

Kworweinski Lafontant

MS, CSCS, ACSM-EP, ACSM-CPT

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[Google Scholar](#) | [ORCID](#) | [LinkedIn](#) | [ResearchGate](#) | [SciProfiles](#)

Education

University of Central Florida Orlando, FL Kinesiology PhD Expected Graduation: May 2027 GPA: 4.0 Dissertation: "Examining the Influence of Protein Intake on Bioimpedance Dynamics"	University of South Florida Tampa, FL Exercise Science MS Graduated May 2023 GPA: 4.0	Hope College Holland, MI Exercise Science BA Communication Minor Graduated May 2021 GPA: 3.8	Valencia College/ New Dimensions HS Kissimmee, FL HS Diploma Dual Enrollment Valedictorian Graduated May 2017 GPA: 4.6
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Work History

- **Graduate Research Assistant** – Kinesiology and Nursing (Aug 21st, 2023) – Present
University of Central Florida – School of Kinesiology and College of Nursing (Orlando, FL)
- **Scientific Writer** – CGX App (Dec 31st, 2022) – Present
Caroline Girvan Ltd. – CGX Mobile App [*Remote*]
- **Graduate Research/Teaching Assistant** – Exercise Science (Aug 7th, 2022) – (May 7th, 2023)
University of South Florida – Exercise Science Department (Tampa, FL)
- **Master Personal Trainer** (Aug 18th, 2021) – (July 23rd, 2023)
Esporta Fitness/LA Fitness – Cypress Preserve (Tampa, FL)
- **Graduate Coordinator** – Tutor Training and Study Skills Mentoring (Aug 18th, 2021) – (Aug 7th, 2022)
University of South Florida – Academic Success Center (Tampa, FL)
- **Student Assistant Resident Director** (Aug 15th, 2019) – (May 16th, 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), Kinesiology Tutor (Academic Success Center), Teaching Assistant (Kinesiology Department)
- **Fitness Mentor** (Jan 10th, 2018) – (May 4th, 2018)

Hope College – Foundations for Fitness (Holland, MI)

- **Senior Living Dietary Lead/Cook** (Oct 11th, 2016) – (Aug 18th, 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 Associate** – Instructor and Invited Speaker (Aug 21st, 2023) – Present
University of Central Florida – School of Kinesiology and College of Nursing (Orlando, FL)
 - Instructor-of-record for undergraduate Kinesiology courses
 - **APK 4163: Sports Nutrition & Exercise Metabolism** – Fall 2025, Spring 2026, Fall 2026 [Mixed Mode]
 - **APK 4125: Assessments & Evaluation in Kinesiology** – Summer 2025 [Mixed Mode]
 - **APK 4103: Kinetic Anatomy** – Summer 2024 [Mixed Mode]
 - Invited to speak at various community centers for older adults in Central Florida
 - **Rosen JCC “KCOA On the Road” Speaker Series: Reducing Falls and Maintaining Mobility with Exercise at Home** – March 2026 [In-Person]
 - **Rosen JCC “KCOA On the Road” Speaker Series: EMBRACE Lab Boot Camp – Preventing Falls** – August 2025 [In-Person]
 - **City of Orlando’s 2025 Successful Aging Symposium: Preventing Falls: Our Focus on the Mind, Body, and Environment** – May 2025 [In-Person]
 - **Center for Health & Wellbeing: Using Research to Serve Communities and Bust Myths: A True Love Story** – September 2024 [In-Person]
 - **One Senior Place: Fitness Tracker Info Session** – October 2023 [In-Person]
 - **One Senior Place: Healthy Wearables for Seniors** – September 2023 [In-Person]
 - Academic guest lectures and invited speaking engagements
 - **Leader’s Preparatory Academy: Career Exploration Class Guest Speaker** [In-Person]
 - **Florida Education Fund, Inc.: Grade 3 – 5 CodeMasters Summer Camp 2025 Guest Speaker** [Online]
 - **APK 6170: Body Composition & Anthropometrics** – Bioelectrical Impedance Analysis and Air Displacement Plethysmography Guest Lecture/Lab – Fall 2024 [In-Person]
 - **APK 6170: Exercise Physiology II** – Lactate and Energy Production During Resistance Training Guest Lecture/Lab – Fall 2023, Fall 2024, Spring 2026 [In-Person]
 - **UCF PT Program: Basics of Resting Metabolic Rate Assessments Guest Lecture/Lab** – Fall 2023-2025 [In-Person]
 - **New Dimensions High School: 2023-2024 National Honor Society Induction Ceremony Guest Speaker** [In-Person]
- **Graduate Assistant** – Lecturer and Grader (Aug 7th, 2022) – (May 7th, 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 18th, 2021) – (Aug 7th, 2022)
University of South Florida – Academic Success Center (Tampa, FL)
 - Delivered in-person workshops/lectures and taught a virtual tutor training course
 - *New Bulls Scholars: Time Management and Study Skills Guest Lecture* – Jun. 28th, 2022 [In-Person]
 - *Achieve-A-Bull: Time Management and Study Skills Guest Lecture* – Jan. 7th, 2022 [In-Person]
 - *Time Management and Study Skills Workshop* – Sept. 2nd, 2021 [In-Person]
 - **SLS3717.003:** *CRLA Level 1* – Fall 2021 to Summer 2022 [Online]
- **Kinesiology Teacher Assistant and Tutor** (Aug 15th, 2018) – (May 16th, 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 323:** *Clinical Exercise Physiology Lab* – Spring 2021 [In-Person]
 - **KIN 322:** *Clinical Exercise Physiology* – Spring 2021 [In-Person]
 - **KIN 383:** *Biomechanics* – Spring 2021 [In-Person]
 - **KIN 140:** *Health Dynamics* – Spring 2018 to Spring 2021 [In-Person & Online]
 - Tutored in a 1:1, 1:2, and 1:3 tutor-to-student setting, created study resources, and held exam review sessions
 - **KIN 322:** *Clinical Exercise Physiology* – Spring 2021 [In-Person]
 - **KIN 250:** *Research Methods* – Spring 2021 [In-Person]
 - **KIN 221:** *Anatomical Kinesiology* – Spring 2019 to Spring 2021 [In-Person]
 - **BIOL 221:** *Human Physiology* – Fall 2018 to Spring 2021 [In-Person]
 - **KIN 200:** *Human Anatomy* – Fall 2018 to Spring 2021 [In-Person & Online]
- **Senior Witness** (Oct 22nd, 2020) – (May 16th, 2021)
Hope College – Campus Ministries (Holland, MI)
 - Sermon: “*Genesis 32: A Story of Redemption*” – Feb. 5th, 2021 [Mixed-Mode]

