

Louisa A. Summers, Ph.D.

Clinical Research Coordinator II

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Education

Ph.D. in Movement Studies in Disability (Minor: Public Health)

Oregon State University, Corvallis, Oregon — 2000

Dissertation: *The Effects of Resistance Exercise on Strength, Mobility, and Balance in Adults with Multiple Sclerosis*

Repository: https://ir.library.oregonstate.edu/concern/graduate_thesis_or_dissertations/9593tz42f

M.A. in Sport Sciences

University of the Pacific, Stockton, California — 1995

Thesis: *The Contribution of Body Segments to the Overarm Throw in Elite Male and Female Athletes*

Repository: https://scholarlycommons.pacific.edu/uop_etds/2291/

B.A. (Honors) in Sports Medicine

University of the Pacific, Stockton, California — 1992

Clinical Research Appointments

Clinical Research Coordinator II

College of Medicine, Division of Pulmonary and Critical Care Medicine

August 2024 – Present

Clinical Research Coordinator I

College of Medicine, Division of Pulmonary and Critical Care Medicine

January 2024 – July 2024

Academic Appointments

Professor

Department of Health and Human Performance, Berea College
August 2017 – June 2023

Professor

Department of Exercise and Sport Science, Eastern Kentucky University
August 2011 – May 2017
Full Graduate Faculty Status (renewed 2016)

Associate Professor

Eastern Kentucky University
August 2005 – 2010
Full Graduate Faculty Status (renewed 2009)

Assistant Professor

Eastern Kentucky University
August 1999 – May 2005

Program Director

Kentucky Adapted Physical Education Program
Eastern Kentucky University and Telford YMCA, Richmond, Kentucky
2000 – Present

Administrative Experience

Administrative Internship for Women and Minorities
Eastern Kentucky University — 2012–2013
Mentor: Associate Dean of Graduate School

Administrative Internship

Shawnee State University — July 2011
Mentor: University President

Grants and Awards (Selected)

- Undergraduate Research and Creative Projects Program (URCPP), Berea College — \$3,000 (2020, 2022)
- WHAS Crusade for Children — Multiple funded awards (\$7,000–\$13,497; 2002–2018)
- University Fellows Award, Eastern Kentucky University — \$5,000 (2016)
- Eastern Kentucky University Capital Equipment Grant — \$37,000 (BOD POD acquisition)

(Full grant history available upon request to reduce document length and improve accessibility)

Peer-Reviewed Publications (Selected)

- González-Seguel F, Summers LA, et al. (2025). *Trajectories of Recovery After Acute and Critical Illness (TRACER)*. BMJ Open.
- Stoutenberg M, Summers L, et al. (2025). *Modified PAVS for Older Adults*. Journal of the American Geriatrics Society.
- Lakhan R, Summers L, et al. (2020). *COVID-19 Anxiety in Appalachia*. Journal of Research in Health Sciences.

(Complete publication list available upon request)

Graduate Thesis Supervision (Selected)

- Chair, Master's Theses in Exercise Science and Health Sciences (2008–2015)
- Topics included autism, adapted aquatics, fatigue, metabolic health, and physical activity

Professional Presentations (Selected)

- American College of Sports Medicine (2014–2022)
- Appalachian Studies Association
- Kentucky Academy of Science
- North American Federation of Adapted Physical Activity

Professional Service

National

- Exercise is Medicine – Older Adults Committee, American College of Sports Medicine (2022–2025)

Editorial Reviewer

- Journal of Physical Education, Recreation, and Dance
- Adapted Physical Activity Quarterly
- Archives of Physical Medicine and Rehabilitation
- Medicine & Science in Sports & Exercise

Honors and Awards

- Best Presentation Award — Academy of Business Research
- Critical Thinking Teacher of the Year (multiple years)
- Kentucky Secretary of State Citizenship Award
- National Multiple Sclerosis Society Core Value Award

Certifications

- USA Track & Field — Level 1 & Level 2 Coach
- American Red Cross — CPR/AED (historical)
- ASEP Coaching Certification

Community Engagement

- Co-Chair, Berea Trail Town Committee
- Exercise for Chronic Conditions Community Program
- City of Berea Health and Economic Impact Reports