

ALEXANDER J. ROSENBERG
20 W 15th st, Unit 20c. Chicago, IL 60605
Cell: (847)-347-9911 Email: Arosenb12@gmail.com

Education

2012- Present

PhD, Exercise Physiology
University of Illinois at Chicago

2012 MS, Exercise Physiology
University of Illinois at Chicago

2009 Bachelor of Science in Exercise Science with a Medical Emphasis
Ithaca College

Employment

2012-present Ph.D. Candidate and Research Assistant; University of Illinois at Chicago

- Participated with and managed research projects in the Exercise and Cardiovascular Research Laboratory and the Integrative Physiology Laboratory, with a primary focus upon arterial, micro-vascular and cardiac responses to exercise.
- Collect and analyze data in human subjects
- Recruit subjects for participation in research studies

2009-2010 Ithaca College Strength and Conditioning Coach

- Developing, researching, and implementing a preseason/in season-conditioning program for collegiate women basketball, softball, and wrestling athletes

2009-2010 YMCA Fitness Staff

- Floor coverage of the fitness center
- Implemented training program to private clients for personal training
- Conducted exercise testing protocols including: YMCA cycle ergometer test, three site skin-fold test, blood pressure and heart rate at rest and during exercise, upper and lower body flexibilities, and muscular endurance test.

2009-2010 Curves Staff Member/Personal Trainer

- Supervised curves members while conducting curves trade mark circuit program
- Developed and taught group exercise classes and designed exercise programs for members.

2009-2010 City Health Club fitness coordinator/Personal Trainer

- Redesigned the layout of the health club
- Implemented a interactive fitness program
- Developed and supervised training programs with private clients

2007-2008 Deerfield High School wrestling camp assistant, Deerfield, IL

- Coached and assisted with practice sessions

Certifications and Memberships

- 2010- American College of Sports Medicine (ACSM) member
- 2009- National Strength & Conditioning Assoc., Certified Strength & Conditioning Specialist (CSCS)
- 2009- American Heart Association- ACLS Certified
- 2008- Scuba certification from National Aquatic Services
- 2008- Member of the National Strength and Conditioning Association
- 2005-2009 Varsity wrestling team, Ithaca College, NY
- 2007-2009 Captains counsel of wrestling team, Ithaca College, NY
- Mentored underclassmen wrestlers
 - Assisted with the captain's duties
- 2007-2009 Member of the Exercise Professional Majors Club, Ithaca College, NY
- Organized Events:
- Wellness and benefits fairs
 - Faculty and student workouts
 - Admission events
 - No pressure blood pressure
 - Relay for life

Teaching Experience

- 2012- Department of Kinesiology & Nutrition, *Advanced Exercise Physiology, KN 452* (3 credits) Lecture and Laboratory Instructor, Enrollment: 60 students, University of Illinois at Chicago
- 2012- Department of Kinesiology & Nutrition, *Muscle Physiology, KN 441* (3 credits) Lecture Assistant, Enrollment: 70 students, University of Illinois at Chicago
- 2011-2012 Department of Kinesiology & Nutrition, Anatomy and Physiology High school/ College Seminars Laboratory Instructor, Enrollment: 25-50, University of Illinois at Chicago

2010-2012 Department of Kinesiology & Nutrition, *Anatomy and Physiology, KN 251 & KN 252* (5 credits) Laboratory Instructor, Enrollment: 500 students, University of Illinois at Chicago

Awards

2005-2009 Presidential Scholarship, Ithaca College, Fall 2005-present

2007-2008 Empire Eight Conference President List of Academic Achievement

Presentations

Abstracts

Alexander Rosenberg², Min Hu^{1,3}, Huimin Yan³, Sushant M. Ranadive³, Stamatis Agiovlasitis⁴, Christopher A. Fahs⁵, Muhammed Atiq⁶, Nazia Atique⁷, Bo Fernhall²
ARTERIAL STIFFNESS RESPONSE TO EXERCISE IN PERSONS WITH AND WITHOUT DOWN SYNDROME

¹Laboratory Center for Sport Science and Medicine, Guangzhou Institute of Physical Education, Guangzhou, China, ²College of Applied Health Sciences, University of Illinois at Chicago, Chicago, IL, United States, ³Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Champaign, IL, United States, ⁴Department of Kinesiology, Mississippi State University, Mississippi State, MS, United States, ⁵Department of Health and Exercise Science, University of Oklahoma, Norman, OK, United States, ⁶Department of Medicine Hospital Medicine, University of Wisconsin School of Medicine and Public Health, Madison, WI, United States, ⁷Carle Foundation Hospital, University of Illinois College of Medicine at Urbana-Champaign, Urbana, IL, United States