

Christopher Alfiero

Education

M.S. | May 2018 | University of Montana

- Health and Human Performance

B.S. | May 2016 | University of Montana

- Major: Health and Human Performance
- Major Concentration: Exercise Science – Pre-Professional

Research

GRADUATE

- **Effects of Environmental Temperature on Exercise Response and Adaptation.** University of Montana, Montana Center for Work Physiology and Exercise Metabolism. (Brent Ruby, PI)

UNDERGRADUATE

- **The Impact of Hydration Status during Heat Acclimation on Exercise Performance.** University of Montana, Montana Center for Work Physiology and Exercise Metabolism. (Michael Schleh, PI)
- **Neuromuscular Response to Volatile Fatigue During Running.** University of Montana, Biomechanics Lab. (Matthew Bundle, PI)
- **Ice Slurry for Heat Management.** University of Montana, Montana Center for Work Physiology and Exercise Metabolism. (Michelle Johansen, PI)

MASTER'S THESIS

- **Cardiorespiratory Responses to the USFS Wildland Firefighter Arduous Pack Test**
Alfiero CJ, Dumke CL FACSM, Ruby BC FACSM and Bundle MW
University of Montana
 - To determine the cardiorespiratory response elicited by the APT within a subject population whose aerobic capacity and body masses vary.

Presentations/Abstracts

- **C. Alfiero**, K. Nickol, M. Schleh, B. Ruby FACSM, C.L. Dumke FACSM. (May 2016) "The Effect of Hydration Status on Physiological Markers During Heat Acclimation," Northwest ACSM Annual Conference, Tacoma, WA.
- **C. Alfiero**, C.L. Dumke FACSM, B. Ruby FACSM, Matthew Bundle. (April 2018) "Cardiorespiratory Responses to the USFS Wildland Firefighter Arduous Pack Test," Northwest ACSM Annual Conference, Bend, OR.
- **C. Alfiero**, J.T. Strang, C.L. Dumke FACSM, B. Ruby FACSM, Matthew Bundle. (May 2018) "Cardiorespiratory Responses to the USFS Wildland Firefighter Arduous Pack Test," National ACSM Annual Conference, Minneapolis, MN.

Work Experience

Activity Class Instructor: 5k/10k Race Training | University of Montana | January 2017- May 2018

- Instruct college students on running techniques, workouts, and race strategies.

Community Fitness Testing Program Coordinator | University of Montana | June 2017 – May 2018

- Provide fitness testing to the local community. Tests include: VO_{2max} , lactate threshold, peak fatty acid oxidation, basal metabolic rate, and body composition (hydrostatic weighing, bioelectric impedance analysis, skin calipers, waist circumference).

Research Assistant | Montana Center for Work Physiology and Exercise Metabolism (WPEM) | January 2017 – May 2018

- Assist researchers Dr. Brent Ruby and Walter Hailes.

Teaching Assistant | University of Montana | January 2017- May 2017

- TA for Exercise Disease and Aging lecture and lab. Assisted students with labs such as performing exercise stress tests, blood pressure, body composition, strength and flexibility, ankle-brachial index, and ECG measurements as well as graded papers, quizzes, tests for lecture.

Phlebotomist | St. Luke Community Health Care | August 2016 – December 2016

- Primarily performed blood draws as well as assisted lab technicians with blood analysis.

High School Football and Basketball Official | Montana Officials Association | September 2015 – Present

- Officiate high school and junior high football and basketball competitions.

Assistant Coach | Polson High School Track and Field | March 2012 – May 2012

- Coached high school athletes in sprints, relays, and hurdles.

Lifeguard | University of Montana Grizzly Pool | April 2013 - August 2016

- Lifeguard and Pool Maintenance

Volunteer/Extracurricular Involvement

- Mission Valley Aquatics: Water Daze volunteer setup and timer
- Polson High School track and field volunteer official
- Somalian Immigrant Program volunteer instructor
- Lake County Migrant School volunteer instructor
- Cherry Valley Elementary School volunteer reading tutor
- Service Learning: University of Montana Healthy Heart Program; YMCA Active 6 Program

Skills/Certifications

- Emergency Medical Responder Certified
- Lifeguard Certified
- Computer and technology skills
- Trained phlebotomist

Awards

- Brian Sharkey Award: Research Prominence – University of Montana, Health and Human Performance