

Alexis C. King, PhD
Curriculum Vitae
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Education and Degrees

University of Illinois at Urbana-Champaign, IL PhD in Kinesiology and Community Health Dissertation: Move More Development and Testing of an Innovative Patient-Centered Physical Activity Program for Hemodialysis Patients	2018-2023
University of the Pacific, Stockton, CA MA - Health and Exercise Science Thesis: Examining the Relationship between exercise induced fatigue and postural stability among geriatrics with vestibular disorders.	2015-2017
University of the Pacific, Stockton, CA BA - Sport Sciences	2011-2015

Employment

University of the Pacific, Stockton CA <i>Assistant Professor – Health & Exercise Science</i> <i>Adjunct Faculty – Health & Exercise Sciences</i> <i>Graduate Research Assistant (MA) – Health & Exercise Sciences</i>	2023 - Current 2017 - 2018 2015 - 2017
University of Illinois at Urbana Champaign, IL <i>PhD Graduate Research Assistant - Renal & Cardiovascular Research Laboratory</i> <i>Campus Recreation Student Wellness & Assessment</i>	2018 - 2023 2018 - 2022

Research Experience

Graduate Research Assistant (PhD) <i>Renal & Cardiovascular Research Laboratory, University of Illinois at Urbana Champaign</i> <ul style="list-style-type: none">• Designed, planned, and oversaw clinical trials, including recruitment and enrollment of patients.• Collected and analyzed data while ensuring compliance with regulatory requirements.• Managed and mentored graduate students and research staff, provided guidance and training as needed.• Developed grant proposals, including research funding opportunities, writing grant applications, and submitting proposals to funding agencies.• Worked closely with hospital staff, including physicians, nurses, and clinical coordinators, to ensure smooth and efficient conduct of clinical trials and patient care.• Provided direct patient care, including obtaining informed consent, performing study procedures, and monitoring patient safety and well-being.	2018 - 2023
Graduate Research Assistant (MA) <i>Health Exercise Science, University of the Pacific</i> <ul style="list-style-type: none">• Instructed exercise physiology lab sessions for undergraduate students.• Collaborated with faculty and fellow graduate students on research projects.• Assisted in grading lab reports and assignments.	2015 - 2017

Academic Teaching Experience

University of the Pacific, Stockton, CA (2015 – Current)

<i>Term</i>	<i>Course Name</i>	<i>Role</i>
Fall 2024	CORE 01 – Problem Solving & Oral Communication	Assistant Professor
Spring 2024	HLTH 47 – Health Across the Lifespan, Department of Health & Exercise Science	NTT Instructor, new course
Spring 2024	HLTH 80 – Introduction to Public Health, Department of Health & Exercise Science	NTT Instructor
Fall 2023 – current	HLTH 129 – Exercise Physiology, Department of Health & Exercise Science	Assistant Professor
Fall 2023 - current	HLTH 279 – Graduate Research Methods, Department of Health & Exercise Science	Assistant Professor
Spring 2023	HESP 154 / 293 – Stress Physiology, Department of Health & Exercise Science	NTT Instructor
Spring 2023	HESP 147 – Muscle Physiology, Department of Health & Exercise Science	NTT Instructor
Fall 2017 - 2018	HES 129 - Exercise Physiology, Department of Health & Exercise Science	Adjunct Faculty
Fall 2015 - 2017	HES 129 - Exercise Physiology, Department of Health & Exercise Science	Graduate Assistant

University of Illinois, Urbana-Champaign, IL (2018-2023)

<i>Term</i>	<i>Course Name</i>	<i>Role</i>
Fall 2019 – Spring 2023	KIN 386/391 Independent Research, Department of Kinesiology & Community Health	Research Mentor
Fall 2018 – Spring 2023	KIN122 Physical Activity & Health, Department of Kinesiology & Community Health	Instructor
Fall 2022 – Spring 2023	KIN 249 Sport & Modern Society, Department of Kinesiology & Community Health	Instructor
Fall 2020 – Spring 2021	KIN 100 Health & Wellness, Department of Kinesiology & Community Health	Instructor, new course
Fall 2020 – Spring 2022	KIN 150 Exercise Physiology, Department of Kinesiology & Community Health	Instructor
Fall 2018 - Spring 2022	KIN 385/486 Health & Exercise in Aging, Department of Kinesiology & Community Health	Instructor
Fall 2020 -Spring 2022	KIN 247 Introduction to Sports Psychology, Department of Kinesiology & Community Health	Instructor
Fall 2020 – Spring 2021	CHLH 494 Counseling Techniques, Department of Kinesiology & Community Health	Instructor

Academic Presentations / Invited Lectures (5 of 11)

1. “Impact of a Low-Sodium Meal Feeding Protocol on IDWG and Markers of Cardiovascular Health in HD Patients”. Renal Research Institute Annual Board Meeting. September 2021 (Virtual Meeting).
2. “Assessing Physical Function and Activity in CKD”. National Kidney Foundation’s Global Renal Internet Course. July 2021 (Virtual).

