

CURRICULUM VITAE

KAILEI FOLTMER

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EDUCATION

- 2026 Arizona State University
Ph.D., Community Resources & Development
Dissertation Title: *Masks, Muscles, & Master Narratives: A Qualitative Analysis of the Lived Experiences of Women Athletes in Masculine-Coded Sports*
Advisor: Eric Legg, PhD
- 2022 Belmont University
Masters of Sports Administration
- 2020 Utah State University
B.S., Recreation Administration
A.A., Sociology

RESEARCH

Research Focus Summary

My research explores the intersections of gender, sports, and societal norms, with a focus on advancing equity and inclusion in both competitive and youth sport contexts. I examine how women navigate masculine-coded sports, addressing barriers such as unequal opportunities, stereotypes, and societal expectations, and investigating how athletes strategically perform and negotiate gender roles in these spaces. Using qualitative methods, I apply frameworks such as objectification theory, identity theory, dramaturgical theory, and gender performativity to analyze identity negotiation and the reinforcement or disruption of gender norms. In addition, I study the role of youth sports in fostering social, psychological, and leadership development, exploring how inclusive programs, mentorship, and coaching practices can empower young athletes, particularly girl, and promote long-term engagement. Through this work, I aim to bridge research and practice, informing sport administrators, policymakers, and program designers on how to create more equitable and inclusive sporting environments.

Dissertation Summary

My dissertation research examined how Olympic and collegiately competitive women athletes perceive, navigate, and challenge gender norms within sports that are culturally coded as masculine. Rather than focusing solely on external perceptions of female athletes, it centers on their lived experiences: how they understand and perform gender, relate to their bodies, and engage with dominant cultural narratives. To explore these dynamics, my dissertation comprised of three interrelated qualitative studies, each addressing a distinct dimension of gendered experience in traditionally masculine-coded sports, employing semi-structured interviews, photovoice, and photo-elicitation methods.

Research Publications

- ❖ Foltmer, K.; Legg, E., & Choi, Youngsu (In press). “*Sketching the 5Cs: Art-Based Insights into Latina Girls’ Development in a Community Volleyball Program.*” *Journal of Youth Development*.
- ❖ Legg, E., Spencer-Schultz, C., Legg, B., & Foltmer, K. (2025). Imagining the future of sport through art: An a/r/tographic inquiry. *World Leisure Journal*. <https://doi.org/10.1080/16078055.2025.2463461>
- ❖ Su Choi, Y., Legg, E., Foltmer, K (In press). “*Coaches’ perceptions of Motivational Climate in Korean Youth Sports.*” *International Journal of Sport Sciences*.

Accepted With Revisions: In Editing

- ❖ Foltmer, K., & Legg, E. “Are you trying to be a man?”: The lived experiences of female powerlifters. *Journal of Sociology & Leisure Sciences*.

Textbook Chapters & Case Studies

- ❖ Foltmer, K., & Legg, E. (In press). Recreational sport management. In E. Gómez (Ed.), *Introduction to recreation and leisure* (4th ed.). Human Kinetics.
- ❖ Foltmer, K., & Capriolo, J. (In press). Placing the ball in their court: Creating participant-centered programming among adolescent Latina/x youth. In B. D. Kivel (Ed.), *Diversity, equity, and inclusion in recreation, leisure, and tourism organizations* (Rev. ed.).

Data Collection Completed: To be Submitted

- ❖ Foltmer, K., & Legg, E.). *Resisting the script: Navigating master narratives in collegiate women’s hockey and rugby.* *Women in Sport and Physical Activity Journal*. To be submitted *Journal of Sport and Social* April 2025
- ❖ Foltmer, K., & Legg, E.). *The performative lives of women wrestlers.* *Women in Sport and Physical Activity Journal*. To be submitted to the *International Review for the Sociology of Sport* April. 2025
- ❖ Foltmer, K., & Legg, E. *Rowing against the current: Navigating strength and beauty as collegiate women athletes.* *Women in Sport and Physical Activity Journal*. To be submitted to the *Women in Sport and Physical Activity Journal* April 2025
- ❖ Chaomuanghong, T K; Foltmer, K., Legg, E. (Manuscript in preparation). “*Climbing beyond the crux: Exploring women’s identity negotiation in rock climbing communities.*” To be submitted to *Women in Sport and Physical Activity Journal* , June, 2025

