

### General Information

University of Wisconsin-Milwaukee  
Department of Kinesiology  
3409 N. Downer Ave.  
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### Formal Education

University of Wisconsin-Milwaukee (anticipated graduation May 2021)

Doctorate of Philosophy, Kinesiology

Major Specialization: Sport Psychology

Doctoral Minors: Qualitative Research Methods, Statistical Inference

Advisor: Monna Arvinen-Barrow, PhD, CPsychol

Minnesota State University, Mankato (2015)

Master of Arts, Sport and Exercise Psychology

Advisor: Jedediah Blanton, PhD

Capstone: *Athletes' Perceived Athletic Ability and Attitudes Toward Sports Medicine Professionals.*

Southern Connecticut State University (2011)

Bachelor of Science, Athletic Training

Minor: Psychology

### Professional Certifications

- Social & Behavioral Human Subjects Research, Collaborative Institutional Training Initiative (CITI)  
No. 5357359, March 2017 – Present
- Licensed Athletic Trainer (LAT), State of Wisconsin Department of Safety & Professional Services  
No. 1808, February 2016 – Present
- Responsible Conduct of Research Certificate, University of Wisconsin-Milwaukee  
No. NA, December 2015 – Present
- Registered Athletic Trainer – State of Minnesota Board of Medical Practice  
No. 2474, May 2013 – June 2016
- Licensed Athletic Trainer – State of Connecticut Department of Public Health  
No. 756, June 2011 – March 2014
- Board Certified Athletic Trainer – Board of Certification, Inc. (BOC)  
No. 2000007291, July 2011 – Present
- Emergency Medical Technician Basic (EMT-B), State of Connecticut Department of Public Health  
No. 12423, June 2010 - April 2012
- CPR/AED for Professional Rescuers and Health Care Providers, American Red Cross  
No. NA, June 2010 – Present

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### Professional Experience (Athletic Training)

- Assistant Athletic Trainer, Ascension, Milwaukee WI (2019-Present)
- Assistant Athletic Trainer, Athletico Physical Therapy, Milwaukee, WI (2016-2019)
- Assistant Athletic Trainer, Orthopedic & Fracture Clinic, Mankato, MN (2014-2015)
- Head Athletic Trainer, North Haven High School, North Haven, CT (2012-2013)
- Assistant Athletic Trainer, Quinnipiac Physical Therapy, North Haven, CT (2011-2013)
- Assistant Athletic Trainer, Temple Physical Therapy, Cheshire, CT (2012)
- Assistant Athletic Trainer, Olympic Developmental Program Region 1, Fitchburg, MA (2011)
- Assistant Athletic Trainer, Athletic Trainer Solutions, Wallingford, CT (2011-2012)

### Clinical Instruction (Athletic Training)

- Athletic Training Preceptor, Minnesota State University, Mankato, MN (2013-2015)

### Class Room Instruction

- Co-instructor, University of Wisconsin-Milwaukee:
  - Department of Kinesiology, KIN 551, Psychology of Injury/Illness/Disease: Implications/strategies for Rehabilitation, (Spring, 2018)
  - Department of Biological Science, Anatomy and Physiology I - Laboratory (Fall, 2015)
- Guest Lecturer, Department of Kinesiology, University Wisconsin-Milwaukee:
  - **EDPSYCH 101, Foundations of Academic Success. Lecture title: "Sport Psychology," University of Wisconsin-Milwaukee** (October, 2018)
  - **KIN 350, Psychological Aspects of Sport and Exercise. Lecture title: "Introduction to Sport Injury/Rehabilitation Psychology," University of Wisconsin-Milwaukee** (April, 2017)
  - **KIN 350, Psychological Aspects of Sport and Exercise. Lecture title: "The Psychological Role of the Sports Medicine Professional," University of Wisconsin-Milwaukee** (April, 2017, 2018)
  - **KIN 200, Introduction to Kinesiology. Lecture title: "Introduction to Sport and Performance Psychology," University of Wisconsin-Milwaukee** (April, 2017)

### Assistantships

- Teaching Assistant, College of Health Sciences, University of Wisconsin-Milwaukee (2017-Present)
- Research Assistant, Department of Kinesiology, University of Wisconsin-Milwaukee (2015-Present)
- Teaching Assistant, Department of Human Performance, Minnesota State University (2015)
- Research Assistant, Department of Human Performance, Minnesota State University (2014-2015)
- Graduate Assistant Athletic Trainer, Minnesota State University (2013-2015)

