

# *Elizabeth Hall Palmer, MS*

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## **Professional Experience**

2014-Present    Academic Advisor  
                    *Department of Kinesiology*  
                    *Mississippi State University, Starkville, MS*

## **Education**

2014    M.S.        Sports Pedagogy    Mississippi State University    Starkville, MS  
                    Thesis: Effects of Selected Amino Acids on Resistance Training Protocol  
                    During a Selected Hypertrophy Protocol

2012    B.S.        Sports Pedagogy    Mississippi State University    Starkville, MS

## **Teaching Experience**

PE 1031	Tennis Lecture/Lab: 3 hours/week	Mississippi State University
PE 1061	Walking/Jogging Lecture/Lab: 3 hours/week	Mississippi State University
PE 1222	Teaching Lifetime Activities Lecture/Lab: 3 hours/week	Mississippi State University

## **Published Abstracts**

B. Wax., **E. Hall**, A.N. Kavazis, A. Walton, M. Cook, B. Vickers, J. Townsend, K. Gilliland.. Supplemental GAKIC Enhances Lower-Body Resistance Training Performance in Trained Males During a Hypertrophy Protocol. *The Journal of Strength & Conditioning Research*. 28(12):e79, July 2014.

**E.Hall.**, B.Wax., A.N. Kavazis. Acute Arginine Supplementation Does Not Augment Muscular Strength in Southeastern Conference D1 Female Athletes. *The Journal of Strength & Conditioning Research* 28(12):e113, July 2014

## **Presentations**

2014 “Effects of Selected Amino Acids on Resistance Training Protocol During a Selected Hypertrophy Protocol.” **E. Hall**, B. Wax, and A.N. Kavazis. MSU Annual Graduate Student Symposium, March 15, Mississippi State, Mississippi.

2013 “Impact of L-arginine alpha-ketoglutarate Ingestion on Muscular Strength in Female Athletes.” **Hall, E.**, Cook, M., & Wax, B. Annual NSCA Mississippi State Clinic, October 26, USM Hattisburgh, Mississippi.