

VERED ARBEL, Ph.D., ACSM-CPT, TBMM-CES

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I. EDUCATION, HONORS AND WORK EXPERIENCE

A. Educational Background

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|-------------|---|
| 2017 - 2026 | Ph.D. in Kinesiology
University of Illinois Chicago |
| 2013 - 2015 | Master of Science in Kinesiology
University of Illinois Chicago |
| 2008 - 2013 | Bachelor of Science in Kinesiology
University of Illinois Chicago |

B. Academic Positions

- | | |
|----------------|---|
| 2015 - Present | Instructor/Faculty Advisor/Program Coordinator
Kinesiology and Nutrition Department
The University of Illinois Chicago
<i>Prepare and deliver lectures, create assessments, and facilitate discussions for over 400 students in movement assessment and analysis courses, integrating multimedia and instructional technology to enhance learning. Mentor and support graduate teaching assistants and undergraduate students by providing academic and career guidance. Coordinate and oversee the operation of academic programs, including study abroad and exchange programs.</i> |
| 2013 - 2015 | Graduate Teaching Assistant
Kinesiology and Nutrition Department
The University of Illinois Chicago
<i>Instructed 200 students in Human Anatomy Labs and 20 graduate students in Occupational Therapy Anatomy, creating lab activities and assessments. Developed content for 60 students in Techniques and Principles of Resistance Training. Assisted with dissection procedures and graded exams in the Human Cadaver Dissection Lab. Developed and taught lecture and lab content for 85 students in Exercise Assessment, and supervised lab activities while mentoring a Graduate Teaching Assistant for 75 students in the same course.</i> |
| 2009 - 2015 | Undergraduate Teaching Assistant (UTA)
<i>Assisted with dissection procedures and graded exams in the Human Cadaver Dissection Lab and supported lab activities in Sport and Exercise Injury Management. Guided students in preparation for lab exams. Lectured on exercise modifications for individuals with physical limitations and on entrepreneurship for applied health professionals. Participated in a professional panel to evaluate student presentations.</i> |

C. Honors and Awards

Internal Awards: The University of Illinois Chicago:

2024	Outstanding First-Year Seminars Instructor Award
2024	Honoring Our Professors' Excellence (HOPE) Award
2023	AHS Student Council Excalibur Award for Teaching Excellence
2022	Outstanding First-Year Seminar Instructor Award Nomination
2021	Doctoral Award Finalist, National Strength and Conditioning Conference, USA
2021	Honor College Nomination Faculty Fellow of the Year
2019	AHS Student Council Excalibur Award for Teaching Excellence
2018	Honoring Our Professors' Excellence (HOPE) Award
2011 - 2015	Recognition Award - Business Internship Site
2015	The Graduate Teaching Assistant Award
2013	Professional and Personal Achievement Award, University of Illinois Chicago

External Awards:

1992	Best Performance Presentation Award, British Broadcasting Corporation (BBC), England
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D. Professional Associations & Memberships

2004 - Present	American College of Sports Medicine (ACSM)
2022 - Present	American Society of Biomechanics (ASB)
2016 - Present	The British Association of Sports and Exercise Sciences (BASES).
2021 - Present	National Strength and Conditioning Association (NSCA).
2024 - Present	International Association for Dance Medicine & Science (IADMS)
2024 - Present	Performing Arts Medicine Association (PAMA)
2000 - Present	Merrithew International Health and Fitness
2025 – Present	American Congress of Rehabilitation Medicine (ACRM)

E. Licensures and Certifications

2015	America College of Exercise (ACE) ACE Personal Trainer University Curriculum Course Approved Instructor, USA
2020	Biomechanic Method of Corrective Exercise University Curriculum Course approved instructor, USA Biomechanic Method of Corrective Exercise Corrective Exercise Specialist TBMM-CES, USA
2004	American College of Sports Medicine (ACSM) Certified Personal Trainer (CPT), USA
2000	Merrithew International Health and Fitness STOTT PILATES Certified Lead Instructor Trainer, Canada
1993	The Royal Academy of Dancing (RAD) Certified RAD Ballet Teacher, England

II. RESEARCH

A. Research

My research develops functional, field-deployable methods for assessing hip mobility, muscular strength, and core stability, applied to musculoskeletal rehabilitation and human performance. My doctoral work established novel transverse-plane hip strength and range-of-motion assessment protocols and their relationship to pain and function in hip osteoarthritis. I am now extending this framework, through an international research collaboration, to wearable-sensor and non-linear movement analysis of core stability in dancers and athletes, and am developing a core stability exercise intervention based on these findings. My long-term goal is to build an externally funded, interdisciplinary research program translating these lab-based assessment protocols and interventions into portable field tools for clinical and performance populations.

