

# Kworweinski Lafontant

## MS, CSCS, ACSM-EP, ACSM-CPT

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## Education

<b>University of Central Florida</b> Orlando, FL Kinesiology PhD Expected Graduation: May 2027 GPA: 4.0	<b>University of South Florida</b> Tampa, FL Exercise Science MS Graduated May 2023 GPA: 4.0	<b>Hope College</b> Holland, MI Exercise Science BS Graduated May 2021 GPA: 3.8
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## Work History

- **Graduate Research Assistant** – Kinesiology and Nursing (Aug 21<sup>st</sup>, 2023) – Present  
University of Central Florida – School of Kinesiology and College of Nursing (Orlando, FL)
- **Scientific Writer** – CGX App (Dec 31<sup>st</sup>, 2023) – Present  
Caroline Girvan Ltd. – CGX Mobile App [*Remote*]
- **Graduate Research/Teaching Assistant** – Exercise Science (Aug 7<sup>th</sup>, 2022) – (May 7<sup>th</sup>, 2023)  
University of South Florida – Exercise Science Department (Tampa, FL)
- **Master Personal Trainer** (Aug 18<sup>th</sup>, 2021) – (July 23<sup>rd</sup>, 2023)  
Esporta Fitness/LA Fitness – Cypress Preserve (Tampa, FL)
- **Graduate Coordinator** – Tutor Training and Study Skills Mentoring (Aug 18<sup>th</sup>, 2021) – (Aug 7<sup>th</sup>, 2022)  
University of South Florida – Academic Success Center (Tampa, FL)
- **Student Assistant Resident Director** (Aug 15<sup>th</sup>, 2019) – (May 16<sup>th</sup>, 2021)  
Hope College – Residential Life (Holland, MI)
- **Volunteer Cross Country Coach and Mentor** (Aug 2019) – (March 2021)  
Total Trek Quest – Arbor Circle (Holland, MI)
- **Student Employee** (Aug 2017) – (May 2021)  
Hope College – Various Departments (Holland, MI)
  - Overnight host (Admissions), student panelist (Admissions), custodian (Physical Plant), COVID-19 surface wiper (Physical Plant)
- **Fitness Mentor** (Jan 10<sup>th</sup>, 2018) – (May 4<sup>th</sup>, 2018)  
Hope College – Foundations for Fitness (Holland, MI)
- **Senior Living Dietary Lead/Cook** (Oct 11<sup>th</sup>, 2016) – (Aug 18<sup>th</sup>, 2021)

Evangelical Lutheran Good Samaritan Society – Kissimmee Village (Kissimmee, FL)

- **Carpenter’s Assistant** (Nov 2016) – (July 2020)  
Psalm 127 Customer Carpentry and Construction (Kissimmee, FL)
- **Volunteer Basketball Coach/Trainer** (May 2015) – (May 2021)  
Poinciana Youth Sports Association – Jr. NBA (Poinciana, FL)