CONFERENCE & PANEL PRESENTATIONS

Refereed

- ❖ Foltmer, K. (2026) *Navigating master narratives in collegiate women’s hockey and rugby.* Presented at The Academy of Leisure Sciences Conference. Philadelphia, PA.
- ❖ Foltmer, K. (2025). *Resisting the script: Navigating master narratives in collegiate women’s hockey and rugby.* Presented at the Arizona State University Institute for Social Science Research Poster Presentation Competition Phoenix, AZ.
- ❖ Foltmer, K. (2025). *Game changers: Leveling the field with empathy for sporting officials..* Presented at the Arizona State University Institute for Social Science Research Poster Presentation Competition Phoenix, AZ.

- ❖ Foltmer, K. & Legg, E. (2025). *Spike, Set, Self-Discovery! Bridging the gap between research & play*. Presented at The Academy of Leisure Sciences Conference. Pittsburg, PA.
- ❖ Foltmer, K. (2024). *The athletic playbill: The performative lives of female athletes in traditionally male sports*. Presented at the Arizona State University Institute for Social Science Research Poster Presentation Competition Phoenix, AZ.
- ❖ Foltmer, K. (2024). *Spike, Set, Self Discovery! A Qualitative Analysis of the Benefits of Youth Sports for Adolescent Female Athletes*. Presented at the Arizona State University Institute for Social Science Research Poster Presentation Competition Phoenix, AZ.
- ❖ Foltmer, K. (2024). (2024) *Female Powerlifters: A qualitative analysis of the lived experiences of female athletes in a Male-Dominated Sport*. Presented at the Academy of Leisure Sciences Conference. New Orleans, LA.
- ❖ Foltmer, K. (2023). *Female Powerlifters: A Qualitative Analysis of the Lived Experiences of Female Athletes in a Male-Dominated Sport*. Presented at the Arizona State University Institute for Social Science Research Poster Presentation Competition Phoenix, AZ.
- ❖ Legg, E., & Foltmer, K. (2023) *Examining attitudes toward sporting behaviors in a youth recreational basketball league*. Presented at the 2023 National Recreation and Park Association Annual Congress Research Sessions. Dallas, TX.
- ❖ Foltmer, K., & Oshiro, K. (2022). *Women in sport broadcasting: breaking ground or being held down?* Presented at the Applied Sport Management Association Conference. Indianapolis, IN.

Non-Refereed

- ❖ Foltmer, K. (2024). *Spike, Set, Self Discovery! A Qualitative Analysis of the Benefits of Youth Sports for Adolescent Female Athletes*. Presented Arizona Parks and Recreation Association Conference Partnership with ASU. Phoenix, AZ.
- ❖ Foltmer, K. (2023). *The Importance of Teambuilding*. Presented Arizona Parks and Recreation Association Conference. Phoenix, AZ.
- ❖ Foltmer, K. (2023). Specialized Speaker on Gender & Sport at the Arizona State University Global Sport Institute: Sport Washing Panel. Phoenix, AZ.
- ❖ Foltmer, K. (2022). Gender Inequality in the NCAA Student Case Study Competitor and Presented at the American Sports Management Association Conference. Indianapolis, IN

RESEARCH AWARDS

- ❖ 2025 Arizona State University Spring Institute for Social Science Research Poster Presentation Honorable Mention
- ❖ 2024 Arizona State University Fall Institute for Social Science Research Poster Presentation Honorable Mention
- ❖ 2024 Arizona State University Spring Institute for Social Science Research Poster Presentation Honorable Mention
- ❖ 2023 Arizona State University Institute for Social Science Research Poster Presentation 2nd Place Award Winner

RESEARCH GRANTS

- ❖ Title: A Mental Health-Focused Qualitative Analysis of the Lived Experiences of NCAA Female. NCAA. Amount \$7500. Legg, E., Foltmer, K. Submitted May 2024.. (Unfunded)
- ❖ Title: A Mental Health-Focused Qualitative Analysis of the Lived Experiences of NCAA Female. NCAA. Amount \$7500. Legg, E., Foltmer, K. Submitted May 2023. (Unfunded)