1. Hip Range of Motion, Strength, and Function in People with Lower Limb Osteoarthritis. - 2025 Principal Investigator
2. Isokinetic Transverse Plane Reliability Testing in Healthy Adults - 2025 Principal Investigator
3. The influence of weight-bearing lower extremities ROM training on the prevalence of injuries, performance enhancement, and functionality. – 2023 - Principal Investigator
4. The reliability of upper quadrant Y-Balance test (UQYB) modifications compared to standard UQYB – 2022 - Co-Investigator
5. Summer Visiting Research Associate - the Learning Science Institute, University of Illinois Chicago, IFast Research Group - 2018 - Research Assistant
6. Effect of Contralateral, Ipsilateral, and Bilateral Exercise Protocols on Core Stability in Healthy Female Adults - 2015 – Principal Investigator

B. Publications

Bareither. ML, **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)

C. Peer-reviewed Abstracts (PI)

1. ASB American Society of Biomechanics August 2024. Angles at peak isokinetic transverse hip torque in young, healthy women and men
2. ACSM National Conference May 2024. The Influence of Weight-bearing Lower Extremities Rotational Resistance Exercises on Range of Motion
3. ASB American Society of Biomechanics August 2023. Reliability of Isokinetic Transverse Plane Hip Strength Testing in Supine
4. NSCA National Conference July 2021. Investigation of Functional Weight Bearing Internal and External Rotations Measurements in Various Hip Positions
5. ACSM Regional Conference November 2017. The Effect of Contralateral, Ipsilateral, and Bilateral Exercise Protocols on Core Stability in Healthy Adults

D. Peer-reviewed abstracts at National Conferences

Undergraduate

1. *Atassi, Feras; **Arbel, Vered**; Gupte, Aditi; and Amasay, Tal (2024) "Chronic Lumbar Radiculopathy with Superior Cluneal and Superior Gluteal Neuropathy," International Journal of Exercise Science: Conference Proceedings: Vol. 15: Iss. 5, Article 17. Poster Presentation- Atassi <https://digitalcommons.wku.edu/ijesab/vol15/iss5/17>*

*****Awarded: 1st Place GNYACSM Clinical Case Study Award*****

2. *Patel, Tilak¹; Amasay, Tal²; **Arbel, Vered**¹. The Influence Of Weight-bearing Lower Extremities Rotational Resistance Exercises On Range Of Motion: 2282. *Medicine & Science in Sports & Exercise* 56(10S):p 828, October 2024. | DOI: 10.1249/01.mss.0001059864.08696.f1. Poster Presentation & ACSM National Conference Proceedings - Patel*
3. *Miller, Hailey G.; **Arbel, Vered**; Gottfeld, David W.; and Amasay, Tal (2024) "Talocalcaneal Coalition," International Journal of Exercise Science: Conference Proceedings: Vol. 15: Iss. 4, Article 29. Poster Presentation -Miller <https://digitalcommons.wku.edu/ijesab/vol15/iss4/29>*
*****Finalist GNYACSM Clinical Case Study Award*****
4. *Gobeyn, Maeve E.; Amasay, Tal; Cooperman, Randi; **Arbel, Vered**; and Etchebaster, Michelle (2023) "The Prevalence of Burnout and Musculoskeletal Disorders in Physician Associates Students," International Journal of Exercise Science: Conference Proceedings: Vol. 2: Iss. 15, Article 55. Poster Presentation- Gobeyn <https://digitalcommons.wku.edu/ijesab/vol2/iss15/55>*

5. Ibrahim, Meron; **Arbel, Vered**; Verma, Ankur; and Amasay, Tal (2023) "Hoffa's Fat Pad Impingement and Medial Plica Syndrome," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 15, Article 124. *Poster Presentation-Ibrahim*
<https://digitalcommons.wku.edu/ijesab/vol2/iss15/124>

