

Dr. Jesse Mala
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WORK ADDRESS

900 College Street
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 Belton, TX 76513

EDUCATION

Ph.D.	2018	University of Connecticut, Storrs, CT Department of Educational Leadership Major Field: Sport Management Advisor: Jennifer McGarry, Ph.D.
M.S.	2014	University of Connecticut, Storrs, CT Department of Kinesiology Major Field: Exercise Science Advisor: William J. Kraemer, Ph.D.
B.S.	2008	Central Connecticut State University Department of Physical Education and Human Performance Major Field: Physical Education Advisor: Jan Bishop, Ed.D

PROFESSIONAL APPOINTMENTS

2021-Present	Assistant Professor in Sport Management School of Exercise and Sport Science University of Mary Hardin-Baylor Belton, TX
2019-2021	Visiting Assistant Professor in Sport Management Department of Educational Leadership University of Connecticut Storrs, CT
2018-2019	Sport Scientist/Assistant Athletic Director FitKids, Champion Schools Phoenix, AZ
2014-2018	Graduate Assistant Department of Educational Leadership

University of Connecticut, Storrs, CT

2012-2014 Graduate Assistant
Human Performance Laboratory
University of Connecticut, Storrs, CT

RESEARCH INTERESTS

Developing and examining sport-based youth development programs and their role in fostering life skills, and their impact on academic and health outcomes among youth in poverty.

DISSERTATION

The relationship between physical activity on executive functions and stress regulation among youth in poverty.

SCHOLARLY ACTIVITIES

Refereed Publications

[9] **Mala, J.**, Corral, M.D., McGarry, J.E., Macaulay, C.D., Arinze, N.A., Ebron, K. (2020). Positive impacts of a sport intervention on male students of color and school climate. *Research Quarterly for Exercise and Sport*, 1-17.

[8] **Mala, J.**, McGarry, J., Riley, K., Lee, E., Distefano, L. (2020). The relationship between physical activity and executive functions among youth in low-income urban schools in the northeast and southwest united states. *Journal of Sport and Exercise Psychology* 42(4), 292-306

[7] McGarry, J., **Mala, J.**, Corral, M. (2018). Program development within authentic partnerships. *Journal of Educational Leadership and Policy Studies*, 1(2)

[6] Fuller R. D., Evanovich J., M., Bruening J., E., Peachey J.,W., Coble C., Percy V., **Mala, J.**, Corral, M. (2015). The impact of a sport-based service-learning course on participants' attitudes, intentions and actions toward social change. *Journal of Intercollegiate Sport*, 8(1), 14-36.

[5] **Mala J.**, Szivak T., K., Kraemer W., J. (2015). Improving performance of Heavy Load Carriage During High-Intensity Combat-Related Tasks. *Strength and Conditioning Journal*, 37(4), 43-52.

[4] Szivak T., K, **Mala J**, Kraemer W., J. (2015). Physical performance and integration strategies for women in combat arms. *Strength and Conditioning Journal*, 37(4), 20-29.

[3] **Mala J.**, Szivak T. K, Flanagan S. D, Comstock, B. A, Laferrier J. Z, Maresh C. M., Kraemer W. J. (2015). The role of strength and power during performance of high intensity military tasks under heavy load carriage. *US Army Med Dep J 2015*, 3-11.

[2] Flanagan S., D, Comstock B., A, Dupont W., H, Sterczala A., J, Looney D., P, Dombrowski D., H, McDermott D., M, Bryce A, **Maladoungdock J.**, Dunn-Lewis, C, Luk H., Y, Szivak T., K., Hooper D., R., Kraemer W., J. (2014). Concurrent Validity of the Armour39 Heart Rate Monitor Strap. *Journal of Strength and Conditioning Research*, 28(3), 870-873

[1] Ho, J., Y., Kraemer W., J, Volek J., S, Vingren J., L., Fragala M., S., Flanagan S., D., **Maladoungdock J.**, Szivak T., K, Hatfield D., L., Comstock B., A., Dunn-Lewis, C., Ciccolo, J., T., Maresh, C., M.(2014). Effects of Resistance Exercise on The HPA Axis Response to Psychological Stress During Short-Term Smoking Abstinence in Men. *Addictive Behaviors*, 39(3), 695-698.