Mentorship

- Libe Fernandez – UCF, Kinesiology Undergraduate (2026 – Present)
- Aidan Plato – UCF, Kinesiology Undergraduate (2026 – Present)
- Mia Rhodes – UCF, Pre-AT Kinesiology Undergraduate (2026)
- Sharvi Salvi – UCF, Pre-Med Biomedical Sciences Undergraduate (2026 – Present)
- Faris Azam – UCF, Pre-Med Biomedical Sciences Undergraduate (2026 – Present)
- Sebastian Bakalar – UCF, Kinesiology Undergraduate (2026 – Present)
- Brianna Del Pino – UCF, Kinesiology Undergraduate (2026 – Present)
- Eman Ali – UCF, Pre-Med Psychology Undergraduate (2025 – Present)
- Edwin Rodriguez-Cruz – UCF, Pre-Med Health Sciences Undergraduate (2025 – 2026)
- Nicolle Armas – UCF, Pre-Med Health Sciences Undergraduate (2025)
- Dea Chovatia – UCF, Psychology Undergraduate (2024 – Present)
- Cecil Latta – UCF, Psychology Undergraduate (2024 – 2026)
- Linh Nguyen – UCF, Biology Undergraduate (2024 – 2026)
- Michelle Da Silva Barbera – UCF, Pre-Med Health Sciences Undergraduate (2024 – 2026)
- Susan Kampiyil – UCF, Pre-Med Biomedical Sciences Undergraduate (2024 – Present)

- Claudia Gonzalez – UCF, Pre-Med Health Sciences Undergraduate (2024 – 2026)
- Estefania Zamarripa – UCF, Kinesiology Undergraduate (2023 – 2025)
- Daniel Ramirez – UCF, Kinesiology Undergraduate (2023 – 2025)

Research Experience/Publications

In Progress

* Denotes a mentored undergraduate student author

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**, Smith S, Livingston J, Da Silva Barbera*, Kampiyil S*, Nguyen L*, Gonzalez C*, Rodriguez-Cruz E*, Hirsch KR, Fretti SK, Stout JR, Fukuda DH. Examining Within-Session Test-Retest Reliability of Four Bioimpedance Devices Among Younger and Older Adults.
Role: Lead Investigator
3. **Lafontant K**, Fukuda DH, Livingston J, Smith S, Rodriguez-Cruz E*, Nguyen L*, Kampiyil S*, Da Silva Barbera M*, Hirsh KR, Fretti KR, Stout JR. Bioimpedance Phase Angle and Body Composition at Estimated, Approximated, and Measured Characteristic Frequency.
Role: Lead Investigator

Under Review

* Denotes a mentored undergraduate student author

1. **Lafontant K**, Smith S, Livingston J, Kampiyil S*, Nguyen L*, Gonzalez C*, Da Silva Barbera M*, Johnson B, Stout JR, Fukuda DH. Agreement in Body Composition Estimates Between Home and Research Grade Bioimpedance Devices.
Role: Lead Investigator
2. **Lafontant K**, Smith S, Livingston J, Da Silva Barbera*, Kampiyil S*, Nguyen L*, Gonzalez C*, Rodriguez-Cruz E*, Hirsch KR, Fretti SK, Stout JR, Fukuda DH. Examining Within-Session Test-Retest Reliability of Four Bioimpedance Devices Among Younger and Older Adults.
Role: Lead Investigator

Published

* Denotes a mentored undergraduate student author

1. Banarjee C, **Lafontant K**, Suarez JRM, Lopez J, Wang Z, Leinbach C, Xie R, Thiamwong L. Characterization of Physical Health Variables across Fall Risk Appraisal Groups: A Cross-Sectional Study. *BMC Geriatrics*. [In Press]
Role: Co-Investigator

