

Joslyn K. Ahlgren, Ph.D.

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Birth Date: July 28, 1980

Birth Place: Wichita, KS

EDUCATION:

July 2004 – Dec. 2009	University of Florida	Physiological Sciences (Doctoral Degree)
Dec. 2002 – Aug. 2003	Kansas State University	Anatomy and Physiology (Graduate Research Asst.)
Sept. 2002 – Dec. 2002	Kansas State University	Kinesiology (Graduate Teaching Asst.)
Sept. 1999 – May 2002	Kansas State University	Kinesiology (Bachelor's Degree)
Sept. 1998 – May 2002	Loyola University Chicago	Undergraduate Credit

ACADEMIC TEACHING EXPERIENCE:

Fall 2009-Present	Sr. Lecturer , University of Florida, College of Health and Human Performance, Department of Applied Physiology and Kinesiology <ul style="list-style-type: none">• Applied Human Anatomy w/ Lab• Applied Human Physiology w/ Lab• Physiology of Exercise Training• Fitness Assessment & Exercise Prescription w/ Lab• Fitness Assessment in Exercise Science• Teaching Experience in APK (developed and taught)• Functional Musculoskeletal Anatomy (developed and taught)
Spring 2008	Instructor, Anatomy & Physiology I, Santa Fe College
Fall 2006, 2007	Small Animal Neuroanatomy Practicum, UF College of Veterinary Medicine
Fall 2005	Small Animal Gross Anatomy Practicum, UF College of Veterinary Medicine
Spring 2002	Graduate Teaching Assistant, Kansas State University <ul style="list-style-type: none">• Instructed Exercise Physiology Laboratory for undergraduates

Spring 2001 Anatomy & Physiology Lab Practicum, Kansas State University

- Instructed rat and human cadaver dissections

Fall 2001 Human Cadaver Dissection Practicum, Kansas State University

- Instructed human cadaver dissections
- Evaluated on a detailed head and neck dissection

FITNESS TEACHING EXPERIENCE

2003- Present Group Fitness Instructor and Instructor Evaluator at Gainesville Health and Fitness Center, Gainesville, FL

- Cardio kickboxing
- Indoor cycling
- Various resistance training classes
- Various aerobic dance classes
- Step aerobics
- Water-based fitness

Fall 2003 Group Fitness Instructor; Personal Trainer at Bally Total Fitness, Houston, TX

- Indoor cycling
- Cardio kickboxing
- Step aerobics
- Various aerobic dance classes
- Rebounding (specialty class with trampolines)

1999-2003 Senior Group Fitness Instructor at Kansas State University Rec Center, Manhattan, KS

- Cardio kickboxing
- Various resistance training classes
- Various aerobic dance classes
- High intensity interval training
- Senior fitness (seated activity for those over age 65)
- New instructor training – team leader

Summer 1999 Group Fitness Instructor at Fitness for Women, Wichita, KS

- Step aerobics
- Aerobic dance
- Mentored African-American women in an inner-city area with low socioeconomic backgrounds on health and fitness

1998-1999 Group Fitness Instructor at Loyola University Rec Center, Chicago, IL

- Step aerobics

- Aqua aerobics
- Cardio kickboxing
- Various aerobic dance classes
- Various resistance training classes

TEACHING FORUMS and INVITED GUEST LECTURES:

Spring 2014	UF Students with Diabetes – invited to present on the health benefits and appropriate prescription of resistance exercise for individuals with type I and type II diabetes.
Fall 2013	Gator Chapter of NAACP and Minority Association of Pre-Health Students (MAPS) – invited to present on healthy lifestyles and health risks for African Americans.
Spring 2013	Graduate Professional Development Series - spoke to UF graduate students about the differences between lecturer and professor positions in academics, how to be an effective instructor, tips on course development, being prepared to teach for the first time, and how to appropriately challenge students taking a rigorous introductory-level course
Spring 2013	Alachua County Fire and Rescue Peer Fitness Training Program - led a two-day hands-on training session for local fire fighters and rescue workers on physical fitness assessments and safe/effective cardiovascular exercise prescription guidelines
Spring 2012	West Broward High School Student Introduction to UF - spoke to visiting high school students about the APK major, about how best to prepare for the transition from high school to collegiate science courses, and how to enhance critical thinking skills in order to apply anatomy information
Spring 2011	Mastering Anatomy & Physiology Forum, Pearson Benjamin Cummings – presented “best practices” for engaging students in large classes – expanded knowledge base in using Mastering software for creating on-line assignments for A&P classes
Spring 2011	West Broward High School Student Introduction to UF - spoke to visiting high school students about the APK major, about how best to prepare for the transition from high school to collegiate science courses, and how to enhance critical thinking skills in order to apply anatomy information