INVITED PEER REVIEWER SERVICE

- ❖ European Sport Management Quarterly, Fall 2026
- ❖ Sport Education and Society, Summer 2026
- ❖ Journal of Parks & Recreation, Spring 2025
- ❖ Current Issues in Education, Spring 2023-Fall 2024
- ❖ Frontiers in Sport and Active Living, Fall 2024

AWARDED FELLOWSHIPS

Mark & Judy Searle Fellowship

Fall 2025 Award Amount: \$1,500

Arizona State University Graduate College Fellowship

Fall 2025 Award Amount: \$1,200

Arizona State University Graduate College Completion Fellowship

Fall 2025 – Spring 2026 Award Amount: \$26,000

Arizona State University Gastwirth Graduate Student Fellowship

Fall 2024 – Spring 2025 Award Amount: \$10,000

AWARDED ACADEMIC GRANTS

Arizona State University Graduate College University Grant

Fall 2025 – Spring 2026 • Award Amount: \$10,000

TEACHING

Courses Taught as Instructor on Record

Arizona State University

Semester	Institution	Department	Course ID & Title	Credit Hours	# of Students	Evaluation Scores (Overall Instructor Rating)
Fall 2026	Arizona State University	Community Resources & Development	ONLINE: Arizona Bucketlist	3	130	TBD
Summer 2025	Arizona State University	Community Resources & Development	ONLINE:	3	25	1.15 (Avg.) 1 = High 5 = Low

			Service Learning & Community Development CRD 435			
Spring 2025	Arizona State University	Community Resources & Development	ONLINE: Assessment & Evaluation of Community Services CRD 402	3	25	1.8 (Avg.) 1 = High 5 = Low
Fall 2024	Arizona State University	Community Resources & Development	ONLINE: Assessment & Evaluation of Community Services CRD 402	3 Credit Hours	38	2.0 (Avg.) 1 = High 5 = Low
Spring 2024	Arizona State University	Community Resources & Development	ONLINE Assessment & Evaluation of Community Services CRD 402	3 Credit Hours	12	2.0 (Avg.) 1 = High 5 = Low

Belmont University

Spring 2022	Belmont University	Exercise Science Department	Circuit Training (01)	1 Credit Hour	14	6.0 (Avg.) 1 = Low to 6 = High
Spring 2022	Belmont University	Exercise Science Department	Circuit Training (02)	1 Credit Hour	17	6.0 (Avg.) 1 = Low to 6 = High
Spring 2022	Belmont University	Exercise Science Department	Exercise Stress Management (01)	1 Credit Hour	26	5.37 (Avg.) 1 = Low to 6 = High
Spring 2022	Belmont University	Exercise Science Department	Exercise Stress Management (04)	1 Credit Hour	26	5.56 (Avg.) 1 = Low to 6 = High
Spring 2022	Belmont University	Exercise Science Department	Jog/Run (01)	1 Credit Hour	22	6.0 (Avg.) 1 = Low to 6 = High
Spring 2022	Belmont University	Exercise Science Department	Aerobic Walking (05)	1 Credit Hour	28	5.36 (Avg.)

