

ALI WOLPERN, Ph.D.

250 S. 1850 E. Rm 247
Salt Lake City, UT 84112

(507) 330-2111
ali.wolpern@sulross.edu

EDUCATION

University of Utah Salt Lake City, UT
Doctor of Philosophy, Health and Kinesiology, Emphasis Exercise & Disease January 2021
Mentor: Janet M. Shaw, Ph.D., FACSM
Dissertation Title: *Connections of Physical Activity, Sedentary Behavior, and Intra-Abdominal Pressure Within Women's Health*

University of Utah Salt Lake City, UT
Master of Science, Exercise and Sport Science, Emphasis Exercise Physiology August 2017
Thesis Title: *Description of Wrist-Worn Accelerometry Usage in Primiparous Early Postpartum Women*

Western Colorado University (WCU) Gunnison, CO
Bachelor of Arts, Exercise and Sport Science, *cum laude* December 2014

EMPLOYMENT

Sul Ross State University Department of Human Performance and Kinesiology Alpine, TX
Assistant Professor, Tenure-Track January 2021-Present

University of Utah Department of Health and Kinesiology Salt Lake City, UT
Graduate Research Assistant July 2015- July 2020

TEACHING

Sul Ross State University Alpine, TX
Instructor of Record Spring 2021

- KES 5314: Diagnostic Tests and Measurements
- KES 3305: Physiology of Exercise
- KES 4310: Program Planning and Evaluation
- PE 4301: Tests and Measurements
- PE 3305: Motor Development

University of Utah Prison Education Project Utah State Prison
Instructor of Record Fall 2018

- Biology 2325: Human Anatomy
- Biology 2420: Human Physiology

Teaching and Learning Assistant Spring 2019, Fall 2019

- Gender Studies 1100: Gender and Social Change
- Education, Culture, & Society 4111: Schools & Society

University of Utah Department of Health and Kinesiology Salt Lake City, UT
Teaching Assistant and Supplemental Instructor Fall 2018

- Kinesiology 3092: Kinesiology

University of Utah Kinesiology Journal Seminar Salt Lake City, UT
Co-Instructor, Mentor: Janet M. Shaw, Ph.D., FACSM Spring 2016-Fall 2019

- Co-established a quarterly seminar for students involved in undergraduate research

- Facilitated discussions on research methods and ethics
- Lectured on recent literature in pelvic floor health and physical activity in special populations

Murray City School District
Secondary Education Substitute Teacher

Salt Lake City, UT
Spring 2018-Spring 2019

- Taught courses in physical education, science, and humanities

WCU Natural and Environmental Sciences Department

Teaching Assistant

Gunnison, CO
Fall 2013- Fall 2014

- BIOL 372/373: Human Anatomy and Physiology I and II Laboratory
- CHEM 112: General Chemistry I Laboratory
- CHEM 114: General Chemistry II Laboratory

Guest Lectures:

1. **Health-Related Quality of Life**
University of Utah, KINES 3350 (*online*): Exercise Psychology. Summer 2020
2. **Physical Activity during Pregnancy and Postpartum: What you need to know**
University of Utah, Graduate/Faculty Seminar. Spring 2020.
3. **The Physiology of Intra-abdominal Pressure**
Utah State Prison, Timpanogos Facility, Summit New Heights Lecture Series. Spring 2020.
4. **Motivational Interviewing and Mindfulness in the Health Industry**
University of Utah, KINES 6912: Practical Experience II. Spring 2020.
5. **Rest, Recovery, and Refueling**
University of Utah, KINES 4464: Exercise Instructor Training. Spring 2020.
6. **Strategies to Improve Student Outcomes Among Under-Prepared Students**
Salt Lake Community College, Board of Trustees Academic Policy Forum. Fall 2019.
7. **Sedentary Behavior, Physical Activity and the Potential Effects on Mortality**
University of Utah, Graduate/Faculty Seminar. Fall 2019
8. **A Second Chance for Students: Higher Education in Prison**
University of Utah, CTLE 6000 (*online*): Teaching in Higher Education. Spring 2019
9. **Women's Pelvic Floor Health**
University of Utah, BIOL 5316: Anatomy and Physiology Colloquium. Fall 2018
10. **Get Students Moving: Creating Lesson Plans for Physical Education Teachers**
University of Utah, KINES 4710: Methods of Teaching Secondary Physical Education. Fall 2017
11. **Using Wrist-Worn Accelerometry in Primiparous Postpartum Women**
University of Utah, Graduate/Faculty Seminar. Fall 2016
12. **Challenges in Sleep Detection and Assessment During the Postpartum Period**
University of Utah, FPM 6307: Biostatistics Seminar I. Spring 2016
13. **Best Practices for Using Physical Activity Monitors in Research**
University of Utah, Graduate/Faculty Seminar. Fall 2015

Pedagogy-Related Training:

Certifications:

Higher Education Teaching Specialist Certificate

May 2019

- Completion of Cyber Pedagogy Graduate Course (3 credits)
- Completion of Teaching in Higher Education Graduate Course (3 credits)
- Teaching evaluated by students and pedagogy specialists
- Development of teaching dossier

Undergraduate Research Mentoring Program Certificate

March 2019

- Developed an undergraduate mentoring philosophy
- Attended 5 mentoring development seminars

University of Utah Undergraduate Research Symposium

April 2018, 2019

- Evaluated research posters for the Office of Undergraduate Research

Conferences and Symposiums:

University of Wyoming Transformative Education in Prison and Beyond Symposium	March 2019
University of Utah Women's Leadership Summit	February 2019
1 st Annual Retreat on Education in Prison and Jails	February 2019
University of Utah Annual Teaching Symposium	August 2017, 2018, 2019
Salt Lake Community College Substitute Teacher Workshop	May 2018

