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Education

Master of Science in Sports Science

University of Pittsburgh, Pittsburgh, PA, Expected Graduation: June 2025

Bachelor of Arts in Health Sciences with distinction | Minor in Psychology

Hendrix College, Conway, AR, 2020- 2024 | Dean's List: Fall 2020 Semester

Henderson State University

Arkadelphia, AR, 2018- 2020 | GPA: 3.86/4.0 (Concurrent Enrollment)

University of Arkansas at Little Rock

Little Rock, AR, 2017- 2018 | GPA: 4.0/ 4.0 (Concurrent Enrollment)

Professional Experience

U.S. Ski & Snowboard, Park City, UT **May 2025 – Present**

High-Performance Summer Fellow

Selected for a competitive fellowship within the Olympic governing body's High-Performance Department, working directly with national team athletes in a state-of-the-art training environment.

- Design and delivered strength and conditioning programs, emphasizing warm-ups, plyometrics, speed/agility, Olympic lifts, and recovery strategies.
- Conduct comprehensive athlete testing and assessments, including force plate analysis, aerobic/anaerobic capacity, and movement competency evaluations.
- Assist in monitoring and data analysis using sports science tools and contribute to athlete return-to-play protocols.
- Participate in structured continuing education sessions and interdisciplinary meetings with physiologists, PTs, ATs, and sport technologists.
- Collaborate on performance projects, presented findings to staff, and engage in curriculum modules covering tapering, fatigue, and coaching pedagogy.

University of Pittsburgh, Pittsburgh, PA **August 2024 – Present**

Women's Basketball Sports Science/Strength and Conditioning Intern

Gained hands-on experience in strength and conditioning within a competitive Division I athletic program, applying sports science principles to enhance athlete performance.

- Contribute to the development and execution of comprehensive strength and conditioning programs tailored specifically for the Women's Basketball team, focusing on enhancing athletic performance and injury prevention.
- Oversee the maintenance and setup of all weight room equipment to ensure a safe and effective training environment for the athletes.
- Demonstrate proper lifting techniques and exercises to the athletes, ensuring they understand form and safety procedures to maximize their training effectiveness.
- Administer the daily operations of advanced Catapult technology and various sports science equipment, such as Force Plates and Gym Aware, to collect data that informs training and performance assessments.
- Collaborate in designing and presenting data visualization dashboards that effectively communicate performance metrics and progress to athletes and coaching staff.
- Assist with creating tailored programming for athletes in their Return to Play phase, focusing on safe and effective rehabilitation strategies.

- Perform additional responsibilities and tasks as needed to support the overall goals of the team and its training initiatives.

University of Pittsburgh, Pittsburgh, PA

August 2024 – December 2024

REHSCI 1219 Exercise Physiology Student Assistant

Assist with management of the undergrad REHSCI 1219 Exercise Physiology lecture and Exercise Physiology lab course within the School of Health and Rehabilitation Sciences. Responsible for creating a cohesive environment for the educational unit by supporting faculty and students throughout the semester

- Assist in reviewing and grading laboratory reports, case studies, and other assignments and assessments
- Attend weekly meetings with the instructor to coordinate class activities and review course material
- Identify concerns regarding specific students' performance and collaborate with the instructor to develop solutions
- Present subject matter to students under the guidance of the professor, leading lectures and discussions
- Tutor and assist students individually or in small groups, as scheduling allows, to help them master assignments and reinforce learning concepts presented by myself or the professor

University of Nevada Las Vegas Athletics, Las Vegas, NV

May 2024 – August 2024

Volunteer Strength and Conditioning Intern

Gain valuable experience working with Division-I athletes and knowledge of the day-to-day operations of a Division-I strength and conditioning program. Collaborate with sports performance specialists (Sports Scientists, Athletic Trainers, nutritionists, etc.). Enriched understanding of the strength and conditioning curriculum and aided in the process of the CSCS certification

- Assist in the maintenance of athletic facilities, facilitated the organization and disassembly of training equipment
- Supervise athletes during their training activities, providing demonstrations of proper lifting techniques
- Engaged in professional development assignments and projects as designated by the internship supervisor
- Conducted athletic performance assessments, including VO2 Max, isometric mid-high pull, countermovement jumps, plantar and dorsiflexion ankle strength, and anaerobic power, ensuring accurate recording and charting of results
- Operated various sports performance technologies, such as Catapult vest tracking, Vald Force Decks, Vald Force Frames, and Polar devices, to support the collection of athletic performance data and its subsequent application

D1 Sports, Little Rock, AR

August 2023 – December 2023

Physical Therapy Shadowing

Shadow physical therapist (Dr. Josh Landers) for 50+ hours and physical therapy students from Baylor University and University of Central Arkansas.