2. Rossi C, **Lafontant K**, Vasenina E, Stout JR, Fukuda DH. Changes in Segmental Bioimpedance Following Eccentric Plantar Flexor Exercise Taken to Volitional Failure. *Applied Physiology, Nutrition, and Metabolism*. [In Press]
Role: Co-Investigator
3. **Lafontant K**, Maldonado PM, Suarez JRM, Banarjee C, Fukuda DH, Stout JR, Xie R, Thiamwong L. Effect of a Physio-Feedback-Based Exercise Intervention on Physical Function and Body Composition Among Low-Income Community-Dwelling Older Adults: A Cluster Randomized Controlled Trial. *International Journal of Aging and Physical Activity*. [In Press]
Role: Lead Investigator
3. **Lafontant K**, Robinson M, Sterner D, Lebron M, Antonio B, Livingston J, Smith S, Rossi C, Stout JR, Fukuda DH. Cell Membrane Capacitance and Characteristic Frequency Among Youth and Adults: Reference Data from NHANES 1999-2000. *Journal of the American Nutrition Association*. 2026 May 5;1-10.
<https://doi.org/10.1080/27697061.2026.2665157>
Role: Lead Investigator
3. **Lafontant K**, Smith S, Livingston J, Gonzalez C*, Nguyen L*, Kampiyil S*, Da Silva Barbera M*, Johnson B, Stout JR, Fukuda DH. Agreement Between a Photo-Based 5-Compartment Body Composition Model and a 3-Compartment Criterion Among Adult Athletes. *Journal of Strength and Conditioning Research*. 2026 May 18. <https://doi.org/10.1519/JSC.0000000000005538>
Role: Lead Investigator
4. Ali E*, **Lafontant K**, Fukuda DH, Maldonado PM, Banarjee C, Suarez JRM, Stout JR, Thiamwong L. Using the Short Physical Performance Battery for Frailty Screenings Among Community-Dwelling Older Adults: An ROC Analysis. *Journal of Gerontology and Geriatrics*. 2026 March 31;74(2).
<https://doi.org/10.3390/jgg74020010>
Role: Mentor, Co-Investigator
5. **Lafontant K**, Leinbach CS, Armas N*, Maldonado PM, Suarez JR, Banarjee C, Lopez J, Stout JR, Fukuda DH, Thiamwong L. Associations Between Fall Risk and Lower Limb Joint Range of Motion During Sit-to-Stand Among Community-Dwelling Older Adults. *Research in Health and Medicine*. 2026 Jan 30;6(1).
<https://doi.org/10.53520/rhm2026.104188>
Role: Lead Investigator
6. Suarez JR, Park JH, **Lafontant K**, Thiamwong L. The Concurrent Validity of the ActiGraph LEAP Compared to the ActiGraph GT9X Link for Measuring Physical Activity. *Journal for the Measurement of Physical Behaviour*. 2026 Feb 5;9(1). <https://doi.org/10.1123/jmpb.2025-0032>
Role: Co-Investigator
7. Latta C*, Lopez J, Kim D, **Lafontant K**, Haberland N, Nguyen T, Malatyali A, Thiamwong L. Cognitive Impairment and Depressive Symptoms Among Low-Income Hispanic and Non-Hispanic White Older Adults: A Cross-Sectional Analysis. *Research in Health and Medicine*. 2026 Jan 2;6(1).
<https://doi.org/10.53520/rhm2026.104176>
Role: Mentor, Co-Investigator
8. Suarez JR, **Lafontant K**, Banarjee C, Xie R, Park JH, Thiamwong L. Effect of a Physio-Feedback Exercise Intervention Program on the Static Balance of Community-Dwelling Older Adults: A Clustered Randomized Controlled Trial. *Geriatrics*. 2026 Feb. <https://doi.org/10.3390/geriatrics11010006>
Role: Co-Investigator

9. **Lafontant K**, Fukuda DH, Lebron MA, Stout JR. Beyond Body Fat: Selecting Body Composition Assessments for Special Populations. *NSCA's Personal Training Quarterly*. 2025.
Role: Lead Author
10. **Lafontant K**, Livingston J, Smith S, Da Silva Barbera M, Gonzalez C, Kampiyil S, Nguyen L, Johnson B, Stout JR, Fukuda DH. Describing Dietary Habits and Body Composition Among High-Intensity Functional Training Athletes: A Mixed Methods Approach. *Sports (Basel)*. 2025 Oct 2;13(10):340.
<https://doi.org/10.3390/sports13100340>. PMID: 41150475; PMCID: PMC12568309.
Role: Lead Investigator
11. **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. *Sensors (Basel)*. 2025 Jul 4;25(13):4181. <https://doi.org/10.3390/s25134181>. PMID: 40648436; PMCID: PMC12252277.
Role: Lead Investigator
12. **Lafontant K**, Fukuda DH, Zamarripa E*, Tice A, Blount A, Saurez JRM, Kim D, Stout JR, Park JH, Xie R, Thiamwong L. Application of Levi's Muscle Index in Frailty Assessment: Comparison of Bioimpedance Measures Among Older Adults. *Frontiers in Medicine*. 2025 Jun 26;12:1525569.
<https://doi.org/10.3389/fmed.2025.1525569>. PMID: 40641985; PMCID: PMC12243873.
Role: Lead Investigator
13. **Lafontant K**, Tice A, Fukuda DH, Stout JR, Park JH, Thiamwong L. Potential Influence of Acute Dysregulated Sleep on Fall Incidence Among Low-Income Older Women: A Case Study. *Journal of Gerontological Nursing*. 2025 Sep;51(9):14-18. <https://doi.org/10.3928/00989134-20250626-02>. PMID: 40608423; PMCID: PMC12270026.
Role: Lead Investigator
14. Rukstela A, **Lafontant K**, Campbell BI. A Case Report: Compositional, Physiological, and Psychological Responses to Contest Preparation in a First-time Bikini Competitor. *Journal of Exercise and Nutrition*. 2025 Apr 29; 8(1). 2025 Apr 29;8(1). <https://doi.org/10.53520/jen2025.103200>
Role: Co-Investigator
15. **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. Comparison of Concurrent, Resistance, or Aerobic Training on Body Fat Loss: A Systematic Review and Meta-Analysis. *Journal of the International Society of Sports Nutrition*. 2025 Dec;22(1):2507949.
<https://doi.org/10.1080/15502783.2025.2507949>. PMID: 40405489; PMCID: PMC12107660.
Roles: Study Coordinator, Lead Investigator
Presented Keynote Student Address at 2024 McKnight Doctoral Fellowship Annual Conference
16. 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. *Research in Health and Medicine*. 2025 Apr 29;5(1). <https://doi.org/10.53520/rdhs2025.104142>
Role: Mentor, Co-Investigator
17. Banarjee C, Suarez JRM, **Lafontant K**, Choi H, Chen C, Xie R, Thiamwong L. Multimodal Factors Affect Longitudinal Changes in Dynamic Balance in Community-Dwelling Older Adults. *Clinical Interventions in Aging*. 2025 Mar 20;20:335-348. <https://doi.org/10.2147/CIA.S495112>. PMID: 40129901; PMCID: PMC11932031.

