

**Jeffrey L. Alexander, Ph.D., FAACVPR, ACSM-CES®**

Associate Professor  
Doctor of Health Sciences Program  
A.T. Still University  
5850 East Still Circle  
Mesa, Arizona 85206  
480.219.6039 Phone  
480.219.6122 Fax  
jalexander@atsu.edu

**EDUCATION**

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- May 2003 ARIZONA STATE UNIVERSITY POLYTECHNIC, Mesa, AZ  
Doctor of Philosophy in Curriculum and Instruction with an emphasis in Exercise and Wellness.  
Dissertation: The effect of strength training on functional fitness in older chronic obstructive pulmonary disease patients
- August 2000 BRIGHAM YOUNG UNIVERSITY, Provo, UT  
Master of Science in Exercise Physiology, *Valedictorian*  
Thesis title: Validity of a single stage submaximal treadmill walking test for predicting VO<sub>2</sub>max of college students
- August 1998 BRIGHAM YOUNG UNIVERSITY, Provo, UT  
Bachelor of Science in Health Promotion

**EXPERIENCE**

**PROFESSIONAL EXPERIENCE**

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- 2009 to Present **Assistant/Associate Professor, Doctor of Health Science Program (Online)**  
A.T. Still University, Department of Interdisciplinary Health Sciences, Mesa, AZ
- 2007 to Present **Research Faculty, Hartford Center of Geriatric Nursing Excellence**  
Arizona State University, College of Nursing and Healthcare Innovation, Phoenix, AZ
- 2007 to 2008 **Adjunct Faculty (Research), Center for Metabolic Biology**  
Arizona State University, Tempe, AZ
- 2006 to 2009 **Assistant Professor, Master of Science Human Movement Program (Online)**  
A.T. Still University, Department of Interdisciplinary Health Sciences, Mesa, AZ
- 2005 to Present **Adjunct Faculty, Nursing and Health Sciences (Online)**  
Chandler-Gilbert Community College, Chandler, AZ
- August 2005 **Practical Exam Evaluator**  
American College of Sports Medicine, Mesa, AZ
- June to July 2005 **Cardiovascular Test Technician**  
CardioVascular Associates of Mesa, Mesa, AZ
- 2003 to 2004 **Assistant Professor, Department of Physical Education**  
Indiana State University, Terre Haute, IN

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2004	<b>Corporate Wellness Assistant</b> Davis Gardens Westminster Village, Terre Haute, IN
2004	<b>Fitness Consultant (Older Adult)</b> Davis Gardens Westminster Village, Terre Haute, IN
2004	<b>Group Fitness Leader (Older Adult)</b> Sycamore Manor (Retirement Management, Inc.), Terre Haute, IN
2001 to 2003	<b>Adjunct Faculty, Wellness Division</b> Chandler-Gilbert Community College, Mesa & Gilbert, AZ
2000 to 2003	<b>Graduate Teaching Assistant</b> Arizona State University East, Mesa, AZ
Summer 2002	<b>Teaching Internship</b> Arizona State University East, Mesa, AZ
March 2002	<b>Practical Session Lecturer</b> American College of Sports Medicine – Health/Fitness Instructor Workshop, Mesa, AZ
1998 to 2000	<b>Graduate Teaching Assistant</b> Brigham Young University, Provo, UT
1998 to 2000	<b>Cardiac Rehabilitation Aide.</b> Utah Valley Regional Medical Center, Provo, UT
1997 to 1998	<b>Psychiatric Technician.</b> Utah Valley Regional Medical Center, Provo, UT
1997	<b>Fitness/Nutrition Internship</b> Apex Fitness and Nutrition, Provo, UT

## TEACHING

### COURSES TAUGHT

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*A.T. Still University, Doctor of Health Sciences Program (Online)*

1. Literature Review for the Applied Research Project (DHS 901)
2. Proposal Development for the Applied Research Project (DHS 902)
3. Data Collection for the Applied Research Project (DHS 903)
4. Dissemination – Publishable Paper for the Applied Research Project (DHS 905)
5. Research Methods, Design, and Analysis (DHS 802)

*A.T. Still University, Human Movement Program (Online)*

1. Motor Control
2. Functional Anatomy
3. Professional Practice & Responsibility
4. Research Methods and Design
5. Physical Dimensions of Aging and Physical Activity
6. Psychosocial Dimensions of Aging and Physical Activity
7. Exercise Prescription for Older Adults
8. Motivational Strategies for Physical Activity among Older Adults

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## 9. Introductory/Orientation Course for Incoming Students

### *Indiana State University*

1. Introduction to Kinesiology  
(Fall 2004 – Learning Community established with Communications 101)
2. Introduction to Exercise Physiology
3. Professional Experiences
4. Instructional Strategies in Fitness Settings
5. Fitness for Life

### *Chandler-Gilbert Community College*

1. Introduction to Exercise Science and Physical Education
2. Physical Conditioning for Massage Therapists
3. Instructional Competency Lab: Cardiovascular Exercise and Activities
4. Fitness for Life, Beginning Fall 2006 to Present, Online
5. Healthful Living, Beginning Summer 2007 to Present, Online
6. Introduction to Exercise Science and Physical Education, Online

### *Arizona State University*

1. Kinesiological Foundations of Movement Laboratory
2. Physiological Foundations of Movement

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## INVITED ACADEMIC PRESENTATIONS

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|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| June 2013     | Falls: A Serious Health Concern among Older Adults. The Future of Human Movement Science: Research & Practice, Human Movement Program Summer Institute, A.T. Still University |
| November 2010 | Power Training in Older Adults: From Evidence to Practice. EXW 460: Theory and Application of Resistance Training, Arizona State University, Exercise & Wellness Program      |
| August 2010   | Power Training in Older Adults: From Evidence to Practice. Innovations in Human Movement Science, Human Movement Program, A.T. Still University.                              |
| April 2010    | Power Training in Older Adults: From Evidence to Practice. EXW 460: Theory and Application of Resistance Training, Arizona State University, Exercise & Wellness Program      |
| August 2009   | Power Training in Older Adults: From Evidence to Practice. Innovations in Human Movement Science, Human Movement Program, A.T. Still University.                              |
| April 2004    | Nutrition and Weight Management, PE 101, Indiana State University, Terre Haute, Indiana                                                                                       |
| April 2002    | Stress Management and Relaxation. Delivered to EXW 325 Lifetime Fitness, Arizona State University – East, Mesa, Arizona                                                       |

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## COURSES DEVELOPED

- Dissemination – Publishable Paper for the Applied Research Project (ATSU, DHSc, Online)
- Data Collection for the Applied Research Project (ATSU, DHSc, Online)
- Literature Review for the Applied Research Project (ATSU, DHSc, Online)
- Proposal Development for the Applied Research Project (ATSU, DHSc, Online)

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National Academy of Sports Medicine, Senior Fitness Course (Co-Author)  
Research Methods & Design (ATSU, MSHM, Online)  
Professional Practice & Responsibility (ATSU, MSHM, Online)  
Motor Control & Learning (ATSU, MSHM, Online)  
Functional Anatomy (ATSU, MSHM, Online)  
Physical Dimensions of Aging and Physical Activity (ATSU, MSHM, Online)  
Psychosocial Dimensions of Aging and Physical Activity (ATSU, MSHM, Online)  
Exercise Prescription for Older Adults (ATSU, MSHM, Online)  
Motivational Strategies for Physical Activity among Older Adults (ATSU, MSHM, Online)  
Introductory/Orientation Course for Incoming Students (ATSU, MSHM, Online)  
Chronic Lifestyle Diseases (Indiana State University - syllabus developed and text selected)  
Physical Conditioning for Massage Therapists (Chandler-Gilbert Community College - CGCC)  
Healthful Living (CGCC, Online)  
Fitness for Life (CGCC, Online)  
Introduction to Exercise Science and Physical Education (CGCC, Online)

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#### THESES ADVISED

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Smith, K.L. October 2007 to Summer 2008. Thesis: Impact of Whole-Body Vibration on Flexibility.

