Caitlin Vitosky Clarke

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**Positions Held**

2019 Visiting Assistant Professor, Sociology, University of Illinois at Urbana-Champaign

0% Appointment, Kinesiology and Community Health

Graduate Faculty Member

2018-2019 Adjunct Faculty, Cal Poly Pomona, Sociology, Kinesiology & Health Promotion

2018-2019 Research Assistant, University of Illinois, Kinesiology & Community Health

Dr. Ruopeng An, Community Health

2011-2017 Instructor of Record, University of Illinois, Kinesiology & Community Health

2009-2018 Teaching Assistant, University of Illinois, Kinesiology & Community Health

**External Positions Held**

2020 Lead Researcher, Institutional Equality Index, Athlete Ally

**Education**

2019 Ph.D. Kinesiology & Community Health. University of Illinois at Urbana-Champaign

2009 B.A. Anthropology & The Classics. University of Illinois at Urbana-Champaign

**Peer-reviewed publications:**

An R, Nickols-Richardson S, Alston R, Shen S, **Clarke C**. (2020) Fresh and lean pork intake in relation to functional limitations among U.S. older Adults, 2005-2016. *Nutrition and Health*. Accepted June 11, 2020.

Park D, Shin N, **Clarke C**, Sydnor S. (2020) “Olympic Music and Cultural Taste: Olympic Ice Dancing in 2018 PyeongChang Winter Olympic Games” *Sociology of Sport Journal,* Accepted April 2, 2020.

An R, Nickols-Richardson S, Alston R, **Clarke C** (2019). “Fresh and Lean Pork Consumption in Relation to Nutrient Intakes and Diet Quality among U.S. Adults, NHANES 2005-2016”. *Health Behavior and Policy Review.* Accepted August 2019.

An R, Ji M, **Clarke C**, Guan C (2019). “Impact of state laws governing physical education on attendance among U.S. high school students, 2003-2017”. *American Journal of Health Promotion*. Accepted May 2019.

An R, Shi Y, **Clarke C**, Zhang S (2019). “Nighttime eating and obesity among U.S. adults, 2007-2016”. *Journal of Human Nutrition and Dietetics*. Accepted May 2019.

An R, Nickols-Richardson S, Khan N, Liu J, Liu R, **Clarke C** (2019). “Impact of Beef and Beef Product Intake on Cognition in Children and Young Adults: A Systematic Review”. *Nutrients.* 11(1797) doi:10.3390/nu11081797

Guan C, **Clarke C**, Liu J, Chen N, An R. (2019) “Trade Openness and the Obesity Epidemic: A Cross-national Study of 175 Countries during 1975-2016” *Annals of Epidemiology*. Accepted July 2, 2019.

An R, Nickols-Richardson S, Alston R, Shen S, **Clarke C** (2019). Total, fresh, lean, and fresh lean beef consumption in relation to nutrient intakes and diet quality among U.S. adults, 2005-2016. *Nutrients* 11(3):563.

**Clarke C**, Sydnor S, Park D, Haugen M. (2018). “Online Instruction in Large Scale Sport Sociology Courses, A Collective Autoethnography”. *Teachers and Curriculum* 18(1) p.61-75.

Peer-reviewed book chapters:

An R, **Clarke C**. Smoking, aging, and longevity. Encyclopedia of Gerontology and Population Aging. New York, NY: Springer Publishing Company, 2019. Publication expected June 2021. ISBN: 978-3-030-22010-5

Peer reviewed conference abstracts:

An R, Nickols-Richardson S, Alston R, Shen S, **Clarke C**. Fresh and lean pork intake in relation to functional limitations among U.S. older adults, 2005-2016. 2019. American Society for Nutrition Annual Conference, Baltimore, MD.

An R, Nickols-Richardson S, Alston R, Shen S, **Clarke C**. Fresh and lean beef consumption in relation to nutrient intakes and diet quality among U.S. adults, 2005-2016. 2019. American Society for Nutrition Annual Conference, Baltimore, MD.