						1 = Low to 6 = High
Fall 2021	Belmont University	Exercise Science Department	Jog/Run (02)	1 Credit Hour	31	5.85 (Avg.) 1 = Low to 6 = High
Fall 2021	Belmont University	Exercise Science Department	Jog/Run (03)	1 Credit Hour	29	5.86 (Avg.) 1 = Low to 6 = High
Fall 2021	Belmont University	Exercise Science Department	Weight Training (02)	1 Credit Hour	16	6.0 (Avg.) 1 = Low to 6 = High
Fall 2021	Belmont University	Exercise Science Department	Weight Training (06)	1 Credit Hour	16	5.97 (Avg.) 1 = Low to 6 = High
Fall 2021	Belmont University	Exercise Science Department	Hiking (01)	1 Credit Hour	27	5.59 (Avg.) 1 = Low to 6 = High
Fall 2021	Belmont University	Exercise Science Department	Hiking (02)	1 Credit Hour	31	5.89 (Avg.) 1 = Low to 6 = High
Spring 2021	Belmont University	Exercise Science Department	Exercise Stress Management (01)	1 Credit Hour	23	5.81 (Avg.) 1 = Low to 6 = High
Spring 2021	Belmont University	Exercise Science Department	Exercise Stress Management (04)	1 Credit Hour	24	5.81 (Avg.) 1 = Low to 6 = High
Spring 2021	Belmont University	Exercise Science Department	Weight Training (01)	1 Credit Hour	16	6.0 (Avg.) 1 = Low to 6 = High
Spring 2021	Belmont University	Exercise Science Department	Weight Training (04)	1 Credit Hour	19	5.94 (Avg.) 1 = Low to 6 = High
Spring 2021	Belmont University	Exercise Science Department	Jog/Run (05)	1 Credit Hour	21	5.66 (Avg.) 1 = Low to 6 = High
Spring 2021	Belmont University	Exercise Science Department	Aerobic Walking (05)	1 Credit Hour	24	5.83 (Avg.) 1 = Low to 6 = High
Fall 2022	Belmont University	Exercise Science Department	Circuit Training (02)	1 Credit Hour	18	5.84 (Avg.) 1 = Low to 6 = High
Spring 2021	Belmont University	Exercise Science Department	Weight Training (01)	1 Credit Hour	16	5.99 (Avg.) 1 = Low to 6 = High
Fall 2022	Belmont University	Exercise Science Department	Aerobic Walking (05)	1 Credit Hour	30	5.85 (Avg.) 1 = Low to 6 = High
Fall 2022	Belmont University	Exercise Science Department	Aerobic Walking (05)	1 Credit Hour	18	5.82 (Avg.) 1 = Low to 6 = High
Fall 2022	Belmont University	Exercise Science Department	Aerobic Walking (05)	1 Credit Hour	16	5.51 (Avg.) 1 = Low to 6 = High

Fall 2022	Belmont University	Exercise Science Department	Aerobic Walking (05)	1 Credit Hour	14	5.71 (Avg.) 1 = Low to 6= High
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Supplemental Instructor

SOC 1010 (3 Credits) Introduction to Sociology (01) Spring 2020, Utah State University, 150 students

SOC 1010 (3 Credits) Introduction to Sociology, (02), Spring 2020, Utah State University, 150 students

SOC 1010 (3 Credits) Introduction to Sociology (01) Fall 2019, Utah State University, 150 students

SOC 1010 (3 Credits) Introduction to Sociology (02) Fall 2019, Utah State University, 150 students

SOC 1010 (3 Credits) Introduction to Sociology (01) Spring 2019, Utah State University, 150 students

Courses Taught as Teaching Assistant

PRM 120 (3 Credits) Leisure & Quality of Life, Fall 2024, Arizona State University

TDM 205 (3 Credits) Intro to Travel & Tourism, Spring 2023, Arizona State University

TDM 205 (3 Credits) Intro to Travel & Tourism, Spring 2023, Arizona State University

PRM 364 (3 Credits) Foundations of Recreational Therapy, Spring 2023, Arizona State University

PRM 364 (3 Credits) Foundations of Recreational Therapy (Online), Spring 2023, Arizona State University

CRD 302 (3 Credits) Inclusive Community Development, Spring 2023, Arizona State University

CRD 302 (3 Credits) Inclusive Communities Fall 2022, Arizona State University

CSM 203 (3 Credits) Program Planning Fall 2022, Arizona State University

PRM 364 (3 Credits) Foundations of Recreational Therapy, Fall 2022, Arizona State University

PRM 487/494 (3 Credits) Advanced Special Event Management, Fall 2022, Arizona State University

RAM 1500 (3 Credits) Leisure & Behavioral Health, Spring 2020, Utah State University

RAM 1000 (3 Credits) Introduction to Recreation Services, Fall 2019, Utah State University

Invited Lectures & Workshops

❖PRM 120 (3 Credits) Leisure & Quality of Life, *“Muscles, Masks, and Master Narratives: A Qualitative Analysis of the Lived Experiences of Women in Masculine: Coded Sport”* Arizona State University, Fall 2024

❖PRM 201 (3 Credits) Introduction to Parks, Recreation, & Sport Management, *“Inclusive Sport,”* Arizona State University, Fall 2024