6. Medico, Corali V.; **Arbel, Vered**; Nicola, Terry; and Amasay, Tal (2022) "Case Presentation for Complex Regional Pain Syndrome," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 14 , Article 86. *Poster Presentation- Medico*
<https://digitalcommons.wku.edu/ijesab/vol2/iss14/86>

7. Bryk M., **Arbel V.**, Nicola T., Amasay Tal., Case Presentation for Compartment Syndrome of Tibial Nerve. *International Journal of Exercise Science*, 2(13),49, February 2021.
<https://digitalcommons.wku.edu/ijesab/vol2/iss13/49> *Poster Presentation-Byrk*

8. Manokas S., Amasay T., **Arbel V.** The Effect of Scapular Dyskinesis on Upper Quarter Y-Balance Test Performance. *International Journal of Exercise Science*, 2(12), 42, February 2020. *Poster Presentation-Manokas.* <https://digitalcommons.wku.edu/ijesab/vol2/iss12/42>
*****Finalist Texas ACSM Research Award *****

9. Panganiban AJ., **Arbel V.**, Amasay T. The Influence of Hip Position on Lower Extremity Internal/External Rotations and Its Reliability. *International Journal of Exercise Science*, 2(12), 126, February 2020. <https://digitalcommons.wku.edu/ijesab/vol2/iss12/126>
*****Finalist Texas ACSM Research Award ******Poster Presentation- Panganiban*

10. Lattanzio H., **Arbel V.**, Nicola T., Amasay T. Case Presentation for Polycystic Ovarian Syndrome. *International Journal of Exercise Science*, 2(12), 128, February 2020. *Poster Presentation-Lattanzio*
<https://digitalcommons.wku.edu/ijesab/vol2/iss12/128>

11. Burgess K., **Arbel V.**, Amasay T., Nicola T. Case Presentation for Cervical Radiculopathy. *International Journal of Exercise Science*, 2(12), 137, February 2020. *Poster Presentation-Burgess*
<https://digitalcommons.wku.edu/ijesab/vol2/iss12/137>

12. Sanchez OL., **Arbel V.**, Amasay T., Nicola T. Case Presentation for Lumbar Radiculopathy Consistent with Foraminal Stenosis and Herniated Nucleus Pulpous. *International Journal of Exercise Science*, 2(12), 136, February 2020. *Poster Presentation-Sanchez*
<https://digitalcommons.wku.edu/ijesab/vol2/iss12/136>

13. 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. *Poster Presentation-Maatouk*
<https://digitalcommons.wku.edu/ijesab/vol2/iss11/40>

14. 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. *Poster Presentation- Kurowski*
<https://digitalcommons.wku.edu/ijesab/vol2/iss11/100>

15. 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. *Poster Presentation-Jaldety*
<https://digitalcommons.wku.edu/ijesab/vol2/iss11/104>

Graduate

16. Williams, Anthony; **Arbel, Vered**; Nicola, Terry; and Amasay, Tal (2022) "Case Presentation for Axillary Nerve Injury," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 14 , Article 85. *Poster Presentation- Williams*
<https://digitalcommons.wku.edu/ijesab/vol2/iss14/85>
17. Tralewski T., **Arbel V.**, Nicola T., Amasay T., Acute Multiple Deep Vein Thrombosis. International Journal of Exercise Science, Vol. 2(13), 54, February 2021. *Poster Presentation-Tralewski*
<https://digitalcommons.wku.edu/ijesab/vol2/iss13/54>
18. Lidge DP., Amasay T., **Arbel V.** Contribution of the Ankle, Knee, and Hip to Total Lower Extremity Internal/External Rotation. International Journal of Exercise Science, 2(12), 129, February 2020. *Poster Presentation-Lidge*
<https://digitalcommons.wku.edu/ijesab/vol2/iss12/129>
19. 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. *Poster Presentation- Gupte*
<https://digitalcommons.wku.edu/ijesab/vol2/iss11/102>