Chun-Jung Huang, M.S. December 2004. Thesis: Physiological Determinants of Rowing Performance in Rowers and Non-rowers.

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#### DOCTORAL DISSERTATIONS ADVISED (Committee Member)

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Prince, C., Breitenbach, E., Denali, D., & **Alexander, J.L.** (2013 to Present). Topic: The Effect A Culturally Specific Nutrition Education Workshop on African American Altering Unhealthy Recipes.

Richards, P., McDonald, P., Wescott, W.L., & **Alexander, J.L.** (2009 to Present). Topic: The Impact of Strength Training on Older Adults Ability to Perform Activities of Daily Living.

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#### DOCTORAL RESEARCH PROJECTS SUPERVISED (\*Published)

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De La Garza, B. Summer 2013 – Present. Topic: The Significance of Health Literacy of Certified Athletic Trainers in College and Secondary School Settings

Wood, T. Summer 2013 – Present. Topic: The Attitudes, Awareness, Knowledge and Use of Student Learning Styles Inventories by Physician Assistant Faculty

Tanyi, W. Summer 2013 – Present. Topic: Attitudes, Beliefs, and Knowledge of African Immigrants towards the Childhood Immunization Program in the U.S.

Truncale, S. Summer 2013 – Present. Topic: Knowledge of Health Effects of Wood Burning Smoke for Home Heating

Swartwood, M. Summer 2013 – Present. Topic: Cognitive Decline in Continuing Care Retirement Community Residents: Are Family Members Prepared for the Transition?

Velez-Climent, L. Summer 2013 – Present. Topic: Knowledge and Awareness of the Community towards Community-Acquired Methicillin-Resistant Staphylococcus Aureus (CA-MRSA)

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- Patch, K. Summer 2013 – Present. Topic: The Impact of an Educational Intervention on Student Knowledge of Dengue Fever and Its Prevention
- Wells, J. Summer 2013 – Present. Topic: Vitamin D Supplementation and the Falls in the Elderly
- Weil, J. Summer 2013 – Present. Topic: Sleep Quality and Duchenne Muscular Dystrophy
- Tai, J. Summer 2013 – Present. Topic: Frequency of Physical Activity Discussion Among Health Care Providers for Children and Adolescents
- Staven, J. Summer 2013 – Present. Topic: Electronic Medical Records and Diabetic Quality Outcomes
- Spaid, J. Summer 2013 – Present. Topic: Relationship of Sitting Time and Musculoskeletal Pain in Adults
- Marks, J. Summer 2013 – Present. Topic: HPV and Oral Cancer Knowledge
- Strom-Olsen, H. Summer 2013 – Present. Topic: Physicians' Attitudes and Practices Regarding Physical Activity Prescription and Collaboration with Exercise Specialists
- Torres, E. Summer 2013 – Present. Topic: What is the level of burnout in physician assistants' and nurse practitioners working in an underserved primary care area?
- Steelman, E. Summer 2013 – Present. Topic: Laboratory Animal Workers' Attitudes and Perceptions Concerning Occupation Risk and Injury
- Wachtel, D. Summer 2013 – Present. Topic: Knowledge and Attitudes about the Physician Assistant Profession: A Survey of the British Columbia Medical Association
- Winter, B. Summer 2013 – Present. Topic: Dentists Preference of Continuing Education Delivery Format
- Jones, B. November 2011 – March 2013. Comparison of Hospitalist Physicians' Religion and Spirituality to Other Physician Specialties.
- Avery, C. November 2011 – March 2013. Prolonged Dysphagia: The Speech Language Pathologist's Role in the Decision-Making Process for Percutaneous Endoscopic Gastric Feeding Tubes.
- Cherkis, F. November 2011 – March 2013. Social Media Use among Nursing Faculty.
- Glavaz, G. November 2011 – March 2013. Physician Assistant Program Directors' Attitudes, Current Practices, and Future Plans Regarding Financial Compensation to Clinical Sites.
- Haynie, J. November 2011 – March 2013. Prevalence of Depression among Graduate Students Enrolled in Various Health Professions Programs and the Association with Undergraduate and Current Graduate Experience.
- Keena, J. November 2011 – March 2013. Do Graduate Record Examination Scores Correlate With or Predict a Student's Success on the Physician Assistant National Certification Examination?

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Kupferer, K. November 2011 – March 2013. BMI and Atraumatic Femoral Neck Stress Fracture in Air Force Basic Trainees.

Latham, E. November 2011 – March 2013. National Health Service Corps Physician Retention in Health Profession Shortage Areas.

Honjo, M. November 2011 – March 2013. A Comparison Study Assessing Perception of Importance, Knowledge Level, Attitudes Toward, And Usage Of Sun-Protective Modalities Among Patients With And Without A Previous Diagnosis of Skin Cancer.

\*Dischler, T. November 2011 – March 2013. Should Palliative Pulpectomy Be Included In Future Clinical Investigations To Reduce Risk Of Osteonecrosis Of The Jaw In Post-Menopausal Women On Long-Term Oral Bisphosphonates With Periapical Lesions? A Case Study.

\*Falen, T. November 2011 – March 2013. Developing a Hospital-Specific Electronic Inpatient Fall Surveillance Program: Phase 1

\*Altman, D.S. June 2010 – August 2011. The Effect of the Community Oral Health Curriculum on Graduate's Dental Practice Choice and Volunteerism.

\*De Marco, J.R. June 2010 – August 2011. The Use of Relaxation Music in Cosmetic Surgery Patients.

Eucler, J. June 2010 – August 2011. Antibiotic Use in Canine Infectious Tracheobronchitis.

Freeman, J. June 2010 – August 2011. Perceptions of the Causes of Homelessness among Shelter Residents.

Farberow, K. June 2010 – March 2011. U.S. Undergraduate Students Study Abroad Global Health Care Risks and Knowledge.

Hadjilambris, O.W. June 2010 – August 2011. Hepatitis B Virus, Hepatitis C Virus, and Human Immunodeficiency Virus among Blood Donors in Cairo, Egypt.

Abdenour, T.E. June 2010 – August 2011. Development of the Athletic Low Back Outcome (ALBO) Scale.

Samp, C.M. June 2010 – August 2011. The Increase in a Man's Quality of Life with an Increase of Testosterone: Finding the Optimal Level of Testosterone.

\*Rivera, D.C. June 2010 – August 2011. Dancers' Perceptions of Injury.

Pascual, G.D. June 2010 – August 2011. The Effects of Nursing Hourly Rounding on Physician Care Composite Scores.

\*Mortensen, H.J. June 2010 – August 2011. Infection Control Professionals' Perception of Utilizing the Assistance of Medical Librarian Services and/or Other Resources for Evidence-based Medicine Research.

Walker, L. June 2010 – November 2010. Prevalence of Oral Human Papillomavirus in an At-Risk Population.

