

VERED ARBEL

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EDUCATION

PhD Kinesiology University of Illinois at Chicago	August 2017 - In progress
Master of Science in Kinesiology University of Illinois at Chicago	August 2015
Bachelor of Science in Kinesiology University of Illinois at Chicago	May 2013

TEACHING POSITIONS

Instructor Kinesiology and Nutrition Department, University of Illinois at Chicago	Fall 2015 - Present
<ul style="list-style-type: none">• Prepared lectures and class activities for three courses focusing on the analysis of determinate and indeterminate structures for 200 undergraduates.• Created course assessments to ensure students understood material and stayed on track.• Develop new interventions to enhance students' learning outcomes• Integrated multimedia approaches and used instructional technology to enhance pedagogical approach.• Explained challenging concepts using planned lessons, assignments and encourage discussions for 200 undergraduate students• Mentor and support Graduate Teaching Assistants for the courses• Mentor undergraduate students in projects and presentations	
Graduate Teaching Assistant Kinesiology and Nutrition Department, University of Illinois at Chicago	Fall 2013 - Summer 2015
<ul style="list-style-type: none">• <i>Lab Instructor</i> - Human Physiological Anatomy labs. Instructed four labs containing 200 students. Engaged students in unique activities related to anatomical structures and terminology• <i>Lab Instructor</i> - Occupational Therapy Anatomy course. Instructed lab containing 20 occupational therapy graduate students and created lab activities, content and assessments• <i>Lab Instructor</i> - Techniques and Principles of Resistance Training. Developed labs content and constructed activities in three labs containing 60 students.• <i>Lab Assistant</i> - Human cadaver dissection lab. Assisted with dissection procedures, graded exams, assignments and presentations.• <i>Course Instructor</i> - Basic Fitness Assessment. Autonomously, developed lectures and labs content, assessments, assignments, syllabus and schedules. Instructed lectures containing 75 students• <i>Lab Supervisor</i> - Basic Fitness Assessment. Developed lab activities, guided, mentored and supervised a Graduate Teaching Assistant with instruments usage and assessments procedures for five labs containing 75 students	
Undergraduate Teaching Assistant (UTA) Kinesiology and Nutrition Department, University of Illinois at Chicago	Fall 2009- Spring 2015
<ul style="list-style-type: none">• <i>Lab UTA</i> - Human cadaver dissection lab. Assisted with dissection procedures, graded exams, assignments and presentations• <i>Lab UTA</i> - Sport and Exercise Injury Management. Assisted with lab activities addressing fundamental management of exercise and sport	

- related injuries and conditions.
- Guided the students in preparation for labs exams
- *Presenter* - Modifications in Exercise Programming. Lectured to students about necessary exercise modifications for people with physical limitation and health conditions.
- *Presenter* - Entrepreneurship for Applied Health Professionals. Lectured to students about my entrepreneurship experience as a business owner. Participated on a professional panel to grade students' presentations.

TEACHING RESPONSIBILITIES AT UNIVERSITY OF ILLINOIS AT CHICAGO

- **KN 394 Qualitative Human Movement Analysis** ** Spring 2017 - Present
 **Developed new upper level elective for students. The course focus on the processing behind movement observation, assessment diagnosis and intervention. Students learn how to recognize and correct errors in human movement. The course integrates knowledge from the fields of kinesiology and allied health. Students use movement analysis technology to help clients, patients or athletes improve their performance and move with a lower risk of injury
- **KN 100 Introductory to Kinesiology** Fall 2016 - Present
 This course is a comprehensive introduction to the field of kinesiology. It demonstrates the different sub-disciplines and their integration. The course is engaging with in class and online activities and introduce students to areas of study, careers and professional practice in kinesiology. The course introduces students to presenters and researchers during the semester and help students discover the careers and professional practice available in the field of kinesiology
- **KN 262-Training Methods for Core Stability** ** Fall 2015 - Present
 **Developed new upper level elective for students. The course provides students with the tools to better understand core stability how to assess and program to a variety of population. As well as applying core stability components necessary to assess posture, endurance, strength, and flexibility. During the course students, use a variety of Pilates equipment, as well as small apparatus.
- **KN 243 Basic Fitness Assessment** Fall 2014 - Present
 This introductory level course addresses screening and assessing fitness components necessary to evaluate posture, body composition, endurance, strength, flexibility and cardiorespiratory endurance. The course labs utilize an extensive use of instrumentation
- **KN 136 Technique and Principals of Resistance Training** Fall 2014 - Spring 2016
 The course teaches students how to identify, describe, execute, and progress common resistance training exercises for upper extremity, lower extremity, and trunk.
- **KN 251/252 Human Physiological Anatomy Lab** Fall 2013 - Spring 2015
 The structure and function of mammalian cells and tissues and human skeletal, muscular and nervous systems are discussed. Integrating the functions of the various systems is emphasized. The structure and function of the human endocrine, circulatory, respiratory, digestive, sensory, and reproductive systems are discussed. Integrating the functions of the various systems is emphasized
- **OT 496 Anatomy Lab** Spring 2014 - Fall 2014
 This graduate level lab examines structure and function of musculoskeletal, cardiovascular and nervous systems and application of biomechanical principles
- **KN 351/352 Human Dissection Lab** Fall 2011 - Fall 2012