E. Thesis Committees

2023 Comparing Lower Body Stroke Patterns at Different Rates in Collegiate Female Rowers: A Kinematic Approach- Michelle Etchebaster Martins, MS Candidate.
Department of Sports and Exercise Sciences, College of Health and Wellness, Barry University
Miami Shores, Florida

2024 Association Between Anterior and Posterior Pelvic Tilt with Functional Lower Body Performance.
Samuel R Vilmeau- MS candidate
Department of Sports and Exercise Sciences, College of Health and Wellness, Barry University Miami
Shores, Florida

2024 Core training as a strategy to improve lumbopelvic stability and hip mobility in basketball players. Daniel Esteban- MS candidate in Training and Physical and Sports Rehabilitation
Health Department TecnoCampus Mataró-Maresme Park, Mataró Spain

2025- present Effect of a DNS training program on motor control and trunk rotation in kayak slalom: analysis using IMUs and the Figure 8 Test. Marta Torné Artero- MS candidate in Training and Physical and Sports Rehabilitation Health Department TecnoCampus Mataró-Maresme Park, Mataró Spain

III. HEALTH AND FITNESS INDUSTRY AND THE PERFORMING ARTS

A. Companies

- 2000 - 2016 **Elements In Motion Inc,**
Owner, Program Director, Chicago, IL
- Taught over 500 clients
 - Managed and educated staff of ten instructors
 - Organized and instructed STOTT PILATES training courses and workshops for health & fitness professionals, both onsite and offsite
- 2000 - 2016 **Elemental FIT-X™ Education**
Co-owner and Program Director, Elements in Motion Inc., Chicago, IL
- Developed fitness fusion programs for clientele
 - Developed specialty continuing education workshops for health and fitness professionals
 - Recognized as a Continuing education provider by ACSM, NASM. NSCA & ACE

B. Teaching

- 2000 - 2016 **STOTT PILATES Certified Lead Instructor Trainer**
Elements In Motion, Chicago, IL
- Presented at 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 complete training and obtain their certification

C. Industry Presentations

- 2017 - 2020 **The Tennis and Fitness Centre (OPRF)**
- Core Stability Training Methods and Exercise Principles
 - Qualitative Movement Analysis: Static and Dynamic Posture Part 1&2
 - Osteoporosis & Osteoarthritis: Beyond Physiological Processes
 - Pilates-based exercise protocol to improve kyphosis & balance
- 2012 - 2016 **Oak Brook Racquet & Fitness Club**
- Functional Anatomy and Exercise Prescription
 - Biomechanics of Injuries
 - Scoliosis Management
 - Biomechanics of Resistance and Exercise
 - Pilates High Intensity and Power Circuit
- 2022 **Well-Fit Performance**
- Qualitative movement analysis and core stability Programming

Performing Arts

- 1994 - 2004 **Melissa Thodos and Dancers Contemporary Dance Company**
Professional Dancer and Choreographer, Chicago, IL
- Danced with the company for 14 years
 - Performed in Dance Chicago, Dance for Life, The Ruth Page Dance Series, and the Northwestern University Dance Program
 - Choreographed "Territories," a world premiere first featured in January 1999
- 1995 - 2004 **Dance for Life- Chicago**
- Volunteered to perform annually with Chicago's 10 best dance companies (Giordano Dance Chicago, Hubbard Street Dance Chicago, and the Joffrey Ballet).
 - Raised critical funding and awareness to provide the dance community with preventative health care and critical medical needs.

TEACHING

A. Courses Taught

- 2016 - Present **KN 100 Introductory to Kinesiology and Nutrition**
This course provides a comprehensive introduction to the field of Kinesiology. It explores the various sub-disciplines and their integration within the field. In-class and online activities introduce students to key areas of study, career opportunities, and professional practices in Kinesiology. Students engage with presenters and researchers throughout the semester, gaining valuable insights into the diverse career paths and professional practices within Kinesiology.
- 2016 - Present **KN 398 Undergraduate Research**
Conduct an in-depth analysis to develop a research proposal in the student's area of interest. This includes reviewing current literature, investigating various research methodologies, examining relevant research policies, and developing a proposed project.
- 2016 - Present **KN 399 Undergraduate Research Presentation**
Implementing the proposal developed in KN398 data collection, analysis, and interpretation, providing the basis for the written project. The project is presented at conferences and an open forum for faculty and students.
- 2016 - Present **KN 496/596 Graduate Special Projects in Kinesiology**
Master's research project, development of research, and implementation.
- 2014 - Present **KN 243 Exercise Assessment**
This introductory-level course addresses screening and evaluates the fitness components necessary to assess posture, body composition, endurance, strength, flexibility, cardiorespiratory endurance, and agility. The course labs extensively utilize the instrumentation required for testing. Students practice

hands-on methods for testing VO2 max, functional movement screens, strength, endurance, and athletic performance.

