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### **Areas of Research Interest**

The impact of physical education experiences on students' psychological wellbeing, stress, anxiety, and depression; best practices in strength and conditioning at the middle and high school level

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### **Educational Background**

In-progress	PhD	Georgia State University Concentration: Kinesiology Major: Physical Education Teacher Education
2017	MS	Georgia Southern University Concentration: Health and Physical Education <b>Teaching Certificate Number: 1191621</b>
2014	MEd	Georgia Southern University Concentration: Counselor Education
2011	BSFCS	University of Georgia Concentration: Child and Family Development
2011	BS	University of Georgia Concentration: Psychology

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### **Professional Experience**

2023-present	Assistant Professor Department of Kinesiology and Health Promotion Troy University
2019-present	Graduate Research Assistant Department of Kinesiology and Health Georgia State University
2019-present	Graduate Teaching Assistant Department of Kinesiology and Health Georgia State University

2021	Strength & Conditioning Intern Coach/Tennis and Swim Performance Training Coach/Summer Camp Performance Training Coach Greater Atlanta Christian School, Norcross, GA
2020-present	The Garage @ Fit Statesboro Coach Fit Statesboro, Statesboro, GA
2017-2019	Physical Education Teacher North Tattnall Middle School Tattnall County School District, Reidsville, GA
2014-2019	CrossFit Level 2 Coach/CrossFit Kids Coach CrossFit Boro, Statesboro, GA

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## Research

### Refereed Articles

**Lanier, K.V.**, Killian, C.M., Wilson, K.E., Ellis, R. (2022). Physical education participation and students' anxiety, depression, and/or stress: A scoping review. *Kinesiology Review*, 11(3), 209-219.

Carmon, A, Gurvitch, R., Kim, G., & **Lanier, K.V.** (2022). The importance of interactions in digital pedagogy: Learner-learner (part 3). *Journal of Physical Education, Recreation, and Dance*, 93(4), 17-22

**Lanier, K.V.**, Gurvitch, R., Carmon, A., & Kim, G. (2022). The importance of interactions in digital pedagogy: Learner – content (part 2). *Journal of Physical Education, Recreation, and Dance*, 93(4), 11-16.

^Kim, G. , Gurvitch, R., **Lanier, K.V.**, & Carmon, A. (2022). The importance of interactions in digital pedagogy: Learner – instructor (part 1). *Journal of Physical Education, Recreation, and Dance*, 93(4), 6-10.

^ Article was promoted on the journal cover

^**Lanier, K.V.**, Killian, C.M., & Burnett, R. (2021). Integrating strength and conditioning in a high school physical education curriculum: A case example. *Journal of Physical Education, Recreation, and Dance*, 92(5), 18-26.

^ Article was promoted on the journal cover and in an invited summary post on the SHAPE America Blog

### Articles in Review

None at this time

### **Non-Refereed Articles and Invited Blogs**

Lanier, K. & Killian, C.M. (2021, June 29). Integrating strength and conditioning into high school physical education. SHAPE America Blog.  
<https://blog.shapeamerica.org/2021/06/integrating-strength-and-conditioning-into-high-school-physical-education/>

### **Articles in Preparation**

**Lanier, K.V.**, Killian, C.M., & Wilson, K.E. (in writing). An exploratory study of change in feelings of stress during a high school strength and conditioning class. Target *Journal of Curriculum Studies*

**Lanier, K.V.** & Killian, C.M. (in writing). Using technology to support students in strength and conditioning. Target *Journal of Physical Education, Recreation, and Dance*.

Killian, C.M., Woods, A.M., & **Lanier, K.V.** (in preparation, data analyzed). Physical activity in an elective online physical education course: (Missed) opportunities for student engagement. Target *Journal of Physical Activity and Health*.

Killian, C.M., & **Lanier, K.** (in preparation, data analyzed). If there's no blending, is it blended learning? Physical education teachers' implementation of a packaged online curriculum. Target *Journal Physical Education & Sport Pedagogy*.

### **On-going Research Involvement**

**Lanier, K.V.**, Killian, C.M., & Wilson, K.E. (study in progress). Qualitative interview study on principals and assistant principals' views about the magnitude of mental health issues within the school population and their view of school-based physical activity as a strategy to promote mental health.

Killian, C.M., **Lanier, K.V.** & Gawvrisch, D.P (search and article screening in progress).  
Research on instructional technology use in K-12 physical education: A systematic review.

