

Montia Pace, M.S.

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601-209-3144

EDUCATION

DOCTOR OF PHILOSOPHY

- University of North Alabama, *Florence, AL*
- Major: Exercise Science and Health Promotion
- Expected Graduation Date: 2027

MASTER OF SCIENCE

- University of North Alabama, *Florence, AL*
- Major: Health and Human Performance with a Concentration in Exercise Science
May 2019 GPA: 3.83/4.00

BACHELOR OF SCIENCE

- Mississippi State University, *Starkville, MS*
- Major: Kinesiology with a Concentration in Clinical Exercise Physiology,
December 2016 GPA: 3.49/4.00 **Cum Laude**

TEACHING EXPERIENCE

Visiting Assistant Professor, Alabama A&M University – Fall 2025 – Present

- Personal & Community Health (HED 101)
- Administration in Health & Physical Education (HPE 301)
- Applied Anatomy & Kinesiology (HPE 304)

Adjunct Instructor, Alabama A&M University – Fall 2019 – Spring 2025

- Personal and Community Health (HED 101)

Temporary Full-Time Instructor, Alabama A&M University – Fall 2023

- Personal and Community Health (HED 101)
- Fitness For Life (PED 102)
- Tennis (PED 111)

PhD Student Instructor, University of North Alabama

- Fitness Program and Testing (HPE 360) *Fall 2021*
- Applied Statistics in Health and Exercise Science (HPE 451) *Fall 2022*

Preparing Future Faculty Program (3 credit hours), University of North Alabama

- Provided and promoted professional development opportunities and resources related to teaching and learning
- Developed a realistic perspective on the skills required for success as a faculty member
- Better prepared for all aspects of future faculty careers, including teaching, scholarly research, and/or creative activities, and service
- Provided a supportive environment to practice, document, and reflect upon teaching skills
- Encouraged the development of a positive, sustained mentoring relationship with faculty members, allowing for a more in-depth look at a successful faculty career

RESEARCH & PROFESSIONAL EXPERIENCE

PROFESSIONAL SERVICE

- Manuscript Peer-Reviewer for International Journal of Exercise Science (IJES) - *Fall 2022-Fall 2024*

PUBLICATIONS

M. T Pace, J. M Green, L. G Killen, J. C Swain, H. Chander, J. D Simpson & E. K O'Neal (2020): Minimalist style boot improves running but not walking economy in trained men, *Ergonomics*, DOI: 10.1080/00140139.2020.1778096

THESIS

M.T. Pace, J.C. Swain, D.W. Sharp, R. T. Albino, J.M. Green, L.G. Killen, H. Chander, J.D. Simpson, and E.K. O'Neal. "Minimalist Style Boot Improves Loaded Running but not Walking Economy" *Defended April 2019*

LABORATORY SKILLS

Human Performance Lab – University of North Alabama August 2017 – present

- Metabolic Testing (TrueOne 2400 ParvoMedics Metabolic Cart, Vacumetrics Metabolic Cart)
- Blood Lactate Analysis (YSI Model 1500 Blood Lactate Analyzer)

Neuromechanics Lab – Mississippi State University (*Internship*) August 2016 – December 2016

- Force Plate and EMG data collection
- Operated Biopack EMG software, AMTI Netforce software, and BioAnalysis software

CONFERENCE AND PROFESSIONAL PRESENTATIONS

1. **M.T. Pace**. "Minimalist Style Boot Improves Running but not Walking Economy in Trained Males." *Presented at ASAPERD Fall Conference, November 2019*
2. Participated in the College & University 3 Minute Thesis Competition. "Minimalist Style Boot Improves Running Economy." *Placed 2nd in college competition, April 2019*
3. **M.T. Pace**, J.C. Swain, D.W. Sharp, R. T. Albino, J.M. Green, L.G. Killen, H. Chander, J.D. Simpson, and E.K. O'Neal. "Minimalist Style Boot improves Loaded Running Economy" *Southeastern ACSM Annual Meeting, February 2019: Greenville, SC. Finalist Master Student Research Award*
4. D.W. Sharp, **M.T. Pace**, J.C. Swain, R.T. Albino, J.M. Green, L.G. Killen, H Chandler, J. D. Simpson, E.K. O'Neal. Minimalist Style Military Boot does not improve Walking Economy Under Load in Trained Males. *Southeastern ACSM Annual Meeting. February 2019: Greenville, SC.*
5. **M.T. Pace**. "The Transition from Undergraduate to Graduate Student: Student Perspective." *Presented at ASAPERD Fall Conference, November 2018*
6. J.C. Swain, B.L. Miller, **M.T. Pace**, R.K. Lowell, J.D. Simpson, A.C. Knight, & H. Chander. "Impact of Minimalist Footwear Type and Fatigue on Balance." *Poster presentation submitted for doctoral student research award at Southeast ACSM Annual Meeting, February 2017.*
7. B.L. Miller, J.D. Simpson, J.C. Swain, **M.T. Pace**, R.K. Lowell, Z. Pan, A.C. Knight, & H. Chander. "Effect of Minimalist Footwear and Fatigue on Static Balance." *Poster presentation submitted for doctoral student research award at Southeast ACSM Annual Meeting, February 2017. (Presented at SEACSM)*

WORK EXPERIENCE

EMBRACE ALABAMA KIDS/UNITED METHODIST CHILDREN'S HOME Florence, AL
Scholarship Program Assistant June 2017-May 2026

- Work with Group Home Manager to provide a nurturing and healthy environment for adolescent females
- Supervise group home
- Manage and guide residents physically, spiritually, educationally, socially, and emotionally
- Transport residents
- Solve complex problems with multiple software programs
- Conduct fire and tornado drills

PROFESSIONAL AFFILIATIONS

- Alabama State Association for Health, Physical Education, Recreation and Dance, Member 2018 - present
- American College of Sports Medicine Southeast Region Chapter, Member 2017-present

CERTIFICATIONS

- CPR Certified (ProFirstAid), 2018– present
- Safe Zone Trained (*LGBTQ+ awareness*), *Certified* 2015 – present
- QPR Trained (*Question, Persuade, Refer – suicide prevention*), *Certified* 2015 – present