

Kelly N. Z. Fuller
University of Illinois at Chicago
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EDUCATION

- 2016 – Present **University of Illinois at Chicago**, Chicago, Illinois
Doctor of Philosophy, Kinesiology and Nutrition
Major Professor: Dr. Jacob M. Haus
- 2014 – 2016 **Iowa State University**, Ames, Iowa
Master of Science, Nutritional Sciences
GPA: 3.96/4.00
Thesis: Effects of prior aerobic exercise on high-fat meal-induced inflammation
Major Professors: Dr. Rudy J. Valentine and Dr. Rick L. Sharp
- 2010 – 2014 **University of Connecticut**, Storrs, Connecticut
Bachelor of Science, Exercise Science
Minor: Nutrition for Exercise and Sport
Honors Scholar, GPA: 3.72/4.00
Thesis: Comparison of the observed exercise and nutrition habits of pregnant women to current evidence-based recommendations
Thesis Advisor: Dr. Lawrence E. Armstrong; Honors Advisor: Dr. Carl M. Maresh

RESEARCH EXPERIENCE

- 2014 – 2016 **Graduate Research Assistant**
Iowa State University, Department of Nutritional Sciences, Department of Kinesiology
- Effects of prior aerobic exercise on high-fat meal-induced inflammation
 - PI: Rudy Valentine, PhD (Master's Thesis: Kelly Fuller)
 - Exercise prevents inflammation and metabolic dysfunction in obese mice
 - PI: Rudy Valentine, PhD (Graduate Research: Kelly Fuller, Corey Summers)
 - Effect of dietary resistant starch on diabetic nephropathy and associated complications
 - PI: Matthew Rowling, PhD (Dissertation: Gar Yee Koh)
 - Nutritional intervention for age-related muscular function and strength losses
 - PI: John Rathmacher, PhD; Site Director: Rick Sharp, PhD
- 2011 - 2014 **Undergraduate Research Assistant**
University of Connecticut, Department of Kinesiology
- Relationships between hydration biomarkers and fluid intake in pregnant and lactating women
 - PI: Lawrence Armstrong, PhD (Dissertation: Amy McKenzie)
 - Nutrition, exercise and body composition throughout pregnancy and lactation
 - PI: Lawrence Armstrong, PhD (Dissertation: Amy McKenzie; Undergraduate Honors Thesis: Kelly Fuller)

PROFESSIONAL APPOINTMENTS

- 2016 – Present **Graduate Teaching Assistant**
University of Illinois at Chicago, Department of Kinesiology and Nutrition
Course: KN352 Physiology of Exercise
Laboratory Section Instructor
- 2016 **Graduate Teaching Assistant**
Iowa State University
Course: FSHN 265 Nutrition for Healthy and Active Lifestyles
Teaching Assistant

PUBLICATIONS

Manuscripts

Koh GY, Derscheid R, **Fuller KN**, Valentine RJ, Leow SE, Reed L, Wisecup E, Schalinske KL, and Rowling MJ. Circulating adiponectin concentrations are increased by dietary resistant starch and correlate with serum 25-hydroxycholecalciferol concentrations and kidney function in Zucker diabetic fatty rats. *Nutrition Research*, 2016; 36(4):311-9.

Abstracts

McKenzie AL, Ellis LA, **Fuller K**, Guelinckx I, Perrier E, Armstrong LE. Do the exercise habits of pregnant women conform to evidence-based recommendations? 2014. Experimental Biology, San Diego, CA; featured topic poster. The FASEB Journal. 2014; 28(1 Supplement): 886.7

Scholarly Presentations

Fuller KN, Summers CM, Valentine RJ. Effect of a Single Bout of Aerobic Exercise on NF- κ B in Peripheral Blood Mononuclear Cells. American College of Sports Medicine Annual Meeting, 2016. (Poster)

Fuller KN, Summers CS, Valentine RJ. Effects of prior aerobic exercise on high-fat meal-induced inflammation. Iowa State University's 3rd Annual Graduate & Professional Students' Research Conference, 2016. (Poster)

Fuller K, McKenzie AL, Maresh CM, Armstrong LE. Comparison of the Observed Exercise and Nutrition Habits of Pregnant Women to Current Recommendations. University of Connecticut's 17th Annual Frontiers in Undergraduate Research Exhibition, 2014. (Poster)

HONORS AND AWARDS

- 2015-16 Harriet & Grace Bepler Endowment Scholarship, Iowa State University
- 2014-16 Stanley Herren Graduate Fellowship, Iowa State University
- 2014 Honors Scholar, University of Connecticut

2010-12, 2014 Dean's List, University of Connecticut
2012 Sophomore Honors Award, University of Connecticut
2011 New England Scholar, University of Connecticut
2010, 2011 Scholar Athlete Award, University of Connecticut

LEADERSHIP AND PROFESSIONAL SERVICES

2015-16 Kinesiology Representative, Interdisciplinary Graduate Student Club, Iowa State University
2015, 2016 Poster Judge, Human Diseases Course, Department of Kinesiology, Iowa State University
2015 Panel Member, Graduate School: What to Expect? Department of Food Science and Human Nutrition, Iowa State University

PROFESSIONAL MEMBERSHIPS

2012 – Present American College of Sports Medicine