### Fellowships

- Distinguished Graduate Student Fellowship. (2019-2020). Graduate school fellowship awarded at the University of Wisconsin-Milwaukee. Award: Tuition waiver + \$15,000.00 stipend + \$1000.00 travel grant
- Advanced Opportunity Program Fellowship. (2018-2019). Graduate school fellowship awarded at the University of Wisconsin-Milwaukee. Award: Tuition waiver + \$15,000.00 stipend
- Advanced Opportunity Program Fellowship. (Summer, 2017). Graduate school fellowship awarded at the University of Wisconsin-Milwaukee. Award: Tuition waiver
- Advanced Opportunity Program Fellowship. (2017-2018). Graduate school fellowship awarded at the University of Wisconsin-Milwaukee. Award: Tuition waiver + \$15,000.00 stipend
- Advanced Opportunity Program Fellowship. (2016-2017). Graduate school fellowship awarded at the University of Wisconsin-Milwaukee. Award: Tuition waiver + \$15,000.00 stipend + \$1000.00 travel grant

### Scholarships

- Richard E. Vandervoort Memorial Scholarship. (July, 2019). Sponsored by the Vandervoort Foundation. **Presented by the National Athletic Trainers' Association (NATA) Research & Education Foundation.** Award: \$2,300.00

### Honors and Awards

1. Association for Applied Sport Psychology (AASP), Student Diversity Travel Grant Award. (2016). Award: Conference registration and AASP student membership (2017). Award value: \$300.00
2. Association for Applied Sport Psychology (AASP) 31<sup>st</sup> Annual Conference Travel Grant. (2016). Awarded at University of Wisconsin-Milwaukee. Award value: \$485.00
3. Federal Pell Grant Award. (2009-2010). Awarded at Southern Connecticut State University. Award value: \$1,600.00
4. Federal Pell Grant Award. (2010-2011). Awarded at Southern Connecticut State University. Award

value: \$600.00

#### Travel & Research Grants

1. Ford, J., Ildefonso, K., Wahl, C. & Nai, M. (2019, March). University of Wisconsin-Milwaukee Student Appropriations Committee (SAC) Travel Grant, Association for Applied Sport Psychology 34<sup>th</sup> Annual Conference. \$2696 funded.
2. Wisconsin Athletic Trainers Association Research Grant  
Ildefonso, K., & Arvinen-Barrow, M. (2017). *Exploring mental toughness in sport injury rehabilitation: A grounded theory approach*. Award value: \$1916.00
3. Hauff, C., Ford, J., Ildefonso, K., & Nai, M. (2016, October). University of Wisconsin-Milwaukee Kinesiology Graduate Association Annual Conference Grant, Association for Applied Sport Psychology 31st Annual Conference. \$1940 funded.

#### Peer-Reviewed Publications

1. Ford, J., Ildefonso, K., Jones, M., & Arvinen-Barrow, M. (2017). Sport-related anxiety: Current insights. *Open Access Journal of Sports Medicine*, 8, 205-212.  
doi: <http://dx.doi.org/10.2147/OAJSM.S125845>

#### Book Chapters

1. Ildefonso, K., Arvinen-Barrow, M., & Clement, D. (2019). Reactions to a football injury: Adrian Jones, a freshman collegiate football player. In M. Arvinen-Barrow & D. Clement (Eds.), *The psychology of sport and performance injury: An interprofessional case-based approach*. Abingdon, UK: Routledge.

#### Other Minor Publications

1. Ildefonso, K., Gnacinski, S., Earl-Boehm, J., & Arvinen-Barrow, M. (2016). Physical predictors of perceived susceptibility to sport injury among collegiate athletes: An exploratory investigation. *Journal of Athletic Training*, 51 (S6), S178.

#### National and International Presentations

1. Ford, J., Beauchemin, R., Halama, B., Ildefonso, K., Zike, D. & Arvinen-Barrow, M. (2019, October). *Exploring the use of performance strategies in Division 1 athletes*. Association for Applied Sport Psychology, Portland, OR, USA.
2. Ildefonso, K., Earl-Boehm, J., & Arvinen-Barrow, M., (2019, October). *Collegiate student-athletes' perceptions of social support*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Portland, OR, USA.
3. Ildefonso, K., Arvinen-Barrow, M., & Earl-Boehm, J. (2017, October). *The relationship of athletes' perceptions of sport injury susceptibility, mental toughness, and sport injury occurrence: A prospective study*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Orlando, FL, USA.
4. Ildefonso, K., Blanton, J., Durwin, C., Arvinen-Barrow, M., & Kamphoff, C. (2016, October). *The effects of previous athletic training or sport psychology consulting experiences on athletes' attitudes*. Poster presented at the annual meeting of the Association for Applied Sport Psychology, Phoenix, AZ, USA.
5. Ildefonso, K., Gnacinski, S., Earl-Boehm, J., & Arvinen-Barrow, M., (2016, June). *Physical predictors of perceived susceptibility to sport injury among collegiate athletes: An exploratory investigation*. Lecture presented at the annual **National Athletic Trainers' Association Meeting** and Clinical Symposium, Baltimore, MD, USA.