18. Suarez JR, Blount A, **Lafontant K**, Park JH, Xie R, Lighthall N, Thiamwong L. Association Between Prevention Focus and Sedentary Behavior in Older Adults: Cross-Sectional Study. *Interactive Journal of Medical Research*. 2025 May 1;14(1):e63280. <https://doi.org/10.2196/63280>. PMID: 40313184; PMCID: PMC12183608.

19. **Lafontant K**. Programmatic Accreditation: A Topic Brief for College Kinesiology Program Directors. *Topics in Exercise Science and Kinesiology*. 2024;5(1):14.
https://digitalscholarship.unlv.edu/scholarship_kin/vol5/iss1/14
Role: Primary Investigator

20. **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*. 2025 Jan 1;29(1):25-31.
<https://doi.org/10.1249/FIT.0000000000001030>
Role: Primary Investigator

21. **Lafontant K**, Sterner DA, Fukuda DH, Stout JR, Park JJ, Thiamwong L. Comparing Device-Generated and Calculated Bioimpedance Variables in Community-Dwelling Older Adults. *Sensors (Basel)*. 2024 Aug 30;24(17):5626. <https://doi.org/10.3390/s24175626>. PMID: 39275537; PMCID: PMC11397826.
Role: Lead Investigator

22. 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*. 2024 Jul;50(7):12-18. <https://doi.org/10.3928/00989134-20240618-03>. PMID: 38959511; PMCID: PMC11308444.
Role: Co-Investigator

23. **Lafontant K**, Blount A, Saurez JR, Fukuda DH, Stout JR, Park JH, Thiamwong L. Comparing Sensitivity, Specificity, and Accuracy of Fall Risk Assessments in Community-dwelling Older Adults. *Clinical Interventions in Aging*. 2024 Mar 27;19:581-588. <https://doi.org/10.2147/CIA.S453966>. PMID: 38562971; PMCID: PMC10982579.
Role: Lead Investigator

24. Sterner DA, Stout JR, **Lafontant K**, Fukuda DH, Park JH, Thiamwong L. Phase Angle and Impedance Ratio as Indicators of Physical Function and Fear of Falling in Older Adult Women. *JMIR Aging*. 2024 Mar 5;7:e53975. doi: <https://doi.org/10.2196/53975>. PMID: 38488531; PMCID: PMC10986333.
Role: Co-Investigator

25. 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>. PMID: 39297152; PMCID: PMC11410192.
Role: Co-Investigator

26. **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*. 2024 Feb 21;4(1):82-93. <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

27. **Lafontant K**, Rukstela A. A Trainer's Guide to The Aspiring Bodybuilder. *NSCA Personal Training Q*. 2023 Dec 4;10(4):6-9. Available from: https://www.researchgate.net/publication/376478214_A_Personal_Trainer's_Guide_to_the_Aspiring_Bodybuilder.
Role: Primary Investigator
28. 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. 2023 Jun 16;8(2):84. doi: <https://doi.org/10.3390/jfmk8020084>. PMID: 37367248; PMCID: PMC10299204.
Presented at ISSN Annual Conference 2023 [Poster Award Winner]
Role: Co-Investigator
29. **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
30. **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 & B Mode Ultrasonography
- 3, 6, and 12 Lead EKGs
- Vertical Jump Testing (VerTec, Jump mat)

- Resting and Exercising Indirect Calorimetry (ParvoMedics, CosMed K5)
- Maximal and Submaximal VO₂Max Testing (Treadmill and Cycle Ergometer)
- VO₂Max Field Tests (1.5-mile run, Forrest Step Test, Rockport Walk Test)
- Open-Circuit Spirometry
- Wingate & RAST testing
- Heart Rate Monitoring (Polar)
- Group Exercise Instruction/Programming
- Microsoft Office/Google Suite
- Learning Management Software (Canvas, Moodle, Blackboard, Google Classroom, Engrade)
- Study management/coordination (participant/team recruitment & retention, data collection, records retention, etc.)
- Balance Assessments (BerTec Portable Essentials and CDP/IVR, Tinetti, TUG, Berg Balance Scale, BTrackS)
- Finger stick testing (Lactate and Glucose, i-STAT w/ capillary tubes)
- Osmolality and Electrolyte Assessments (Medica EasyLyte, Advanced Instruments Osmometer, MX3)
- Accelerometry (Empatica, ActiGraph/Ametris, Fitbit)
- Accelerometry Analysis (Mean Amplitude Deviations, ENMO)
- Gait Assessments
- Flexibility/ROM Assessments (manual goniometers and single camera systems)
- Health Screenings (Manual Blood Pressure, CVD Risk Identification, Health History, etc.)
- Inferential Statistics (SPSS, jamovi, JASP, GraphPad Prism, Excel)