- 2014 - 2016 **KN 136 Technique and Principles of Resistance Training**
Teaches students how to identify, describe, execute, and progress common resistance and aerobic exercises for optimal health, athletic performance, and overall fitness.
- 2013 - 2015 **KN 251/252 Human Anatomy and Physiology Lab**
The structure and function of mammalian cells, 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.
- 2014 - 2014 **OT 496 Anatomy Lab**
This graduate-level lab for occupational therapy students examines the structure and function of the musculoskeletal, cardiovascular, and nervous systems, as well as the application of biomechanical principles.
- 2011 - 2012 **KN 351/352 Human Dissection Lab**
The cadaver dissection class uses 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.

B. Course Development

- 2021 - Present **KN 445 Corrective Exercise for Postural and Movement Imbalances ****
**Developed new upper-level electives for students. An evidence-based approach to corrective exercise, the components of a comprehensive solution, and the practical implementation of developing and integrating strategies to identify, assess, and improve common postural and muscular imbalances contributing to movement impairments.
- 2017 - Present **KN 494 Qualitative Human Movement Analysis ****
**Developed new upper-level electives for students. The course focuses 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 Kinesiology and Allied Health. Students utilize 2-D movement analysis technology to help clients, patients, and athletes enhance their performance and reduce the risk of injury.
- 2015 - 2020 **KN 262-Training Methods for Core Stability ****
**Developed new upper-level student electives. The course provides students with tools to better understand, assess, and program various populations, enhancing core stability and performance. Along with applying core stability components to evaluate posture, endurance, strength, and flexibility, the course features a lab component in which students work in groups to design core stability programs for rehabilitation, athletic performance enhancement, and special populations.

C. International Study Abroad

2025 – Present

Techno campus

Currently developing and leading a collaborative program between the University of Illinois Kinesiology and Nutrition Department and TecnoCampus University, Barcelona, Spain, including students' study abroad and exchange program, collaborative research projects, and educational programs.

2017 - Present

KN 494 Exploration of Qualitative Human Movement Analysis Study Abroad, Cambridge, UK

****Developed a study abroad embedded course.** This program aims to explore a holistic, qualitative model of human movement analysis (QMD) that integrates knowledge from kinesiology, the performing arts, and allied health in Cambridge and its surrounding areas. The program will focus on the processing underlying movement observation, assessment, diagnosis, and intervention across various settings, as well as on correcting errors in human movement using video motion analysis technology.

D. Mentoring

Honors College Undergraduates (KN 398/399)- Honors Fellow advisor.

Develop a research proposal, implement it in the student's area of interest, and conduct a conference presentation. Mentor honors college students with capstone projects.

Undergraduate Projects

KN 396 Independent Study in Kinesiology –Faculty advisor

Selected topics in Kinesiology for individual study. Mentor students and assist with their research projects.

Undergraduate Research (KN 398/399)- Advisor

An in-depth research analysis for developing a research proposal in your area of interest. Review current literature, investigate various research methodologies, review research policies, and develop a proposed project.

Undergraduate Teaching Assistants Advisor/Mentorship

2015- Present KN 493 Practicum in Undergraduate Teaching Assistant (UTA)- Faculty advisor and facilitator

Mentoring and guiding the undergraduate teaching assistant as they help facilitate the course. This involves providing support in delivering course content, ensuring proper teaching techniques, and maintaining academic standards and integrity. Oversee the development of undergraduate teaching assistants, fostering their skills in instructional methods and classroom management to enhance the overall learning experience for students.

2015- Present KN 137 Personal Training: Faculty Advisor and facilitator.

