

# *Latashia A. Key, PhD*

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2111 Huey P. Long Field House, Baton Rouge, LA 70803

## **Education**

PhD in Recreation, Sport and Tourism  
University of Illinois at Urbana-Champaign, Champaign, IL  
May 2025

M.S. in Kinesiology, emphasis in Administration  
Indiana University, Bloomington, IN  
August 1996

B.S. in Physical Education, emphasis Sport Administration  
Morgan State University, Baltimore, MD  
May 1995

## **Teaching Experience**

### **Instructor**

Department of Recreation, Sport and Tourism, University of Illinois at Urbana-Champaign (UIUC)  
RST 440 Human Resource Management in RST (*Fall 2023 & Spring 2024*)

- Developer of course taken prior to students beginning an internship and required prior to graduation.
- Teach students to identify and apply methods and techniques related to human resource management and understand how human resource management is beneficial whether as an employee or manager.

### **Adjunct Instructor-Business**

School of Business Administrative, Logistics and Supply Chain Management  
Ivy Tech Community College  
Indianapolis, Franklin & Shelbyville, IN

BUSN 101-Intro to Business, BUSI 279-Business Evaluation and Professional Development and BUSN 105-Principles of Management, BUSN 120 Business Ethics and Social Responsibility  
(*August 2015-Present*)

- Instruct adult learners pursuing their degree with a focus in Business.
- Course topics include-business ownership, organization principles and problems, management, control facilities, administration, and development practices of American business enterprises, interviewing, resume writing, job search techniques, team participation, ethics, and productive job performance.

- Assist, mentor and guide students to be successful during the course and if even throughout their academic pursuits.

### **Co-Instructor**

Department of Recreation, Sport and Tourism, (UIUC)

RST 460 Event Management (*Fall 2021*)

RST 465 Event Implementation (*Spring 2022*)

- Assist students in learning the core basics of event management from initial idea to planning and implementation in this Capstone course.
- Lead and facilitate class on topics such as collaboration, teamwork, conflict resolution, and organize effective gatherings.

### **Teaching Assistant**

Department of Recreation, Sport and Tourism, (UIUC)

RST 340: Facility Management in RST (*Fall 2024*)

- Assist students in learning the different aspects of planning, design, and management of recreation, sport and tourism related facilities.

RST 210: Management in Recreation, Sport and Tourism (Fall & Spring 2022)

- Assist students in learning the core basics of management, thinking like a manager and leader using management techniques and theories to solve problems that arise in RST.

### **Scholarly Profile**

Research Interests: Physical Activity, Sport, and Fitness, particularly among African American Women and Girls

### **Research**

#### **Peer-Reviewed Publications**

Adamson, B., Wyatt, N., Key, L., Boone, C. & Motl, R.W. (2023). Results of the MOVE MS Program: A Feasibility Study on Group Exercise for Individuals with Multiple Sclerosis. *International Journal of Environmental Research and Public Health*, 20 (16), 1-19.

<https://doi.org/10.3390/ijerph20166567>

Key, L., Du, X., Woo, M., Pazmino, J., Kerins, A., Liechty, T. (2025). Spinning Fast without Falling: Women's Embodied Empowerment through Roller Derby. *Leisure Sciences*. 1–22. DOI: [10.1080/01490400.2025.2471834](https://doi.org/10.1080/01490400.2025.2471834)

## **Peer-Reviewed Publications under Review**

Adamson, B.C., Woo, M., Key, L., Fesemyer, J., Chiu, C.Y., Liechty, T., Salamea, J., & Rice, L. (Under review). Group exercise instructors' knowledge and experiences related to disability and adaptive exercise: A descriptive phenomenological analysis. Manuscript submitted for publication to *Disability and Rehabilitation*.

## **Manuscripts in Progress**

Key, L., Lundin, E., Ruwuya, J., Sridharan, V. (in progress). Constraints and Motives for Competing: Experiences and Meaning of Traveling for Masters Women Track & Field Athletes A serious leisure perspective. [Manuscript Writing in Progress; Target Journal: *Journal of Leisure Research*.]

## **Conference Presentation, Posters, and Abstracts**

Key, L. (March 2025). A Scholars' Experience in Creating Inclusive Aquatic Spaces for African American Girls: The Value of Community-Driven Partnerships (accepted for presentation) for The Academy of Leisure Sciences (TALS) Annual Conference on Research and Teaching, Pittsburg, PA.

Adamson, B.C., Rice, L.A., Liechty, T., Chiu, C.Y., Thompson, C., Woo, M., Mendelson, E., Pool, K., Makos, S., Key, L., & Fesemyer, J. (February 2025). Implementation and Evaluation of the Inclusive Community Exercise Training (ICET). Disability Health Symposium, Birmingham, AL.

Key, L. (October 2024). Creating Inclusive Spaces for African American Girls to Swim at the Grassroots Level accepted for presentation at The North American Society for the Sociology of Sport (NASSS), Chicago, IL.

Key, L., Du, X., Woo, M., Pazmino, J., Kerins, A., & Liechty, T. (February 2023). Spinning fast without falling: Empowerment through roller derby. Paper accepted for presentation at The Academy of Leisure Sciences Annual Conference on Research and Teaching, New Orleans, LA.