Grants

Awarded Grants

- **“The Synergistic Effects of Resistance Training with Betaine Supplementation Among Recreationally Active Older Adults”**
 - Agency: Learning Institute for Elders (LIFE) at UCF Richard Tucker Gerontology Research Award
 - Role on Project: Lead Investigator
 - Principal Investigator: Kworweinski Lafontant
 - Award Total: \$5,004
 - Project Period: April 2026 – May 2027
- **“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
 - Principal Investigator: Kworweinski Lafontant
 - Amount Requested: \$5,866
 - Award Total: \$2,500
 - Project Period: 2022-2024

- **“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
 - Principal Investigator: Dr. Bill I. Campbell
 - Amount Requested: \$26,400
 - Award Total: \$26,400
 - Project Period: Feb. 2nd, 2022 – Dec. 30th, 2022

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
- **“Can Food Insecure Low-Income Older Women Achieve 1.2g/kg Protein per Day? A Cross-Sectional Study”**
 - Agency: National Institute on Aging, National Institutes of Health (F31)
 - Application Date: December 2024
 - Role on Project: Principal Investigator
 - Requested Amount: \$68,166
 - **Note: Notice of Funding Opportunity was withdrawn by NIH on May 15, 2025. Grant application was not reviewed, discussed, nor scored.**

Service

- ACSM Student Affairs Committee Member (2026-Present)
- ACSM Board of Trustees – Student Trustee (2026-Present)
- NSCA Annual Conference Abstract Reviewer (2026)
- Disability, Aging, and Technology Cluster 2026 Science Café Poster Session Chair (2026)
- Dr. Nelson Ying Orange County Science Expo Judging Captain – Middle School (2026)
- Leader’s Preparatory Academy Science Fair Judge (2026)
- UCF Knights Research Scholars Program Mentor (2026-Present)
- NSCA 2025 Florida State Clinic Host (2025)
- Reviewer for *Experimental Gerontology* (2025-Present)
- Reviewer for *European Journal of Clinical Nutrition* (2025-Present)
- ACSM Diversity Advancement Network Outreach Committee (2025-Present)
- UCF Kinesiology Graduate Student Association Treasurer (2025-Present)

- Reviewer for the *Florida Undergraduate Research Journal* (2025-Present)
- Orange County Back to School Supply Drive Volunteer (2025)
- ACSM Annual Meeting Student Volunteer (2025)
- 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)
- ACSM Health Equity Research S.I.G. Member (2024-Present)
- NSCA CSCS Job Task Analysis Survey Respondent (2024)
- ISSN Annual Conference Front Desk Volunteer (2024-2026)
- 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 (2023-2024)
- Institute of Exercise Physiology and Rehabilitation Science 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
- Red Cross – 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 Office of Graduate Studies – AI in Research and Academic Writing Lunch & Learn (Fall 2025)
- Karen L. Smith Center for Teaching and Learning – Preparing Tomorrow’s Faculty Course [12 weeks] (Fall 2025)
- UCF Center for Ethics – Research and Ethics Online Seminar (Summer 2025)
- UCF Center for Ethics – Personal and Professional Integrity Online Seminar (Summer 2025)
- Don Soffer Clinical Research Center – NIH K and F Awards Grant Writing Workshop (Summer 2025)
- UCF College of Nursing – Grant Writing Course (Fall 2024)
- ACSM Leadership and Diversity Training Program (2024-2025)
- 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)

Honors/Awards

- UCF Order of Pegasus Inductee (2026)
- UCF 2026 Student Scholar Symposium Judge’s Choice Award (2026)
- NSCA L.I.F.T Scholarship Award (2025)
- ISSN 2025 Annual Conference 1st Place Data Blitz Presentation Award (2025)
- UCF – American Kinesiology Association Graduate Student Writing Award (2025)
- UCF – Student Scholar Symposium Graduate Presentation Award (2025)
- ACSM Leadership and Diversity Training Program Award (2024, 2026)
- UCF Graduate Presentation Fellowship Award (2024, 2025)
- Hammer Strength Diversity, Equity, and Inclusion Student/Professional Development Scholarship (2023-2025)
- NSCA Foundation Minority Scholarship (2023, 2024)
- McKnight Doctoral Fellowship (2023-2028)
- ISSN 2023 Annual Conference 1st and 2nd 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, 2026)
- 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)

Media Appearances

- Tales of Hope Podcast – *What We Never Expect: The Tale of Kworweinski “Kory” Lafontant pt. 2* (2019)
 - <https://open.spotify.com/episode/3OjilR8QYEgPsCUIPLDhss?si=CMeggXgLRluEfT1z-lh7Bg>
- Tales of Hope Podcast – *What We Never Expect: The Tale of Kworweinski “Kory” Lafontant pt. 1* (2019)
 - https://open.spotify.com/episode/7budRZNUVWR3SI8CDGquDZ?si=gz_v08XcSj2osgyO6ailZw
- Hope College Concert Series – *Review: The Miseducation of Lauryn Hill* (2021).
 - <https://web.archive.org/web/20221101103912/https://blogs.hope.edu/concerts/music-suggestions/review-the-miseducation-of-lauryn-hill/>
- UCF College of Health Professions and Sciences – *Kinesiology PhD Student Selected as ACSM Trustee* (2026)
 - <https://healthprofessions.ucf.edu/news/kinesiology-phd-student-selected-as-acsm-student-trustee/>
- UCF College of Health Professions and Sciences – *Five College of Health Professions and Sciences Students Receive Top UCF Honor.*
 - <https://healthprofessions.ucf.edu/news/five-college-of-health-professions-and-sciences-students-receive-top-ucf-honor/>