- Kemp, M.L. June 2010 – August 2011. Parental Perceptions Concerning Vaccinations: Whatever Happened to the Mandatory Vaccination Program?
- Tidman, M.M. June 2010 – August 2011. Measuring the Impact of an Educational Intervention on Family Satisfaction with Care in the ICU: A Randomized Controlled Trial.
- \*Miner, P. June 2010 – August 2011. Caregivers Beliefs and Concerns Associated with Medication Adherence Among Children and Adolescents with Epilepsy.
- Rimkis, R.C. June 2010 – August 2011. The Relationship between Upper Body Strength and Running Performances in Female High School Distance Runners.
- \*Saldutti, S.R. June 2010 – August 2011. Physician Assistant to Medical Doctor/Doctor of Osteopathy Bridge Program.
- \*Yeaman, P. June 2009 – August 2010. Title: Relationship of Physical and Functional Independence and Perceived Quality of Life of Veteran Patients with Alzheimer's Disease.
- Bowdel, S. June 2009 – August 2010. Title: Systematic Review of the Efficacy of Naltrexone, Acamprosate, and Topiramate for the Treatment of Alcoholism.
- Howell, J.R. June 2009 – August 2010. Title: Anesthesia Choices in Total Knee Arthroplasty.
- \*Welsh, J. June 2009 – August 2010. Title: Defensive Medicine: The Use of Computed Tomography in Minor Head Injury Patients
- Clontz, L. June 2009 – August 2010. Title: A Novel Chemical Approach to Prevent Biofilm-Related Infections: The Use of Agilyte™ as an Adjuvant for Antimicrobial Therapies.
- Estrada, M. June 2009 – August 2010. Title: The PACKRAT as a Predictor for Success on the PANCE when Administered during the Clinical Phase of Physician Assistant Training
- \*Okpala, PeterChris. June 2009 – August 2010. Title: The Use of Non-Invasive Positive Pressure Ventilator (NIPPV) and Conventional Medical Care to Treat Respiratory Failure Arising from Acute Exacerbation of COPD: A Systematic Review
- \*Simmons, S. June 2009 – August 2010. Title: SNAP Participation in Preschool Aged Children and Prevalence in Overweight and Obesity.
- \*Lai, L. June 2009 – August 2010. Title: Relative Distribution of West Nile Virus RNA in Blood Compartments.
- \*Okpala, PaulChris. June 2009 – August 2010. Title: A Close Comparison of Clinical Risk Factors for Coronary Artery Disease of a Small Group of Immigrant Asians and Caucasian Americans Working in an Urban Medical Center in Los Angeles County California: A Pilot Study.
- Pulver, K. June 2009 – August 2010. Title: Perceived Outcomes of Worker's Compensation Patients Following Spinal Surgery: A Descriptive Analysis.
- Zumbrink, U. June 2009 – August 2010. Title: Healthy Eyes Healthy People® Study: Optometrists are Working with Patients to Reduce Diabetic Retinopathy.

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Avery, D. June 2009 – August 2010. Title: National Comprehensive Model in Conquering Infant Mortality Health Disparities among African-Americans.

Haynes, L. June 2009 – August 2010. Title: Spinal Cord Stimulation: Understanding Why Patients with Failed Back Surgery Syndrome Decline Treatment.

DiDonna, T. June 2009 – August 2010. Title: Teaching Pediatric Assessment Skills to Post-Operative Nurses in India.

\*Bagnol, L. June 2009 – August 2010. Title: Indigos in Hawai`i: A Phenomenological Study of the Experience of Growing Up Indigo.

#### BOOKS REVIEWED

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Ramsammy, R. (2012). *Anatomy & Physiology Laboratory Manual*, 5<sup>th</sup> Ed. Review of Units 1, 11, & 13. New York, NY: McGraw-Hill Higher Education.

Potteiger (2011), *ACSM's Introduction to Exercise Science*, 1<sup>st</sup> Ed. Philadelphia, PA: Lippincott Williams & Wilkins

Rink, J.E. (2002) *Teaching Physical Education for Learning*, 4<sup>th</sup> Ed. New York, NY: McGraw-Hill Higher Education.

### SCHOLARLY ACTIVITY

#### SELECT PUBLICATIONS

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##### In Print

Dischler, T., **Alexander, J.L.**, Curtis, D., & Markson, M. (2014). Improving inter-professional communication among medical and dental providers treating bisphosphonate therapy patients may reduce the risk of Osteonecrosis of the Jaw. *Universal Journal of Clinical Medicine*, 2(2), 35-42.

Falen, T., **Alexander, J.L.**, Curtis, D., & Unruh, L. (2013). Developing a hospital-specific electronic inpatient fall surveillance program: phase I. *Health Care Manager*, 32(4), 359-369.

Miner, P.J., **Alexander, J.L.**, Ewing, H., & Gerace, L. (2013) Caregivers beliefs associated with medication adherence among children and adolescents with epilepsy. *Journal of Neuroscience Nursing*, 45(4), 211-218.

Okpala, P., **Alexander, J.L.**, Ewing, H., & Tulp, O.L. (2013). A close comparison of clinical risk factors for coronary artery disease of a small group of immigrant Asians and Caucasian Americans working in an urban medical center in Los Angeles County, California: A pilot study. *Journal of Applied Medical Sciences*, 2(2), 1-9.

Okpala, P., **Alexander, J.L.**, Ewing, H., & Tulp, O.L. (2013). The Use of Non-Invasive Positive Pressure Ventilator (NIPPV) and Conventional Medical Care to Treat Respiratory Failure Arising from Acute Exacerbation of COPD: A Systematic Review. *Journal of Applied Medical Sciences*, 2(2), 31-41.



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- Altman, D.S., **Alexander, J.L.**, Woldt, J, Hunsaker, D, Mathieson, K. (2012). The effect of the community oral health curriculum on graduate's dental practice choice and volunteerism. *Journal of Dental Education*, 77, 37-42.
- Mortensen, H., **Alexander, J.L.**, Nehrenz, G.M., & Porter, C. (2012). Infection control professionals' information seeking preferences. *Health Information and Libraries Journal*. doi: 10.1111/hir.12007
- Simmons, S., **Alexander, J.L.**, Ewing, H., & Whetzel, S. (2012). SNAP participation in preschool-aged children and prevalence in overweight and obesity. *Journal of School Health*, 82(12), 548-552. doi: 10.1111/j.1746-1561.2012.00735.x.
- Ewing, H., Mathieson, K., **Alexander, J.L.**, & Leafman, J. (2012). Enhancing the Acquisition of Research Skills in an Online Environment: The Ewing Model®. *MERLOT Journal of Online Teaching and Learning*, 8(1), 34-44.
- Alexander, J.L.** & Wagner, C.L. (2012). Is harmonica playing an effective adjunct therapy to pulmonary rehabilitation. *Journal of Rehabilitation Nursing*, 37(4), 207-212.
- Rivera, D.C., **Alexander, J.L.**, Nehrenz, G.M., & Fields, B.J. (2012). Dancers' perceptions of injuries. *Journal of Music and Dance*, 2(1), 9-12. doi: 10.5897/JMD11.006.
- DeMarco, J.R., **Alexander, J.L.**, Nehrenz, G., & Gallagher, L. (2012). The benefit of music for the reduction of stress and anxiety in patients undergoing elective cosmetic surgery. *Music and Medicine*, 4(1), 44-48. doi:10.1177/1943862111424416
- Saldutti, S.R., **Alexander, J.**, Nehrenz, G., & Hernandez, C. (2011). Perceptions about bridge programs for PAs. *Advance for NPs and PAs*, 2(12), 14.
- Bagnol, L., **Alexander, J.**, Ewing, H., & Chu, D. (2011) Indigos in Hawai'i: A phenomenological study of the experience of growing up with spiritual intelligence. *Pacific Health Dialog*, 17(1), 83-98.
- Welsh, J.M., **Alexander, J.L.**, Ewing, H., Holmes, W. (December, 2010). PAs, NPs, and defensive medicine in the ED. *Advance for NPs and PAs*, 1(4), 12.
- Milton, J.G., Ohira, T., Cabrera, J.L., Fraiser, R., Gyroffy, J., Ruiz, F., Strauss, M., Balch, E., Marin, P.J., & **Alexander, J.L.** (2009, October 20) Balancing and vibration: Evidence for "drift-and-act" control of human balance. *PLoS ONE*, 4(10): e7427.
- Alexander, J.L.** and Benton, M.J. (2008). Progression of resistance training intensity among older COPD patients: A comparison of 2 resistance training studies. *Physician and Sportsmedicine*, 36(1), 62-68.
- Rhea, M.R., Marin, P.J., Peterson, M., **Alexander, J.L.**, Potenziano, B., Bunker, D., Sauers, E., & Danielsen, R. (2008). Anabolic Steroids. *Clinician Reviews*, 18(11), 26-31.
- Alexander, J.L.** , Phillips, W.T., & Wagner, C.L. (2008). The effect of strength training on functional fitness of older chronic obstructive pulmonary disease patients. *Rehabilitation Nursing*, 33(3), 91-97.
- Alexander, J.L.** & Wagner, C.L. (2006). How cardiac rehabilitation relates to quality of life. *Rehabilitation Nursing*, 31(4), 155-165.

