

Kenzie L. Hargrove, Ph.D.

Assistant Professor
Mississippi Christian University
Department of Kinesiology
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EDUCATION

Doctor of Philosophy in Exercise Science

Mississippi State University, August 2022 – May 2026

Human Energetics and Thermoregulation (HEaT) Lab

Mentor: Dr. JohnEric W. Smith

Dissertation: *Energy and Fluid Demands of Agricultural Workers in Mississippi*

Master of Science in Applied Exercise Physiology

Mississippi College, August 2020 - May 2022

Mentor: Dr. Suzanne McDonough

Thesis: *Relationship Between Blood Glucose and Mood Affect During Exercise Training in Seasoned Distance Runners*

Bachelor of Science in Kinesiology

Mississippi College, August 2017 – May 2020

Emphasis: Exercise Science

WORK EXPERIENCE

2026-Present

Assistant Professor

Mississippi College, Kinesiology Department

- Design and lecture undergraduate and graduate level kinesiology courses
- Oversee graduate assistants and undergraduate physiology lab
- Advise and mentor undergraduate kinesiology students

2022-2025

Graduate Teaching Assistant

Mississippi State University, Department of Kinesiology

- Prepare lecture materials for various undergraduate kinesiology lecture classes.
- Prepare lab materials and testing materials for undergraduate exercise physiology labs.

2020-2022

Graduate Assistant II

Mississippi College, Department of Kinesiology

- Prepare lab materials and teach undergraduate Exercise Physiology labs.
- Supervise and mentor undergraduate interns.

2020

Strength and Conditioning Intern, Mississippi College

- Assist in administering strength and conditioning programs for collegiate women's soccer and volleyball teams

TEACHING

Summer 2026

KIN 420: **Physiology of Exercise**, Undergraduate Lecture, Mississippi College

KIN 421: **Physiology of Exercise Lab**, Undergraduate Lab (oversee), Mississippi College

Spring 2026

KIN 420: **Physiology of Exercise**, Undergraduate Lecture, Mississippi College

KIN 421: **Physiology of Exercise Lab**, Undergraduate Lab (oversee), Mississippi College

KIN 123: **Fitness for Life**, Undergraduate Lecture, Mississippi College

KIN 123: **Fitness for Life (Fully Online)**, Undergraduate Online Lecture, Mississippi College

EXS 6412: **Exercise Electrocardiography**, Graduate Lecture, Mississippi College

Fall 2025

KI 2304: **Science of Fitness, Health, and Sport**, Undergraduate Lecture, Mississippi State University

PE 3313: **Sport Physiology**, Undergraduate Lecture, Mississippi State University

Summer 2025

EP 3304: **Exercise Physiology**, Undergraduate Lecture, Mississippi State University

Spring 2025

EP 4183: **Exercise and Weight Control**, Undergraduate lecture, Mississippi State University.

	EP 3304: Exercise Physiology , Undergraduate Lab, Mississippi State University.
Fall 2024	PE 3313: Sport Physiology , Undergraduate lecture, Mississippi State University. KI 1990: Special Topics in Kinesiology , Undergraduate asynchronous online lecture, Mississippi State University.
Spring 2024	EP 3304: Exercise Physiology , Undergraduate lecture, Mississippi State University. PE 1151: Strength Training , Undergraduate physical education credit, Mississippi State University. PE 1061: Fitness Walking and Jogging , Undergraduate physical education credit, Mississippi State University.
Fall 2023	PE 3313: Sport Physiology , Undergraduate lecture, Mississippi State University. EP 4113: Fitness Testing and Programming , Undergraduate lecture, Mississippi State University.
Spring 2023	EP 4113: Fitness Testing and Programming , Undergraduate lecture, Mississippi State University (TA grader). EP 3304: Exercise Physiology , Undergraduate Lab, Mississippi State University.
Fall 2022	EP 3304: Exercise Physiology , Undergraduate Lab, Mississippi State University. EP 4113: Fitness Testing and Programming , Undergraduate lecture, Mississippi State University (TA grader).
Fall 2020 – Spring 2022	KIN 421: Physiology of Exercise Lab , Undergraduate Lab, Mississippi College.

INVITED UNIVERSITY PRESENTATIONS

1. *Band Camp Heat Safety*. Mississippi State University – Famous Maroon Band Student Leadership Heat Awareness Session. August 2025.