Professional References

- David H. Fukuda, PhD – david.fukuda@ucf.edu
 - Dissertation Chair, Doctoral Research Mentor
- Jeffrey R. Stout, PhD – jeffrey.stout@ucf.edu
 - Dissertation Committee Member, Doctoral Research Mentor
- Bill I. Campbell, PhD – bcampbell@usf.edu
 - Masters Research Mentor
- Candi Ashley, PhD – cashley@usf.edu
 - Masters Teaching Mentor
- Brian C. Rider, PhD – rider@hope.edu
 - Undergraduate Teaching and Research Mentor

Conference Attendance

*Indicates active professional organization membership

International/National

- *Gerontological Society of America Annual Conference (2023, 2024)

- *NSCA National Conference (2023, 2025)
- *ACSM Annual Meeting (2024, 2025)
- *International Society of Sport Nutrition Annual Conference (2022-2025)
- National Council on Undergraduate Research (2021)
- Association for Applied Sport Psychology (2020)

Local/Regional

- Florida Undergraduate Research Conference (2025-2026)
- Institute of Exercise Physiology and Rehabilitation Science Annual Conference (2024-2025)
- *McKnight Doctoral Fellowship Annual Meeting (2023-2025)
- UCF Student Scholar Symposium (2024-2026)
- *Southeast ACSM Annual Meeting (2022-2026)
- *NSCA Florida State Clinic (2024-2025)
- Hope College Celebration of Undergraduate Research and Creative Arts (2019, 2021)
- Michigan ACSM Annual Meeting (2018)
- Midwest ACSM Annual Meeting (2018)

Conference Abstracts

*Denotes a mentored student author

Local

Kim D, Blount A, Lighthall NR, **Lafontant K**, Thiamwong L. (2025). Latent Profiles of Self-Perceptions of Aging and Fall-related Outcomes in Low-Income Older Adults. *Sigma Theta Tau Theta Epsilon Chapter 33rd Annual Scholarship Day*. [Poster]

Zamarripa E*, **Lafontant K**, Fukuda DH, Stout JR, Thiamwong L. Physical Function Fall Risk Appraisals Among Community-Dwelling Older Adults: An ROC Analysis. (2025). *UCF Student Scholar Symposium*. [Poster]

Chovatia D*, **Lafontant K**, Kim D, Thiamwong L. Describing eHealth Literacy and Technology Use Habits Among Low-Income Community-Dwelling Older Adults. (2025). *UCF Student Scholar Symposium*. [Poster]

Latta C*, Kim D, Lopez J, **Lafontant K**, Thiamwong L. Cognitive Impairment and Depression in Hispanic and Non-Hispanic Low-Income Older Adults: A Cross-Sectional Study. (2025). *UCF Student Scholar Symposium*. [Poster]

Livingston J, Smith S, **Lafontant K**, Gonzalez C*, Da Silva Barbera M*, Nguyen L*, Kampiyil S*, Stout JR, Fukuda DH. (2025). Describing Dietary Supplement Use Among High Intensity Functional Training Athletes. *UCF Student Scholar Symposium*. [Poster]

Kampiyil S*, **Lafontant K**, Nguyen L*, Da Silva Barbera M*, Gonzalez C*, Smith S, Livingston J, Stout JR, Fukuda DH. (2025). Relationship Between Urine Specific Gravity and Extracellular Water-to-Total Body Water Ratio as a Hydration Status Assessment. *UCF Student Scholar Symposium*. [Poster]

Nguyen L*, **Lafontant K**, Gonzalez C*, Kampiyil S*, Da Silva Barbera M*, Livingston J, Smith S, Stout JR, Fukuda DH. Dietary Patterns of High-Intensity Functional Training Athletes: A Cross-Sectional Analysis Using the REAP-S Tool. (2025). *UCF Student Scholar Symposium*. [Poster]

Gonzalez C*, Da Silva Barbera M*, **Lafontant K**, Kampiyil S*, Nguyen L*, Smith S, Livingston J, Stout JR, Fukuda DH. The Impact of Dining Out on Estimated Basal Metabolic Rate Among High Intensity Functional Training Athletes. (2025). *UCF Student Scholar Symposium*. [Poster]

Lafontant K, Marcano Maldonado P, Suarez JRM, Banarjee C, Leinbach CS, Fretti SK, Fukuda DH, Stout JR, Xie R, Thamwong L. (2025). Effect of a Physio-Feedback-Based Exercise Program on Physical Function and Body Composition Among Low-Income Community-Dwelling Older Adults: A Cluster Randomized Controlled Trial. *UCF Student Scholar Symposium*. [Poster]

Lafontant K, Blount A, Suarez JRM, Fukuda DH, Stout JR, Trahan E, Lighthall NR, Park JH, Xie R, Thiamwong L. (2024). Comparing Sensitivity, Specificity, and Accuracy of Fall Risk Assessments in Community-Dwelling Older Adults. *UCF Student Scholar Symposium*. [Poster]

