

**Alicia R. Covello**

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**EDUCATION**

- Master, Kinesiology** **Expected 2019**  
University of Illinois at Urbana-Champaign  
Advisor: Naiman Khan Ph.D, R.D. University of Illinois at Urbana-Champaign
- Bachelor of Science, Kinesiology *Cum Laude*** **2016**  
Eastern Illinois University, Charleston IL  
Minor: Psychology

**PROFESSIONAL EXPERIENCE**

- Laboratory Technician** **1/2016 – 1/2017**  
Body Composition and Nutritional Neuroscience Laboratory  
University of Illinois at Urbana-Champaign  
*Principal Investigator:* Naiman Khan, PhD, R.D.  
Supervisor to over 20 students, Assisted with staff scheduling, Managed staff paperwork, Organized and Analyzed data for multiple studies, Worked with participants on cognitive and physical assessments including electroencephalogram tasks, maximal effort physical assessments, body composition, Analyzed hydration status using bioimpedance spectroscopy and urinalysis assessments.
- Laboratory Technician** **6/2015 – 12/2015**  
Neurocognitive Kinesiology Laboratory – INSIGHT Project  
University of Illinois at Urbana-Champaign  
*Principal Investigator:* Charles Hillman, PhD  
Direct supervisor to 15 students, Assisted with staff scheduling, Oversaw maximal effort physical assessments and dual energy x-ray absorptiometry scans, Managed data entry

**PRESENTATIONS & PUBLICATIONS**

**Manuscripts**

1. **Covello, A. R.**, Nikolaus, C. J., Edwards, C. G., Chojnacki, M. R., Baumgartner, N. W., Loehmer, E., McCaffrey, J., An, R., & Khan, N. A. Examining the role of habitual physical activity on the food insecurity-obesity paradox. (In Preparation)
2. McLoughlin, G.M., Edwards, C. G., Covello, A., Woods, A. M., Graber, K.C., & Khan, N. A. School-based factors affecting lunchtime nutrition consumption and recess-accumulated physical activity in children. (In Preparation)
3. McLoughlin, G.M., Edwards, C. G., **Covello, A.**, Woods, A. M., Graber, K.C., & Khan, N. A. The relationship between school-based health behaviors, weight status, and cognition in elementary-aged children. (In Preparation)

4. Baumgartner, N.W., Walk, A. M., Edwards, C. G., Chojnacki, M. R., **Covello, A. R.**, Reeser, G. E., & Khan, N.A. Objectively Measured Sedentary Time is inversely related to Neuroelectric Indices of Attentional Inhibition (In Submission).
5. Nicholas W Baumgartner, Anne M Walk, Caitlyn G Edwards, **Alicia R Covello**, Morgan R Chojnacki, Ginger E Reeser, Andrew Taylor, Hannah D Holscher & Naiman A Khan. Physical Activity Moderates the Negative Influence of Adiposity on Cognitive Control. (In Submission)
6. Anne M. Walk, Caitlyn G. Edwards, Nicholas W. Baumgartner, Morgan R. Chojnacki, **Alicia R. Covello**, Ginger E. Reeser, Billy R. Hammond, Lisa M. Renzi-Hammond, & Naiman A. Khan The Role of Retinal Carotenoids and Age on Neuroelectric Indices of Attentional Control among Early to Middle-aged Adults. (In submission)
7. Gabriella M. McLoughlin, Caitlyn C. Edwards, **Alicia Covello**, Morgan Chojnacki, Nicholas Baumgartner, Anne M. Walk, Amelia M. Woods, Kim C. Graber., & Naiman A. Khan. School lunch and physical activity during recess: Interactive effects of health behaviors in the school setting (In Submission)