Manuscripts in Review

Mala J. Outcomes of a sport-based youth development program on authentic leadership outcomes among youth in poverty. *Journal of Youth Development*.

Arinze, N., **Mala, J**, Klein, M. The need for critical service-learning in sport management programs to foster diversity and social justice orientations among undergraduate students. *Sport Management Education Journal*.

Manuscripts in Development

Mala, J. Health-related quality of life and physical activity among youth in urban poverty. *Quality of Life Research*

Mala J., Arinze, N. The role of sport in shaping school climate perceptions among students enrolled in an urban public sport school in the U.S. *Research Quarterly for Exercise and Sport*

Refereed Conference Presentations and Abstracts

[17] **Mala, J.**, DeRosa, D., McGarry, J., Tyer, G. Virtual Programmatic Strategies to Foster a Sense of Community Among Online Learners. *North American Society for Sport Management (NASSM), May 2021 (Virtual)*

[16] **Mala, J.** The relationship between health-related quality of life and physical activity among youth in urban poverty. *Society of Behavioral Medicine (SBM). San Francisco, California, April 2020 (Virtual)*.

- [15] **Mala, J.** The relationship between physical activity and stress regulation among youth in poverty. *North American Society for the Sociology of Sport (NASSS)*. Vancouver, Canada. November 2018.
- [14] **Mala, J.** The relationship between physical activity and executive functions among youth in poverty. *North American Society for Sport Management (NASSM)*. Halifax, Nova Scotia. June 2018.
- [13] Arinze, N., **Mala, J.**, Ebron, K. The Sport Commitment Model and Sport-Based Youth Development Programs: Are They a Match? *Halifax, Nova Scotia. June 2018.*
- [12] **Mala, J.** Can sport and physical activity participation mitigate the negative effects of poverty on stress regulation and brain function? *University of Connecticut Collaboratory on School and Child Health Encore Conference (CSCH)*. Hartford, CT. September 2017.
- [11] **Mala, J.** Can sport and physical activity participation mitigate the negative effects of poverty on stress regulation and brain function? *North American Society for Sport Management (NASSM)*. Denver, CO. June 2017.
- [10] **Mala, J.**, McCauley C. The impact of a sport-based program in developing authentic leadership among adolescents. *North American Society for Sport Management (NASSM)*. Denver, CO. June 2017.
- [9] **Mala, J.**, Corral, M., McGarry, J. The impact of a sport-based authentic leadership program on student perceptions of school climate. *American Educational Research Association*. San Antonio, TX. April 2017.
- [8] **Mala, J.**, Corral, M. Outcomes of an In-School Sport-Based Youth Development Intervention on the Development of Grit and Leadership Skills. *North American Society for Sport Management (NASSM)*. Orlando, FL. June 2016.
- [7] **Mala, J.**, Corral, M., McGarry, J. Elements of an Authentic Partnership During New Program Development in a High Need School. *Community-Campus Partnerships for Health (CCPH)*. New Orleans, LA. May 2016.
- [6] Corral, M., **Mala, J.** The Impact of a Sport-Based Authentic Adolescent Leadership Program on School Climate. *National Youth-At-Risk Conference (NYAR)*. Savannah, GA. March 2016.
- [5] **Mala, J.**, Szivak TK, Kraemer WJ. The role of upper and lower body strength and lower body power during the performance of high intensity military tasks under heavy load carriage. *3rd International Congress on Soldiers' Physical*

Performance, U.S. Army Research Institute of Environmental Medicine, Boston, MA, August 2014

[4] **Mala J**, Szivak TK, Kraemer WJ. The effects of heavy load carriage during performance of high intensity military tasks. *3rd International Congress on Soldiers' Physical Performance, U.S. Army Research Institute of Environmental Medicine, Boston, MA, August 2014*

