

Committee Member, JagFit Employee Wellness Committee. (October 1, 2017 - Present).

### **Professional Service**

Vice Chair, Association for Applied Sport Psychology: Web Presence Committee. (January 1, 2021 - Present).

Workshop Organizer, Women's Body Initiative, Mobile, Alabama. (November 2018 - Present).



Undergraduate Research, University of South Alabama, 1 participant. (August 2019 - May 2020).

Guest Lecture, PE-201, University of South Alabama, 80 participants. (February 14, 2020).

Guest Lecture, PE-201, University of South Alabama, 40 participants. (November 18, 2019).

Guest Lecture, First Year Experience, University of South Alabama, 40 participants. (October 2, 2019).

Guest Lecture, PhD Seminar Course, University of Wisconsin-Milwaukee, 4 participants. (April 8, 2019).

Guest Lecture, PhD Seminar Course, University of Wisconsin-Milwaukee, 20 participants. (March 25, 2019).

Guest Lecture, PE-201, University of South Alabama, 40 participants. (January 21, 2019).

Guest Lecture, Academy of International Studies, Murphy High School, 25 participants. (December 14, 2018).

Guest Lecture, First Year Experience, University of South Alabama, 40 participants. (October 1, 2018).

## **Licensures and Certifications**

Adult CPR/AED, Infant CPR, and First Aid, American Red Cross. (February 2020 - Present).

CITI Certified for working in Social/Behavioral Research with Human Subjects, Collaborative Institutional Training Initiative - University of South Alabama. (January 15, 2020 - Present).

Protecting Human Research Participants, National Institutes of Health (NIH). (May 21, 2018 - Present).

CITI Certified for working in Social/Behavioral Research with Human Subjects, Collaborative Institutional Training Initiative - University of Wisconsin-Milwaukee. (January 13, 2017 - January 13, 2020).

Operator Certification Hologic X-Ray Bone Densitometer, Hologic. (January 11, 2017).