Killian, C.M., & **Lanier, K.V.** (study in progress). Virtual school wellness policy scan.

### **Abstract and Conference Proceedings (Not Listed Under Presentations)**

**Lanier, K. V.**, & Killian, C.M. Principals' views on student mental health and physical activity as a mediator. (in review). For presentation at the SHAPE America National Convention, Seattle, WA.

**Lanier, K. V.**, & Killian, C.M. (2021). Unintentional outsourcing? Teachers' use of an externally provided "blended learning" curriculum. *Research Quarterly for Exercise and Sport*, 92, A-126-A-127

## **Refereed Presentations: International and National Conferences**

**Lanier, K.V.**, Killian, C.M., & Wilson, K. (2022, April). *The impact of strength and conditioning in physical education on students' feelings of anxiety and stress*. Presenting at the Society of Health and Physical Educators [SHAPE] America National Convention, New Orleans, LA.

**Lanier, K.V.**, Killian, C.M., Wilson, K., & Ellis, R. (2022, April). *What is the impact of physical education on students' feelings of stress, anxiety, and depression?* Presenting at the Society of Health and Physical Educators [SHAPE] America National Convention, New Orleans, LA.

**Lanier, K.V.**, Killian, C.M., Wilson, K., & Ellis, R. (2021, June). *K-12 physical education participation and its impact on student anxiety, depression, and/or stress: A scoping review*. Presented at the International Association for Physical Education in Higher Education [AIESEP] International Conference, Banff, Alberta, Canada, Virtual.

Killian, C.M, Ison, S.E., Pennington, S.A., Killian, L.A., & **Lanier, K.V.** (2021, June). *Theoretically informed professional development through design: Engaging teachers in the construction of a quality online physical education course*. Presented at the International Association for Physical Education in Higher Education [AIESEP] International Conference, Banff, Alberta, Canada, Virtual.

**Lanier, K.V.** (2020). *High school students' attitudes toward physical education, physical fitness, and lifelong exercise*. For presentation at the Society of Health and Physical Educators [SHAPE] America National Convention, Salt Lake City, UT

## **Academic Presentations: Regional and State Conferences**

**Lanier, K.V.**, & Killian, C.M. (2022, November). Integrating strength and conditioning into the PE curriculum. Presenting at the Georgia Association for Health, Physical Education, Recreation, and Dance Convention, Athens, GA.

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## **Courses Taught**

### **Georgia State University**

KH 3020: Fitness and Physical Activity	Lead Instructor	Face-to-Face, Online, Hybrid	4 Semesters
KH 3010: Skill Themes and Movement Concepts	Lead Instructor	Hybrid	3 Semester
KH 2211: Movement Sciences for the Practitioner	Lead Instructor	Hybrid	2 Semester
KH 4430: Advanced Concepts in Strength Training and Performance	Teaching Assistant	Hybrid	1 Semester
KH 4710: Student Teaching Health & PE, P-5	University Supervisor		4 Semesters

KH 4720: Student Teaching Health & PE, 6-12	University Supervisor	4 Semesters
KH 6710: Grad Practicum Elementary PE	University Supervisor	4 Semesters
KH 6720: Grad Practicum Secondary PE	University Supervisor	4 Semesters

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## **Service to the Profession**

### **Manuscript Reviewer**

*Journal of Teaching in Physical Education* (2020-present)

### **Conference Research Abstract Reviewer**

Society of Health and Physical Educators (SHAPE) America (2021)

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## **Professional Organization Memberships (current)**

Society of Health and Physical Educators (SHAPE) America  
 Georgia Association for Health, Physical Education, Recreation, and Dance (GAHPERD)  
 National Strength and Conditioning Association (NSCA)  
 United States of America Weightlifting (USAW)

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## **Certifications (current)**

NSCA Certified Strength and Conditioning Specialist (CSCS)  
 CrossFit Level 2 Certification  
 CrossFit Kids Certification  
 USA Weightlifting Level 1 Coach  
 Adult and Infant CPR/AED/First Aid  
 Collaborative Institutional Training Initiative (CITI) Program Research Training
 

- Basic/Refresher Course-Human Subjects Research-Group 2-Social Behavioral
- Responsible Conduct of Research-Social and Behavioral Responsible Conduct of Research Course 1
- Conflict of Interest mini-course
- GCP-Social and Behavioral Research Best Practices for Clinical Research