[3] Comstock BA, Dunn-Lewis C, Hooper DR, Szivak TK, Flanagan SD, Looney DP, **Maladouangdock J**, DuPont WH, McDermott DM, Luk HY, Staron RS, and Kraemer WJ. Effects of Resistance Exercise on a Novel Growth Hormone Assay Signal in Men. *National Strength and Conditioning Association, National Conference, Las Vegas, NV, July 2013.*

[2] Dunn-Lewis C, Comstock BA, Hooper DR, Szivak TK, Flanagan SD, Looney DP, Sterczala AJ, Webster ET, Bryce AR, **Maladouangdock J**, Giacchino CE, McDermott DM, and Kraemer WJ. The Effects of Endurance Exercise Training on Plasma Concentrations of Proenkephalin Peptide F and Epinephrine. *National Strength and Conditioning Association, National Conference, Las Vegas, NV, July 2013.*

[1] Szivak TK, Nindl BC, **Maladouangdock J**, Dunn-Lewis C, Comstock BA, Hooper DR, Flanagan SD, Looney DP, DuPont WH, Dombrowski DH and Kraemer WJ. Prediction of Military Relevant Occupational Tasks in Women From Physical Performance Components. *National Strength and Conditioning Association, National Conference, Las Vegas, NV, July 2013.*

EXTERNAL FUNDING ACTIVITY

University of Connecticut Institute for Collaboration on Health, Intervention, and Policy (InCHIP) Seed Grant. Examining Interdisciplinary Sport Based Youth Development Programs on Executive Functions, Academic and Health Outcomes Among Youth in Poverty. PI: Jesse Mala. May 2020. (Amount Requested-\$15,000-Not funded)

University of Connecticut, Neag School of Education, Dean's Research Incentive Grant. Examining Interdisciplinary Sport Based Youth Development Programs on Executive Functions Development, and Academic Outcomes Among Youth in Poverty. PI: Jesse Mala. April 2020. (Amount Requested-\$10,000-Not funded)

University of Connecticut, Research Excellence Program. Examining Interdisciplinary Sport Based Youth Development Programs on Executive Functions Development, Stress Regulation, and Academic Outcomes Among

Youth in Poverty. PI: Jesse Mala. December 2019. (Amount Requested-\$50,000-Not funded)

North American Society for Sport Management (NASSM) Doctoral Research Grant. The Impact of a Sport-Based Youth Development Intervention on the Development of Authentic Leadership Skills and School Climate Among Adolescents in a Low-Income School. PI: Jesse Mala. May 2015. (\$1950.00-Awarded).

University of Connecticut Institute for Collaboration on Health, Intervention, and Policy (InChip) Seed Grant. The Effects of Sport and Physical Activity on Cognitive Function Among Youth in Poverty. PI: Jesse Mala. February 2017. (Amount Requested-\$1499.00-Not Awarded)

Department of Defense-Injury Prevention, Physiological and Environmental Health Award. Comprehensive Evaluation of Three Different Exercise Training Programs for Optimization of Military Performance in Women. PI: William Kraemer. May 2013. (Not Awarded)

PROFESSIONAL EXPERIENCE

University of Connecticut-Visiting Assistant Professor, Storrs, CT: 2019-2021

- Successfully re-designed graduate and undergraduate sport management courses to a distance learning modality.
- Mentored second year Master's students to complete their capstone projects
- Served as a committee member on Master's theses
- Collaborated with senior faculty in the Department of Kinesiology to apply for research grants to support interdisciplinary research.
- Collaborated with current sport management faculty to explore critical service learning in sport management.
- Leading a research project examining program-wide initiatives in fostering a sense of community among undergraduate and graduate students during online learning.
- A current faculty affiliate at the University of Connecticut for the Institute for the Collaboration on Health, Intervention and Policy (InCHIP) and the UConn Collaboratory on School and Child Health (CSCH).
- Part of the faculty committee that is developing education abroad courses for sport management students.
- Created an event with the Asian American Cultural Center to present research and build rapport with students.
- Taught core graduate and undergraduate courses in the Sport Management program

FitKids, Champion Schools-Coach and Sport Scientist, Phoenix, AZ: 2018-2019

- Led a project to examine the effect of physical activity on cognitive function and academic outcomes among at-risk youth
- Developed an interdisciplinary physical activity curriculum designed to reinforce math and reading skills and cognitive development for at-risk 3rd-6th graders
- Managed an intramural sports program for 200 plus children