#### Presentations at Regional and State Conferences

1. Ford, J., Beauchemin, R., Halama, B., Ildefonso, K., Zike, D. & Arvinen-Barrow, M. (2019, March).

- Exploring the use of performance strategies in division 1 athletes.* Poster presented at the annual Midwest regional meeting of the Association for Applied Sport Psychology, Mankato, MN, USA.
2. Ildefonso, K. & Arvinen-Barrow, M. (2019, March). *Exploring mental toughness in sport injury rehabilitation: A grounded theory approach.* Poster presented at the annual Midwest regional meeting of the Association for Applied Sport Psychology, Mankato, MN, USA.
  3. Ildefonso, K., Osman, F., Lenz, K., & Osmolski, R. (2018, January). *Hamilton's strategic plan for healthy living.* Proposal presented at the annual Wisconsin Area Health Education Centers Interprofessional Case Competition, Wisconsin Dells, WI, USA.
  4. Ildefonso, K., Earl-Boehm, J., & Arvinen-Barrow, M. (2016, May). *Collegiate student-athletes' perceptions about social support.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.
  5. Ildefonso, K., Blanton, J., Durwin, C., Arvinen-Barrow, M., & Kamphoff, C. (2016, February). *Athletes' perceived athletic ability and attitudes towards sports medicine professionals.* Poster presented at the annual Midwest regional meeting of the Association for Applied Sport Psychology, Chicago, IL, USA.
  6. Ildefonso, K., Gnacinski, S., Earl-Boehm, J., & Arvinen-Barrow, M. (2015, December). *Physical predictors of perceived susceptibility to sport injury among collegiate athletes: An exploratory investigation.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.
  7. Ildefonso, K., Blanton, J., Durwin, C., & Kamphoff, C. (2015, March). *Athletes' perceived athletic ability and attitudes towards sports medicine professionals.* Lecture presented at the annual Midwest regional meeting of the Association for Applied Sport Psychology, Mankato, MN, USA.
  8. Ildefonso, K., Rothbard, M., & Shanley, J. (2011, January). *Knee pain in a collegiate football player.* Poster presented at the Eastern Athletic Trainers' Association Annual Meeting and Clinical Symposium, Philadelphia, PA, USA.

#### Invited Presentations

1. Fogaca, J., Ildefonso, K., Halvorson, J., & Mohamed, M. (2019, March). *Navigating the sport and exercise psychology field as young professional.* Panel presentation at the annual Midwest regional meeting of the Association for Applied Sport Psychology, Mankato, MN, USA.
2. Ildefonso, K. (2018, October). *Indestructible or Self-destructive? Psychosocial reflections of a green area.* Lecture presented at Carroll University's Student Athletic Advisory Committee's Mental Wellness Event, Waukesha, WI, USA.
3. Ildefonso, K. (2018, June). *Athletes' psychosocial well-being: Athletic trainers' role in assessment and referral.* Lecture presented at the annual Iowa Athletic Trainers' Summer Meeting & Clinical Symposium, West Des Moines, IA, USA.
4. Ildefonso, K. (2018, June). *Using brief psychosocial interventions in athletic training: Theoretical CAATE competency considerations.* Lecture presented at the annual Iowa Athletic Trainers' Summer Meeting & Clinical Symposium, West Des Moines, IA, USA.

#### Peer-Reviewed Publications in Review

1. Ildefonso, K., Blanton, J., Durwin, C., Arvinen-Barrow, M., & Kamphoff, C. (in review). **Collegiate athletes' attitudes towards athletic trainers and sport psychology consultants: An exploratory study.** Target: *The Journal of Sport.*

#### Peer-Reviewed Publications in Progress

1. Ildefonso, K. & Arvinen-Barrow, M. (in progress). Discourse analysis in sports, exercise, and health: A systematic review. Target: *Health Promotion International.*
2. Ildefonso, K., Wahl, C., & Arvinen-Barrow, M. (in progress). Exploring mental toughness in sport injury rehabilitation: A grounded theory approach. Target: *Journal of Athletic Training.*

