

# CURRICULUM VITAE

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## Christopher James Alfiero

University of Idaho  
Department of Movement Sciences  
College of Education, Health & Human Sciences  
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### EDUCATION

- Ph.D. Major: Exercise Physiology Expected December 2021  
*University of Idaho, Moscow, ID*  
Advisor: Ann F. Brown, PhD, CISSN  
Dissertation Title: *The effects of weighted-vest sprints on physiological parameters during a graded exercise test and 1-mile running performance*
- M.S. Major: Exercise Science May 2018  
*University of Montana, Missoula, MT*  
Advisor: Brent C. Ruby, PhD, FACSM  
Thesis Title: *Establishing a metric of job specific fitness for wildland firefighters using heart rate response during the arduous work capacity test*
- B.S. Major: Exercise Science May 2016  
*University of Montana, Missoula, MT*  
Advisor: Charles L. Dumke, PhD, FACSM

### PROFESSIONAL CREDENTIALS

- CPR/AED certified, American Red Cross 2013 – Present

### PROFESSIONAL EXPERIENCE

- Teaching Assistant, University of Idaho, Department of Movement Sciences 2018 - Present  
Research Assistant, University of Idaho, Department of Movement Sciences 2018 - Present  
Teaching Assistant, University of Montana, Department of Health and Human Performance 2016 – 2018  
Research Assistant, University of Montana, Department of Health and Human Performance 2016 – 2018  
Community Fitness Testing Coordinator, University of Montana 2016 – 2018

### HONORS & AWARDS

- Brian Sharkey Research Prominence Award, *University of Montana* 2018

## PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine	2018 - Present
Northwest American College of Sports Medicine	2015 - Present
National Strength and Conditioning Association	2019 - Present

## TEACHING EXPERIENCE

### *Courses Taught*

#### University of Idaho, Moscow, ID

Physiology of Exercise Laboratory (PEP 418L; undergraduate)  
 Fitness Assessment & Prescription Laboratory (PEP 493; undergraduate)  
 Introduction to Exercise Science & Health (PEP 100; undergraduate)  
 Introduction to Biomechanics Laboratory (PEP 300; undergraduate)  
 Psychosocial Determinants of Health (H&S 451; undergraduate)

#### University of Montana, Missoula, MT

5/10-kilometer Race Training (ACT 163; undergraduate)  
 Stretch and Relax (ACT 101; undergraduate)  
 Exercise Disease & Aging Laboratory (KIN 484; undergraduate)  
 Undergraduate Research (KIN 490; undergraduate)

## RESEARCH & ORIGINAL CREATIVE WORK

### *Refereed Journal Articles*

Brown, A.F., **Alfiero, C. J.**, Chun, Y., Holmes, A., Bailey, J. P. (2021) The effects of foot position on jumping and landing mechanics in collegiate dancers (In Preparation).

Brown, A. F., **Alfiero, C. J.**, Brooks, S. J., Kviatkovsky, S. A., Smith-Ryan, A. E., Ormsbee, M. J. (2021). Prevalence of normal weight obesity & health implications for the female collegiate dancer. *Journal of Strength and Conditioning Research* (In Review).

Brown, A. F., Brooks, S. J., Sawyer, S., Stephens, J., Lotstein, A., Skiles, C., **Alfiero, C. J.**, Meenan, M. (2020) Female Collegiate Dancers Body Composition, Macronutrient and Micronutrient Intake Across Two Academic Years: A Longitudinal Analysis. *Journal of Functional Morphology and Kinesiology*.

**Alfiero, C. J.**, Brooks, S. J., Bideganeta, H. M., Contreras, C., Brown, A. F. (2020). Aerobic and anaerobic fitness and body composition are improved in collegiate dancers following 6 weeks of high intensity interval training. *Journal of Dance Medicine and Science* (In Review).

## PROFESSIONAL PRESENTATIONS

### *Refereed Presentations at Conferences*

- Alfiero, C. J.**, Brooks, S. J., Skiles, C. M., Bailey, J. P., Brown, A. F. (2020) The Effect of Pre-conditioning Heavy Resistance Exercises on Ventilatory Threshold and  $VO_{2max}$ : A Pilot Study. Northwest American College of Sports Medicine, Boise, ID.
- Alfiero, C. J.**, Dumke, C. L., Ruby, B. C., Bundle, M. W. (2018) Cardiorespiratory Responses to the USFS Wildland Firefighter Arduous Pack Test. Northwest American College of Sports Medicine, Bend, OR.
- Alfiero, C. J.**, Dumke, C. L., Ruby, B. C., & Bundle, M. W. (2018). Cardiorespiratory Responses to the USFS Wildland Firefighter Arduous Pack Test. American College of Sports Medicine, Minneapolis, MN.
- Strang, J. T., **Alfiero, C. J.**, & Bundle, M. W. (2018). Metabolic cost of load carriage: evaluating existing models with empirical data. Northwest American College of Sports Medicine, Bend, OR.
- Kamrud, K. E., Skoric, R. J., Ruple, B. A., Strang, J. T., **Alfiero, C. J.**, & Bundle, M. W. (2018). Load carriage and energy expenditure during treadmill vs field trials. Northwest American College of Sports Medicine, Bend, OR.
- Baker, R. L., Berglund, K. M., Habighorst, H. E., Strang, J. T., **Alfiero, C. J.**, & Bundle, M. W. (2018). Does the metabolic cost of load carriage differ between males and females? Northwest American College of Sports Medicine, Bend, OR.
- Alfiero, C. J.**, Nickol, K., Schleh, M., Ruby, B. C., Dumke, C. L. (2016) The Effect of Hydration Status on Physiological Markers During Heat Acclimation. Northwest American College of Sports Medicine, Tacoma, WA.

## GRANTS & GIFTS

### *Awarded Grants*

- Alfiero, C. J.** (2020). *The effects of weighted-vest sprints on physiological parameters during a graded exercise test and 1-mile running performance.* American College of Sports Medicine Northwest Student Research Award. Total Award: \$500.
- Alfiero, C. J.** (2019). American College of Sports Medicine Northwest Student Travel Award. Total Award: \$250.

### *Awarded Gifts*

- Alfiero, C. J.**, Brooks, S. J., Bideganeta, H. M., Contreras, C., Brown, A. F. (2019). *Aerobic and anaerobic fitness and body composition are improved in collegiate dancers following 6 weeks of high intensity interval training.* Dymatize Enterprises. Total Award: \$5000.

*Denied Grants*

**Alfiero, C. J.** (2020). *The Effect of Pre-conditioning Resistance Exercises on Running Economy and Performance in Trained Male Distance Runners*. National Strength and Conditioning Association. Total Award: \$15,000.

**Alfiero, C.J.** (2019). *Associations of accelerometry-assessed sedentary behavior and indices of central obesity and sarcopenia established with segmental multifrequency bioelectrical impedance analysis*. American College of Sports Medicine Northwest Student Research Award. Total Award: \$1,000.

**Alfiero, C.J.** (2018). *Cardiorespiratory Responses to the USFS Wildland Firefighter Arduous Pack Test*. American College of Sports Medicine Northwest Student Research Award. Total Award: \$1,000.