University of Connecticut-Husky Sport Program Leader, Storrs, CT: 2014-2018

- Led the development and implementation of a sport-based youth development, authentic leadership intervention in three low-income schools for 5th-8th grade students.
- Conducted research and evaluation of programs utilizing surveys and focus group interviews.
- Collected data on program outcomes and presented findings in leading sport management and education national conferences.
- Awarded Doctoral Research Grant through the NASSM to fund a sport-based leadership intervention.
- Collected and analyzed salivary cortisol samples using an ELISA technique

University of Connecticut-Graduate Assistant, Human Performance Laboratory, Storrs, CT: 2012-2014

- Assisted in an USDA funded study that sought to examine the relationship of nutrition, and physical activity participation on health outcomes among youth.
- Assisted in submitting grant proposals for the Department of Defense (DoD).
- Led the ultrasound imaging team for multiple research studies that have examined beet root juice, compression garments, and nucleotide supplementation on muscle damage and growth.

United States Army-Team Leader, 3rd Ranger Battalion, 75th Ranger Regiment, Fort Benning, GA 2001-2004

- Completed Ranger School, the premier leadership program in the US Army
- Awarded and elected by my peers as the Class Leader of the Ranger Indoctrination Program (R.I.P.)
- Led a weapons squad team into combat in Afghanistan and Iraq, including a combat jump into Iraq

TEACHING COMPETENCIES

Instructor of Record

- EXSS 2371 Principles of Sport Management.** Undergraduate Required Course. Fall 2021. University of Mary Hardin-Baylor
- EXSS 4379 Legal Aspects of Sport.** Undergraduate Required Course. Fall 2021. University of Mary Hardin-Baylor
- EXSS 3141 Exercise and Sport Science Practicum.** Undergraduate Required Course. Fall 2021. University of Mary Hardin-Baylor
- EXSS 6325 Sport Law.** Graduate Required Course. Fall 2021 University of Mary Hardin-Baylor
- EXSS 4377 Field Experience.** Undergraduate Required Course. Fall 2021 University of Mary Hardin-Baylor
- EDLR 5365 Managing Diversity in Sport.** Graduate Elective Course. Summer 2020. University of Connecticut.
- Used management theories, sociological concepts and critical thinking to investigate issues such as: how sport impacts our ideas about masculinity, femininity, sexual orientation, class inequality, race and ethnicity, dis/ability, achievement, competition, and individualism; how the organization and management of sport is connected with social relations in groups and societies; and how sport extends beyond competitive outcomes and deals with issues of power and power relations in society.
 - Online course
- EDLR 5315 Sport in Society.** Graduate Required Course. Spring 2020; Fall 2020. University of Connecticut.
- Exposing students to a wide range of topics, theories, and research within the sport sociology literature.
 - Various topics associated with sport sociology including the foundations of sport and physical activity, sociological theory and research, ethics, sport for social change and development, sport and community, the environment and sport, youth sports, race and sport, gender and sport, social class and sport, religion and sport, sexual identity and sport, ability and sport, and corporate social responsibility and sport.
 - Successfully adjusted to online course due to COVID-19 pandemic.

EDLR 5380 Sport Marketing. Graduate Required Course. Spring 2020. University of Connecticut.

- Explored topics associated with sport marketing including the origin of sport marketing, marketing frameworks/models/theories, sport marketing research, segmentation, target market, marketing information systems, marketing mix, product, price, placement, promotion, media relations, endorsements, sponsorships, licensing, logos, and the use of social media.
- Developed partnerships with four local sport businesses for students to apply knowledge of sport marketing theory and create sport marketing plans
- Successfully adjusted to online course due to COVID-19 pandemic.

EDLR 3335 Sport Law. Undergraduate Required Course. Fall 2015; 2016; 2017; 2020. Summer 2016; 2017. University of Connecticut.

- Examined legal issues affecting the delivery of sport services with an emphasis on liability in sport activities.
- Re-designed course to distance learning modality.
- Recognized by the Provost as part of a select group of teaching assistants who excel in teaching, based upon student course evaluations.