## Teaching Experience

- **Graduate Assistant** – Instructor and Invited Speaker (Aug 21<sup>st</sup>, 2023) – Present  
University of Central Florida – School of Kinesiology and College of Nursing (Orlando, FL)
  - Invited to speak at various community centers for older adults in Central Florida
    - **One Senior Place: Healthy Wearables for Seniors** – September 2023 [In-Person]
    - **One Senior Place: Fitness Tracker Info Session** – October 2023 [In-Person]
    - **Center for Health & Wellbeing: Using Research to Serve Communities and Bust Myths: A True Love Story** – September 2024 [In-Person]
  - Guest lectures and invited speaking engagements
    - **New Dimensions High School: 2023-2024 National Honor Society Induction Ceremony Guest Speaker** [In-Person]
    - **UCF PT Program: Basics of Resting Metabolic Rate Assessments Guest Lecture/Lab** – Fall 2023, Fall 2024 [In-Person]
    - **APK 6170: Exercise Physiology II – Lactate and Energy Production During Resistance Training Guest Lecture/Lab** [In-Person]
    - **APK 6170: Body Composition & Anthropometrics – Bioelectrical Impedance Analysis and Air Displacement Plethysmography Guest Lecture/Lab** [In-Person]
  - Instructor-of-record for undergraduate Kinesiology courses
    - **APK 4913: Kinetic Anatomy** [In-Person & Online]
- **Graduate Assistant** – Lecturer and Grader (Aug 7<sup>th</sup>, 2022) – (May 7<sup>th</sup>, 2023)  
University of South Florida – Exercise Science Program (Tampa, FL)
  - Delivered virtual lectures, facilitated exam review sessions, and graded assignments for undergraduate online Exercise Physiology courses. Also facilitated in-person open lab times for an undergraduate Clinical Exercise Testing & Prescription and graduate Fitness Assessment course
    - **APK 3120: Exercise Physiology** – Fall 2022 to Spring 2023 [Online]
    - **PET 4550: Clinical Exercise Testing & Prescription** – Fall 2022 [In-Person]
    - **PET 6389: Fitness Assessment & Prescription** – Spring 2023 [In-Person]
- **Graduate Coordinator** – Tutoring and Study Skills Mentoring (Aug 18<sup>th</sup>, 2021) – (Aug 7<sup>th</sup>, 2022)  
University of South Florida – Academic Success Center (Tampa, FL)
  - Delivered in-person workshops/lectures and taught a virtual tutor training course
  - *Time Management and Study Skills Workshop* – Sept. 2nd, 2021 [In-Person]
  - **SLS3717.003: CRLA Level 1** – Fall 2021 to Summer 2022 [Online]
  - *Achieve-A-Bull: Time Management and Study Skills Guest Lecture* – Jan. 7th, 2022 [In-Person]
  - *New Bulls Scholars: Time Management and Study Skills Guest Lecture* – Jun. 28th, 2022 [In-Person]
- **Kinesiology Teacher Assistant and Tutor** (Aug 15<sup>th</sup>, 2018) – (May 16<sup>th</sup>, 2021)  
Hope College – Kinesiology Department and Academic Success Center (Holland, MI)
  - Assisted in teaching and grading, proctored exams, held exam review sessions, and created content for departmental social media
    - **KIN 140: Health Dynamics** – Spring 2018 to Spring 2021 [In-Person & Online]

- **KIN 383:** *Biomechanics* – Spring 2021 [In-Person]
- **KIN 322:** *Clinical Exercise Physiology* – Spring 2021 [In-Person]
- **KIN 323:** *Clinical Exercise Physiology Lab* – Spring 2021 [In-Person]
- Tutored in a 1:1, 1:2, and 1:3 tutor-to-student setting, created study resources, and held exam review sessions
  - **KIN 200:** *Human Anatomy* – Fall 2018 to Spring 2021 [In-Person & Online]
  - **BIOL 221:** *Human Physiology* – Fall 2018 to Spring 2021 [In-Person]
  - **KIN 221:** *Anatomical Kinesiology* – Spring 2019 to Spring 2021 [In-Person]
  - **KIN 250:** *Research Methods* – Spring 2021 [In-Person]
  - **KIN 322:** *Clinical Exercise Physiology* – Spring 2021 [In-Person]
- **Senior Witness** (Oct 22<sup>nd</sup>, 2020) – (May 16<sup>th</sup>, 2021)  
Hope College – Campus Ministries (Holland, MI)
  - Sermon: “*Genesis 32: A Story of Redemption*” – Feb. 5th, 2021 [Mixed-Mode]