❖PRM 201 (3 Credits) Introduction to Parks, Recreation, & Sport Management, *“Gender Equity in Sport,”* Arizona State University, Fall 2024

❖PRM 120 (3 Credits) Leisure & Quality of Life, *“Research & Experiences of being an athlete in a Male-Dominated Sport”* Arizona State University, Fall 2024

- ❖ PRM 201 (3 Credits) Introduction to Parks, Recreation, & Sport Management, “*Recreation & Sport Based Teambuilding*,” Arizona State University, Fall 2024
- ❖ Therapeutic Undergraduate Recreation Students, “*Quantitative Methods Workshop*,” Arizona State University, Spring 2024
- ❖ Therapeutic Undergraduate Recreation Students, “*Qualitative Methods Workshop*,” Arizona State University, Spring 2024
- ❖ CRD 302 (3 Credits) Inclusive Community Development, “*Westward Ho Integration*,” Arizona State University, Spring 2024
- ❖ PRM 120 (3 Credits) Leisure & Quality of Life, “*Research & Experiences of being an athlete in a Male-Dominated Sport*” Arizona State University, Spring 2024
- ❖ CRD 302 (3 Credits) Inclusive Community Development, “*Westward Ho Integration*,” Arizona State University, Fall 2024, Spring 2024
- ❖ PRM 201 (3 Credits) Introduction to Parks, Recreation, & Sport Management, “*Recreation & Sport Based Teambuilding*,” Arizona State University, Fall 2023
- ❖ PRM 201 (3 Credits) Introduction to Parks, Recreation, & Sport Management, “*Summer Camp Administration*,” Arizona State University, Fall 2023
- ❖ TDM/PRM/NLM 402 (3 Credits) Assessment & Evaluation of Community Services, “*Quantitative Evaluation Techniques*,” Arizona State University, Fall 2023
- ❖ PRM 120 (3 Credits) Leisure & Quality of Life, “*Female Powerlifters: A Qualitative Analysis of the Lived Experiences of Female Athletes in a Male-Dominated Sport*” Arizona State University, Fall 2022
- ❖ RAM 1000 (3 Credits) Introduction to Recreation Services, “*Aquatic Youth Programs*” Utah State University, Fall 2019

ACADEMIC AWARDS & NOMINATIONS

- ❖ 2026 Watts College Outstanding Graduate Nominee
- ❖ 2026 The Academy of Leisure Sciences Future Leadership Award Nominee
- ❖ 2025 Mark & Judy Searle Scholarship Recipient
- ❖ 2023 Randy J Virden Scholarship Award Recipient
- ❖ 2023 Arizona State University Institute for Social Science Research Poster Presentation 2nd Place Award Winner
- ❖ 2023 Arizona State Pitchfork Nominee
- ❖ 2020 Utah State University “A Pin” Award Honoree
- ❖ 2018-2020 Utah State University Academic Transfer Scholarship
- ❖ 2018-2020 Utah State University Fall 2018 Dean’s List

SERVICE

Academic Service

- ❖ Barrett Honors Program – Student Committee Member
- ❖ Watts College Doctoral Committee Member, Fall 2024-Present
- ❖ Arizona State University, SCRD Graduate Club President, Fall 2023-Spring 2024
- ❖ Utah State Recreation Administration Executive Board Member, Spring 2019

MENTORSHIP

- ❖ Mentored Undergraduate Research for Girls Flag Football Research. Spring 2025-PRESENT
- ❖ Mentored Undergraduate Research for Volleyball Research. Spring 2024.