The cadaver dissection class using the regional approach. Dissection of the musculoskeletal system, spinal cord and peripheral nervous system and dissection of the brain, cardiovascular, respiratory, digestive, urinary and reproductive systems.

PROFESSIONAL TEACHING EXPERIENCE

Elements In Motion Inc, Owner, Program Director, Chicago, IL	2000 -2016
<ul style="list-style-type: none">• Taught over 200 clients• Managed and educated a staff of eight instructors• Organize and instruct STOTT PILATES training courses and workshops to health/fitness professionals both onsite and offsite	
STOTT PILATES Certified Lead Instructor Trainer <i>Elements In Motion, Chicago, IL</i>	2000- 2016
<ul style="list-style-type: none">• Presented in health conferences and health and fitness facilities• Taught Pilates certification courses and continuing education workshops both onsite and offsite• Conducted exams for health and fitness professionals to obtain their certificate	
Elemental FIT-X™ Education <i>Co-Owner and Program Director, Elements in Motion Inc., Chicago IL</i>	2000-2016
<ul style="list-style-type: none">• Developed fitness fusion programs for cliental• Developed specialty continuing education workshops for health and fitness professionals	
Bernard Zell Anshe Emet day school <i>Dance and Artistic Director, Chicago, IL</i>	2000 -2010
<ul style="list-style-type: none">• Taught creative movement for child developmental dance classes, cultural folk dancing, classical ballet, and modern dance• Choreographed school's artistic events including musicals and dance recitals• Taught the historical development and background of dance as an art form	
Melissa Thodos and Dancers Contemporary <i>Professional Dancer and Choreographer, Chicago, IL</i>	1994 -2004
<ul style="list-style-type: none">• Danced with company for 14 year• Performed in Dance Chicago, Dance for Life, Ruth Page Dance Series and the Northwestern University Dance Program• Choreographed Territories, a world premier featured on January of 1999	

SCHOLARLY ACTIVITIES

Publications

Bareither. M.L, Arbel V., Growe M., Muszczynski E., Rudd A., Marone J.R. Clay Modeling versus Written Modules as Effective Interventions in Understanding Human Anatomy. *Anat Sci Educ* 6:170-176 (2013)

Abstract Publication

Maatouk M., **Arbel V.**, Sorouri RM., Amasay T. Case Presentation for Right Grade II Supraspinatus Tendinitis/Tendinosis Right Elbow Lateral Epicondylitis. *International Journal of Exercise Science: Conference Proceeding*, 2(11), 40, March 2019.

Kurowski MA., **Arbel V.**, Sorouri RM., Amasay T. Case Presentation for Herniated Nucleus Pulposus L5-S1. *International Journal of Exercise Science: Conference Proceeding*, 2(11), 100, March 2019.

Gupte A., **Arbel V.**, Sorouri RM., Amasay T. Case Presentation for Metastasis Prostatic Cancer. *International Journal of Exercise Science: Conference Proceeding*, 2(11), 102, March 2019.

Jaldety N., **Arbel V.**, Sorouri RM., Amasay T. Case Presentation for Left Labrum Tear of the shoulder. *International Journal of Exercise Science: Conference Proceeding*, 2(11), 104, March 2019

Presentations

ACSM Regional Conference November 2017. The Effect of Contralateral, Ipsilateral and bilateral Exercise Protocols on Core Stability in Healthy Adults

AASP Regional Sport and Exercise Psychology Conference February 2016. Core Stability: Relaxation for Mobilization and Self Awareness.

Barry University Miami Shores Florida, College of Nursing and Health Sciences. March 2014. Business Strategies for the Fitness Professional

Barry University Miami Shores Florida, College of Nursing and Health Sciences. October 2014. Special Populations and exercise Considerations

Gupte A., **Arbel V.**, Sorouri RM., Amasay T. Case Presentation for Metastasis Prostatic Cancer. American College of Sport Medicine Texas Chapter Annual Meeting. Fort Worth, TX. February 28th - March 1st, 2019.