- Spring 2010 Human Anatomy Educational Forum, Pearson Benjamin Cummings – consulted on the development of an on-line anatomy tutorial program for collegiate anatomy students which is now being utilized
- Spring 2010 Guest lecture in APK 4050 (Research Methods in APK) - spoke to undergraduate students about choosing collegiate teaching as a career rather than research

UNIVERSITY, COLLEGE, AND DEPARTMENTAL SERVICE:

Committees

- UF Graduation Marshall
- HHP College Curriculum Committee (Chair, 2011-Present)
- HHP Distance Education & Outreach Committee
- HHP Assessment Committee
- APK Undergraduate Program Coordinator (2011-Present)
- APK Undergraduate Curriculum Committee (Chair, 2011-Present)
- APK Tenure & Promotion Subcommittee for Lecturer Promotion Guidelines
- APK Grade Appeals & Petitions Committee
- Faculty Search Committee (TRSM, HEB, and APK)

Student Organizations

- Phi Epsilon Kappa, APK Pre-health Organization (Faculty Advisor, 2010-Present)
- Alpha Epsilon Delta, Pre-health Organization (Faculty Advisor, 2015-Present)
- Gator Synchro, Synchronized Swimming Club (Faculty Advisor, 2015-Present)

RESEARCH EXPERIENCE:

- July 2004 – Sept. 2009 Pre-Doctoral Candidate, Autonomic Neurophysiology Laboratory, University of Florida
- Dec. 2003 – July 2004 Research Assistant, Autonomic Neurophysiology Laboratory, University of Florida
- Dec. 2002 – Aug. 2003 Graduate Research Assistant, Autonomic Neurophysiology Laboratory, Kansas State University
- Dec. 2000 – Dec. 2002 Student Research Assistant, Cardiorespiratory Exercise Physiology Laboratory, Kansas State University

PROFESSIONAL RESEARCH PRESENTATIONS:

- 2009 Slide presentation for Department of Physiological Sciences seminar series – “Effect of voluntary exercise on the autonomic response to hemorrhage.”
- 2008 Poster presentation at FASEB 2008 – “Voluntary exercise attenuates cardiovascular and brain responses to severe hemorrhage.”
- 2006 Slide presentation for Department of Physiological Sciences seminar series – “Hemodynamic and c-Fos Responses to Hypovolemic Hemorrhage: Standardizing a Protocol for a Conscious Model of Severe Hemorrhage in the Rat.”
- 2005 Poster presentation at FASEB 2005 – “Fast vs. Slow Hemorrhage: Cardiovascular and c-Fos Responses in the Conscious Rat.”
- 2003 Slide presentation at FASEB 2003 symposium on “The Regulation of Sympathetic Nerve Activity in Chronic Heart Failure.”
- 2003 Poster presentation at FASEB 2003 – “Heart Failure Alters the c-Fos Response in the Hypothalamic Paraventricular Nucleus in Rats During Heating.”
- 2002 Slide presentation at the Kansas State University Graduate Research Forum – “Evidence for Altered c-Fos Expression in the PVN of Rats with Heart Failure During Heating.”

PUBLICATIONS:

REFEREED JOURNAL ARTICLES:

Moningka, N., Cunningham, M.W., Sterling, M., West, C.A., Verlander, J.W., Croker, B.P., **Ahlgren, J.**, and Hayward, L.F. Effects of voluntary wheel running on the kidney at baseline and after ischemia-reperfusion induced acute kidney injury: a strain difference comparison. *J Physiol*, Dec. 24, 2012.

Stabley, J., Dominguez II, J., Dominguez, C., Mora Solis, F., **Ahlgren, J.**, Behnke, B.J., Muller-Delp, J., Delp, M. Spaceflight reduces vasoconstrictor responsiveness of skeletal muscle resistance arteries in mice. *J Appl Physiol*. 113(9): 1439-45, 2012.