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Pepin, V., **Alexander, J.L.**, & Phillips, W.T. (2004). Physical function in cardiac rehabilitation: Self-report, proxy-report, and performance-based measures. *Journal of Cardiopulmonary Rehabilitation*, 24(5), 287-295.

Phillips, W.T., **Alexander, J.L.**, Pepin, V., & Riley, C. (2003). Cardiac rehabilitation patient versus proxy quality-of-life perceptions. *Clinical Nursing Research*, 12(3), 282-293.

**Alexander, J.L.** (2002). The role of resistance exercise in weight loss. *Strength and Conditioning Journal*, 24(1), 64-69.

### In Press

Benton, M.J., **Alexander, J.L.**, Holland, J.D. (2013). Relationship between strength, function and QOL in older adults with chronic lung disease: Is there an influence of gender? *Accepted for publication in the Journal of Cardiopulmonary Rehabilitation and Prevention*.

### In Preparation

**Alexander, J.L.**, Williams, L., & Wagner, C.L. The relationship between leg power and physical functioning and health related quality of life among older chronic lung disease patients. *Data collection complete, analysis and manuscript preparation underway*.

**Alexander, J.L.**, & Stewart, C. Impact of high-velocity versus low-velocity resistance training on functional fitness of community dwelling older adults. *Data collection complete; analysis and manuscript preparation underway*.

### Published Abstracts

Simmons, S., **Alexander, J.L.**, Ewing, H., & Whetzel, S. (2011). SNAP participation in preschool aged children and prevalence in overweight and obesity. *Medicine and Science in Sports and Exercise*, 43(5), 389.

**Alexander, J.L.**, Wagner, C.L., Flores, M.P., and Silver, H.L. (2010) Harmonica play as an adjunctive therapy to pulmonary rehabilitation: Does it really improve chronic lung disease patients breathing? *Journal of Cardiopulmonary Rehabilitation and Prevention*, 30, 272.

Benton, M.J., **Alexander, J.L.**, and Wagner, C.L. (2010) Effect of single-set resistance training on quality of life in older adults with COPD. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 30, 268.

**Alexander, J.L.**, Benton, M.J., and Phillips, W.T. (2010). Comparative reliability of 1RM strength testing between older, untrained men and women. *Medicine and Science in Sports and Exercise*, 42 (Suppl. 5), S417.

**Alexander, J.L.**, and Benton, M.J. (2009). Relationship of upper and lower body muscular strength to six-minute walk test performance in older, frail pulmonary rehabilitation patients. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 29(4), 267.

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**Alexander, J.L.** and Benton, M.J. (2009). The relationship between physical function and health-related quality of life in older COPD patients. *Medicine and Science in Sports and Exercise*, 41 (Suppl. 15), 526.

Puga G.M., Meyer C., **Alexander J.**, Mandarino L., Everman S., Katsanos C.S. L-Arginine infusion attenuates postprandial lipemia in healthy elderly. *Journal of the Federation of the American Societies for Experimental Biology* (April/May 2009)

**Alexander, J.L.** and Benton, M.J. (2008) Comparison of two single-set resistance training programs among elderly pulmonary rehabilitation patients: rapid versus delayed intensity progression. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 28(4), 273.

Benton, M.J. and **Alexander, J.L.** (2008) Validation of functional fitness tests as surrogate measures of strength in older, frail adults. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 28(4), 274.

**Alexander, J.L.** & Wagner, C.L. (2005) Is Adherence to cardiac rehabilitation related to improvements in exercise capacity quality of life? *Journal of Cardiopulmonary Rehabilitation*, 25(5), 291. (New Investigator Award Session)

**Alexander, J.L.**, W.T. Phillips, C.L. Wagner, & C. Riley (2004). Effect of strength training on functional fitness in older chronic obstructive pulmonary disease patients. *Journal of Cardiopulmonary Rehabilitation*, 24(5), 358.

**Alexander, J.L.**, Phillips, W.T., Pepin, V., & Riley, C. (2003). Cardiac rehabilitation patient vs. proxy quality of life perceptions. *Journal of Cardiopulmonary Rehabilitation*, 23(5), 379.

George, J.D., Larsen, G.E., **Alexander, J.L.**, Fellingham, G.W., & Aldana, S.G. (2001). Combining walking, jogging, and running into VO<sub>2max</sub> prediction test. *Medicine & Science in Sports & Exercise*, 33(5) Suppl. 1, S45.

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CONFERENCE/SYMPOSIA/MEETING PRESENTATIONS (\*Denotes Presenter)

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\*Bordenave, L., Bordenave, E., Sartor-Glittenberg, C., **Alexander, J.** Increasing Physical Therapy Students' Understanding of and Skills for Working with Community Dwelling Older Adults Using the Matter of Balance: Managing Concerns About Falls Program. Accepted for a platform presentation at the APTA Combined Sections Meeting, Las Vegas, NV, February 2014.

\*Benton, M.J., **Alexander, J.L.**, Holland, J.D. (2013). Does Gender Influence the Relationship Between Strength, Function and QOL during Chronic Illness? Gerontological Society of America Annual Scientific Meeting, New Orleans, LA, November 2013 (Symposium).

\***Alexander, J.L.** Importance of Integrating Falls Prevention Strategies into Pulmonary Rehabilitation. American Association of Cardiovascular and Pulmonary Rehabilitation, Annual Conference, Nashville, TN, October 2013.

\*Jones, B.W., **Alexander, J.L.**, Curtis, D., & Easterling, L.W. Comparison of Hospitalist Physicians' Religion and Spirituality to Other Physician Specialties. Presented at the Western Michigan University Medical Humanities Workgroup Conference, Kalamazoo, MI, September, 2013.

