

Elizabeth C. Schroeder

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EDUCATION

Doctor of Philosophy; Kinesiology, Nutrition, and Rehabilitation; In Progress

University of Illinois at Chicago, Chicago, IL

Dissertation:

Major Professor: Bo Fernhall

GPA:

Master of Science, Kinesiology, May 2015

Iowa State University, Ames, IA

Thesis: Independent and Combined Effects of Aerobic and Resistance Training on Blood Pressure

Major Professor: Duck-chul Lee

GPA: 4.00

Bachelor of Arts, Athletic Training, May 2013

Bachelor of Arts, Movement and Exercise Science: Sport Psychology, May 2013

University of Northern Iowa, Cedar Falls, IA

GPA: 3.97

WORK EXPERIENCE

Research Assistant

Iowa State University, Department of Kinesiology , August 2013 – Present

- Prepare in-depth physical activity questionnaire for all physical activity domains
- Assist with cross-sectional data collection on physical activity and blood pressure
- Conduct an 8-week randomized controlled trial on exercise and elevated blood pressure, including performing all tasks such as scheduling assistants and participants; developing the exercise programs and observing all sessions (1000+ contact hours), and completing baseline and follow-up measurements /

Teaching Assistant

Iowa State University, Department of Kinesiology , August 2013 - Present

- Fall 2013: Lead instructor KIN 164 (Walking for Fitness)
- Spring 2013 – Present: Lead instructor HS 105 (First Aid and Emergency Care)
- Fall 2014: Lead instructor KIN 144 (Racquetball)
- Spring 2015: Lead instructor KIN 182 (Volleyball)

University of Northern Iowa, Department of Biology, 2011

- Spring 2011 – Lab Assistant for Anatomy & Physiology I Lab

Certified Athletic Trainer

21st Century Rehabilitation, Nevada, IA, June 2013 – July 2015

- Provide preventative measures for injury for multiple high school sports
- Participate in concussion evaluations and return-to-play decisions

Tutor

University of Northern Iowa, Athlete Academic Advising, April 2012 - May 2013

- Facilitate learning for athletes in areas such as biomechanics, exercise physiology, anatomy and physiology of human movement, introduction to motor behavior and other courses related to exercise science
 - Advise athletes on study habits and study skills
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MANUSCRIPTS IN PREPARATION

Schroeder ES, Welk, GJ, Lee DC. Improved health outcomes and physical activity levels with health club membership.

ABSTRACTS AND PRESENTATIONS

Schroeder ES, Franke WD, Sharp RL, Lee DC. Independent and combined effects of aerobic and resistance training on blood pressure (ART-B). Chicago, IL, 2015. Poster – Accepted for presentation at 2015 North American Artery Conference.

Lee DC, **Schroeder ES**. Independent and combined effects of aerobic and resistance training on sarcopenic indices and its association with peripheral and central blood pressure. Chicago, IL, 2015. Poster – Accepted for presentation at 2015 North American Artery Conference.

Schroeder ES, Meier NF, Welk GJ, Lee DC. Improved cardiovascular health outcomes with health club membership. San Diego, CA, 2015. Poster – Presented at 2015 American College of Sports Medicine Annual Meeting.

Schroeder ES, Meier NF, Welk GJ, Lee DC. Health club membership and adherence to the US Physical Activity Guidelines. Orlando, FL, 2014. Poster – Presented at 2014 American College of Sports Medicine Annual Meeting & 2015 Iowa State University Graduate and Professional Student Research Conference.

Lee DC, Meier NF, **Schroeder ES**, Welk GJ. Vigorous-intensity aerobic physical activity and blood pressure – is more better? Orlando, FL, 2014. Poster – Presented at 2014 American College of Sports Medicine Annual Meeting

Lee DC, Meier NF, **Schroeder ES**, Welk GJ. Resistance and aerobic physical activity and high blood pressure. Boston, MA, 2013. Poster – Presented at American Public Health Association Annual Meeting.

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

2013 - American College of Sports Medicine (ACSM)
2013 - NATABOC Certified Athletic Trainer (State of Iowa Licensure)
2010-2014 National Athletic Trainers' Association (NATA)

HONORS & AWARDS

2015 American Kinesiology Association Masters Scholar
2015 Kinesiology Outstanding Master's Student Award
2015 College of Human Sciences Scholarship
2014 Sharon Mathes Graduate Scholarship
2014 College of Human Sciences Scholarship
2013 Mark and Nancy Dyslin Master's Scholarship
2013 Graduated from the University of Northern Iowa Summa Cum Laude
2013 University of Northern Iowa Purple and Old Gold Award
2009-2013 Member of University of Northern Iowa Honors Program

SERVICE

Presenter – Women in Science and Engineering, STEM Outreach Program for High School and Middle School Girls, Iowa State University – August 2013 – May 2014