Manuscripts Under Review

**Clarke C**, Adamson B, Adamson M, Richardson E, Sydnor S. “Social Justice through Sport and Exercise Studies: Praxis and Theory for the New Decade” Aim: *Journal of Sport and Social Issues*.

**Clarke C**, Adamson B. “A Syndemics Approach to Exercise Interventions” *Biosocieties*, Submitted January 2020.

Liu R, Liu J, **Clarke C,** An R. (2019). “Effect of Complex Training on Change of Direction Performance: A Systematic Review and Meta-Analysis” *Journal of Strength and Conditioning Research.* Submitted January 2020.

Liu R, Liu J, **Clarke C,** An R. (2019) “Effect of Eccentric Overload Training on Change of Direction Performance: A Systematic Review and Meta-Analysis” *Journal of Sports Sciences*. Submitted October 2019.

An R, Nickols-Richardson S, Alston R, Shen S, **Clarke C**. “Fresh and Fresh Lean Beef Intake in Relation to Functional Limitations among U.S. Older Adults, 2005-2016. *Journal of Nutrition and Metabolism*.

Work in Progress: Pre-Submission Final Drafts

**Clarke C**., Cuthbertson C., Adamson B. “Meta-Narratives of Depression in Exercise Science Research: Constructing an Economic Burden” Aim: *Science Technology and Human Values*

**Clarke C.,** Cuthbertson C., Adamson B. “The Globalization of Exercise Is Medicine”. Aim: *Qualitative Research in Sport Exercise and Health*.

Liu R, Liu J, **Clarke C**, An R. “Physical Activity Associated with Mental Health in Urban and Rural Areas of Chinese Adolescents: A Cross-Sectional Study”.

Projects in Development

**Clarke C**., Adamson, B. “Content Analysis and Systematic Review of ACSM Annual Conference Exercise Is Medicine Session Abstracts”

**Clarke C,** Adamson M, Richardson E, Sydnor S, Adamson B. “Play and Mental Health: Policy Implications for Post-COVID-19”

Adamson B, **Clarke C,** Littlefield M. “Disciplinary Double Consciousness in Exercise Science” *Journal of Health and Social Behavior*

**Clarke C**, Park D, Shin N, Sydnor S. “International Skating Monoculture: Analysis of International Skating Union Lists of Officials for Ice Dancing from 1976 to 2019”

**Clarke C**, Park D, Shin N, Sydnor S. “International Ice Dancing Teams as Agents of Colonization: Content Analysis of Music Selections for World Championship and Olympic Ice Dancing Teams from 1976-2019”

**Clarke C**, Adamson M, Adamson B. “Fat Phobia, Sexism, and the Female Athlete Triad: A Syndemic Analysis of Abuse in Long Distance Running”. Aim: *Sociology of Sport Journal.*

Invited Lectures & Workshops

March 11, 2020. “The Globalization of Exercise Is Medicine and Exercise Interventions for Depression” Department of Sociology Faculty Workshop, University of Illinois at Urbana-Champaign, Spring 2020.

April 5, 2019. “Fixing the Mind Through the Body: Critical Considerations of Exercise Interventions for Depression” CSU Northridge Sports Studies Seminar, Spring 2019.

“Sex & Gender Ambiguity in Sport”. For Synthia Sydnor’s KIN 249 Spring 2010, Fall 2010, Spring 2011

**Conference Presentations**

May 2020. “Fat Phobia, Sexism, and the Female Athlete Triad: A Syndemic Analysis of Abuse in Long Distance Running”. International Congress for Qualitative Inquiry. University of Illinois at Urbana-Champaign. Canceled due to COVID-19.

May 2020. “Metanarratives of Depression in Exercise Science Research”. International Congress for Qualitative Inquiry. University of Illinois at Urbana-Champaign. Canceled due to COVID-19.

April 2020. “A Syndemics Approach to Exercise Science”. Midwestern Sociological Society. Omaha, NE. Accepted December 27, 2019. Canceled due to COVID-19.