\*Dischler, T., **Alexander, J.L.**, Curtis, D., & Marskon, M. Bisphosphonates and ONJ. Presented

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at the Western Regional Dental Convention, Phoenix, AZ, March, 2013.

- \*Miner, P., **Alexander, J.L.**, Ewing, H., & Gerace, L. Caregivers Beliefs Associated with Medication Adherence among Children and Adolescents with Epilepsy. Presented at the 41<sup>st</sup> Annual Child Neurology Society meeting, Huntington Beach, CA, October 31-November 3, 2012.
  - \*Leafman, J., \*Mathieson, K., **Alexander, J.**, & Ewing, H. Student Perceptions of Social Presence and Attitudes Toward Social Media: Results of a Cross-sectional Survey. Presented at the Sloan-C Emerging Technologies for Online Learning 5th Annual International Symposium, Las Vegas, NV, July, 2012.
  - \*Leafman, J., Mathieson, K., **Alexander, J.L.**, & Ewing, H. Student Attitudes Toward the Addition of a Social Media Tool to Increase Social Presence in an Online Learning Environment. 17<sup>th</sup> Annual Teaching, Colleges & Community (TCC) Worldwide Online Conference, April 17, 2012.
  - \*Miner, P. **Alexander, J.L.**, Ewing, H., & Gerace, L. Caregivers Beliefs Associated with Medication Adherence among Children and Adolescents with Epilepsy. Presented at the 17th Annual Research Day at the University of Illinois College of Medicine, Rockford, IL, April 11, 2012. (Poster)
  - \*League, P., \*Bordenave, E., \***Alexander, J.L.**, \*Quinn, C, & \*Whitsitt, V. Dissemination of A Matter of Balance Using Students to Deliver Classes in the Community. American Society on Aging, Aging in America Conference, March 31, 2012, Washington, DC.
  - \***Alexander, J.L.**, \*Ewing, H., Mathieson, K., & Leafman, J. Enhancing learning of research skills in an online environment: Implications for practice. Presented at the SLOAN Consortium International Conference on Online Learning, Lake Buena Vista, FL, November 2011 (Podium)
  - \*Kidd, V., Wallace, L., **Alexander, J.**, & Namazian, M. High-Impact Sporting Activity Following Hip Resurfacing Arthroplasty: A Systematic Review. Practice-Based Research Network (PBRN) Convocation: "*Discovering the Power and Potential of Translational Research*", October 22, 2011, San Antonio, Texas (Poster)
  - \*Tidman, M.M., **Alexander, J.L.**, Nehrenz, G., Whisler, S. Measuring Family Education and Satisfaction with Care. Accepted for the 3rd Annual Transforming Care at the Bedside Conference, October 28, 2011, Albuquerque, New Mexico (Poster).
  - \*Ewing, H., **Alexander, J.L.**, Mathieson, K., & Leafman, J. The Ewing Model for facilitating online student research projects. Accepted for poster presentation at the Association of Schools of Allied Health Professions, Annual Conference, Scottsdale, AZ, October 2011 (Poster)
  - \*Baluh, L., Wallace, L., **Alexander, J.**, & Powers, J. Primum Non Nocere: Evaluation of Care Provided by Prehospital Providers for Non-Traumatic Chest Pain. 22nd Annual Regional Cardiac Symposium by HeartNet of the Virginias, Roanoke, Virginia, September 2011 (Poster)
  - \*Simmons, S., **Alexander, J.L.**, Ewing, H., & Whetzel, S. SNAP participation in preschool aged children and prevalence in overweight and obesity. American College of Sports Medicine, Annual Conference, Denver, CO, June 2011 (Poster)
- Coleman, S.K., Wallace, L., **Alexander, J.L.**, Istwan, N. Recurrent preterm birth in women

- treated with 17 alpha-hydroxyprogesterone caproate: The contribution of risk factors in the penultimate pregnancy. ATSU Arizona Campus Student Research Symposium, May 2011 (Poster)
- \*Hamblin, J.M., Wallace, L., **Alexander, J.L.**, Ostdeik, J. Students and preceptors: An analysis of values in the clinical component of physician assistant education and implications for improving student experiences and training. ATSU Arizona Campus Student Research Symposium, May 2011 (Poster).
- \*Rafie, R., Wallace, L., **Alexander, J.L.**, Biggs, C. Dosimetric comparison of various fractionated stereotactic radiosurgery treatment systems. ATSU Arizona Campus Student Research Symposium, May 2011 (Poster)
- \*Samp, C., **Alexander, J.L.**, Nehrenz, G, School, R. An exploratory study of total serum testosterone levels and self-reported quality of life. ATSU Arizona Campus Student Research Symposium, May 2011 (Poster)
- \*Stephens, P., Wallace, L., **Alexander, J.L.**, Whitman, B. The effect of climate on emergency department volume and acuity. ATSU Arizona Campus Student Research Symposium, May 2011 (Poster)
- \***Alexander, J.L.**, Wagner, C.L., Flores, M.P., and Silver, H.L. (2010) Harmonica Play as an Adjunctive Therapy to Pulmonary Rehabilitation: Does it Really Improve Chronic Lung Disease Patients Breathing? American Association of Cardiovascular and Pulmonary Rehabilitation, Annual Conference, Milwaukee, WI October 2010 (Poster)
- \*Benton, M.J., **Alexander, J.L.**, and Wagner, C.L. (2010) Effect of Single-Set Resistance Training on Quality of Life in Older Adults with COPD. American Association of Cardiovascular and Pulmonary Rehabilitation, Annual Conference, Milwaukee, WI, October 2010 (Podium)
- \***Alexander, J.L.**, Benton, M.J., and Phillips, W.T. (2010). Comparative reliability of 1RM strength testing between older, untrained men and women. American College of Sports Medicine, Annual Conference, Baltimore, MD, June 2010 (Poster)
- \*Sand, K.A., **Alexander, J.L.**, and Stewart, C. (2009). Impact of high-velocity versus low-velocity resistance training on the functional fitness of older adults. Poster Presentation, A.T. Still University, Arizona School of Health Sciences, First Annual Research Symposium, Mesa, AZ, November 2009 (Poster)
- \***Alexander, J.L.**, Williams, L., Wagner, C.L. (2009). The relationship between lower extremity muscular power and physical functioning and health related quality of life among older chronic obstructive pulmonary disease patients. Poster Presentation, Southwest Regional Chapter of the American College of Sports Medicine, San Diego, CA, October 2009 (Poster)
- \*Sand, K.A., **Alexander, J.L.**, and Stewart, C. (2009). Impact of high-velocity versus low-velocity resistance training on the functional fitness of older adults. Poster Presentation, Southwest Regional Chapter of the American College of Sports Medicine, San Diego, CA, October 2009 (Poster)
- \***Alexander, J.L.**, and Benton, M.J. (2009). Relationship of upper and lower body muscular strength to six-minute walk test performance in older, frail pulmonary rehabilitation patients. American Association of Cardiovascular and Pulmonary Rehabilitation, Annual Conference, Pittsburgh, PA, October 2009 (Poster).
- \***Alexander, J.L.** and Benton, M.J. (2009). The relationship between physical function and

health-related quality of life in older COPD patients. American College of Sports Medicine, Annual Conference, Seattle, WA, May 2009 (Podium)