RESEARCH

Research Experience:

WCU's High Altitude Performance Lab

Gunnison, CO

Lab Assistant

August 2014- December 2014

- Assisted with cardiovascular stress tests for rehabilitation patients
- Supervised patients during weekly exercise sessions who were part of a community wellness program

Gunnison County Public Health and Gunnison-Hinsdale Early Childhood Council

Gunnison, CO

Intern

January 2014- September 2014

- Assisted with Substance Abuse Family Events
- Collected data on obesity rates, water quality, and food borne illness reports

Presentations:

Wolpern, AE., de Gennaro, JD., Brusseau, TA., et al. (2019). Relationship between heart rate, perceived exertion and intra-abdominal pressure in healthy adult women. Poster Presentation, International Conference on Ambulatory Monitoring of Physical Activity and Movement, Maastricht, Netherlands.

Wolpern, AE., de Gennaro, JD., Brusseau, TA., et al. (2019). Physical Activity in Primiparous Women During the Early Postpartum Period. Poster Presentation, Sex & Gender in Women's Health Symposium, SLC, UT.

Wolpern, AE., Sherwin, KJ., Moss, WD., et al. (2017). Description of wrist-worn accelerometry usage in primiparous early postpartum women. Oral Presentation, American College of Sports Medicine National Meeting, Denver, CO.

Dalleck, LC., **Wolpern, AE.** (2015). Is the ACE three-zone training model, a superior method to the relative percent concept for establishing exercise intensity. Oral Presentation, American College of Sports Medicine Regional Meeting, Denver, CO.

Wolpern, AE. (2014). Importance of Undergraduate Research. Keynote Speaker at WCU Celebration of Scholarship, Gunnison, CO.

Publications:

Submitted:

Wolpern, AE., Bardsley, TR., Brusseau, TA., Byun, W., Egger, MJ., Nygaard, IE., Wu, J. Shaw, JM. Physical activity in the early postpartum period in primiparous women. Submitted to the *Journal of Science and Medicine in Sport* on 12/15/2020.

Wolpern, AE., Wu, J., Brusseau, T.A., Byun, W., Egger, M.J., Nygaard, I.E., Shaw, J.M. Agreement of self-report and accelerometer-assessed physical activity and sedentary behavior in primiparous women at 6 months postpartum. Submitted to *Measurement in Physical Education and Exercise Science* on 10/28/2020.

Published:

Wolpern, AE., de Gennaro, JD., Brusseau, TA., Byun, W., Egger, MJ., Hitchcock, RW., Nygaard, IE., Sheng, X., Shaw, JM. (2020). Relationship between aerobic fitness indicators and intra-abdominal pressure in healthy adult women. *Journal of Clinical Exercise Physiology*, 9(3):97-103. doi: 10.31189/2165-6193-9.3.97.

Wu J., Einerson B., Shaw JM., Nygaard IE., Sheng X., **Wolpern A.**, Egger MJ. (2019). Association between sleep quality and physical activity in postpartum women. *Sleep Health*. doi: 10.1016/j.sleh.2019.07.008.

Wolpern, AE., Sherwin, KJ., Moss, WD., Nygaard, IE., Egger, MJ., Brusseau, TA., Shaw, JM. (2019). Compliance with wrist-worn accelerometers in primiparous early postpartum women. *Heliyon*, 5(1).

doi:10.1016/j.heliyon.2019.e01193.

Dalleck, LC., **Wolpern, AE.** (2015). Is the ACE three-zone training model, a superior method to the relative percent concept for establishing exercise intensity. *ACE ProSource*.

Wolpern, AE., Burgos, D., Janot, J., Dalleck, L. (2015). Is the ACE three-zone training model, a superior method to the relative percent concept for establishing exercise intensity? A randomized controlled trial. *Biomed Central Sports Science, Medicine and Rehabilitation*, 7(16).

Trachte, TE., **Wolpern, AE.** (2014). Cardiovascular Disease Risk Profile of NCAA Division 2 Cross Country Runners. *Journal of Undergraduate Kinesiology Research*, 9 (1).

RECOGNITION

2020 Outstanding Research Assistant Award
2020 Dr. Jack Wilmore Legacy ACSM Travel Award
2019 R.O. Ruhling Graduate Scholarship Recipient
2016-2019 Gordon & Betty Browning Graduate Scholarship
2017 Hutchinson Graduate Scholarship
2017 Outstanding Graduate Student Award
WCU Alumni Award of Excellence

CERTIFICATIONS AND AFFILIATIONS

Certified, HIPAA, FERPA
Certified, American Heart Association First Aid/CPR/AED for Professional Rescuers, Bloodborne Pathogens
Member, International Society for the Measurement of Physical Behaviour
Member, American College of Sports Medicine: Southwest Chapter
Representative, University of Utah Center of Excellence in Women's Health

SERVICE

University of Utah Institutional Service:

HKR Graduate Student Advisory Committee	June 2019-June 2020
Graduate Student Representative, HKR Department Faculty Interviews	January 2016- June 2020 Graduate
Student Representative, HKR Graduate Program External Review	February 2020
Evaluator, HKR Faculty Retention, Promotion, & Tenure Review	September 2019

Professional Service:

Member, ACSM Exercise Science Education Special Interest Group
Member, ACSM Pregnancy and Postpartum Special Interest Group
Peer Reviewer, *BMC Pregnancy*
Peer Reviewer, *Scientific Reports*
Peer Reviewer, *American Journal of Sports Science*