

Joslyn K. Ahlgren, Ph.D.

Preferred pronouns: she, her, hers

FLG 100 Stadium Rd.

Gainesville, FL 32611

jahlgren@ufl.edu

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 1999	Loyola University Chicago	Undergraduate Credit

ACADEMIC TEACHING EXPERIENCE:

Fall 2009-Present Master Lecturer, Undergraduate Coordinator, University of Florida, College of Health and Human Performance, Department of Applied Physiology and Kinesiology

Courses Taught:

- APK 2100c - Applied Human Anatomy w/ Lab
- APK 2105c - Applied Human Physiology w/ Lab
- APK 3110c - Physiology of Exercise Training
- APK 4125c - Fitness Assessment & Ex Prescription w/ Lab
- APK 4103/APK 5102 - Kinetic Anatomy w/ Lab
- APK 4943 - Teaching Experience in APK
- BSC 3096 - Human Physiology
- APK 5127 - Fitness Assessment in Exercise Science
- ATR 6125 – Clinical Anatomy w/ Dissection

New Courses Developed:

- APK 4943 – Teaching Experience in APK
- APK 4103/PET 5136 – Kinetic Anatomy w/ Lab

Online Courses Developed and Taught for UF Online:

- APK 2100c – Applied Human Anatomy w/ Lab
- APK 2105c – Applied Human Anatomy w/ Lab

- 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
- Spring 2001 Anatomy & Physiology Lab Practicum, Kansas State University
- Instructed Exercise Physiology Laboratory for undergraduates
 - 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

- 2003-2019 Group Fitness Instructor at Gainesville Health and Fitness Center, Gainesville, FL
- Formats include: Cardio kickboxing, indoor cycling, resistance training, aerobic dance/floor classes, step aerobics, water-based fitness
 - Fitness instructor evaluation team
- Fall 2003 Group Fitness Instructor; Personal Trainer at Bally Total Fitness, Houston, TX
- Formats include: 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
- Formats include: Cardio kickboxing, resistance training, various aerobic dance classes, high intensity interval training, senior fitness (seated activity for those over age 65)
 - Team leader for new instructor training program and auditions
- Summer 1999 Group Fitness Instructor at Fitness for Women, Wichita, KS
- Formats include: 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
- Formats include: Step aerobics, deep and shallow aqua aerobics, cardio kickboxing, various aerobic dance classes, resistance training

INVITED LECTURES and COMMUNITY EDUCATION/INVOLVEMENT:

- Summer 2019 UF CALS Teaching Enhancement Symposium – “Class Project Meets Community Outreach” – an informational talk on how to effectively employ group projects and breach controversial subjects in STEM courses that result in meaningful, lasting learning for the students and the community
- Spring 2019 UF Center for Teaching Excellence – led an interactive workshop on best practices for teaching large enrollment courses
- Summer 2019 UF/IFAS Extension Family Nutrition Program Annual Conference – invited to provide a 90-minute talk on updates to the current guidelines for physical fitness assessment and exercise prescription
- Spring 2019 First Annual Transparency Event: Physiology, Wellness, & Beyond – created a class project that culminated in this community education event with over 200 attendees; moderated a panel of community members and clinicians who shared their perspectives on the health and wellness of trans individuals
- Spring 2019 ACSM Health & Fitness Summit – invited to chair a workshop where faculty will collaborate on the development of a course that multiple higher education institutions could offer in order to facilitate bringing students to the Health & Fitness Summit
- Fall 2018 Alachua County Science Fair Judge – Westwood Middle School
- Fall 2018 STEM Powered Conference – invited to present on developing and teaching a fully online Anatomy class with customized home dissection kit
- Fall 2018 Great Lecturer – invited to be part of a list of “great lecturers” at UF that is provided to new faculty with the hopes that new faculty would be able to reach out for assistance with teaching if needed
- Spring 2018 Collaboration with Fine Arts – helped design and critique projects

Fall 2018 Fall 2019	for students enrolled in ART 3087c: Art, Health, and Medicine.
Spring 2018	UF Interface 2018 – invited to be a co-presenter on Workload Empathy, helping to bridge the gap between faculty and students
Fall 2017	Featured guest for podcast on best practices for teaching large courses, UF Center for Faculty Development and Teaching Excellence – used for new faculty training at UF
Spring 2017-18	National Biomechanics Day, UF – constructed a simplified knee joint so that elementary students could use different diameter objects as “patellas” in order to learn about pulleys in the body
Spring 2016	UF Assessment Conference – invited to present as part of a panel on best practices for assessing student learning outcomes in diverse internship settings.
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, 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 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 Spring 2012	West Broward High School Student Introduction to UF - spoke to visiting high school students about the APK major, how best