## Research Experience

### In Progress

1. Kherlin B, **Lafontant K**, Lebron MA, Fukuda DH. Physiological Response to Musical Theatre Performance: An Exploratory Case Study.  
Role: Co-Investigator
2. **Lafontant K**, Tice A, Suarez JRM, Fukuda DH, Stout JR, Thiamwong L. Effect of a mixed-mode peer-led exercise intervention on circadian rhythmicity among low-income community-dwelling older adults.  
Role: Lead Investigator
3. **Lafontant K**, Maldonado PM, Suarez JRM, Banarjee C, Fukuda DH, Stout JR, Xie R, Thiamwong L. Effect of a physiofeedback-based exercise intervention on physical function and body composition among low-income community-dwelling older adults: a cluster randomized controlled trial  
Role: Lead Investigator
4. **Lafontant K**, Smith S, Livingston J, Nguyen L, Kampiyil S, Gonzalez C, da Silva Barbera M, Stout JR, Fukuda DH. Examining Practices and Beliefs Regarding Nutrition, Dietary Supplements, and Performance Enhancing Drugs Among High Intensity Functional Training Athletes: A Qualitative Approach  
Role: Lead Investigator
5. **Lafontant K**, Livingston J, Smith S, da Silva Barbera M, Gonzalez C, Kampiyil S, Nguyen L, Johnson B, Stout JR, Fukuda DH. Describing Bioimpedance and Body Composition Characteristics Among High Intensity Functional Training Athletes: A Cross-Sectional Study.
6. Phillips K, Broeckel J, Mastrofini G, Parks A, Ehmann S, Rogers J, **Lafontant K**, Campbell BI. The Effects of Tracked Versus Non-tracked Protein Intake on Body Composition.  
Abstract presented at ISSN Annual Conference 2022  
Role: Co-Investigator

### Under Review

1. **Lafontant K**, Chovatia D, Latta C, Tice A, Banarjee C, Fukuda DH, Stout JR, Xie R, Loerzel V, Thiamwong L. Bioimpedance Differences Between BMI Classifications Among Community-Dwelling Older Women: A Cross-Sectional Study.  
Role: Lead Investigator

2. **Lafontant K**, Zamarripa E, Tice A, Blount A, Saurez JRM, Kim D, Fukuda DH, Stout JR, Park J, Xie R, Thiamwong L. Bioimpedance Variables as Indicators of Physical Function and Frailty Among Community-Dwelling Older Adults.  
Role: Lead Investigator
3. Zamarripa E, **Lafontant K**, Fukuda DH, Stout JR, Thiamwong L. Accuracy of Physical Function-based Fall Risk Assessments Among Community-Dwelling Older Adults: An ROC Analysis.  
Role: Mentor, Co-Investigator
4. **Lafontant K**, Tice A, Fukuda DH, Stout JR, Park J, Thiamwong L. Examining Sleep the Night Before a Reported Fall Among Community-dwelling Older Women: A Case Series.  
Role: Lead Investigator
5. **Lafontant K**, Rukstela A, Alsayed Y, Ayers-Creech WA, Bale C, Solis J, Ohigashi Y, Ericksen S, Alur I, Shelton G, Resler C, Heath A, Hanson A, Chan J, Forbes S, Campbell BI. The Effects of Concurrent, Resistance, and Aerobic Training on Body Fat Loss: A Systematic Review and Meta-analysis.  
Role: Lead Investigator  
Presented Keynote Student Address at 2024 McKnight Doctoral Fellowship Annual Conference
6. **Lafontant K**, Brightman J, Saurez JR, Blount A, Fukuda DH, Stout JR, Lighthall NR, Loerzel V, Park J, Thiamwong L. Sleep Perception vs. Reality: How Cognitive Impairment Affects Sleep Assessment in Older Adults.  
Role: Lead Investigator
7. Rukstela A, **Lafontant K**, Campbell BI. A Case Study: First Time Female Bikini Competitor Changes in Commitment, Adherence, and Body Composition During Prep.  
Role: Co-Investigator