KINS 1160 Health and Education in Urban Communities. Undergraduate Course. Spring 2016. University of Connecticut.

- A service-learning course that explored historical and social forces that shaped health and education in urban communities and opportunities for success.
- Oversaw students for the completion of 5 visits to community partner sites.

EDLR 3090 Directed Observation and Participation in Sport Organizations. Undergraduate Required Course. Summer 2014; Fall 2014; Spring 2015, Fall 2016, Spring 2016. University of Connecticut.

- Supervised undergraduate students at sport and leisure internship sites as they completed 120 hours over 10 weeks.
- Served as the liaison between the internship sites and the university.
- Online course.

Teaching Assistant

EDLR 3550 Senior Seminar

Undergraduate Required Course. Spring 2018

- A course designed to provide graduating seniors the practical skills in career development including; career choices, interviewing, resume critiques and presentation skills.

EDLR 3547 Introduction to Sport-Based Youth Development

Undergraduate Required Course. Fall 2014; Spring 2015. University of Connecticut.

- A service-learning course that exposed students to the theory of sport-based youth development, while elucidating the socio-cultural aspects of sport, education and youth development in a poor, urban setting.
- Managed over 50 undergraduate students to complete 40 hours at multiple community partner sites.

EDLR 3340 Introduction to Sport Marketing

Undergraduate Required Course. Spring 2016. University of Connecticut.

- Presented basic principles of sport marketing and equipped students with the knowledge and practical experience necessary to be effective sport marketers.

Invited Lecturer**EDLR 3547 Introduction to Sport-Based Youth Development**

Fall 2017; Spring 2018; Spring 2020; Fall 2020

- Exploring the impact of poverty on brain development among youth, and the relationship of physical activity to cognitive function and academic related outcomes.

Invited Podcasts**University of Connecticut Collaboratory on School and Child Health (CSCH)**

September 2020

- The Potential Impact of Sport and Physical Activity on Youth Living in Poverty (<https://uconnsch.podbean.com>)

HONORS AND AWARDS

Edward Victor Gant Scholarship, University of Connecticut, 2016
 Pre-Doctoral Fellowship Award, University of Connecticut, 2015; 2016
 North American Society for Sport Management Doctoral Research Grant (NASSM), 2015
 The Graduate School at the University of Connecticut, Multi-Cultural Scholarship 2014-2018
 Neag School of Education Veterans Scholarship, 2013-2016
 Eastern District Association, Outstanding Future Professional Award (EDA), 2008
 Connecticut Association for Health, Physical Education, Recreation and Dance (CTAHPERD), Outstanding Future Professional Award, 2007
 Gibson-Laemel Scholarship, 2007
 Army Commendation Medal, 2003
 Class Leader, US Army, Ranger Indoctrination Program (R.I.P.), 2002

PROFESSIONAL AND ACADEMIC COMMITTEES AND SERVICE

American Educational Research Association (2020) Abstract reviewer for Sport and Education special interest group (SIG).

Asian American Cultural Center at the University of Connecticut (2020)
Participated in planning for a faculty and student relationship building series through sport

Master's Thesis Committee member (2019) *Exploring the Gendered Nature of Leadership Development for Female Student-Athletes at The United States Naval Academy*-Jennifer Gobin

Eastern District Association Executive Board (2007-2008) Student executive board member

PROFESSIONAL MEMBERSHIPS, CERTIFICATIONS, & SPECIAL SKILLS

North American Society for Sport Management (NASSM)

North American Society for the Sociology of Sport (NASSS)

North American Society for the Psychology of Sport and Physical Activity (NASPSPA)

Society of Behavioral Medicine (SBM)

University of Connecticut Institute for Collaboration on Health, Intervention, and Policy (InCHIP)

UConn Collaboratory on School and Child Health (CSCH)

Connecticut Educator Certification-Connecticut State Department of Education

American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD)

Physical Best Trainer-National Association for Sport and Physical Education

American Education Research Association (AERA)

Adult CPR/AED - American Red Cross

Child CPR - American Red Cross

First Aid - American Red Cross