2. *Exercise Energy and Thermoregulation: Tying together metabolism, the cardiovascular system, and the environment in exercise*. Mississippi College – Exercise Physiology Undergraduate lecture class; Clinton, MS; March 2025
3. *Band Camp Heat Safety*. Mississippi State University – Famous Maroon Band Student Leadership Heat Awareness Session. August 2024.
4. *Exercise Physiology*. Mississippi State University – Undergraduate Fundamentals of Kinesiology Class, Starkville, MS; February 2024.
5. *Designing Cardiorespiratory Fitness Exercise Programs*. Mississippi State University – Undergraduate Fitness Testing and Programming class; Starkville, MS; March 2023.
6. *Sports Nutrition*. Mississippi State University - Undergraduate Fundamentals of Kinesiology Class; Starkville, MS; February 2023.
7. *Ergogenic Aids in Sport*. Mississippi State University - Undergraduate Sport Physiology Class; Starkville, MS; November 2022.

NATIONAL INVITED PRESENTATIONS

1. *Fluid and Energy Demands of Agricultural Workers in High Heat/Humidity Environments*. Arizona State University Performance Nutrition Webinar; Virtual; September 2026.
2. *Age at Menarche and Cardiovascular Disease Risk*. NHLBI Trainee Session: American Heart Association EPI|Lifestyles Conference; Virtual; June 2025. (*Postponed from March*)
3. *Exercise Science for the Endurance Athlete*. Track and Field and Cross-Country Coach's Association: Track and Field Academy; Virtual; July 2024.

RESEARCH

Original Research

Published

1. E.K. Jackson, B.H. Walker, **K.L. Hargrove**, E. Heitman, J.C. Reneker. Association between Age at Menarche and Cardiovascular Disease among African American Women in the Jackson Heart Study. *Public Health Reports*, February 2026.

In Preparation

1. **K.L. Hargrove**, J.W. Smith, T.C. Shriver, M.N. Ravelli, B.C. Ruby. Energy expenditure and water turnover of row-crop farmers in Mississippi. For submission to The Journal of Occupational and Environmental Medicine.
2. **K.L. Hargrove**, Z.M. Gillen, J.W. Smith. Sweat rate and sodium loss of youth cross country runners in a hot and humid environment. For submission
3. **K.L. Hargrove**, W.D. Reynolds, D.N. Saucier, W.M. Adams, J.W. Smith, Z.M. Gillen. Wearable Bioimpedance Measurement of Hydration in the Field.
4. **K.L. Hargrove**, W.D. Reynolds, D.N. Saucier, W.M. Adams, J.W. Smith, Z.M. Gillen. Wearable Bioimpedance Measurement of Hydration in the Lab.

Published Presentations

1. **K.L. Hargrove**, B.C. Ruby, D. A. Schoeller, T.C. Shriver, M. N. Ravelli, J.W. Smith. Total Daily Energy Expenditure and Water Turnover in Mississippi Row Crop Workers During the Summer. Thematic Poster. Accepted to the National American College of Sports Medicine Conference to be published in *Medicine & Science in Sport & Exercise*. Summer 2026.
2. **K.L. Hargrove**, E.K. Jackson, B.H. Walker, E. Heitman. J.C. Reneker. Association of Age at Menarche and Cardiovascular Disease among African American Women in the Jackson Heart Study. American Heart Association EPI|Lifestyle Conference 2025.
3. **K.L. Hargrove**, Z.M. Gillen, W.D. Reynolds, W.M. Adams, J.W. Smith. Relationship Between Plasma Osmolality and Urine Specific Gravity in Recreational Runners. *Medicine & Science in Sport & Exercise*. June 2025.
4. **K.L. Hargrove**, R.W. Allen, J.W. Smith. Sweat Rate and Hydration Assessment in Youth Cross-Country Athletes. *Medicine & Science in Sport & Exercise*. June 2024.
5. **M.L. Hargrove**, M.E. Holmes, J.W. Smith. Perceptions Of Fatigue Among Cross Country Athletes During Races and Various Types Of Training Sessions. *Medicine & Science in Sport & Exercise*. June 2023.