March 2020. “The biosocial limits of exercise interventions” Social Justice Through Sport and Exercise Psychology. The Public University of Tennessee, Knoxville. Canceled due to COVID-19.

February 2020, “Exercise Is Medicine as Global Assemblage of Technoscience”. Eastern Sociological Society. Philadelphia, PA. Accepted December 20, 2019. Unable to attend due to family complications.

November 2019, “Exercising for the Economy: Mental Health Prescription as Economic Relief”. Political Economies and Sport Panel. North American Society for the Sociology of Sport, Virginia Beach VA. Accepted Jun 12, 2019.

May 2019, “Fixing the Mind Through the Body: Critical Considerations of Exercise Interventions for Depression”. International Congress for Qualitative Inquiry. University of Illinois at Urbana-Champaign.

May 2019, “Reconsidering Exercise is Medicine”. International Congress for Qualitative Inquiry. University of Illinois at Urbana-Champaign. Co-Presenter: Brynn Adamson.

November 2018, “Exercise Science Depression Studies: An Alternative Framework”. Sport, Society, and Technology Panel. North American Society for the Sociology of Sport, Vancouver BC.

November 2018, “Racialized Institution and Racial Power: Olympic Ice Dancing” North American Society for the Sociology of Sport, Vancouver BC. Co-presenting with Doo Jae Park, Nari Shin, and Synthia Sydnor.

April 2018, “Complicating Exercise is Medicine: Re-Framing Depression and Societal Burden in Exercise Science Depression Studies” Physical Cultural Studies Graduate Student Conference, University of Maryland, MD

May 2018, “Exercise Prescriptions and Societal Burden: Depression Studies in Exercise Science”

International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, IL

May 2018, Panel Chair, “Online Instruction in Large Scale Sport Sociology Courses in Troubled Times”

Panel Members: Caitlin Vitosky Clarke, Doo Jae Park, Dr. Synthia Sydnor

International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, IL

May 2018, “An Emerging Scholar’s Autoethnography of Life as Online Instructor and Grader for a Large Scale Sport Sociology Course”

International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, IL

May 2014, “The Department of Kinesiology”

International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, IL

May 2013, “A Critical Perspective of Current Research in Kinesiology: Who is the Perfect Body for?”

International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, IL

May 2013, “An Exploration of Physical Touch as Sport Pedagogy”

International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, IL

March 2012. “Race as a Variable in MRI brain scan studies: the mis-scanning of man?”. British Modernities Group Conference, University of Illinois at Urbana Champaign, IL.

May 2012. “The Disabled Body Abroad: The Climate of Study Abroad Programs for Students with Disabilities at the University of Illinois”. International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, IL.

May 2012. “Teaching Ethnography to Undergraduates: Autoethnography, Disability, and Sport” International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign, IL.

November 2011. *“*Let’s Get It Started… Oh Wait, It Already Has Been?” Conversations

Between Disability Studies and Sport Sociology”. National Association for the Study of the Sociology of Sport, University of Minnesota, Minneapolis, MN.

**Grants & Research**

Clarke C. Online Teaching Academy. $5,000 SIE for Summer 2020. Applied June 2. Awarded June 6, 2020.

Clarke C. “SOC 162 Revisions to Incorporate COVID-19 Impact on Global Maternal Health” LAS Illinois Global Institute Online Course Development Funds in Online and Area Studies. $4,000 SIE for Summer 2020. Applied April 28, 2020. Awarded May 20, 2020.

Adamson B, Clarke C, Fagen-Ulmschneider W, Flannagan K. “Enabling Classroom Creativity: Accessible, free, and simple real-time classroom feedback with students’ personal devices” UIUC Faculty Retreat Grant. $4,000. Applied April 17, 2020. Rejected June 2020.