Adamson, B., Wyatt, N., Key, L., Boone, C, Motl, R. (May 2022). Results of the MOVE MS program: A feasibility study on group exercise for individuals with multiple sclerosis. Paper accepted for presentation at International Congress of Qualitative Inquiry Annual Conference, Virtual

## **Academic Service**

Article Reviewer for Leisure/Loisir (*February-July 2025*)

Article Reviewer for Leisure Sciences (*January-March 2024*)

UIUC Applied Health Sciences DEI committee member (*October 2024-Present*)

UIUC Applied Health Sciences DEI Student BIPOC Committee Chair *(October 2024-Present)*

UIUC Graduate College Executive Committee member *(September 2024-Present)*

UIUC Applied Health Sciences DEI Student BIPOC committee member *(January 2023-May 2023)*

UIUC Campus Recreation Advisory committee (CRAC) member *(September 2022-Present)*

### **Academic Presentations**

“A Black youth swim program aims to reclaim African American history with water” Radio Guest Panelist on Illinois Public Media (IPM) News Dialogue Show, April 19, 2025.

<https://ipmnewsroom.org/a-black-youth-swim-program-aims-to-reclaim-african-american-history-with-water/>

“Learning a new sport and saving lives: The push to teach swimming to more Black children” Radio Guest on NPR’s The 21<sup>st</sup> Show, November 13, 2024.

<https://will.illinois.edu/21stshow/story/learning-a-new-sport-and-saving-lives-the-push-to-teach-swimming-to-more-black-children>

“A Culturally Responsive-Sustaining Swimming Intervention Program” Guest Speaker for UIUC RST 504-Applied Evaluation and Needs Assessment *(September 2024)*

“Fitness and Wellness Classes: Having Fun and Feeling Great” Illinois Extension’s Community Seminar Series featuring Summer Care Series *(July 2022)*

“Project-Based Learning” Applied Health Sciences (AHS) Leadership Series Co-Presenter *(November 2021)*

“Why obtain a Ph.D. and Why Illinois Applied Health Sciences (AHS) Department” Ph.D. Recruitment Day, First Year Doctoral Panelist Viewpoint *(October 2021)*

“African American Youth Participation at Recreation Centers” Illinois Summer Research Symposium (ISRS) *(July 2021)*

### **Professional Presentations**

“How to make your brand stand out and leave your mark” Roundtable Speaker for the Indianapolis Sports Industry Career Conference *(February 2019)*

“Sports Experience that you Need to Know” Roundtable Speaker for the Indianapolis Sports Industry Career Conference *(February 2017 & 2018)*

“Key Points and Your Future in Sports” Roundtable Speaker for the Indianapolis Sports Industry Career Conference *(February 2016)*

“USATF Indiana and the Sports Industry” Speaker for a Sports Governance class at Ball State University (*November 2013*)

“What you need to know to enter the Sports Industry” Roundtable Speaker for the Indianapolis Sports Industry Career Conference (*March 2013*)

“My Path to the Sports Industry” Guest Speaker for Sports Marketing class at IU Bloomington (*April 2009*)

“Reebok and NFL Partnership” Guest Speaker for Reebok at the NFL Combine (*February 2005 and 2008*)

“Role of an NFL Team Services Specialist” Corporate Sports Panelist Speaker Indiana Pacers Sports and Entertainment Annual Sports Business Career Conference and Job Fair (*February 2007 and 2008*)

“Reebok Opportunities in the Sports Industry” Booth Speaker for the Indiana University Sports Marketing Club’s Annual Conference (*October 2005*)

“What is Your Passion” Guest Speaker for Illinois State University’s Sports Management Club Meeting (*April 2005*)

“Role of an NFL Team Services Specialist” Corporate Sports Panelist Speaker for Indiana University Sports Marketing Club’s Annual Conference (*October 2002 & December 2004*)

### **Community & Professional Service**

USATF Masters Elected Track & Field Active Athlete Rep (December 2013-2019)

Member of National Institute for Fitness & Sports (NIFS) Members’ Advisory Committee at NIFS (January 2005-July 2016)

Ruth Lilly Health Education Center-Board Member (March 2004-August 2014)

Indiana Senior Games-Board Member and Track & Field Event Director (June-August 2010)

The National Association of Black Sports Professionals (NABSP)-Secretary (January-December 2010)

Co-Chairperson of Group Athletica’s Employee Committee (January 2004 - December 2005)

Editor of Group Athletica’s Newsletter “Factory or Fiction” (January 2004 – December 2005)

Member of the Girls Inc. Marketing Committee (September 2001- June 2002)

### **Certification & Licensure**

Body Arts and Science International (BASI) Graduate Program in Apparatus- (In progress)

Body Arts and Science International (BASI) Mat Pilates (January 2017-Present)

American Red Cross CPR and AED Certification (June 2017-Present)

USA Track & Field (USATF) Certified National Official (March 2009-Present)

National Association for Community College Entrepreneurship (NACCE) Entrepreneurship Specialist Online Training (May 2019)

ACTION Certified Personal Trainer (CPT) (NCCA Accredited) (May 2017-December 2019)

### **Professional Affiliations/Memberships**

The Academy of Leisure Sciences

National Recreation and Park Association

Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD)

USA Track and Field (USATF) Illinois Member

### **Honors/Awards**

Image of Research People's Choice Winner (April 2025)

Inclusive Leadership, Diversity, Service and Excellence in Outreach Award from the College of Applied Health Sciences (UIUC) \$500 (February 2025)

J. Robert and Linda L. Rossman Graduate Research Fund Award \$1000 (April 2024)

President's Award for Outstanding Contribution to the Indiana Association of USATF (January 2023)

Doctoral Assistantship, University of Illinois at Urbana-Champaign, Recreation, Sport and Tourism (RST) Department (August 2021-2025)

Summer Predoctoral Institute (SPI), University of Illinois at Urbana-Champaign (June-July 2021)

MSD of Pike Township Superintendents Above and Beyond Award (May 2014)

Legacy Honoree Track & Field Athlete Award, Morgan State University (April 2008)

Marylou Anderson Spirit Award, Arthritis Foundation (December 2002)

Indianapolis Business Journal "Women In Business-Mini Profile" (July 2002)