- Engaged in and studied Dr. Landers' ongoing Blood Flow Restriction (BFR) research
- Witnessed therapies for assorted Division 1 athletic clients

University of Arkansas for Medical Sciences, Little Rock, AR

May 2023 - July 2023

Summer Undergraduate Research Intern

Collaborated on a research project in the Department of Neurobiology and Developmental Sciences at UAMS. Contributed to metabolic data collection using methods such as weekly weigh-ins, glucose tolerance testing, and the CLAMS system. Explored and evaluated graduate-level lecture content and research manuscripts. Utilized Microsoft Office Excel to develop pivot tables summarizing key research findings. Conducted statistical analyses, like Two Way ANOVA and Student T-tests, to identify significant data trends. Attended lectures on topics to sharpen research capabilities and critical career competencies.

- Attended Ph.D. candidate defenses to gain insights
- Underwent operational training for safe handling of animal subjects
- Implemented the Comprehensive Lab Animal Monitoring System (CLAMS) technology
- Conducted and supported benchwork experiments, including Leptin and Growth Hormone assays
- Drafted and chosen to give an oral presentation on "Male offspring of undernourished dams are protected from high-fat diet-induced weight gain and display sex-specific metabolic changes" at the Central Arkansas Undergraduate Research Symposium

Bailey Library, Conway, AR September 2021 – May 2024

Library Student Assistant/Research Associate

Offer stellar customer service to all at Hendrix College, answering inquiries about automated machinery, library procedures, and resource location. Engage in research associate meetings regularly to converse about ongoing and proposed projects. Present weekly progress reports encapsulating designated tasks. Participate in additional research associate training sessions for continuous learning and improvement. Provide robust resolution to students with research queries, utilize and suggest relevant research databases to amplify specific search outcomes.

- Instructed students on efficiently using research databases while refining research topics and objectivity
- Coordinated assigned library projects, including display arrangements and book collection reorganization
- Contributed actively to library activities like open houses, exploration classes, and introduction to library resources
- Operated under COVID-19 and engaged in luncheons with potential library staff, promoting procedural understanding

DW Reynolds, Conway, AR September 2022 – May 2024

Anatomy and Physiology Peer Learning Associate

Facilitate expert-level tutoring sessions, aiding pupils in lecture and lab-related anatomy and physiology queries. Execute quality assurance tasks in the capacity of a proctor examiner for lab practical tests

- Streamlined lab environment according to faculty requirements
- Earned exclusive recommendation from health sciences department professors to function as the sole A&P tutor

Conway Regional Physical Therapy, Conway, AR May 2022 - August 2022

Undergraduate Intern

Partnered and learned alongside physical therapists, occupational therapists, and technical staff. Ensured cleanliness and hygiene of therapeutic resources.

- Supervised and aided patients in adhering to their workout plans
- Implemented treatments like ice, ultrasound therapy, and transcutaneous electrical nerve stimulation therapy

Upcoming Publications

- "A 30% Maternal Caloric Restriction Alters Expression of Musashi Targets in the Neonatal and Adult Pituitary Proteomes of FVB Mice"
Journal of Endocrine Society
- **Case Study:** "Complex Laceration with Muscle Damage in Division 1 Female Basketball Player"
This case study examines the return-to-play process for a Division 1 Women's Basketball player at the University of Pittsburgh, focusing on the framework utilized for safe reintegration into in-season practices, monitored with data from Catapult technology.

Affiliations

Increasing Retention in STEM – Member | October 2021 – May 2022

Program meant to increase retention in STEM for underrepresented individuals pursuing STEM degrees.

Hendrix College Girl's Track and Field - Thrower | August 2020 – January 2022

SAA Division III Athlete | College Track and Field Letterman (2021) Southern Athletic Association (SAA) Academic Honor Roll (2021)

Professional Certifications

Certified Strength and Conditioning Specialist (CSCS) (2024-Present)

Certified through the National Strength and Conditioning Association (NSCA). Passed an exam that tested knowledge, skills, and abilities in two areas of professional practice: Scientific Foundations and Practical/Applied.

CPR/AED/First Aid (2024-2026)

Successfully completed the cognitive and hands-on skills evaluations for Adult and Pediatric CPR/AED/First Aid training in accordance with the American Heart Association® Guidelines.

Skills

Microsoft Office • R (Programming Language) •
Microsoft Power BI • Tableau • Exercise Physiology • Customer Service • Laboratory Skills Statistics
• Strength & Conditioning • Sports Science

Professional References

Dr. Michelle Van Dyke, PhD (University of Pittsburgh Women's Basketball Strength and Conditioning Coach)

mvandyke@athletics.pitt.edu

Dr. Sean Crandell, PT, DPT, ATC (Adjunct Faculty of the School of Health and Rehabilitation Sciences at the University of Pittsburgh)

ssc24@pitt.edu

Dr. Timothy Suchomel, PhD (Director of Sports Science Master's Program at the University of Pittsburgh)

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