Non-Published Conference Presentations

1. **K.L. Hargrove**, B.C. Ruby, Z. M. Gillen, A.K. Knight, J.W. Smith. Physiological Responses to Outdoor Work in Heat-Acclimatized Agricultural Workers in a High-

Heat Stress Environment. Oral Presentation, *Southeast American College of Sports Medicine*, February 2026.

2. **K.L. Hargrove**, Z.M. Gillen, W.D. Reynolds, W.M. Adams, J.W. Smith. Relationship Between Plasma Osmolality and Urine Specific Gravity in Recreational Runners. Thematic poster, *Southeast American College of Sports Medicine*, February 2025.
3. **K.L. Hargrove**, R.W. Allen, J.W. Smith. Sweat Testing and Hydration Assessment of Collegiate Marching Band Members in the South. Poster, *Mississippi State University College of Education Graduate Research Showcase*, April 2024.
4. **K.L. Hargrove**. Age at Menarche and Cardiovascular Disease in African American Women. Oral Presentation, *3-Minute Thesis Competition; University of Mississippi Medical Center Graduate Teaching and Education Center Graduation Proceedings*, March 2024.
5. **K.L. Hargrove**, R.W. Allen, J.W. Smith. Sweat Rate and Hydration Assessment in Youth Cross-Country Athletes. Poster, *Southeast American College of Sports Medicine*, February 2024.
6. **K.L. Hargrove**, R.W. Allen, J.W. Smith. Sweat Rate and Hydration Assessment in Youth Cross-Country Athletes. Poster, *Mississippi State University Graduate Research Symposium*, October 2023.
7. **M. Hargrove**. Assessment of Perceived Fatigue in Cross Country Athletes of Various Levels of Competitiveness. Poster, *Mississippi National Strength and Conditioning Association State Clinic*, April 2023.
8. S. M. McDonough, **M.L. Hargrove**, K.D. Randazzo, M.C. Washam. Effect of fasting or carbohydrate ingestion prior to run in athletes using Freestyle Libre™ continuous glucose monitoring. Oral Presentation, *Southeast American College of Sports Medicine*, February 2022.
9. **M.L. Hargrove**, S. M. McDonough, K.D. Randazzo, M. C. Washam. Effect of fasted or carbohydrate ingestion on mood state post run measured by PANAS-GEN survey and continuous glucose monitoring. Thematic Poster, *Southeast American College of Sports Medicine*, February 2022.

Support and Funding

1. Assessment of Energy and Hydration Demands of Farmworkers in Mississippi. Primary investigator: J.W. Smith; Co-Investigators: **K.L. Hargrove** (2025). Deep South ERC Center. Funded — \$10,000.00.

BOOK CHAPTERS

1. M.L. Bello, **M.L. Hargrove** (Fall 2024). Aerobic Fitness. In J.W. Smith and M.L. Bello, Exercise Physiology Lab Manual. Kendall Hunt Publishing.

LAY ARTICLE CONTRIBUTIONS

1. MSU Extension News (U.S.A) Outdoor workers at increased risk for heat-related illness. July 2025.
2. MSU Extension News (U.S.A.) As youth sports kick off, watch for signs of heat illness. July 2024.

PROFESSIONAL SERVICE

2025	Graduate Representative	Academic Culture Committee, Department of Kinesiology, Mississippi State University.
2025	Judge	3-Minute Thesis Competition. University of Mississippi Medical Center Graduate Teaching and Education Center; Robert E. Smith Scholar Program Graduation.

HONORS AND AWARDS

2026	College of Education Graduate Student Research Ambassador , Mississippi State University.
2026	College of Education Outstanding Graduate Student of the Year , Graduate School Hall of Fame, Mississippi State University.
2025	Doctoral Student of the Year , Department of Kinesiology, Mississippi State University.
2025	Selected Trainee Presenter , NHLBI Trainee Session, American Heart Association EPI Lifestyle Scientific Sessions.
2022- 2024	Robert E. Smith Scholar , University of Mississippi Medical Center.
2022	Graduate Student of the Year , Department of Kinesiology, Mississippi College.

LEADERSHIP

2018-2021	Team Captain , Mississippi College Cross Country and Track and Field.
2020-2021	Vice President , Student Athlete Advisory Committee, Mississippi College.
2019-2020	Officer of Legislation and Reform , Student Athlete Advisory Committee, Mississippi College.