Synthia Sydnor & Nancy Abelmann, 2009-2011 University of Illinois, The Council on Gender Equity and the Office of the Provost grant. "An Untold Story: U of I Female Faculty in the History of American Athletics and Sports Scholarship". Teaching Assistant for associated KIN 249 EUI course. $10,000.

**Selected Honors & Awards**

Ludwig T. Stoyke Outstanding Graduate Student Award, Spring 2014

Awarded to a student in the Department of Kinesiology and Community Health who shows academic merit. Honoree awarded $2,500

Ethnography of the University Initiative Instructor, selected for proposed KIN 249 Sport and Modern and Society: Disability and Sport course, Spring 2012

Associated assistantship awarded: $7,500.

**Incomplete List of Teachers Rated as Excellent, University of Illinois**

**CLCV 115**… Spring 2009, Fall 2009, Spring 2010

**KIN 104**… Spring 2005, Fall 2005, Spring 2006, Fall 2006, Spring 2007, Fall 2007, Fall 2012, Spring 2013, Spring 2014, Fall 2014, Spring 2015, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017

**KIN/SOC 249**… Spring 2010, Spring 2011, Fall 2011, Spring 2012,

**Service**

***To the Discipline***

Assistant Director of Conference Planning and Management, 2020-2021, International Congress of Qualitative Inquiry.

Sociology of Sport Journal Article of the Year Award Committee Member 2020, North American Society for the Sociology of Sport

Elections Committee Member 2020, North American Society for the Sociology of Sport

Book of the Year Award Committee Member 2019, North American Society for the Sociology of Sport

Reviewer:

*The Journal of Sport and Social Issues* (4)

*Research Quarterly in Sport and Exercise* (1)

*BMC Public Health* (6)

*European Journal of Clinical Nutrition* (1)

***To the College of LAS, UIUC***

Advised AHS Honors Project for SOC 162 Spring 2020, Siddhi Desai

***To the Department of Sociology***

Curriculum Committee, 2019-2020

***To the Global Studies Program***

Undergraduate Scholarships and Awards Committee, 2019-2020

**Courses Taught**

**SOC 196 / 396 Sport and Mental Health, Spring 2020**

This course will offer sociological analysis of mental health and illness using case studies from sport. The course addresses intersections of cultural sport psychology, sociology of sport, and sociology of mental health. The course will provide a broad overview as well as specific case studies for each theme. These include sociological perspectives on issues such as the history of mental illness, mental illness as deviant identity, mental health services in sport, doping and substance abuse, overtraining and burnout in youth sports, concussions in contact sports, athlete experiences with career limiting//ending injuries, the impact of stress and discrimination on health and mental health, disordered eating, as well as the promotion of sport and exercise as a solution and/or preventive measure for mental illness. The course will give students multiple tools for engaging in conversations and academic work related to mental health and the associated scientific research. The course is designed with multiple interests in mind including students interested in sociology, social work, public health, medicine, psychology, psychiatry, exercise science, and science and technology studies.

**SOC 274 Health, Illness & Society, Fall 2019, Spring 2020**

What do you do when you get sick? Where do you go? Who provides your medical care? In this course we will discuss why the answers to these basic questions are actually quite complex. This course is designed to introduce students to medical sociology and will examine issues surrounding health, illness and healing from a sociological perspective. Throughout the course we will cover numerous topics including: the social construction of health and illness, healthcare providers, the healthcare system - including contemporary debates regarding healthcare reform - and the social determinants of health inequalities.

**SOC 162 Introduction to International Health Policy, Fall 2019, Spring 2020**

We live in a world that has become increasingly interconnected, resulting in greater attention, urgency, and awareness of the impact of health and illness around the globe. In this course we will examine the global distribution of disease, including persistent and emerging health disparities. We will then examine the historical approaches and changes in international health policy, including the in-depth examination of several major cases. We will then move to think about how major organizations and healthcare systems are currently working to improve global health, including the successes and challenges that these systems face.