Lafontant K, Cole A, Cole E, Thompson J, Brumels K, Dunn M. (2020). Hope4Balance: The Effect of a 6-Week Balance Intervention in an Assisted Living Facility Population. *Hope College Celebration of Undergraduate Research*. [Poster]

Regional

Lafontant K, Fukuda DH. (2026). Beyond Body Composition: Advanced Applications of Bioimpedance for Research and Clinical Practice. *Southeast ACSM Annual Meeting*. [Symposium Presentation]

Ali E*, **Lafontant K**, Suarez JRM, Leinbach CS, Fukuda DH, Stout JR, Garcia-Retortillo S, Lopez J, Xie R, Thiamwong L. (2026). Using the Short Physical Performance Battery to Detect Frailty Among Low-Income Community-Dwelling Older Adults: An ROC Analysis. *Southeast ACSM Annual Meeting*. [Thematic Poster]

Chovatia D*, **Lafontant K**, Kim D, Thiamwong L. (2025). Describing eHealth Literacy and Technology Use Habits Among Low-Income Community-Dwelling Older Adults. *Florida Undergraduate Research Conference*. [Poster]

Latta C*, Kim D, Lopez J, **Lafontant K**, Thiamwong L. (2025). Cognitive Impairment and Depression in Hispanic and Non-Hispanic Low-Income Older Adults: A Cross-Sectional Study. *Florida Undergraduate Research Conference*. [Poster]

Tice A, **Lafontant K**, Gummadavelly R, Suarez JRM, Banarjee C, Fukuda DH, Chen C, Thiamwong L. (2025). Sleep the Night Before a Reported Fall Among Low-Income Community-Dwelling Older Women: A Case Series. *Southeast ACSM Annual Meeting*. [Oral Presentation]

Zamarripa E*, **Lafontant K**, Fukuda DH, Stout JR, Thiamwong L. (2025). Physical Function Fall Risk Appraisals Among Community-Dwelling Older Adults: An ROC Analysis. *Southeast ACSM Annual Meeting*. [Thematic Poster]

Banarjee C, **Lafontant K**, Suarez JR, Xie R, Stout J, Thiamwong L. (2024). Evaluation of Skeletal Muscle Mass in Community-Dwelling Older Adults with and Without Fall History. *2024 Florida Society of Interventional Pain Physicians and the Florida Society of Physical Medicine and Rehabilitation Conference*. [Oral Presentation].

Lafontant K, Sterner DA, Fukuda DH, Stout JR, Park JH, Thiamwong L. (2024). Relationship Between Segmental and Whole-Body Bioelectrical Impedance Variables in Community-Dwelling Older Adults. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 16, No. 3, p. 71). *Southeast ACSM Annual Meeting*. [Poster]

National/International

Suarez JRM, **Lafontant K**, Goble D, Park JH, Dino M, Thiamwong L. (2025). Static Balance From the Short Physical Performance Battery Compared With BTrackS Among Older Adults. *Innovation in Aging*, Volume 9, Issue

Supplement_2, December 2025, igaf122.4013, <https://doi.org/10.1093/geroni/igaf122.4013>. *Gerontological Society of America Annual Meeting*. [Poster]

Thiamwong L, Banarjee C, **Lafontant K**, Suarez JRM, Tice A, Kim D, Dino M, Xie R. (2025). Integrating Digital Health Technologies With Physical and Mental Health for Motivating Low-Income Older Adults. *Innovation in Aging*, Volume 9, Issue Supplement_2, December 2025, igaf122.1146, <https://doi.org/10.1093/geroni/igaf122.1146>. *Gerontological Society of America Annual Meeting*. [Poster]

Banarjee C, **Lafontant K**, Suarez JRM, Xie R, Thiamwong L. (2025). Low-Intensity Peer-Led Exercise Improves Fall Risk Appraisal in Older Women. *Innovation in Aging*, Volume 9, Issue Supplement_2, December 2025, igaf122.3807, <https://doi.org/10.1093/geroni/igaf122.3807>. *Gerontological Society of America Annual Meeting*. [Poster]

Lafontant K, Marcano Maldonado P, Suarez JRM, Banarjee C, Leinbach CS, Fretti SK, Fukuda DH, Stout JR, Xie R, Thiamwong L. (2025). Effect of a Physio-Feedback-Based Exercise Program on Physical Function and Body Composition Among Low-Income Community-Dwelling Older Adults: A Cluster Randomized Controlled Trial. *National Strength and Conditioning Association National Conference*. [Oral Presentation]

Lafontant K, Carey C, Gaines R, Marquez D. (2025). Advances in Technology for Fostering Health Equity in Research and Applied Practice. *American College of Sports Medicine Annual Meeting*. [Symposium Presentation]

- Presenter: “Bioimpedance: An accessible indicator of cellular health to combat health disparities.”