Ahlgren, J. and Hayward, L.F. Role of lateral parabrachial opioid receptors in exercise-induced modulation of the hypotensive hemorrhage response in conscious male rats. *Behav Brain Res*. 226(2): 404-10, 2012.

Ahlgren, J. and Hayward, L.F. Daily voluntary exercise alters the cardiovascular response to hemorrhage in conscious male rats. *Autonomic Neurosci*. 160(1-2): 42-52, 2011.

Porter, K., **Ahlgren, J.**, Stanley, J., and Hayward, L.F. Modulation of heart rate variability during severe hemorrhage at different rates in conscious rats. *Autonomic Neurosci.* 150(1-2): 53-61, 2009.

Ahlgren, J., Porter, K., and Hayward, L.F. Hemodynamic responses and c-Fos changes associated with hypotensive hemorrhage: standardizing a protocol for severe hemorrhage in conscious rats. *Am J Physiol (Regulatory Integrative Comp Physiol).* 292:1862-1871, 2007.

Helwig, B., Schreurs, K.M., **Hansen, J.**, Hageman, K.S., Zbreski, M.G., McAllister, R.M., Mitchell, K.E., and Musch, T.I. Training-induced changes in skeletal muscle Na-K pump number and isoforms expression in rats with chronic heart failure. *J Appl Physiol.* 94:2225-2236, 2003.

ABSTRACTS:

John N. Stabley, Robert T. Davis III, Danielle J. McCullough, **Joslyn Ahlgren**, Bradley J. Behnke, and Michael D. Delp. Endurance exercise training enhances regional femoral bone blood flow during exercise, FASEB 2012

Moningka, N., **Ahlgren, J.**, Hayward, L.F., and Baylis, C. Effect of 3, 6, and 12 wks voluntary exercise on renal endothelial enzymes, FASEB, 2010.

Ahlgren, J. and Hayward, L.F. Voluntary exercise attenuates cardiovascular and brain responses to severe hemorrhage, FASEB, 2008.

Porter, K., **Ahlgren, J.**, and Castellanos, M. and Hayward, L.F. Heart rate variability and the rate of hemorrhage: a partnership in characterizing autonomic regulation. *Neuroscience*, 2005.

Ahlgren, J., Reynolds, C., Tanis, A, and Hayward, L.F. Fast vs. slow hemorrhage: cardiovascular and c-Fos responses in the conscious rat. *Neuroscience*, 2005.

Hansen, J.K., Weiss, M.L., Kenney, M.J., and Musch, T.I. Heart failure alters the c-Fos response in the hypothalamic paraventricular nucleus in rats during heating. FASEB, 2003.

Padilla, D.J., Behnke, B.J., **Hansen, J.K.**, and Poole, D.C. Different microvascular O₂ responses to contractions in slow and fast-twitch muscle are associated with capillarity. FASEB, 2003.

CERTIFICATIONS, AWARDS, & RECOGNITION:

- ACSM Certified Exercise Physiologist, 2014-present
- UF Faculty Honoree
 - Identified by 10 Anderson Scholars as most impactful faculty in their UF academic career, 2014
 - Identified by two Anderson Scholars as most impactful faculty in their UF academic career, 2013
 - Identified by four Anderson Scholars as most impactful faculty in their UF academic career, 2012
- ACSM Certified Health and Fitness Specialist, 2013-Present
- University of Florida Dean of Students U Matter, We Care Hero, Fall 2013
- Teacher of the Year, UF College of Health & Human Performance, 2012-2013
- Teacher of the Year Nominee, UF College of Health & Human Performance, 2009-2010 and 2010-2011
- UF College of Liberal Arts and Sciences “Outstanding Faculty”, 2010 and 2012
- American Heart Association Pre-Doctoral Fellowship, 2007-2009
- University of Florida Alumni Pre-Doctoral Fellowship, 2004-2008
- University of Florida Grinter Fellowship, 2004-2008
- American College of Exercise Certified Group Fitness Instructor, 1999-2010

ORGANIZATIONS/ASSOCIATIONS:

- American College of Sports Medicine, 2011-Present
- Gainesville Shorin Ryu Karate Club, Second-degree Black Belt, 2005-Present
- The Family Church, 2005-Present
- Gainesville Health and Fitness Center, Fitness Instructor, 2003-Present
- Gainesville Health and Fitness Center, Course/Instructor Evaluator, 2013-Present