3. “Development and Testing of an Innovative Patient-Centered Physical Activity Program for Hemodialysis Patients.” National Kidney Foundation of Illinois Grantee Symposium and Kidney Knowledge Competition. November 11, 2020 (Virtual Conference).
4. “Exercise for Hemodialysis Patients:” University of Illinois, Department of Kinesiology & Community Health, November 10, 2020 (Virtual).
5. “Your Kidneys & Exercise: Teens and Young Adults Living with Kidney Disease and Transplantation” National Kidney Foundation – Chicago, IL 2020

Publications

1. **King AC**, Villalobos C, Vosti P, Jensen CD. Sex-Specific Variations in Glycated Hemoglobin Responses to Structured Exercise in Type 2 Diabetes: Healthcare Implications of Walking and Strength Training on Glycemic Control. *Healthcare*. 2024; 12(15):1528. <https://doi.org/10.3390/healthcare12151528>
2. Burrows BT, Morgan AM, **King AC**, Hernandez R, Wilund KR. Virtual reality mindfulness and personalized exercise for patients on hemodialysis with depressive symptoms: A feasibility study. *Kidney & Dialysis*. (2023) 2: 287-295. DOI: [10.3390/kidneydial2020027](https://doi.org/10.3390/kidneydial2020027)
3. **King AC**, West-Sell S, Van Ness JM, Oliver TJ, Jensen CD. Elevated BMI impairs balance among older adults with vestibular disorders. *ASEP Journal* (2023).
4. **King AC** & Wilund KR. Next steps for intradialytic cycling research. *Kidney & Dialysis*. (2022) 2(2):287-295. <https://doi.org/10.3390/kidneydial2020027>
5. Morgan A, **King AC**, Viana J, Wilund KR. Exercise in Dialysis – Ready for prime time? *Blood Purification* (2022) 51(1):32-36. <https://doi.org/10.1159/000526179>
6. Perez LM, Fang HY, Ashrafi SA, Burrows BT, **King AC**, Larsen RJ, Sutton BP, Wilund KR. Pilot study to reduce interdialytic weight gain through low-sodium home-delivered meals in hemodialysis patients. *Hemodialysis International* (2021). 25(2):265-274. DOI: 10.1111/hdi.12902
7. Whalen SK, **King AC**, Wilund KR, Headley SAE. The Necessity for Renal Rehabilitation. *JCEP* 2020; 9(3): 118-130. DOI: <https://doi.org/10.31189/2165-6193-9.3.118>
8. Fang HY, Burrows B, **King AC**, Wilund KR. A Comparison of Intradialytic vs Out-of-Clinic Exercise Training Programs for Hemodialysis Patients. *Blood Purification* (2019) 49(2): 151-157. DOI: 10.1159/000503772
9. (In Review) Harris AP, **King AC**, Chiu CY, Perez L, Wilund KR. WOW 2: The reliability, fidelity, and validity of a manualized workplace wellness program for the staff of an outpatient hemodialysis center. *Social Work in Health Care*.
10. (In Review) King AC, **Chiu CY**, **Wilund KR**. Evolved perspectives of wellness among individuals undergoing hemodialysis: A longitudinal qualitative study. *Public Health Nursing*.
11. (In Preparation for Submission) **King AC**, Chiu CY, Wilund KR. The development of an innovative patient-centered physical activity program (MOVE MORE) for individuals undergoing hemodialysis. *Seminars in Dialysis*.

Research Grants

1. Project Title: WE-Fit
 PI: Alexis King
 Sponsor: University of the Pacific College Research Fund
 Direct/Indirect Costs: \$3,000 (7/1/2024 – 1/1/2026)
 Description: The WE-Fit (Wellness Education & Fitness) Program at Pacific is a comprehensive wellness initiative designed to promote physical fitness, health education, and overall well-being among students. The program offers personalized fitness assessments, training sessions, and wellness support through collaboration with campus recreation and academic departments. WE-Fit provides hands-on experience for students in health-related fields, integrating research and practical application to enhance personal fitness, encourage healthy lifestyle choices, and foster community

engagement. The program aims to create a supportive environment where participants can work towards achieving their fitness and wellness goals.