- \*Benton, M.J., **Alexander, J.L.**, Wagner, C.L. Effect of Single-Set Resistance Training on Quality of Life in Older Adults Enrolled in Pulmonary Rehabilitation. November 2008 Gerontological Society of America Annual Scientific Meeting. (Poster)
- \***Alexander, J.L.** & Benton, M.J. (2008) Relationship of BMI to maximal upper and lower body strength in elderly COPD patients. Poster Presentation, Southwest Regional Chapter of the American College of Sports Medicine, San Diego, CA, November 2008 (Poster)
- Nittolo, J, \***Alexander, J.L.**, Wagner, C.L., Flores, M., Silver, H. & Teeter, M. (2008) Harmonica therapy as an adjunct to pulmonary rehabilitation: Clinical, psychological, and functional outcomes among participating chronic lung disease patients. Southwest Regional Chapter of the American College of Sports Medicine, San Diego, CA, November 2008 (Poster)
- \***Alexander, J.L.** and Benton, M.J. (2008) Comparison of two single-set resistance training programs among elderly pulmonary rehabilitation patients: rapid versus delayed intensity progression. Annual meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation, Indianapolis, IN, September 2008 (Poster).
- \*Benton, M.J. and **Alexander, J.L.** (2008) Validation of functional fitness tests as surrogate measures of strength in older, frail adults. Annual meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation, Indianapolis, IN, September 2008 (Poster).
- \***Alexander, J.L.** & Benton, M.J. (2007). Rapid versus delayed progression of single-set resistance training intensity: Is there a threshold effect among older pulmonary rehabilitation patients. Southwest American College of Sports Medicine Conference, San Diego, California (Poster).
- \***Alexander, J.L.** & Wagner, C.L. (2007). The effect of harmonica therapy on physiological and psychological outcomes among chronic obstructive pulmonary disease patients enrolled in pulmonary rehabilitation. 2007 Evidence-Based Practice Conference, ASU College of Nursing, Phoenix, Arizona. (Poster)
- \***Alexander, J.L.** & Wagner, C.L. (2005) Is adherence to cardiac rehabilitation related to improvements in quality of life? Annual Meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation, Milwaukee, WI, October 2005 (Podium, New Investigator Award Session)
- \***Alexander, J.L.**, W.T. Phillips, C.L. Wagner, & C. Riley (2004). Effect of strength training on functional fitness in older chronic obstructive pulmonary disease patients. Annual Meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation, Long Beach, CA, October 2004. (Poster)
- \***Alexander, J.L.**, W.T. Phillips, V. Pepin, & C. Riley (2003). Cardiac rehabilitation patient vs. proxy quality of life perceptions. (Abstract) Annual Meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation, Kansas City, MO, October 2003. (Poster)
- \***Alexander, J.L.**, W.T. Phillips, C.L. Wagner, L.N. Burkett, B.A. Alvar, P.D. Swan, & S. Zucker

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(2003). Effect of strength training on functional fitness in older chronic obstructive pulmonary disease patients. Eleventh Annual Arizona Society for Cardiovascular & Pulmonary Rehabilitation Spring Conference, Tempe, Arizona, May 2003. (Poster)

Phillips, W.T., \***J.L. Alexander**, V. Pepin, & C. Riley (2003). Cardiac rehabilitation patient versus proxy quality of life perceptions. Graduate Student Research Conference, Arizona State University-East, March 2003. (Poster)

\***Alexander, J.L.**, W.T. Phillips, A.A. Weiler & D.R. Gonzales (2002). Initial exercise training intensity is not a determinant of adherence to a 12-week Phase II cardiac exercise rehabilitation program in males and females. Southwest Chapter of the American College of Sports Medicine, Las Vegas, NV, November 2002. (Poster)

\***Alexander, J.L.** & Phillips, W.T. (2001). Comparison of quality of life perceptions in spouses and patients commencing phase II cardiac rehabilitation. Southwest Chapter of the American College of Sports Medicine Annual Meeting, Salt Lake City, UT, 2001. (Podium)

\***Alexander, J.L.**, J.D. George, G.E. Larsen, S.G. Aldana, & A.C. Parcell, (2000). Validity of a single stage submaximal treadmill walking test for predicting  $VO_{2max}$  of college students. Southwest Chapter of the American College of Sports Medicine Annual Meeting, San Diego, CA, 2000. (Podium)

#### INVITED CONFERENCE PRESENTATIONS

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**Alexander, J.L.** (2010). Exercise: Exercise prescription for frail elders. Arizona Geriatrics Society Summer Conference, Phoenix, AZ, August 2010.

**Alexander, J.L.** (2009). Strength Training in Pulmonary Rehabilitation: Current State of the Evidence. Arizona Society for Cardiovascular and Pulmonary Rehabilitation, Phoenix, AZ, May 2009.

**Alexander, J.L.** (2007). Exercise Prescription with Case Studies. Arizona Society for Cardiovascular and Pulmonary Rehabilitation, Phoenix, AZ, May 2007.

**Alexander, J.L.**, W.T. Phillips, S.L. Pauley, C.L. Wagner, L.L. Smith, & C.L. Riley (2002). The effect of single set strength training on physical function among pulmonary patients – Preliminary results. Pulmonary Care Clinical Update. Banner Health System, Mesa, AZ, October 2002. (Poster)

#### GRANTS

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##### Research Grants

##### Funded (Monetary)

A.T. Still University, Warner Grant, 2007 (Requested: \$3750.28) The Relationship Between Lower Extremity Muscular Power and Physical Functioning and Health Related Quality of Life Among Older Chronic Obstructive Pulmonary Disease Patients. Principal Investigator (PI): **Jeffrey L. Alexander, Ph.D.**, Co-Investigators: Carolyn L. Wagner, RN

ASU Graduate College, 2002 (\$2340). The Effect of Duration of Cardiac Rehabilitation

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Participation on Health Related Quality of Life. Summer funding for doctoral students to conduct approved research with chosen supervisor.

PI: **Jeffrey L. Alexander**, Co-Investigator: Dr. Wayne T. Phillips

ASU Graduate College, Summer 2001 (\$1573). Initial Exercise Training Intensity is Not a Determinant of Adherence to a 12-week Ph II Cardiac Exercise Rehabilitation Program in Males and Females. Summer funding for doctoral students to conduct approved research with chosen supervisor. PI: **Jeffrey L. Alexander**, Co-Investigators: Dr. Wayne T. Phillips, Andrew Weiler, and Denise Gonzales

### **Funded (In-Kind)**

Freeport-McMoRan Copper & Gold Foundation Grant, (Requested: \$189, 506). Patient-Centered Care Coordination and Wellness Model: A comprehensive team approach to enhance the primary care team and patient care by Valley Assistance Services (VAS) and United Community Health Center. Inc. (UCHC). Role: Partner/Consultant. In-kind contribution of \$4,500.

VQ ActionCare. Resistance Chair Equipment Grant, November 2008. (~\$7,340). Impact of High-Velocity versus Low-Velocity Resistance Training on Functional Fitness of Community Dwelling Older Adults. Principal Investigator: **Jeffrey L. Alexander, PhD of ATSU-ASHS**, Co-investigators: Melissa J. Benton, PhD, RN, CNS of Valdosta State University, Georgia, & Cathy Stewart, BS, CHES of Mesa Good Shepherd, Mesa.

