Ashley Dalby MS, ACSM EP-C, CET

Contact Information

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Courses Taught

Exercise Physiology Lab

Anatomy & Physiology Lecture

Anatomy & Physiology Lab

Personal & Community Wellness

Biomechanics & Anatomical Kinesiology Lecture

Biomechanics & Anatomical Kinesiology Lab

Fitness Assessment Skills

Education:

Master of Science, Kinesiology, May 2012
University of Texas at Tyler, Tyler, TX
Research Internships with Dr. Neil Dong and Dr. Joyce Ballard/Dr. Barbara Haas

Bachelor of Science, Kinesiology, May 2009
Texas A&M University, College Station, TX

Teaching Experience:

06/2012 - Current **Adjunct Lecturer - University of Texas at Tyler**
Department of Health & Kinesiology
Department of Biology

- For all courses: Develop teaching and presentation materials. Extensive use of learning management system to keep track of course grades, administer quizzes and/or discussion boards and regularly communicate with students. Develop, assign, and grade all assignments and exams.
- Exercise Physiology Labs: Develop and teach labs to correspond with the concurrent lectures. Facilitate student use of laboratory equipment to experience practical applications of lecture topics. Train new graduate assistants to teach the lab during following semesters, including proper operation of equipment and instructional skills. Instruct students on writing basic lab reports.
- Anatomy & Physiology Lecture and Lab: Use dissections, models, drawings, and hands-on equipment to help students develop a deeper understanding of anatomy and physiology concepts. Hold review sessions and instruct students on writing lab reports and Article Analysis assignments. Use Tegrity to upload recorded lectures. Developed and implemented the Summer Session assignment of an Article Analysis to take the place of the regular semester lab report.
- Personal & Community Wellness: Lecture-based course emphasizing personal and community health and fundamentals of fitness. Administered physical fitness tests to all students and collaborated with concurrent instructor(s) for Wellness to keep classes interchangeable.
- Biomechanics Lecture and Labs: Course emphasizing analysis of human movement using laws of mechanics. Collaborate with students to develop feasible research projects using available equipment and software.
- Fitness Assessment Skills: Lab-based course instructing students in basic skills needed to professionally assess a client's fitness level.

Honors/ Certifications

June 2017
CPR and AED
re-certified,
American Red Cross

April 2016
American College of Sports
Medicine Certified Exercise
Physiologist

April 2016
ACSM/ACS Certified Cancer
Exercise Trainer

October 2011
Above and Beyond Award,
Department of Health and
Kinesiology at UT Tyler

Affiliations

April 2018
Human Anatomy &
Physiology Society

March 2018
ACSM – Texas Chapter

May 2012
University of Texas at Tyler
Health and Kinesiology
Honor's Society

September 2011
Alpha Chi Honor's Society

09/2006 – 05/2009
TAHPERD

03/2006 – 05/2009
Aggie Coaches &
Kinesiology Teachers

08/2005 – 11/2006
Texas A&M University Club
Handball Team

09/2017 - Current **Laboratory Specialist – Tyler Junior College**
Department of Biology & Life Sciences

- Adapt teaching and presentation materials for multiple sections of Anatomy & Physiology Lab. Extensive use of LMS to keep track of course grades, attendance, and practice quiz materials.
- Establish regular communication with faculty and students. Guide new laboratory specialists when needed.
- Use cat dissections, cow/pig organs, models, drawings, and hands-on equipment to guide students' understanding of anatomy & physiology concepts.

08/2011 – 05/2012 **Graduate Assistant – University of Texas at Tyler**

Spring 2012 Exercise Physiology Lab Instructor
Biomechanics Lecture Teaching Assistant

Fall 2011 Exercise Physiology Laboratory Assistant
Biomechanics Lecture Teaching Assistant

- Biomechanics: Teach review sessions for exams and instruct one regularly scheduled class. Grade quizzes and exams; upload grades into LMS. Answer student questions by email and during office hours.
- Exercise Physiology Labs: Answer questions during labs and help operate laboratory equipment. Conduct and grade the lab practical exam. Maintain communication with students through email and LMS.