**SOC 196 Special Topics: Sociology of Mental Health X Science & Technology Studies, Fall 2019**

The World Health Organization listed Depression as the top global health crisis for 2017. Mental Illness rates have been increasing. Prescriptions for antidepressants and anxiolytics have significantly increased since the 1990s. Yet Psychologists and Psychiatrists still actively debate how to define depression and where it is located. Research on mental health/illness is incredibly popular yet has widely variable results and conclusions. To what extent is mental illness a biological issue? To what extent is it a psychological issue? To what extent is it influence by social and environmental factors? This course introduces students to the Sociology of Mental Health and to Science and Technology Studies. These two areas of Sociology will give students multiple tools for engaging in conversations and academic work related to mental health and the associated scientific research. The course is designed with multiple interests in mind including students interested in sociology, social work, public health, medicine, psychology, psychiatry, exercise science, and science and technology studies.

**SOC 4440 Technology and Society, Spring 2019**

This course explores the relationship between technological development and social life. We will focus on how technology impacts society and how social, political, and economic factors inhibit and encourage the development of technology. Alongside these discussions, we will examine the issues of access and inequality. Using the example of the relationship between technology and social life, students will examine the historical development and cross-cultural distribution of patterns of social behavior. Students will apply key social science theories to the complex, bi-directional relationship between technological development and social life, leading students to a deeper and broader understanding of the sociological subfield of science and technology studies.

**SOC 4110/4110L Qualitative Research Methods for Sociology, Spring 2019**

Advanced qualitative methods in sociology. In this class, students will conduct a semester long qualitative research project using ethnographic field methods and in-depth interviewing. Students will be required to conduct at least five hours of qualitative data collection each week and collect 100-150 single spaced pages of field notes and interview transcripts.

**KIN 4490 Sport and Culture, Spring 2019**

The social construction of sport is investigated. Critically analyze the ways in which dominant ideologies shape and are shaped by sport both socially and historically. Focus on the significance of sport in US culture.

**SOC 4402 Socialization, Self, and Society, Fall 2018, Spring 2019**

This course will cover an introduction to sociological theories of the self and the relationship between self and society. The primary relevant aspect of that relationship for this course is the process of socialization. This process teaches us the social “rules” of the society and/or culture in which we live, which is based multiple variables including race, class, geographic location, gender, education, culture, ethnicity, nation, etc. The process of socialization also affects our identity formation process based on our experiences with socialization as well as the sociocultural contexts of our lived daily experiences. After exploring the foundational theories of the self, we will examine contemporary usages of and modifications to these ideas in various branches of sociological scholarship including but not limited to education, sport sociology, critical health studies, disability studies, fat studies, science and technology studies, and body studies. Course enrolled 60-80 students.

**KIN/SOC 249 Sport and Modern Society,Fall 2009 – Summer 2012**

**KIN /SOC 249 ONL Instructor Fall 2017**

In this course, students undertake cultural studies of modern sport. During the Monday and Wednesday lectures and media presentations and through assigned readings, students will become familiar with selected classic and recent scholarship on sport, and modern society. Significant themes in sport studies such as those having to do with hegemony theory and body culture will be at the center of our studies through the semester. What is sport? What is modernity? What have humans in modernity made of this thing we call sport? How do we converse about and critique these ideas—what are the tools offered by the humanities to understand sport in modernity? These are key guiding questions of the semester. The semester‘s work culminates in group-work on the cultural analysis of gravity sports. This course is a writing intensive Kinesiology & Sociology cross-listed course, which fulfills a general education requirement for undergraduates. Lead discussion sections of 25 students. Duties include grading papers, exams, and the content of 50-minute class periods. Taught a total of 5 sections over 3 semesters. Instructor for Summer 2011, 2012 (12 students), Fall 2011 (75 students). Instructor for Online section Fall 2017 (750 students and 5 graders).