## Published

1. **Lafontant K**. Programmatic Accreditation: A Topic Brief for College Kinesiology Program Directors. *Topics in Exercise Science and Kinesiology*. [https://digitalscholarship.unlv.edu/scholarship\\_kin/vol5/iss1/14](https://digitalscholarship.unlv.edu/scholarship_kin/vol5/iss1/14)  
Role: Primary Investigator
2. **Lafontant K**, Sterner DA, Fukuda DH, Stout JR. A Non-Invasive Window into Cellular Health: Phase Angle and Impedance Ratio Explained. *ACSM's Health & Fitness Journal*.  
<https://doi.org/10.1249/FIT.0000000000001030>  
Role: Primary Investigator
3. **Lafontant K**, Sterner DA, Fukuda DH, Stout JR, Park J, Thiamwong L. Comparing Device-Generated and Calculated Bioimpedance Variables in Community-Dwelling Older Adults. *Sensors*.  
<https://doi.org/10.3390/s24175626>  
Presented at 2024 Southeast ACSM Annual Conference and 2024 ACSM Annual Meeting  
Role: Lead Investigator
4. Brightman J, **Lafontant K**, Saurez JR, Crook J, Thiamwong L. Comparing Sleep Quality, Duration, and Efficiency Among Low-Income Community-Dwelling Older Adults With and Without Physical Disabilities. *Journal of Gerontological Nursing*. <https://doi.org/10.3928/00989134-20240618-03>  
Role: Co-Investigator

5. **Lafontant K**, Blount A, Saurez JR, Fukuda DH, Stout JR, Park J, Thiamwong L. Comparing Sensitivity, Specificity, and Accuracy of Fall Risk Assessments in Community-dwelling Older Adults. *Clinical Interventions in Aging*. <https://doi.org/10.2147/CIA.S453966>  
Role: Lead Investigator
  
6. Sterner DA, Stout JR, **Lafontant K**, Fukuda DH, Park J, Thiamwong L. Phase Angle and Impedance Ratio as Indicators of Physical Function and Fear of Falling in Older Adult Women. *JMIR Aging*. doi: [10.2196/53975](https://doi.org/10.2196/53975). PMID: [38488531](https://pubmed.ncbi.nlm.nih.gov/38488531/)  
Role: Co-Investigator, Corresponding Author
  
7. Suarez JR, **Lafontant K**, Blount A, Park JH, Thiamwong L. Recreating Fall Risk Appraisal matrix using R to support fall prevention programs. *JAMIA open*. 2024 Oct;7(3):ooae088. doi: <https://doi.org/10.1093/jamiaopen/ooae088>  
Role: Co-Investigator
  
8. **Lafontant K**, Broeckel J, Phillips K, Alsayed Y, Ayers-Creech W, Ohigashi Y, Solis J, Bale C, Parks A, Dankel S, Campbell BI. The Acute Effects of a Commercially Available Caffeinated and Caffeine-Free Thermogenic Dietary Supplement on Resting Energy Expenditure, Hunger, and Hemodynamic Responses. *Nutraceuticals*. <https://doi.org/10.3390/nutraceuticals4010006>  
Presented at ISSN Annual Conference 2023 and NSCA National Conference 2023 [ISSN Poster Award Winner]  
Roles: Lead Investigator, Study Coordinator
  
9. **Lafontant K**, Thiamwong L, Stout JR, Park J, Xie R, Fukuda DH. Examining the Association Between Hydration Status and Obesity in Older Adults. *Innovation in Aging*. 2023 7(Suppl 1):1032. PMID: [PMC10737916](https://pubmed.ncbi.nlm.nih.gov/PMC10737916/). [Abstract]  
Presented at Gerontological Society of America Annual Conference 2023  
Role: Lead Investigator
  
