

Isabella Mitchell, M.S., CSCS

Department of Kinesiology and Health Promotion
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Educational Background

Master of Science **2023**

Kinesiology - Exercise Science
Troy University - Troy, AL

Bachelor of Science **2021**

Exercise Science - Pre-health
Troy University - Troy, AL

Professional Experience

Adjunct Professor 2023 - present

Department of Kinesiology and Health Promotion
Troy University

Strength and Conditioning Coach 2023 - present

ACE Performance Lab, Chesterfield, MO

Individual Volleyball Lessons 2020 - present

Graduate Teaching Assistant 2022 - 2023

Department of Kinesiology and Health
Troy University

Teaching Experience

Troy University

KHP 1124: Beginning Yoga	Graduate Teaching Assistant	4 Semesters
KHP 1144: Step Aerobics	Graduate Teaching Assistant	1 Semester
KHP 4496: Biomechanics Lab	Graduate Teaching Assistant	1 Semester
KHP L474: Exercise Physiology Lab	Graduate Teaching Assistant	4 Semester
KHP 4495: Advanced Exercise Physiology	Graduate Teaching Assistant	4 Semesters
KHP 2279: Theory & Tech Coaching Volleyball	Adjunct Professor	3 Terms
KHP 2281: Coaching Baseball	Adjunct Professor	1 Term

Research

Research Manuscript in Review

Mitchell, I.R., Green, M.S., Sluder, B.J. (In review). The prevalence of scoliosis in asymmetrical rotational-sport athletes and effective intervention. [*ASAHPERD Journal*](#).

Academic Presentations and Posters: Regional and State Conferences

Mitchell, I.R., Green, M.S., Delinsky, L.K., & Coppus, T., The prevalence of scoliosis in asymmetrical rotational-sport athletes and effective intervention. For presentation at the Alabama State Association for Health, Physical Education, Recreation, and Dance, Birmingham, AL.

Professional Organization Memberships (current)

National Strength and Conditioning Association (NSCA)

Certifications (current)

NSCA Certified Strength and Conditioning Specialist (CSCS)

Athletic Experience

Division I Volleyball Player

Troy University
2018-2022