Soloflex, Inc. Soloflex WBV Platform, March 2009 (Equipment donation - \$445, Acquired in August 2007). Balancing and Vibration: Evidence for “drift-and-act” Control of Human Balance. Principal Investigator: John G. Milton, MD (Joint Science Department, Claremont Colleges, Claremont, California) Co-Investigators: Ohira, T. (Sony Computer Science Lab, Tokyo, Japan), Cabrera, J.L. (Stochastic Dynamics Laboratory, Center for Physics, IVIC, Caracas, Venezuela) Fraiser, R. (Joint Science Department, Claremont Colleges, Claremont, California), Gyorffy, J. (Joint Science Department, Claremont Colleges, Claremont, California), Ruiz, F. (Joint Science Department, Claremont Colleges, Claremont, California), Strauss, M. (Joint Science Department, Claremont Colleges, Claremont, California), Balch, E. (Joint Science Department, Claremont Colleges, Claremont, California), Marin, P.J. (European University Miguel de Cervantes, Valadollid, Spain), & **Alexander, J.L. (ATSU-ASHS)**.

Globus Sport & Health Technologies, LLC. Globus Physioplate GOLD vibration platform, August 2008 (Equipment loan – Value of equipment ~\$12,500). Balancing and Vibration: Evidence for “drift-and-act” Control of Human Balance. Principal Investigator: John G. Milton, MD (Joint Science Department, Claremont Colleges, Claremont, California) Co-Investigators: Ohira, T. (Sony Computer Science Lab, Tokyo, Japan), Cabrera, J.L. (Stochastic Dynamics Laboratory, Center for Physics, IVIC, Caracas, Venezuela) Fraiser, R. (Joint Science Department, Claremont Colleges, Claremont, California), Gyorffy, J. (Joint Science Department, Claremont Colleges, Claremont, California), Ruiz, F. (Joint Science Department, Claremont Colleges, Claremont, California), Strauss, M. (Joint Science Department, Claremont Colleges, Claremont, California), Balch, E. (Joint Science Department, Claremont Colleges, Claremont, California), Marin, P.J. (European University Miguel de Cervantes, Valadollid, Spain), & **Alexander, J.L. (ATSU-ASHS)**.

Globus Sport & Health Technologies, LLC. Globus Physioplate GOLD vibration platform, October 2008 (Equipment loan – Value of equipment ~\$12,500). The Impact of Whole Body Vibration on Static and Dynamic Balance in Older Adults With and Without Vestibular Dysfunction. Principal Investigator: **Jeffrey L. Alexander, PhD of ATSU-ASHS**, Co-Investigators: Tamara C. Valovich McLeod, PhD, ATC of ATSU-ASHS, Henry



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P. Trahan, AuD of ATSU-ASHS, & Pedro J. Marin, BS of European University of Madrid.

Bertec Corporation. Balance Equipment Loan Competition, November 2007 (Equipment loan – Value of equipment \$4,100). The Impact of Whole Body Vibration on Static and Dynamic Balance in Older Adults With and Without Vestibular Dysfunction. Principal Investigator: **Jeffrey L. Alexander, PhD of ATSU-ASHS**, Co-Investigators: Tamara C. Valovich McLeod, PhD, ATC of ATSU-ASHS, Henry P. Trahan, AuD of ATSU-ASHS, & Pedro J. Marin, BS of European University of Madrid.

General Cardiac Technologies, Inc. 2006 (~\$20,000, product, supplies, other research fees). Efficacy of the Heart Hugger™ Sternum Support Harness for Sternal Splinting Following Open Heart Surgery. Principal Investigator (PI): **Jeffrey L. Alexander, Ph.D.**, Co-Investigator: Carolyn L. Wagner, RN

Chandler-Gilbert Community College, December 2001 through February 2003 (\$14,000 – strength training equipment). Effect of Strength Training on Functional Fitness in Older Chronic Obstructive Pulmonary Disease Patients.  
PI: **Jeffrey L. Alexander**, Co-Investigator: Dr. Wayne T. Phillips

### **Unfunded**

NIH-NIA R03, November 2009. “Multi-frequency bioelectrical impedance to evaluate hydration in community-dwelling elderly.” Role: Consultant, Co-Investigator. Principal Investigator: Melissa J. Benton, PhD, RN, CNS of Valdosta State University, Other Co-Investigator: Maura C. Schlarriet, EdD, RN, CNL of Valdosta State University

A.T. Still University, Strategic Research Fund, 2008 (Requested: \$18,400). The Impact of Whole Body Vibration on Static and Dynamic Balance in Older Adults With and Without Vestibular Dysfunction. Role: Principal Investigator, Co-Investigators: Tamara C. Valovich McLeod, PhD, ATC of ATSU-ASHS, Henry P. Trahan, AuD of ATSU-ASHS, & Pedro J. Marin, BS of European University of Madrid.

Social Venture Partners, Arizona Grantmaking Program, Childhood Obesity Grant Cycle, March 2007 (Requested: \$30,000). The ONES Program – Targeting Childhood Obesity. Role: Co-Applicant. Principal Applicant: Marge Ebbeling of the WellCare Foundation, Other Co-Applicants: Cynthia Standley, PhD of ATSU-SOMA

### **Service Grants/Support**

#### **Funded**

St. Luke’s Health Initiative, February 2012. (Requested: \$25,000, Received: \$20,000). Area Agency on Aging, Region One/ Arizona Fall Prevention Coalition, Home Health Care Tool Kit. Role: Consultant. Provided key content to proposal and provided feedback prior to proposal submission.

Indiana State University, Center for Public Service and Community Engagement, Liberal Learning in Action Grant Program (a project of Focus Indiana, which is a Lily Endowment funded program). Fall, 2004 (\$1,667). Active Family, Healthy Child Day. Role: Principal Applicant/Director

Indiana Campus Compact, Scholarship of Engagement Faculty Grant, June 2004 through June 2005 (\$4,912). Parents and Educators for Active Youth – A community health service

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website to increase awareness of a rising epidemic: childhood obesity. Role: Principal Applicant/Director

### Unfunded

ATSU Women's Wellness Program, March 2012. (Requested: \$2650). "Arizona Falls Prevention Coalition: Home Health Agency Fall Prevention Tool Kit." Role: Principal Author

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### BOOKS/MANUALS/MATERIALS AUTHORED

- Fall 2010      Fall Prevention Exercise Videos, Co-Creator. Available on the web at: [www.azstopfalls.org](http://www.azstopfalls.org).
- Fall 2011      Senior Fitness Specialist Course Manual, National Academy of Sports Medicine. Co-Author.

## SERVICE

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### UNIVERSITY SERVICE

- July 2012 to Present      Chair, ATSU Aging Studies Project Advisory Committee, A.T. Still University, Mesa, Arizona
- July 2009 to October 2009      Arizona School of Health Sciences First Annual Research Symposium Development Committee
- June 2008      Faculty Enrichment ("Still Learning") Task Force, A.T. Still University, Mesa, Arizona
- Dec 2007 to Present      Institutional Review Board, A.T. Still University, Mesa, Arizona
- Jan 2007 to Present      Still-Wellbeing Steering Committee, A.T. Still University, Mesa, Arizona
- 2007 to Present      ATSU Geriatric Initiative Committee, A.T. Still University, Mesa, Arizona
- Jan 2007 to Sept 2007      Cultural Competence in Education Committee, A.T. Still University, Mesa, Arizona
- Sept 2003 to Dec 2004      Exercise Science Curriculum Revision Committee, Indiana State University, Department of Physical Education

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### PROFESSIONAL SERVICE

- July 2012 to Present      Editorial Board Member, American Journal of Health Promotion
- Sept 2011 to Present      Scientific Advisory Board Member, ActiveRx Rehabilitation
- Nov 2009 to Present      Research Committee, American Association of Cardiovascular and Pulmonary Rehabilitation, Member