Developed an undergraduate teaching assistant training program in collaboration with the kinesiology department and the Recreation Center at UIC to administer fitness tests for students enrolled in the KN 137 course, assist the students with goal setting, interpretation of fitness tests' results and implementation in workout programs as part of the course structure.

Graduate Teaching Assistants Advisor/Mentorship

2015 - Present	KN 137 Personal Fitness- Faculty advisor and supervisor Assists the teaching assistants with course content development, structuring syllabi, and refining teaching methodologies. Serve as the primary point of contact for any disciplinary or academic issues involving enrolled students. Throughout the semester, guidance, administrative, and academic support are provided to ensure that graduate teaching assistants are well-equipped to facilitate a high-quality learning experience.
2018 - 2020	KN 194 Special Topics in Kinesiology- Faculty advisor and supervisor Served as the supervisor for the graduate teaching assistant who instructed the yoga class, providing guidance and support to the teaching assistant, ensuring that the foundational elements of yoga and safety are effectively taught. Oversee the development of the teaching assistant's skills in delivering various types of yoga instruction and ensuring a high-quality learning environment for students.
2016 - 2020	KN 194 Special Topics in Kinesiology- Faculty advisor and supervisor. Served as the supervisor for the graduate teaching assistant who instructed an Indian club class, providing guidance and support to the teaching assistant, ensuring that the foundational elements of the Indian club practice and safety were effectively taught. Assisted in developing a certification program and educational and visual materials to support course content.
2017 - Present	KN 597 Graduate Project in Kinesiology- Faculty advisor and supervisor Supervise graduate students' practicum in a laboratory or field setting where recent research findings are applied, tested, and evaluated.

Invited Lectures, Symposia

2026	TecnoCampus University Mataró, Spain Knee joint complex, Articular complex of the ankle and foot, technology in kinesiological analysis, gait analysis, and performance analyses.
2022	Annual Meeting, Illinois Higher Education for Personal Fitness Training Association (IHEPA) Preparing Students for Virtual Personal Training Field Work
2019	Annual Meeting, Illinois Higher Education for Personal Fitness Training Association (IHEPA) Evidence-Based Practices in Personal Fitness Training: Implementation in Curriculum and Beyond
2019	Anglia Ruskin University Department of Sports and Exercise Science Qualitative Dynamic and Static Movement Analysis.
2016	Anglia Ruskin Sport and Exercise Science Department Gait Analysis using 2-D Motion Analysis Technology.

2016	AASP Regional Sport and Exercise Psychology Conference Core Stability: Relaxation for Mobilization and Self Awareness.
2014	Barry University, Miami Shores, Florida, College of Nursing and Health Sciences Business Strategies for the Fitness Professional
2014	Barry University, Miami Shores, Florida, College of Nursing and Health Sciences Special Populations and Exercise Considerations

UNIVERSITY PROGRAM DEVELOPMENT

A. Partnership within the University of Illinois Chicago

2023 - Present	Enhancing Cross-disciplinary Innovation & Training Opportunities (EXITO) Lead Fellow Sponsor & Research Enrichment Program Director The UIC College of Applied Health Sciences (AHS) Enhancing Cross-disciplinary Innovation and Training Opportunities Program (EXITO) prepares undergraduate students from historically underrepresented communities to lead the transformation of health and social systems as researchers, scholars, and visionaries.
2019 - Present	Exercise is Medicine on Campus Education Chair & Committee Member A program calling upon universities and colleges to promote physical activity as a vital sign of health. A collaboration between UI Health System, UIC Recreation Center, and the Kinesiology and Nutrition Department at UIC. Faculty advisor for the EIMOC ambassador team. The team gives presentations across campus for first-year seminars to promote physical activity as a vital sign
2023 - Present	UI Health: Sports Medicine Orthopedics Facilitator of Clinical Case Studies Collaboration with sports medicine doctors to provide clinical case studies for students to present at conferences. Overseas abstract writing, poster creation, and presentation.