10. **Lafontant K**, Thiamwong L, Stout JR, Park J, Xie R, Fukuda DH. Redefining Obesity: A Ratio of Fat and Muscle Mass Compared to Body Mass Index in Older Adults. *Innovation in Aging*. 2023 7(Suppl 1):1109. PMID: [PMC10738327](https://pubmed.ncbi.nlm.nih.gov/PMC10738327/). [Abstract]  
Presented at Gerontological Society of America Annual Conference 2023  
Role: Lead Investigator
  
11. **Lafontant K**, Rukstela A. A Trainer's Guide to The Aspiring Bodybuilder. *NSCA Personal Training Q*. 2023 Dec 4;10(4):6-9.  
Role: Primary Investigator
  
12. Rukstela A, **Lafontant K**, Helms E, Escalante G, Phillips K, Campbell BI. Bodybuilding Coaching Strategies Meet Evidence-Based Recommendations: A Qualitative Approach. *Journal of Functional Morphology and Kinesiology*. 2023 Jun 16;8(2):84. doi: [10.3390/jfkmk8020084](https://doi.org/10.3390/jfkmk8020084). PMID: [37367248](https://pubmed.ncbi.nlm.nih.gov/37367248/); PMID: [PMC10299204](https://pubmed.ncbi.nlm.nih.gov/PMC10299204/).  
Presented at ISSN Annual Conference 2023 [Poster Award Winner]  
Role: Co-Investigator
  
13. **Lafontant K**. BMI: Broadly Used, Misapplied, and Insufficient Measure *Journal of Student Research*. 2023 Feb 28;12(1). doi: <https://doi.org/10.47611/jsr.v12i1.1851>.  
Role: Primary Investigator
  
14. **Lafontant K**. The Boondocks: Archetypes of Black Masculinity in a White World. *REDEN. Revista Española de Estudios Norteamericanos*. 2022 Nov 15;4(1):110-123. doi: <https://doi.org/10.37536/reden.2022.4.1691>  
Role: Primary Investigator

## Unpublished Works

- **HopeWalks**
  - Created a lunchtime, community walk program to promote health and wellness within the Holland, MI community
  - Presented at Midwest ACSM 2018 Conference [Posterboard Presentation]
- **“Hope4Balance: The Effect of a 6-Week Balance Intervention in an Assisted Living Facility Population”**
  - Led a thrice weekly exercise class at an assisted living facility for 6 weeks
  - Focused on improving balance and lower extremity strength
  - Created modifications to balance programming based on participants’ ability
  - Presented at the Hope College Celebration of Undergraduate Research 2020
- **“The Effect of Cadence on Total Push-Up Repetitions in College Students”**
  - Led a research team of myself and 4 peers
  - Challenged the pre-determined cadence of FitnessGram’s Push-Up Test for muscular endurance
  - Presented at National Conference on Undergraduate Research 2021
  - Presented at the Hope College Celebration of Undergraduate Research and Creative Arts 2021

## Technical Skills

- BodPod
- Skinfolds
- Bioelectrical Impedance Vector Analysis
- A-Mode Ultrasonography
- Resting and Exercising Indirect Calorimetry (ParvoMedics, CosMed K5)
- Maximal and Submaximal VO<sub>2</sub>Max Testing (Treadmill and Cycle Ergometer)
- VO<sub>2</sub>Max Field Tests (1.5-mile run, Forrest Step Test, Rockport Walk Test)
- Open-Circuit Spirometry
- Wingate & RAST testing
- Heart Rate Monitoring
- Group Exercise Instruction/Programming
- 3, 6, and 12 Lead EKGs
- Vertical Jump Testing (VerTec)
- Balance Assessments (BerTec Portable Essentials and CDP/IVR, Tinetti, TUG, Berg Balance Scale, BTrackS)
- Finger stick testing (Lactate and Glucose)
- Accelerometry (Empatica, ActiGraph, Fitbit)
- Accelerometry Analysis (Mean Amplitude Deviations)
- Gait Assessments
- Flexibility/ROM Assessments
- Health Screenings (Manual Blood Pressure, CVD Risk Identification, Health History, etc.)
- Inferential Statistics (SPSS, jamovi, JASP)