Fall 2016 to prepare for the transition from high school to collegiate science
Fall 2017 courses, and enhancing critical thinking skills in Anatomy

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:

Previous and Current Committee Involvement

- UF Quest Curriculum Committee (2019)
- UF Faculty Senator (2018-Present)
- UF Graduation Marshall (2009-Present)
- UF Commencement Name Reader (2017-Present)
- UF Honors Program Advisory Committee (2016-Present)
- UF Student Conduct and Honor Code Hearing Committee (2014-Present)
- UF Virtual Labs Taskforce (2016-Present)
- UF Teacher of the Year Awards Committee (2016, 2017)
- UF Student Recreation Center Board of Directors (2016, 2017)
- HHP Graduation Planning Committee
- HHP College Curriculum Committee (Member, 2011-Present; Chair, 2011-2016)
- HHP Distance Education & Outreach Committee (2017)
- HHP Assessment Committee (2012-Present)
- HHP Lecturer Promotion Guidelines Review Committee (2017)
- APK Undergraduate Program Coordinator (2011-Present)
- APK Undergraduate Curriculum Committee (Member, 2010-Present; Chair, 2011-Present)
- APK Tenure & Promotion Subcommittee for Lecturer Promotion Guidelines (2014)
- APK Grade Appeals & Petitions Committee (2013)
- APK Ad Hoc Online Education Taskforce (Spring 2016)
- APK Ad Hoc Committee on Teaching/Clinical Career Track (Spring 2016)
- APK CAQ Team Leader for the upcoming DAT program – Focus on Teaching
- Faculty Search Committees (TRSM, HEB, and APK)
- Faculty Learning Community – Focus on Universal Design for Learning

Faculty Advisor for 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, 2015-2017)

PROFESSIONAL EDUCATION & DEVELOPMENT:

Teaching Books Read:

In the last year or so, I've set a goal for reading at least two teaching or learning books annually. I've incorporated many of these books into the Teaching Experience course I offer each semester.

- The Coddling of the American Mind: How Good Intentions and Bad Ideas are Setting up a Generation for Failure by Jonathan Haidt and Greg Lukianoff (Spring 2019)
- Teach Students How to Learn: Strategies You Can Incorporate Into Any Course to Improve Student Metacognition, Study Skills, and Motivation by Sandra McGuire (Spring 2019)
- What the Best College Teachers Do by Ken Bain (Spring 2018)
- Teaching Small: Everyday Lessons from the Science of Learning by James Lang (Fall 2017)
- Why Don't Students Like School: A Cognitive Scientist Answers Questions about How the Mind Works and What it Means for the Classroom by Daniel T. Willingham (Summer 2017)
- The Entitlement Cure: Finding Success in Doing Hard Things the Right Way by John Townsend (Spring 2017)

Teaching/Learning Symposia:

I aim to attend a minimum of six teaching and/or learning symposia or workshops annually. The majority are hosted by UF's Center for Faculty Development and Teaching Excellence. I have listed a few examples below.

- UF Course Reviews for Excellence Workshop (2019)
- UF CALS Teaching Enhancement Symposium (6 years)
- UF Interface Conference (3 years)
- Team Based Learning Workshop, UF
- Course Mapping Workshop, UF
- Standards Based Grading Workshop, UF
- ACSM Health and Fitness Summit and Expo (7 years)
- Designing a Teaching Portfolio Workshop, UF
- Human Anatomy & Physiology Society Annual Conference (2017)

Professional Committees:

- ACSM International Health and Fitness Summit – Planning Committee
 - Chair - Subcommittee for Faculty/Student/Certified Pro Recruitment (2018)

Grants:

- HHP Non-tenure Track Faculty Professional Development Grant – 2014
- HHP Non-tenure Track Faculty Professional Development Grant – 2016

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, 2013-present
- UF Faculty Honoree
 - Identified by five Anderson Scholars as most impactful faculty in their UF academic career, 2017
 - Identified by one Anderson Scholars as most impactful faculty in their UF academic career, 2016
 - Identified by four Anderson Scholars as most impactful faculty in their UF academic career, 2015
 - 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
- University of Florida Dean of Students U Matter, We Care Hero, Fall 2013

- College Magazine: 10 UF Professors You Can't Pass Up: <https://www.collegemagazine.com/10-uf-professors-cant-pass/>
- Teacher of the Year, University of Florida, 2015-2016
- Teacher of the Year, College of Health & Human Performance, 2012-13, 2015-16, and 2018-19
- Teacher of the Year Nominee, UF College of Health & Human Performance, every year since 2009
- 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

COMMUNITY ORGANIZATIONS/ASSOCIATIONS:

- Gainesville Shorin Ryu Karate Club, Second-degree Black Belt, 2005-2018
- The Family Church, 2005-Present