MEDIA MENTIONS

Belmont Vision. (n.d.). *Sport admin students stretch their skills in case study competition*. Retrieved February 25, 2025, from <https://www.belmontvision.com/post/sport-admin-students-stretch-their-skills-in-case-study-competition>

Arizona State University. (n.d.). *SCRD PhD student Kailei Foltmer takes home prize in research poster competition*. <https://scrd.asu.edu/use-inspired-research/scrd-phd-student-kailei-foltmer-takes-home-prize-research-poster-competition>

Scarp, M. J. (2024, May 2). *Maryvale girls gain confidence through volleyball program*. ASU News. <https://news.asu.edu/20240503-arts-humanities-and-education-maryvale-girls-gain-confidence-through-volleyball-program>

RELATED PROFESSIONAL EXPERIENCE

Summer 2017- PRESENT Sacramento State Aquatic Center Youth Programs Supervisor

Sacramento State Aquatic Center; Lake Natoma, CA

- ❖ Spearhead daily operations for Boating Safety Instructors at one of California's premier aquatic recreation facilities, managing a 40+ person team across instruction, safety, and guest services.
- ❖ Lead dynamic Boating Safety Programs serving 300+ youth weekly, cultivating life-saving water skills, confidence, and recreation literacy.
- ❖ Design and implement staff development in aquatic instruction, emergency backboarding, and water rescue protocols, ensuring the highest standards of safety and professionalism.
- ❖ Deliver customized, experiential team-building and leadership sessions for corporate and community clients using recreation-based challenges.

Summer 2025- PRESENT Ranch Manager at Owen Ranch

- ❖ Oversee all operations for seasonal camps and daily trail rides, including scheduling, staffing, customer communications, and program flow.
- ❖ Design and execute marketing strategies across social media, print, and community outreach, driving consistent growth in bookings and visibility.
- ❖ Support animal care and ranch operations to ensure a safe, welcoming, and well-maintained environment for riders, horses, and visitors alike.

- ❖ Cultivate high-quality guest experiences through responsive communication, engaging programming, and a strong emphasis on safety and horsemanship.

Fall 2024- SPRING 2025 Sonny on the Rox Equestrian Programs Lead & Instructor

Sonny on the Rox; Queen Creek, AZ

- ❖ Directed recreational horseback riding programs with a focus on rider safety, equine care, and progressive skill development for youth and community participants.
- ❖ Coached a competitive Gymkhana team of young riders, fostering sportsmanship, confidence, and technical performance in speed event disciplines.
- ❖ Led the expansion of equestrian program offerings, introducing themed camps, riding clinics, and special events to increase accessibility and engagement.
- ❖ Managed digital and on-site marketing strategies, resulting in significant growth in program visibility, enrollment, and community partnerships.

Fall 2023- Spring 2025 Desert West Recreation Sports Development Graduate Assistant

Desert West Recreation; Maryvale, AZ

- ❖ Engineered a youth sport infrastructure rooted in equity and engagement, launching a full-scale Youth Volleyball Program from concept to execution.
- ❖ Authored rulebooks and developed systems for coach and referee training, practice design, and seasonal scheduling to ensure smooth operations and player development.
- ❖ Created coach education modules aligned with positive youth development frameworks, elevating the quality and consistency of instruction across programs.

Fall 2022-Spring 2022 Boys & Girls Club Sport Development Graduate Assistant

Boys & Girls Clubs; Phoenix, AZ

- ❖ Expanded sport and physical activity programs, supporting hundreds of youth in underserved communities.
- ❖ Designed and implemented girl-centered sport programming to promote belonging, confidence, and sustained participation

Fall 2021-Spring 2022 BE Well BU Graduate Assistant

Belmont University, Nashville, TN

- ❖ Led wellness initiatives and recreation events to foster a campus culture of holistic health, engaging students through accessible, movement-based programs.
- ❖ Co-created workshops and campaigns aligned with the nine dimensions of wellness, leveraging physical activity and sport as foundational tools for personal development.

2021 Fisk University Athlete Development Specialist

Fisk University; Nashville, TN

- ❖ Designed and outlined the Fisk Athletic Department Compliance Manual

- ❖ Responsible for scheduling and meeting with Fisk Athletes to discuss academic progress and concerns and motivate progress towards athlete's degree and career paths

2019-2020 Recreation Administration Executive Board Member

Utah State University; Logan, CA

- ❖ Responsible for the agenda and coordination of RAM64 Executive Board Presidency meetings
- ❖ Chief Coordinator of Events and Education to promote RAM64 across campus

CERTIFICATIONS

- ❖ CITI IRB – Social & Behavioral Research (Expires August 2026)
- ❖ CPR, First Aid, Lifeguard Certified (Expires May 2027)
- ❖ California Boating Safety Certified (No Expiration)