## Grants

### Awarded Grants

- **“The Acute Effects of a Commercially Available Caffeinated and Caffeine-Free Thermogenic Dietary Supplement on Resting Metabolic Rate”**
  - Agency: Legion Athletics, Inc.
  - Role on Project: Study Coordinator
  - Amount Requested: \$26,400
  - Award Total: \$26,400
  - Principal Investigator: Dr. Bill Campbell
  - Project Period: Feb. 2<sup>nd</sup>, 2022 – Dec. 30<sup>th</sup>, 2022

- **“Physio-feedback Exercise program (PEER) to improve balance and prevent falls in older adults”**
  - Agency: National Institute on Aging, National Institutes of Health
  - Grant# R01MD018025
  - Role on Project: Graduate Research Assistant (responsible for data processing and analysis, manuscript preparation, and community outreach)
  - Award Total: \$2.3 Million
  - Principal Investigator: Dr. Ladda Thiamwong
  - Project Period: 2022 – 2026
- **The Effects of Concurrent, Resistance, and Aerobic Training on Body Fat Loss: A Systematic Review and Meta-analysis**
  - Agency: McKnight Doctoral Fellowship Travel & Dissertation Grant
  - Role on Project: Lead Investigator
  - Amount Requested: \$5,866
  - Award Total: \$2,500
  - Project Period: 2022-2024

## Unawarded Grants

- **“The Bioimpedance Imperative: Determining Test-Retest Reliability and Minimal Detectable Change Among Various Bioimpedance Devices”**
  - Agency: National Strength and Conditioning Association Foundation
  - Application Date: November 2024
  - Role on Project: Principal Investigator
  - Requested Amount: \$9,630
- **“The Effects of Ultrafiltered Dairy Supplementation on Cellular Health and Frailty Markers among Underrepresented Older Adults”**
  - Agency: National Dairy Council
  - Application Date: June 2024
  - Role on Project: Principal Investigator
  - Requested Amount: \$22,440

## Service

- Reviewer for the *Florida Undergraduate Research Journal* (2025-Present)
- UCF College of Health Professions and Sciences Dean Search Committee (2025)
- Spirit of Joy Church Converge Food Ministry Volunteer (2024-Present)
- Southeast ACSM Student Bowl Committee (2024-2025)
- UCF Summer Research Academy Lab Tour Host (2024)
- Gerontological Society of America Annual Conference Abstract Reviewer (2024)
- NSCA CSCS Job Task Analysis Survey Respondent (2024)
- Reviewer for the *Journal of the International Society of Sports Nutrition* (2023-Present)
- Reviewer for *Educational Practices in Kinesiology* (2023-Present)
- Coalition for the Homeless Central Florida Kitchen Volunteer (2023-Present)
- Institute of Exercise Physiology and Rehabilitation Science 4<sup>th</sup> Annual Conference Planning Committee (2023-2024)
- ACSM Exercise Physiologist Job Task Analysis Subject Matter Expert (2023-2024)
- University of Central Florida Graduate Student Housing Focus Group (2023)

- Reviewer for Southeast ACSM Annual Conference Abstracts (2023)
- University of South Florida Exercise Science Program Hiring Committee (2023)
- Reviewer for the *International Journal of Exercise Science* (2022-Present)
- NSCA Bodybuilding & Fitness Competition S.I.G. Member (2022-Present)
- Hope College DiscoverWorks Mentor (2022-Present)
- Solivita African Heritage and Cultural Club Educational Fund Inc. Alumni Panelist (2022)
- Hope College Alumni of Color Advisory Council – General Member (2021-Present)
- Hope College Black Student Union Vice President (2021)
- Hope College Black Student Union Trustee (2020-2021)
- Hope College Kinesiology Club President (2020-2021)
- Hope College Covenant Scholarship Search Committee (2019-2021)
- Hope College Residential Life and Education Hiring Committee (2018-2021)
- Hope College Kinesiology Departmental Review Panel (2017)
- New Dimensions High School Interact Club – Rotary (2014-2017)

