



First generation student in the classroom

Brittany Allman College of Human Sciences PhD, Exercise Physiology

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Dr. Brittany Allman recently graduated with a PhD from the [College of Human Sciences, Exercise Physiology Program](#). She received many awards during her tenure as a graduate student, including the 2016-2017 [National Strength and Conditioning Association Foundation Women's Scholarship](#) as well as a supplemental industry grant from FreislandCampina.

Motivation to pursue an advanced degree

When I was 5 years old, after my parents separated, I went to live with my dad for one reason – I told my mom that I did not want my dad to be lonely. After a rocky first two weeks, my dad threw in the white towel and took me back to stay with my mom. When I got out of his truck, the only thing I said with tears in my eyes was, “but Dad, I’ll make you proud”. After that, he threw me back in the truck. It’s been signed, sealed, and delivered ever since!

Although it has been a tumultuous ride, my dad knew hard work better than anyone did. He taught me perseverance, dedication and balance. I promised him that I would be the 1st in my family with a bachelor’s degree... that turned into a 1st generation Masters and now a 1st generation PhD.” and I’ve enjoyed the whole process.

Importance and/or impact of research and work

Brittany’s research explores exercise, nutrition, and fat metabolism and lucky for me, fat metabolism never goes out of style! She focused on dispelling common myths and practices of gym-goers - commonly called “bro-science.” Post PhD, she plans to continue this research to continue to clean up some of the current dogmas of sports nutrition.

Impact of Fellowships and Awards on Graduate Education

Brittany received numerous external fellowships and awards: Strength and Conditioning Association Foundation Women’s Scholarship, FreislandCampina Research Grant, Pao-Sen Chi Memorial Scholarship Endowment, and the Dr. Ava D. Rodgers Endowed Scholarship to name a few. These awards allowed her to conduct high caliber research that will lead to more evidence-based sports nutrition. She was also able to purchase materials required for the research, and focus on data collection.