Lafontant K. (2025) A Closer Look at Body Composition, Dietary Habits, and Supplement Use Among High-Intensity Functional Training Athletes. *International Society of Sports Nutrition Annual Meeting*. [Oral Presentation]

Livingston J, Smith S, **Lafontant K**, Gonzalez C*, Da Silva Barbera M*, Nguyen L*, Kampiyil S*, Stout JR, Fukuda DH. (2025). Describing Dietary Supplement Use Among High Intensity Functional Training Athletes. *International Society of Sports Nutrition Annual Meeting*. [Oral Presentation] [Poster]

Nguyen L*, **Lafontant K**, Gonzalez C*, Kampiyil S*, Da Silva Barbera M*, Livingston J, Smith S, Stout JR, Fukuda DH. Dietary Patterns of High-Intensity Functional Training Athletes: A Cross-Sectional Analysis Using the REAP-S Tool. (2025). *International Society of Sports Nutrition Annual Meeting*. [Poster]

Lafontant K, Gonzalez C*, Da Silva Barbera M*, Kampiyil S*, Nguyen L*, Smith S, Livingston J, Stout JR, Fukuda DH. Agreement Between a Photo-Based 5-Compartment Body Composition Model and a 3-Compartment Criterion Among Adult Athletes. *International Society of Sports Nutrition Annual Meeting*. [Oral Presentation] [Poster]

Brightman J, **Lafontant K**, Suarez J, Crook J, Thiamwong L. (2024). Sleep Quality, Duration, and Efficiency in Low-Income Older Adults with and Without Disabilities. *Gerontological Society of America Annual Scientific Meeting*. [Oral Presentation]

Lafontant K, Zamarripa E*, Tice A, Blount A, Suarez JRM, Kim D, Stout JR, Thiamwong L. (2024). Reactance/Height as a Potential Bioimpedance Indicator of Frailty Among Community-Dwelling Older Adults. *Gerontological Society of America Annual Scientific Meeting*. [Poster]

Lafontant K, Thiamwong L, Stout JR, Park JH, Xie R, Fukuda DH. (2024) Subjectively and Objectively Assessed Sleep in Older Adults with and Without Mild Cognitive Impairment. *Gerontological Society of America Annual Scientific Meeting*. [Poster]

Solis J, Bale C, **Lafontant K**, Ayers-Creech WA, Shelton G, Rukstela A, Alsayed Y, Ohigashi Y, Alur I, Resler C, Moon J, Buckner S, Matthews M, Campbell BI. (2024). The Effects of a High-Carbohydrate, High-Glycemic Load

Hypocaloric Diet on Body Fat Loss – A Case Study. *International Society of Sports Nutrition Annual Meeting*. [Poster]

Lafontant K, Chovatia D*, Latta C*, Tice A, Banarjee C, Fukuda DH, Stout JR, Xie R, Lopez J, Thiamwong L. (2024). BIVA vs BMI: How Should We Screen for Obesity? *International Society of Sports Nutrition Annual Meeting*. [Oral Presentation]

Lafontant K, Phillips K, Broeckel J, Parks A, Velazquez E, Ericksen S, Alur I, Shelton G, Heath A, Resler C, Dankel S, Campbell BI. (2023). The Effects of Caffeinated vs. Non-Caffeinated Thermogenic Supplement on Resting Energy Expenditure. *International Society of Sports Nutrition Annual Meeting*. [Oral Presentation]

Lafontant K, Phillips K, Broeckel J, Parks A, Velazquez E, Ericksen S, Alur I, Shelton G, Heath A, Resler C, Dankel S, Campbell BI. (2023). The acute effects of a commercially available caffeinated and caffeine-free thermogenic dietary supplement on hunger and hemodynamic variables. *International Society of Sports Nutrition Annual Meeting*. [Poster]

Lafontant K, Broeckel JC, Phillips K, Ayers-Creech WA, Solis J, Ohigashi Y, Bale C, Alsayed YH, Dankel SJ, Campbell BI. (2023). A caffeinated dietary fat loss supplement significantly increases acute resting energy expenditure compared to non-caffeinated dietary supplement. *NSCA National Conference*. [Poster]

Rukstela A, **Lafontant K**, Campell BI. (2023). Hormonal, Morphological, and Psychological Changes During Contest Preparation for a First-Time Natural Bikini Competitor. *International Society of Sports Nutrition Annual Meeting*. [Poster and Data Blitz Oral Presentation]

Rukstela A, **Lafontant K**, Helms E, Escalante G, Phillips K, Campbell BI. (2023). Bodybuilding Coaching Strategies Meet Evidence-Based Recommendations: A Qualitative Approach. *International Society of Sports Nutrition Annual Meeting*. [Poster]

Lafontant K, Thiamwong L, Stout J, Park JH, Xie R, & Fukuda DH. (2023). Examining The Association Between Hydration Status and Obesity in Older Adults. *Innovation in Aging*, 7(Suppl 1), 1032. *Gerontological Society of America Annual Meeting*. [Poster]

Lafontant K, Thiamwong L, Stout J, Park JH, Xie R, Fukuda DH. (2023). Redefining Obesity: A Ratio of Fat and Muscle Mass Compared to Body Mass Index In Older Adults. *Innovation in Aging*, 7(Suppl 1), 1109. *Gerontological Society of America Annual Meeting*. [Poster]

Broeckel J, Brooks A, Phillips K, Mastrofini G, Gegenheimer J, Parks A, **Lafontant K**, Korte S, Gonzalez A, Ericksen S, Guitierrez S, Monahan S, Cortes A, Campbell BI. Comparison of Macronutrient-based Tracking vs. Intuitive Eating for Increasing Protein Intakes in Females Initiating a Resistance Training Program. (2022). *International Society of Sports Nutrition Annual Meeting*. [Poster]

Lafontant K, Newhof L, Stephan O, Keefer A, Tyner E, Mitchinson C, Olyudeun O. (2021). The Effect of Cadence on Total Push-Up Repetitions in College Students. *National Council on Undergraduate Research*. [Virtual Poster]