## Certifications

- NSCA – Certified Strength and Conditioning Specialist
- ACSM – Certified Exercise Physiologist
- ACSM – Certified Personal Trainer
- AHA – CPR/AED Certified Life Saver
- CITI – Biomedical Research
- CITI – Good Clinical Practice (Investigational Drugs/Medical Devices)
- CITI – Good Clinical Practice (Social Behavioral)
- CITI – Social Behavioral Research
- CITI – Biohazard Safety
- Valencia College – Business Specialist (Technical Certificate)
- QPR Institute – Suicide Prevention Gatekeeper
- ServSafe – Food Handler

## Professional Development

- UCF College of Nursing – Grant Writing Course (Fall 2024)
- ACSM Leadership and Diversity Training Program (2024-Present)
- University of Central Florida Graduate TA Training (Summer 2024)
- Institute of Exercise Physiology and Rehabilitation Sciences – BioRender Workshop (September 2023)
- McKnight Doctoral Fellowship Writing Workshop (August 2023)
- USF Health Libraries – Web of Science Seminar (June 2023)
- USF Health Libraries – CINAHL Seminar (May 2023)
- University of South Florida Graduate TA Training (Summer 2022)

## Conference Attendance

\*Indicates active professional organization membership



## International/National

- \*Gerontological Society of America Annual Conference (2023, 2024)
- \*NSCA National Conference (2023)
- \*ACSM Annual Meeting (2024)
- \*International Society of Sport Nutrition Annual Conference (2022-2024)
- National Council on Undergraduate Research (2021)
- Association for Applied Sport Psychology (2020)

## Local

- Florida Undergraduate Research Conference (2025)
- Institute of Exercise Physiology and Rehabilitation Science Annual Conference (2024-2025)
- \*McKnight Doctoral Fellowship Annual Meeting (2023-2024)
- UCF Student Scholar Symposium (2024-2025)
- \*Southeast ACSM Annual Meeting (2022-2025)
- \*NSCA Southeast Regional Clinic (2024)
- Hope College Celebration of Undergraduate Research and Creative Arts (2019, 2021)
- Michigan ACSM Annual Meeting (2018)
- Midwest ACSM Annual Meeting (2018)

## Honors/Awards

- ACSM Leadership and Diversity Training Program Award (2024)
- UCF Graduate Presentation Fellowship Award (2024, 2025)
- Hammer Strength Diversity, Equity, and Inclusion Student/Professional Development Scholarship (2023, 2024)
- NSCA Foundation Minority Scholarship (2023, 2024)
- McKnight Doctoral Fellowship (2023-2028)
- ISSN 2023 Annual Conference 1<sup>st</sup> and 2<sup>nd</sup> place Poster Award – Master’s Division (2023)
- Florida High Tech Corridor Research Award (2023)
- Solivita African Heritage Cultural Club Education Fund Graduate Scholarship (2023, 2025)
- Lou and RoseAnn Bowers Scholarship (2022)
- Velma Pate Thomas Endowed Scholarship (2022)
- Exercise Science Major of the Year – Hope College (2021)
- Kappa Delta Phi Inductee (2021)
- Diversity and Inclusion Award – Hope College Center for Diversity and Inclusion (2021)
- Dean’s List – Hope College (2017-2021)
- Covenant Scholarship – Hope College (2017-2021)
- Solivita African Heritage Cultural Club Education Fund Scholarship (2017-2021)
- Valedictorian – New Dimensions High School (2017)
- President’s List – Valencia College (2015-2017)
- National Honor Society (2015-2017)
- Florida Young Scholar (2012-2017)