**EUI Selected Course, KIN 249 Sport & Modern Society: Disability & Sport*, S*pring 2012**

A new Ethnography of the University Initiative course specifically focused on Disability and Sport with a podcast technology sub focus. Course proposal designed and submitted by Caitlin Vitosky Clarke. Duties include designing the syllabus, lecture content, exams, grading all assignments, calculate and enter final grades, etc., for 25 students. Course designed to teach undergraduates how to conduct ethnographic research.

**KIN 104 Ice Skating*,* Fall 2009-Spring 2010, Fall 2012-Present**

Supervised all 13 sections (720 students) of Ice Skating, a Kinesiology Physical Activity Course. Duties include designing the syllabus, lecture content, skill tests, written exams, grading the skill tests and written exams, calculating and entering final grades. Additionally, this position supervises approximately 30 employees of the Campus Recreation Learn to Skate Program who serve as the section instructors.

**KIN 142 Sport and Contemporary Issues, Instructor Fall 2010 – Fall 2011**

**KIN 142 ONL Grader Spring 2017**

In this course, students are introduced to the major premises of cultural studies, and are given opportunities to explore sport in America through the lens of critical theory. Students engage in small research projects, group work and discussion sessions. Responsibilities include designing the course content and syllabus, creating assignments and exams, all grading, etc. Lecture 75 students for 50 minutes 3 days per week.

**KIN 100 Conditioning & Weight Control & KIN 109 Volleyball*,* Summer 2010, 2011**

Duties include designing syllabus and daily course content, calculating and entering final grades. Courses met 4 days per week for 50 minutes over an 8-week period.

**CLCV 115 Ancient Greek and Roman Mythology*,* Spring 2008 – Spring 2010**

As survey course and general education requirement in the humanities within The Department of The Classics, Classical Civilizations 115 introduces non-majors to the classic texts in ancient Greek and Roman mythology. The course also introduces students to comparative mythology through ancient near eastern texts. Led discussion section of 30 undergraduate students. The course serves as a prerequisite to all upper level CLCV courses. Duties include grading papers, exams, quizzes, and the content of a 50-minute discussion section. Taught a total of 7 sections over 5 semesters. Served as Instructor for Summer 2009.

**Related Employment**

**Private Figure Skating Coach… January 2005 – 2014**

Professional Skating Coach at East Wet Ice Palace in Artesia, CA, Champaign, Decatur, Danville, and Bloomington, IL. I taught through Freestyle 6 or Intermediate Free Skate, Novice Moves in the Field, Pre-Bronze Dance. This includes choreographing programs as well as basic skating instruction in basic skating technique, jumps, spins, and edges.

**Professional Development:**

Summer 2010, Writing Across the Curriculum, Seminar for instructors and teaching assistants

Spring 2011, Classroom Management: Preventing & Responding to Disruptive Students In the Classroom

Spring 2011, International Congress of Qualitative Inquiry Conference

Spring 2012, Audited GWS 473 Transnational Feminism, Dr. Mimi Thi-Nguyen

Spring 2019, CPP Faculty Development Workshop: Designing Rubrics

Spring 2019, CPP Faculty Development Workshop: Do the Flip! Flipped Curriculum Design

Fall 2019, UIUC ATLAS.ti Workshop

Spring 2020, UIUC Faculty Retreat, Thursday March 5th

Spring 2020, UIUC CITL Moving Your Courses Online Workshops

Summer 2020, UIUC ATLAS Moodle Workshops

Summer 2020, BitProject Webinar, Using Data Science Modules in Social Science Courses

Summer 2020, UIUC CITL Online Teaching Academy

Summer 2020, Berkeley Data Science Conference Online

**Professional Memberships:**

International Congress of Qualitative Inquiry, 2011-present

American Sociological Association, 2013-present

ASA-SKAT Member, 2019 - present

ASA-Medical Sociology Member, 2019-present

ASA-Mental Health Member, 2019-present

International Sociology of Sport Association, 2013-present

North American Society for the Sociology of Sport, 2010-present

Pacific Sociological Association, 2019

American College of Sport Medicine, 2017-present

The Midwestern Sociological Society, 2019-present