

# Alexandra H. Kastelz

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## Education

- Master's Degree in Exercise for Health (MSc)** 2013  
*Kingston-St. Georges University of London, England*  
(Equivalent to a 2year U.S. Masters)  
**Research Thesis:** Effect of Powerade® sport drinks on subsequent performance in a dual-energy system sport: Rowing-Received Distinction (A)  
*Advisor: Andy Jewell*
- Bachelor's Degree in Exercise Science (BS)** 2012  
*Grand Valley State University, Allendale, MI*  
*Concentration in Health and Fitness Instruction*
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## Professional Employment History:

**Research Coordinator-University of Illinois Chicago, Chicago, IL**  
*May 2014-Present*

- Support and coordinate the ongoing research proposed by UIC's Surgery department in partnership with the Kinesiology and Nutrition department investigating the effects of a long term exercise rehabilitation program for obese kidney transplant patients.
- Coordinate all aspects of the research process including IRB submission/amendments; patient recruitment; human research testing; data collection, analyzing, and entering; patient follow up.
- Schedule patients, trainers, and students (PhD, masters, and undergraduate) for study visits, rehabilitation visits, and data collection assistance.
- Assist with the training and supervising of incoming students and interns.
- Perform all aspects of data collection related to exercise and metabolic testing, exercise training, cardiovascular testing. Tests procedures and equipment used include DEXA, Flow Mediated Dilatation (ultrasound), Pulse wave analysis and velocity (Sphygmocore), Carotid IMT and Echo Tracking (ultrasound), CAVI/ABI (VaSera), VO2 max testing (Parvo and Cosmed), Stress testing, Echocardiogram (Cardiac ultrasound), and phlebotomy.
- Assist with addition studies in the Integrative Physiology Laboratory utilizing the same study procedures in testing. Other populations studied include multiple sclerosis, Parkinson's, sickle cell (pediatric), down's syndrome, and heart failure.

**Health Screener-Health Plan Advocate, Grand Rapids, MI**  
*December 2013-May 2014*

- Performed worksite health screening for HPA's Corporate Wellness partners in Michigan and surrounding states.
  - Screenings involved but were not limited to assessment of blood pressure, height, weight, body composition, blood cholesterol and blood glucose levels.
- Contacted members with 'high risk' factors (hypertension, high cholesterol, high glucose, obesity, tobacco use, etc.) to ensure they understood the significance of their risk and seek medical care when appropriate; worked with the participant to progress towards collaborative wellness goals.

**Adjunct Professor of Movement Science- Grand Valley State University, Allendale, MI**  
*August 2013-May 2014*

- Instructed exercise testing and prescription laboratory sessions involving hands on training; performing health assessments; conducting body composition, respiratory capacity, and submaximal cardiorespiratory exercise testing; assessing manual heart rate, blood pressure, and blood lactate and glucose testing procedures
- Fully prepared class sessions and lectures; assumed full grading and practical assessment responsibilities.
- Acted as an advisor for Honor students final senior research projects.

**Group Exercise Instructor-East Hills Athletics Club, Grand Rapids MI**  
*August 2012-January 2014*

- Choreographed and instructed group exercise classes
  - Members ranged in age, ability, and experience
  - Taught Free Style Strength, Aqua Arthritis, and Zumba Fitness

**Group Exercise Mentor and Instructor-Grand Valley State University, Allendale, MI**  
*August 2011-August 2012*

- Mentored and supervised new group exercise instructors for GVSU's campus recreations during their first 3 months of hire
- Instructed group exercise classes

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**Professional Socialization:**

**Class Representative-St. Georges University of London, London, England, UK**  
*September 2012-June 2013*

- Acted on behalf of the Exercise for Health MSc program by gathering, presenting, and creating strategies for improving and addressing issues related to the program
- Attended and presented at faculty forums and other academic meetings as a connection between faculty and students
- Assisted in designing and recreating the Masters in Exercise for Health program as it merged with the Masters in Rehabilitation