#### Peer-Reviewed Publications in Progress

3. Ildefonso, K., Arvinen-Barrow, M., & Earl-Boehm, J. (in progress). The influences of perceived

- susceptibility to sport injury and mental toughness on injury occurrence. Target: *Scandinavian Journal of Sports Medicine*
4. Ildefonso, K., Gnacinski, S., Earl-Boehm, J., & Arvinen-Barrow, M. (in progress). Physical predictors of perceived susceptibility to sport-injury among collegiate athletes: An exploratory investigation. Target: *Journal of Athletic Training*.
  5. Earl-Boehm, J., Ildefonso, K., Ford, J., & Sigmund, K. (in progress). A prospective investigation into **injury occurrence and collegiate athletes' perception of susceptibility to sports-related injury**. Target: *Journal of Athletic Training*.
  6. Ford, J., Arvinen-Barrow, M., & Ildefonso, K. (in progress). The relationship between grit and mental toughness: Exploring the constructs in sport. Target: *International Journal of Sport Psychology*.
  7. Arvinen-Barrow, M., Ford, J., Ildefonso, K., & Earl-Boehm, J. (in progress). **"They give you all the tools to success... gave me the keys to the car and I drove with it." Division I collegiate men's basketball players' experiences of an inter-professional performance enhancement program**. Target: *Journal of Applied Sport Psychology*.

#### Continued Education

- Great Lakes Athletic Trainers Association Annual Meeting and Clinical Symposium. (March, 2019). Wheeling, IL, USA.
- Positional Release Therapy: An Evidence Based Review Course (March, 2019). Wheeling, IL, USA.
- Wisconsin Area Health Education Centers Interprofessional 101 Workshop. (January, 2019).
- Athletico University Concussion Management Course. (August, 2018). Oak Brook, IL, USA.
- Wisconsin Area Health Education Centers Wisconsin Express Program. (May, 2018).
- Annual Mayo Clinic Symposium on Sports Medicine. (November, 2017). Rochester, MN, USA.
- Annual Mayo Clinic Symposium on Sports Medicine. (November, 2015). Rochester, MN, USA.
- North American Society for the Psychology of Sport and Physical Activity Conference. (June, 2014). Minneapolis, MN, USA.
- New York University School of Medicine's **Cycling Symposium. (February, 2012). New York, NY, USA.**
- Eastern Athletic Trainers Association Annual Convention. (January, 2013). Buffalo, NY, USA.
- Eastern Athletic Trainers Association Annual Convention. (January, 2012). Boston, MA, USA.
- Connecticut Athletic Trainers Association Annual Symposium. (May, 2012). New Britain, CT, USA.

#### Service

1. Professional Memberships
  - **Laboratory for Sport Psychology & Performance Excellence Graduate Students' Club** Secretary , 2019—present
  - Wisconsin Area Health Education Centers (AHEC), 2017—present
  - Wisconsin Athletic Trainers Association (WATA), 2016—present
  - Association for Applied Sport Psychology (AASP), 2015—present
  - Great Lakes Athletic Trainers Association (GLATA), 2013—present
  - Minnesota Athletic Trainers Association (MATA), 2013—2015
  - Connecticut Athletic Trainers Association (CATA), 2011—2013
  - Eastern Athletic Trainers Association (EATA), 2011—2013
  - Southern Connecticut State University Sports Medicine Club (2008—2011)
2. University Service
  - University of Wisconsin-Milwaukee
    - Undergraduate Student Research Symposium Judge (April, 2018)
    - Undergraduate Student Research Symposium Judge (April, 2017)
    - Midwest Interdisciplinary Graduate Conference Usher (February, 2016)
  - Minnesota State University, Mankato
    - Undergraduate Student Research Symposium Moderator (April, 2015)

#### Service

3. Medical Volunteering

- Ironman Lake Placid (July, 2012)
  - Connecticut Nutmeg Games Ice Hockey Tournament (July, 2012)
  - Connecticut Senior Games Cycling Criterium (May, 2012)
  - Boston Athletic Association's Boston Marathon (April, 2012)
4. Other Volunteering
- Fight for Air Climb – Milwaukee (March, 2019)
  - Brew City Half Marathon (April, 2017)
  - **Milwaukee Saint Paddy's 5k (March, 2017)**
  - Milwaukee Brewers Mini Marathon (September, 2016)
  - HFM Maritime Marathon (June, 2016)
  - Riverside, Iron Tiger Triathlon (June, 2016)
  - **Summerfest Rock 'N Sole Run (June, 2016)**
  - Mankato Marathon (April, 2015)