### Abstracts

1. **Alicia Covello**, Anne Walk, Caitlyn Edwards, Ginger Reeser & Naiman Khan. Neurocognitive Implications of Non-Nutritive Sweetener Intake among Overweight and Obese Adults.
2. Caitlyn G. Edwards, Anne M. Walk, Nicholas W. Baumgartner, **Alicia Covello**, Sharon V. Thompson, Hannah Holscher, & Naiman A. Khan. Relationship between whole grain consumption and cognitive control: a behavioral and neuroelectric approach
3. Edwards, C.G., Walk, A.M., Baumgartner, N.W., Chojnacki, M.R., **Covello, A.C.**, Evensen, J., Thompson, S.V., Holscher, H.D., Khan, N.A. Relationship between whole grain consumption and selective attention: a behavioral and neuroelectric approach. (In Submission)
4. Chojnacki, MR, Edwards, CG, Baumgartner, NW, Walk, AM, **Covello, AR**, Reeser, GE, Holscher, HD, & Khan, NA. Weight Status and Visceral Adiposity are related to Intraindividual Variability in Cognitive Function. (In submission)
5. Gabriella M. McLoughlin, Caitlyn C. Edwards, **Alicia Covello**, Morgan Chojnacki, Nicholas Baumgartner, Anne M. Walk, Amelia M. Woods, Kim C. Graber., & Naiman A. Khan. School Lunch and Physical Activity During Recess: Interactive Effects of Health Behaviors in the School Setting (In Press)
6. **Covello, A.R.**, Nikolaus, C.J., Chojnacki, M.R., Edwards, C.G., Baumgartner, N.W., Liu, R., Loehmer, E., McCaffrey, J., An, R., & Khan N.A. Examining the role of habitual physical activity in the food insecurity-obesity paradox.
7. Baumgartner, N. W., Walk, A. D., Edwards, C. G., **Covello, A. R.**, Curran, M. R., Reeser, G. E., Taylor, A. M., Holscher, H. D., & Khan, N.A. Habitual Physical Activity Moderates the Negative Influence of Adiposity on Cognitive Control (In Submission).
8. **Alicia Covello**, Nicholas Baumgartner, Morgan Curran, Ginger Reeser, Neal Cohen, Arthur Kramer, Charles Hillman, Aron Barbey, & Naiman Khan. The Sexual Dimorphic Relationships Between Dietary Fiber Intake and Visceral Adipose Tissue. (In Press)
9. Baumgartner, N. W., **Covello, A. R.**, Reeser, G. E. Cohen, N.J., Kramer, A. F., Hillman, C. H., Khan, N.A, & Barbey, A.K. Moderate to vigorous physical activity influences aerobic capacity independent of body composition. (In Press)

### **Presentations**

1. **Experimental Biology** **Chicago, IL**  
Poster Presentation April 2017  
Poster Title: Examining the role of habitual physical activity in the food insecurity-obesity paradox.
2. **Experimental Biology** **San Diego, CA**  
Poster Presentation April 2016  
Poster Title: The Sexual Dimorphic Relationships Between Dietary Fiber Intake and Visceral Adipose Tissue.
3. **Division of Nutritional Sciences Symposium** **Champaign, IL**  
Poster Presentation March 2016  
Poster Title: The Sexual Dimorphic Relationships Between Dietary Fiber Intake and Visceral Adipose Tissue.

### **ACADEMIC EXPERIENCE**

#### **Teaching Assistant**

*University of Illinois at Urbana Champaign*

KIN 102

1/2016 – 5/2016

CHLH 100

1/2016 – 5/2016

CHLH 101

1/2016 – 5/2016

#### **Teaching Assistant**

*Eastern Illinois University*

Biology 2001

8/2014 – 5/2015

Human Performance Lab

8/2015 – 12/2015

### **HONORS & AWARDS**

- President's Volunteer Service Award – Silver 5/2014
- President's Volunteer Service Award – Silver 5/2015

### **CERTIFICATIONS AND TRAINING**

National Strength and Conditioning Association – Certified Personal Trainer Since 2013

American Red Cross CPR & AED – Since 2013

American Red Cross First Aid – Since 2013

### **VOLUNTEER EXPERIENCE**

#### **Crisis Line Volunteer**

05/2012 – 05/2015

Rape Advocacy, Counseling, & Education Services, Champaign IL

#### **President of Service Fraternity**

05/2012 – 12/2012

Alpha Phi Omega – Alpha Zeta Omega Chapter

Updated March 2017

**MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS**

American Society for Nutrition (#51469)

American College of Sports Medicine (#798500)

National Strength and Conditioning Association (#7247854714)