

CURRICULUM VITAE

I. DEMOGRAPHIC DATA

Brent W. Alumbaugh, M.S., CSCS

Clinical Coordinator and Physiologist: Monfort Family Human Performance Laboratory

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Colorado Mesa University

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II. EDUCATION

2009 M.S. Exercise Physiology
Graduation: December 2009
University of New Mexico, Albuquerque, NM

2008 B.A. Exercise Science
Mesa State College, Grand Junction, CO

III. PROFESSIONAL MEMBERSHIP AND CERTIFICATIONS

National Strength and Conditioning Association (NSCA): Certified Strength and Conditioning Specialist. Aug 2009 – present

Emergency Medical Technician – Basic. 2004-2012

Health Care Specialist - Army Medic (MOS 68W) Certification. 2004-2010

IV. ACADEMIC AND PROFESSIONAL EXPERIENCE

2010-Present Colorado Mesa University, MFHPL Clinical Coordinator/Physiologist

- Supervise daily operation of equipment and testing
- Provide physiological assessments and consultation
- Calibrate and operate lab equipment
- Act as student liaison
- Conduct community outreach projects
- Supervise Exercise Physiology and Research Club (EPRC)
- Teach additional Kinesiology classes when necessary
- Teach Exercise Physiology Lab classes

- 2011-Present Colorado Mesa University Assistant Men's and Women's Cross Country Coach
- Recruit athletes to maintain competitive CMU XC teams
 - Motivate athletes on a day to day basis
 - Assist with daily training plans
 - Supervise athletes at cross country meets
 - Organize and plan travel to and from cross country meets
- 2008-2009 University of New Mexico Teaching Assistantship
- Organize curriculums and instruction for large groups
 - Instruct multiple classes including: intermediate weight training and conditioning; introduction to triathlon; intermediate swimming; softball; and racquetball
 - Introduce the idea of functional training to all students
 - Teach the basics of strength training through a variety of clinics
- 2009 University of New Mexico Exercise Physiology Lab
- Regularly perform physiological testing including: VO₂ testing, hydrostatic weighing, blood lactate draws, plethsmography, and 12 lead EKG interpretation
 - Assemble detailed data and advise/counsel clients on their results
 - Organized cumulative data
 - Compute testing results using graphs from Microsoft excel and GraphPad Prizm so data can easily be interpreted
- 2009 University of New Mexico BIP Lab
- Administer numerous physical fitness tests on a variety of clients
 - Perform skinfold measurements on a daily basis for both males and females
 - Interpret information for clients so they are able to understand the results and subsequently make improvements
- 2008-2010 Non-Commissioned Officer for physical training in the Colorado Army National Guard
- Practiced the skills necessary to develop a group conditioning program
 - Gained the confidence to organize and coach a large group of participants
- 2005-2007 Mesa State Outdoor Program
- Developed analytical and problem-solving skills
 - Learned how to organize and plan large group activities
 - Increased motivational skill
- 2006-2007 Mesa State College Health and Wellness Center
- Became proficient at assessing general health
 - Instructed personalized training and nutrition programs
 - Expanded program design creativity
 - Devised training programs to meet specific needs
 - Identified, organized, selected and communicated information in an efficient manner

- Summer 2007 **Medic: Humanitarian mission in Ayacucho, Peru**
- Enhanced data interpretation skills
 - Heightened efficiency at treating patients; gained broader view of health and political issues in other countries
 - Well educated in I.V. training
 - Improved my ability to work under pressure for long hours
- 2003-2004 **Internship: Iowa State football strength and conditioning program**
- Shaped and strengthened technical skills required to assess speed, power and strength
 - Developed the skills necessary for pre- and post-program testing
 - Acquired the knowledge of proper technique of core and power lifts

V. HONORS AND AWARDS

- 2005-2007 Two-time recipient of the Western Slope Vietnam War Memorial Scholarship
- 2005-2007 Two-time recipient of the Western Colorado Chapter (WCC) of the Military Officers Association of America (MOAA) Scholarship
- 2006 Outstanding Service; Colorado Army National Guard
- 2004 Outstanding Leadership; United States Army

VI. RESEARCH EXPERIENCE

- 2014-Present Clinical Coordinator/Physiologist

Project Title: Mountain Bike Wheel Diameter: Small Differences when Rolling Over Bumpy Surfaces.

Purpose: To measure the effect of wheel diameter on mountain bike velocity and the variability of vertical position over a bumpy course.

Project Title: Effect of Wheel Diameter on Mountain Bike Impact Forces.

Purpose: To measure the effect of wheel diameter on mountain bike impact forces.

- 2010-2013 Clinical Coordinator/Lab Assistant: Colorado Mesa University.

Project Title: Comparison of Floor Exercise Apparatus Spring-types on a Gymnastics Rearward Tumbling Take-off.

Purpose: To assess the efficacy of a standard cylindrical spring and a modified spring in tumbling take-offs.

Project Title: Pre-cooling With an Ice Slush Drink: Effect On Core Temperature When Cycling.

Purpose: To determine the effect of ingesting an ice-slush drink on reducing core temperature (CT) prior to intense cycling in a heated environment.

Project Title: Exercise Post Oxygen Consumption Difference Between High Intensity Interval Training and Moderate Intensity Steady State Training.
Purpose: To determine whether steady state training or HIIT has a higher EPOC.

Project Title: Pre-Cooling: Effect on Run to Exhaustion.
Purpose: To determine what affect lowering internal core body temperature prior to physical activity has on performance.

Project Title: Do Different Fabric Types Affect Superficial Skin Temperature While Exercising in the Heat?
Purpose: To look at superficial skin temperature using a thermal camera and determine whether or not fabric type had an effect on overall skin temperature.

Project Title: The Effect of Beetroot Powder Supplementation on Muscle Oxygen Consumption in a VO₂ Threshold Test
Purpose: To determine how the consumption of beet root powder affects the endurance performance of elite female athletes.

Project Title: A Comparison of Three Different Styles of Base Running in Women's Collegiate Softball
Purpose: To compare different base starting techniques in order to help improve the Colorado Mesa University Softball team.

Project Title: The Effect of Moderate Alcohol Consumption on Fuel Utilization, Perceived Exertion, and Running Performance Between Sexes
Purpose: To determine how alcohol affects threshold performance on endurance athletes.

Project Title: Does "High Altitude Help" A Botanical Herb Formula Aid Acclimatization to High Altitude?
Purpose: To test a commercial product and see if it helps with high altitude acclimation.\

2009-2010 Research Assistant: University of New Mexico, Albuquerque, NM.
Project Title: Gender Difference in Heat Shock Protein Expression and Inflammation in Response to Acute Exercise in the Heat.
Purpose: To compare the effect of gender Hsp72 and pro-and anti-inflammatory cytokine expression in response to an acute bout of exercise in the heat.