**Group Leader-Spectrum Health's Fit-Kids360-On the Move, Grand Rapids, MI**  
*July 2012-September 2012*

- Led weekly training sessions for clinically prescribed obese children and their families
- Educated children and families on living a healthy lifestyle-exercise and nutrition
- Implemented a progressive exercise regimen in order to prepare the children for a 5k 'fun run' at the end of the 12 week program
- Trained alongside children and family once a week to help motivate as well as made home calls to follow up and encourage the family throughout the week

**Athletics Club Intern-East Hills Athletics Club, Grand Rapids, MI**  
*December 2011-August 2012*

- Mentored under the director of Group Exercise-teaching club group sessions and off-site events

- Observed and evaluated fellow group exercise instructor's classes-wrote reviews for the director involving critical evaluation of technique while giving constructive feedback to allow department improvements
- Mentored under the Corporate Wellness Director-forming relationships with local businesses and obtaining new partners, as well as ensuring current partners were up to date with the club's events and promotional incentives
- Mentored under the Director of Membership Sales and Marketing-learning and utilizing the sales computer system, giving tours to interested future members, creating marketing/promotional material, and created and implemented a new referral computer program.

**Exercise Rehabilitation Intern-Total Health Chiropractic, Kentwood, MI**  
 February 2012-April 2012

- Created and instructed one-on-one exercise rehabilitation sessions for patients with lower back pain
- Patients varied in age, severity of back pain and/or injury
- Progressively tracked and assessed patient progress in terms of ROM, QoL, and improvements made on the interactive exercise Spine-Force® rehabilitation machine and at home exercise prescriptions

**Professional Presentations**

- **North American Artery Annual Conference-** Accepted poster presentation discussing clinical trial: Relationship between arterial stiffness and functional capacity in kidney transplant recipients, *Chicago, IL September 2015*
- **Gift of Hope Advisory Council-** Invited oral presentation discussing clinical trial: *Randomized case-control trial about the impact of targeted physical activity and diet modification on kidney transplant recipients' outcome, Itasca, IL September 2015*
- **Gift of Hope Board of Directors-** Invited oral presentation discussing clinical trial: *Randomized case-control trial about the impact of targeted physical activity and diet modification on kidney transplant recipients' outcome, Itasca, IL September 2015*
- **Grand Valley State University Professionalism in Exercise Science Course-** Invited oral presentation discussing application of Exercise Science degree in a career setting, *Allendale, MI June 2013*

**Professional Certifications and Memberships:**

- American College of Sports Medicine (ACSM)
- North American Artery Society (NAA)
- American Heart Association (AHA)
- American Heart Association BLS
- Zumba Fitness Instructor
- AFAA Group Exercise Instructor

**Publications**

- Alexandra Kastelz<sup>ab</sup>, Ivo G. Tzvetanov<sup>a</sup>, Bo Fernhall<sup>b</sup>, Aneesha Shetty<sup>c</sup>, Lorenzo Gallon<sup>c</sup>, Patricia West-Thielke<sup>a</sup>, Greg Hachaj<sup>d</sup>, Mark Grazman<sup>d</sup>, Enrico Benedetti<sup>a</sup>, *Experimental protocol of a randomized controlled clinical trial investigating the effects of personalized exercise rehabilitation on kidney transplant recipients' outcomes.* Contemporary Clinical Trials, 45: B, 170-176

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### **Additional Professional Development Opportunities**

- 18th International Conference on Dialysis (Miami, FL) January 2016 *Attendee*
- NAA 5<sup>th</sup> Annual Conference (Chicago, IL) September 2014- *Poster presentation*
- ACSM National Meeting (San Diego, CA) May 2015, *Attendee*
- AHA Chicago Conference, November 2014-*Attendee*
- NAA 4<sup>th</sup> Annual Conference (Chicago, IL) September 2014- *Attendee*
- ACSM Midwest Conference (MI), November 2013-*Attendee/GVSU Ex. Sci. Club Supervisor*
- Spectrum Health's Women's Heart Health Convention (Grand Rapids, MI) 2012-*Attendee*
- Spectrum Health's Employee Wellness Day (Grand Rapids, MI) 2012- *Exercise Instructor*
- Grand Valley State University's Girls in Sports Day (Grand Rapids, MI) 2011- *Exercise Instructor*