Professional Experience:

Spring 2012 **Research Internship – Neil Dong, Ph.D. Associate Professor**
Dept. of Health & Kinesiology, University of Texas at Tyler

Examining the differences in GRF, muscle activity, and knee flexion during a vertical jump in the fatigued state of participants post unilateral anterior cruciate ligament reconstruction.

Wrote the IRB and developed the first experimental design. Monitored all of the undergraduate and graduate students working on the research and operated biomechanics lab equipment to capture real-time video, muscle stimulation, and ground reaction force.

References

Srini Kambhampati, Ph.D.
Director of Research & Scholarship
University of Texas at Tyler

(903) 566-7252
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Suzanne Pundt, M.S.
A&P Coordinator and Senior Lecturer
Department of Biology
University of Texas at Tyler

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Cortney Lynn, M.S.
Professor & Lab Coordinator
Biology & Life Sciences
Tyler Junior College

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Trevor Davis
ACSM EP-C/CET
Senior Clinical Manager
Cancer Foundation For Life®

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trevor@fitstepsforlife.org

Spring 2012 **Research Internship – Joyce Ballard, Ph.D., Professor**
Barbara Haas, Ph.D., Professor
Dept. of Health & Kinesiology, University of Texas at Tyler

Studying and quantifying the effects of a regimented exercise program for elderly cancer survivors. Abstract published, 2013.

Monitored undergraduates as they guided study participants, instructing and answering questions as needed. Data input after each exercise session.

08/2017 – Current **Technical Education Director**
08/2014 – 08/2017 **Clinical & Volunteer Coordinator**
10/2011 – Current **Administrative/Clinical Staff**
Cancer Foundation For Life® - Tyler, Texas

- Developed and implemented distance-education training materials for clinical and administrative staff. Extensive use of LMS, Camtasia, Microsoft PowerPoint and image editing software. Ongoing collaboration with all administrative and clinical staff.

- Perform clinical evaluations with new FitSteps for Life® participants and create exercise prescriptions/progressions. Evaluations include medical history, measured metrics, and exercise instruction. Experience with Home Based Coaching calls discussing nutrition, stress management, exercise prescription, goal setting, and recovering from lapses.

- Serve as general administrator for all exercise locations. Recruit and train clinical and administrative volunteers. Assist with writing grants, facilitate vendor relations, create mailings and posters.

Publications/Manuscripts:

Ballard, Joyce, Barbara Haas, Anntionette Roquemore, Ashley Ochs & Scott Marzilli. "Results of exercise training in female breast cancer survivors: Pilot study." Medicine and Science in Sports and Exercise. 45 (5) S 2013.

Kimmel, G., Carpenter, R. A., Lowry, W., Davis, T., Ebert, M., Campbell, H., Dalby, A. (2013) *Exercise & Nutrition Manual, 2nd Edition*. Cancer Foundation For Life®.

Dalby, Ashley. "Coronary Heart Disease: Definition & Prevention." *Study.com*. N.p., 17 Sept. 2015. Web. 28 Nov. 2015

Conferences:

Workshop Presentations

April 2017 HAPS – Southern Region, Tyler Junior College
"Tackling All the Terminology"

Conference Participation

March 2018 TASCM Annual Meeting, The University of Texas
May 2018 HAPS Annual Meeting, The Ohio State University

Equipment/Labs:

Anatomy & Physiology

Full-size skeletal models, descriptive models for tissues, organs, and musculoskeletal joints, blood typing, blood smear, urinalysis, manual sphygmomanometer, tuning forks, light microscopes, preserved swine lungs, Vernier units, muscle stimulator box

Dissections: sheep and pig heart with immediate blood vessels, cow/sheep eye, sheep brain, sheep kidney, pre-dissected cats to view general organs, muscles, nerves, and blood vessels

Exercise Physiology/Fitness Assessment Skills

Electrocardiogram (12-lead), Harpenden & Lange skin calipers, Gulick tape measures, handheld dynamometers and goniometers, Omron bioelectrical impedance machines, free weights, manual sphygmomanometer & automatic blood pressure cuffs, blood glucose testing supplies, ergometers

Biomechanics Laboratory

PeakMotus 8 2D Motion Capture System, Kistler force plate and wireless Biopac EMG Acquisition System