B. National and International Partnerships

2018 - 2025	Illinois Higher Education Personal Fitness Training Association (IHEPA) Founding Member Serving as a Lead Fellow Sponsor, overseeing fellow sponsors, creating surveys, and following up on their communication with their student fellows. Also, serve as a fellow sponsor to a student in the program, mentor and guide the student for 3 years to enhance academic and scientific success.
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SERVICE

A. Service at the University of Illinois, Chicago

2016 - Present	Kinesiology Club Faculty Advisor Promote and implement healthy lifestyles through the application of kinesiology, providing leadership in areas of academia, service, and professional development within Chicagoland's health and fitness communities.
2019 - Present	ACSM Exercise Is Medicine on Campus Campus Education Chair, Student Ambassador Team- Faculty Advisor, & Committee member. Developed exercise programs and presentations and provided students across campus with the necessary tools to strengthen healthy lifestyles, mental health, and physical activity habits. Collaborated with the recreation center and UI Health.
2018 - Present	Illinois Higher Education Personal Fitness Training Association (IHEPA) Committee Chair Organize Annual Meetings, create conference-engaging Content and Activities, host webinars to share knowledge and expertise with higher education directors, collaborate with companies in the fitness industry to stay updated on trends and best practices, and compare evidence-based practices of personal fitness training and their practical application for students among higher education partners. Our mission is to collaborate and enhance the standard of Personal Fitness Training in higher education.
2016 - 2017	Graduate Teaching Assistants' (GTAs) Orientation Facilitator Participated in the yearly orientation of the Kinesiology Department and led sessions on various topics such as the role of the graduate teaching assistant, teaching strategies, the disengaged student, classroom management, and real-life case studies.
2017 - 2021	IGNITE Facilitator Represented the Department of Kinesiology and Nutrition at the University-wide yield event by developing and leading hands-on workshops to engage prospective students.
2016- 2018	Applied Health Sciences: Summer Exploration & Transition Institute (AHSSET) Faculty Presenter, Network Faculty Guests Developed and created a 50-minute presentation for new students on Preparing for Classroom Experience. Participated in the networking lunch.
2020	Director of Undergraduate Studies Search, Kinesiology Program Committee member Reviewing applicants' CVs and cover letters, developed interview questions to assess candidates' skills, experience, and fit for the role, collaborated with other

committee members to ensure a fair and thorough selection process, and helped with the final selection of candidates.

2023	Research Coordinator Search, Biomechanics Lab Committee member Reviewed over 30 applicants' CVs and cover letters, participated in candidate interviews, asked questions, recorded each applicant's strengths and weaknesses, met with other committee members to discuss the interview results, and made recommendations for the most fit candidate to move forward in the hiring process.
2021 - 2022	Curriculum development Sub-committee member Assessed SLO and clinical skills for exercise assessment and programming courses.
2022 - Present	UIC and Honor College Research Forum Impact Day Judge Evaluate students' presentations at UIC Honor College and UIC Undergraduate Research Forum, ensure that for Honors College students, each presentation meets capstone requirements, and make recommendations for three award finalists in the assigned category.

B. Service at the Local, National & International

2018 - 2019	District 12 Police Station Wellness Day Program • Presented during roll call to approximately 50 officers. • Led High-Intensity Interval Training (HIIT) workouts at the police station gym. • Discussed the impact of being physically active on well-being. • Provided tips and resources on improving health
2022 - Present	American Council on Education Faculty Evaluator • Reviewing nontraditional learning programs, such as military training and professional exams, to determine if they meet the standards for college-level coursework. • Assess these programs' content, scope, and rigor and make credit recommendations that may be eligible for academic transfer. • Enhance access to higher education for nontraditional learners by validating and recommending academic credit for learning outside of traditional academic settings
2018 - Present	Anglia Ruskin University, Cambridge, England, and the University of Illinois Chicago partnerships (several) Principal Developer for University Partnerships • Study abroad students exchange program • Research exchange program • UIC Flames Athletics strength and conditioning, athletic training internship
2024 - Present	TecnoCampus University Mataró, Spain, and the University of

Illinois Chicago partnerships

Principal initiator and faculty coordinator for University Partnerships

- exchange program
- Faculty Study abroad students exchange program
- Research exchange program

2025

Scientific Committee for the 1st International Congress on Technology Applied to Sports at TecnoCampus University in Spain

Member of the Scientific Committee

- Peer reviewer evaluation of submitted abstracts
- Recommendations for their consideration as either poster or oral presentations