Kurowski MA., **Arbel V.**, Sorouri RM., Amasay T. Case Presentation for Herniated Nucleus Pulposus L5-S1. American College of Sport Medicine Texas Chapter Annual Meeting. Fort Worth, TX. February 28th - March 1st, 2019.

Maatouk M., **Arbel V.**, Sorouri RM., Amasay T. Case Presentation for Right Grade II Supraspinatus Tendinitis/Tendinosis Right Elbow Lateral Epicondylitis. American College of Sport Medicine Texas Chapter Annual Meeting. Fort Worth, TX. February 28th - March 1st, 2019.

Jaldety N., **Arbel V.**, Sorouri RM., Amasay T. Case Presentation for Left Labrum Tear of the shoulder. American College of Sport Medicine Texas Chapter Annual Meeting. Fort Worth, TX. February 28th - March 1st, 2019.

Research

Effect of Contralateral, Ipsilateral and Bilateral Exercise Protocols on Core Stability in Healthy Female Adults - August 2015

Summer Visiting Research Associate - Learning Science Institute University of Illinois at Chicago IFast Research Group May-August 2018

Identifying and addressing biomechanical barriers to physical activity after total hip replacement- Currently

The influence of weight bearing lower extremities ROM training on the prevalence of injuries, enhancement of performance and functionality- currently

UNIVERSITY SERVICE

- Assist with departmental Teaching Assistants (TA's) orientation
- Faculty Presenter at AHSSET orientation program for new students
- Faculty advisor for course curriculum and content KN 137
- Faculty advisor for course curriculum and content KN 194
- Faculty advisor to Kinesiology club
- ACSM Exercise Is Medicine On campus committee member
- ACSM Exercise Is Medicine On Campus Education Chair
- Illinois Higher Education Personal Fitness Training Association Committee Co-chair

STUDENT ADVISING

Undergraduate

- KN 393 Independent Study in Kinesiology -Faculty advisor Selected topics in Kinesiology for individual study Mentor students and assist with their research projects
- KN 493 Practicum in Undergraduate Teaching Assistant (UTA)- Faculty advisor and facilitator Students assist in KN 243 basic fitness assessment course labs. Their role includes assisting with teaching portion of labs, participate as a "client" during lab practical exams, demonstrate exercises and assessments to peers, facilitate learning in small groups setting, aid with lab materials and "quiz" students liberally
- KN 137 Personal Training: Faculty Advisor and facilitator. Developed an undergraduate teaching assistant training program in collaboration with the Recreation Center at UIC to administrate fitness tests for students enrolled in the course as part of the course structure.

Graduate

- KN 137 Personal Fitness- Faculty advisor and supervisor

Evaluation of each student's level of fitness, followed by participation in a group exercise program. Variable training modes. Discussion on fitness-related topics

- KN 194 Special Topics in Kinesiology Faculty advisor and supervisor
Focus on the foundations of yoga including asanas, breathing, proper form, safety and developing the skills in varies type of yoga
- KN 597 Graduate Project in Kinesiology- Faculty advisor and supervisor
Supervised practicum in laboratory or field setting in which recent research findings are applied, tested, and evaluated

HONORS AND AWARDS

- AHS Student Council Excalibur Award for Teaching Excellence 2019
- Honoring Our Professors' Excellence (HOPE) Award 2018
University of Illinois
- Recognition award University of Illinois at Chicago 2011-2015
Department of Kinesiology and Nutrition as an internship site
- Graduate Teaching Assistant Award University of Illinois at Chicago 2015
Department of Kinesiology and Nutrition
- Professional and Personal Achievement Award University of Illinois 2013
at Chicago Department of Kinesiology and Nutrition
- Best Presentation Award, British Broadcasting Corporation (BBC), England 1992
- Presidential Award of Service, Israel 1991
- Exemplifying Volunteer Efforts Award International Rotarians, Israel 1991

PROFESSIONAL LICENSURES AND CERTIFICATES

- American College of Sports Medicine (ACSM) 2004
Certified personal trainer (CPT), USA
- Merrithew International Health and Fitness 2000
- STOTT PILATES Certified Lead Instructor Trainer, Canada
- Royal Academy of Dance, (R.A.D.), Certified Ballet Teacher, England 1993

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- Merrithew International Health and Fitness 2000 - Present
- American College of Sports Medicine (ACSM) 2004 - Present
- The British Association of Sports and Exercise Sciences (BASES) 2016- Present

SKILLS

- Bilingual: English and Hebrew