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August 2009 to July 2011	Visioning Board, International Council on Active Aging, Member
Sept 2008 to June 2012	NCOA State Coalitions on Falls Prevention Workgroup, Evaluation Committee Member
Sept 2008 to Present	Arizona Falls Prevention Coalition Steering Committee Member Governor's Office on Aging/Area Agency on Aging
October 2007 to Aug 2011	Contributing Editor, American Journal of Health Promotion, Database Section
July 2007 to June 2008	Social, Health, and Alzheimer's Committee & Falls Prevention Sub-committee of the Arizona Governor's Advisory Council on Aging
October 2007	Education Committee member for the 2007 Annual Meeting for ASCVPR
January 2006	Chair of the Research Council, Banner Heart Hospital, Mesa, Arizona (1 Year Appointment)
January 2006	Team Captain, American Heart Association Heart Walk, Tempe, Arizona for 2006 Heart Walk
July 2004 to Dec 2004	Member of the Development Committee for the Healthy Choices for Life Program: A community-based family centered program for the treatment of childhood obesity, Terre Haute Family YMCA

#### INVITED PRESENTATIONS/LECTURES

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June 2013	Falls Prevention in Older Adults. Quarterly Meeting, Area Agency on Aging/Arizona Indian Council on Aging, Pinetop, Arizona
Sept 2012	Why Sit When You Can Stand (or Walk)?, StillWellcome Week, A.T. Still University, Mesa, Arizona
May 2012	Falls: A Serious Safety Concern for Older Arizonans, Community Health Grant Contractor Meeting, Presented via Teleconference and Online Presentation Software. Arizona.
April 2012	A Matter of Balance: Volunteer Lay Leader Model, A Brief Introduction, Arizona Falls Prevention Coalition, Phoenix, Arizona. Co-presenter.
February 2012	Falls: A Serious Safety Concern for Older Arizonans, Maricopa Association of Governments, Municipal Aging Services Project, <i>Planning for the Next 100 Years</i> , Phoenix, Arizona
August 2011	Physical Activity and Nutrition, LDS Youth Group, San Tan Valley, Arizona
May, 2011	Personal Fitness Merit Badge, Boy Scouts of America, San Tan Valley, Arizona
December 2007	Physical Activity and Exercise: Fit in 08: Exercise for Health and Function into the New Year, Pulmonary Pep Club, Banner Heart Hospital, Mesa, Arizona
January 2007	Safe Weight Loss, WomenHeart Support Network Mesa, Arizona Chapter Meeting

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October 2006	Cardiac Disease Risk Factors, WomenHeart Support Network Mesa, Arizona Chapter Meeting
May 2006	Diet and Exercise: What's the "skinny" for those with chronic lung disease? Pulmonary Pep Club, Banner Heart Hospital, Mesa, Arizona
January 2006	Physical Activity and Health for Older Adults, Golden Vista RV Resort, Apache Junction, Arizona
April 2004	Exercise for Older Adults, Area Activity Professionals, Davis Garden – Westminster Village, Terre Haute, Indiana
April 2004	Physical Activity and Nutrition, LDS Relief Society Organization, Terre Haute, Indiana

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#### PEER REVIEWER FOR JOURNALS

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American Journal of Public Health  
Journal of Cardiopulmonary Rehabilitation and Prevention  
Geriatric Nursing  
Arizona Geriatrics Society Journal  
Respirology  
Journal of Aging and Physical Activity  
Clinical Interventions in Aging  
American Journal of Health Promotion  
International SportMed Journal  
International Journal of COPD  
International Journal of Nursing Studies

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#### PEER REVIEWER FOR GRANT APPLICATIONS

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Jan 2007      Alberta Heritage Foundation for Medical Research (Grant Application)  
Topics: Cardiac Rehabilitation, Heart Failure, and Cardiac Resynchronization Therapy

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#### CERTIFICATIONS

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Aug 2008      National Academy of Sports Medicine – Corrective Exercise Specialist

July 2008  
to July 2010      National Academy of Sports Medicine – Certified Personal Trainer

April 2008  
to Present      A Matter of Balance, Managing Concerns about Falls, Master Trainer

June 2001  
to Present      American College of Sports Medicine – Clinical Exercise Specialist®

April 2005  
April 2007      Advanced Care Life Support – American Safety & Health Institute

January 2005      Basic Tobacco Intervention Skills for Medical and Allied Health Professionals  
University of Arizona Department of Health Services

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January  
2002 Arizona Community College Teaching Certificate

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#### DISTINCTIONS & HONORS

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2012 Scholar of the Year Award, Arizona School of Health Sciences, A.T. Still University

2010 Fellow, American Association of Cardiovascular and Pulmonary Rehabilitation  
2005 Nominated New Investigator of the Year Award  
American Association of Cardiovascular and Pulmonary Rehabilitation

2001 to Graduate Tuition Scholarship  
2002 Arizona State University, Mesa, Arizona

2000 Valedictorian  
Brigham Young University, College of Health and Human Performance

2000 Keynote Speaker  
Brigham Young University, College of Health and Human Performance  
Graduation Ceremony

1992 Eagle Scout

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#### PROFESSIONAL AFFILIATIONS

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2011 to American Society of Aging  
Present

2003-05/  
07-09/11- American Association of Cardiovascular and Pulmonary Rehabilitation, Member  
Present and Fellow.

2005 to Arizona Society for Cardiovascular and Pulmonary Rehabilitation. Member.  
2007/2009

2009 to American College of Sports Medicine, Member  
2010

2007 to American College of Sports Medicine, Southwest Chapter. Member  
2009

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#### PROFESSIONAL CONFERENCES/MEETINGS

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American Society on Aging Annual Conference  
Washington, D.C., March 2012

Annual Sloan-C International Conference on Online Learning  
Orlando, FL, 2011

State Coalitions on Fall Prevention Workgroup, National Council on Aging (Invited)  
Washington, DC, 2008  
Washington, DC, 2010 (Evaluation Committee)

Arizona State University College of Nursing Evidence-Based Practice Annual Conference  
Tempe, AZ, 2007

Arizona Living Well Institute Symposium (Invitation only)  
Phoenix, AZ, 2010  
Phoenix, AZ, 2012

American College of Sports Medicine National Annual Conference  
Seattle, WA, 2009  
Baltimore, MD, 2010

American College of Sports Medicine Southwest Chapter Annual Conference  
San Diego, CA, 2000  
Salt Lake City, UT, 2001  
Las Vegas, NV, 2002  
San Diego, CA, 2007  
San Diego, CA, 2008  
San Diego, CA, 2009

American Association for Cardiovascular and Pulmonary Rehabilitation Annual Conference  
Kansas City, MO, 2003  
Long Beach, CA, 2004  
Milwaukee, WI, 2005  
Salt Lake City, UT, 2007  
Indianapolis, IN, 2008  
Pittsburgh, PA, 2009  
Anaheim, CA, 2011  
Orlando, FL, 2012  
Nashville, TN, 2013

Arizona Physiological Society  
Tucson, AZ, 2008

Arizona Society for Cardiovascular & Pulmonary Rehabilitation Annual Conference  
Tempe, AZ, 2003  
Tempe, AZ, 2005  
Tempe, AZ, 2006  
Phoenix, AZ, 2007  
Phoenix, AZ, 2009

Arizona State University, Building Healthy Lifestyles Conference  
Mesa, AZ, 2007

Art and Science of Health Promotion Conference  
San Diego, CA, 2007

*Revised January 2014*