2. Project Title: *Move More: Development of the Kidney Wellness Institute of Illinois (KIWII)*
PI: Kenneth Wilund
Sponsor: UIUC Discovery Partners Institute (DPI)
Direct/Indirect Costs: \$125,000 (10/16/2020 – 10/16/2022)
Description: Development of the Kidney Wellness Institute of Illinois (KIWII) and bring together local and international leaders in research, medicine, industry, and patient-advocacy to address chronic kidney disease.
Role: Grant Co-writer, Researcher
3. Project Title: *Virtual Reality: A New Technological Modality to Deliver Psychotherapy to Hemodialysis Patients with Comorbid Depression*
PI: Rosalba Hernandez & Kenneth Wilund
Sponsor: NIH R01 National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) [Grant no. 1R01DK129594-01]
Direct/Indirect Costs: \$872,678 (9/1/2021 – 7/31/2024)
Description: To design and test initial efficacy of our VR-based psychotherapeutic intervention on outcomes of depression, quality of life, dietary intake, HD sessions missed, and hospitalizations in HD patients.
Role: Researcher (9/1/2021 – 10/1/2022)
4. Project Title: *Development and Testing of an Innovative Patient-Centered Physical Activity Program for Hemodialysis Patients*
PI: Kenneth Wilund
Sponsor: National Kidney Foundation [Grant No. Fdn 099611]
Direct/Indirect Costs: \$50,000 (7/1/2020 – 12/31/2022)
Description: The project aimed to develop and assess a personalized six-month physical activity program specifically designed for individuals receiving hemodialysis treatment. Its objective was to improve overall health and well-being of these individuals by focusing on improvements in patient-reported outcomes. The research and development efforts centered on identifying the challenges and obstacles faced by this patient population, with the aim of establishing a physical activity program that was sustainable within in-patient dialysis centers.
Role: Grant Co-writer, Researcher
5. Project Title: *Impact of a novel low-sodium diet intervention on blood pressure and fluid retention in CKD patients with metabolic acidosis treated with Na- Bicarb*
PI: Kenneth Wilund
Sponsor: Renal Research Institute (RRI 101663)
Direct/Indirect Costs: \$128,000 (4/1/2019 – 3/31/2022)
Description: This project aimed to investigate how a six-month low-sodium dietary approach influenced blood pressure and the management of fluid retention in individuals with CKD. The project sought to provide insights into potential improvements in the reduction of metabolic acidosis and kidney health.
Role: Grant Co-writer, Researcher
6. Project Title: *Impact of a low-sodium meal feeding protocol on Interdialytic Weight Gain and Markers of Cardiovascular Health in Hemodialysis Patients*
PI: Kenneth Wilund
Sponsor: Renal Research Institute (RRI 093631)

Direct/Indirect Costs: \$102,000 (4/1/2019 – 3/31/2020)

Description: This project aimed to investigate how a six-month low-sodium dietary approach influenced blood pressure and the management of fluid retention in individuals with ESKD undergoing dialysis. The project sought to provide insights into potential improvements in the reduction of interdialytic weight gain and kidney health.

Role: Grant Co-writer, Researcher

Conference Abstracts (7 of 20)

- **American Society of Nephrology – Kidney Week 2024 (San Diego, CA) King AC & Morgan A,** Move More: Development, Testing, and Feasibility of patient-centered physical activity program in HD patients (2024).
- **American College of Sports Medicine, National Conference 2024 (Boston, MA) Ruby J,** Hjelmstad M, Bruneau M, Rhea N, **King AC,** Cunha JM, Jensen CD. Training Load And Cardiovascular Stress Differ In Practice And Competition Settings In Female Collegiate Basketball (2024)
- **American College of Sports Medicine, National Conference 2024 (Boston, MA) Benincasa N.,** Phillips J, Jensen MR, Bruneau ML, **King AC,** Cunha JM, Waterman W, Jensen CD. Isolating the Effect of Grip Strength on Exit Velocity in Male Baseball Players (2024).
- **American Society of Nephrology – Kidney Week 2020 (Orlando, FL) Morgan A, King AC,** Wilund KR. Development of a Curriculum to Train Exercise & Healthcare Professionals to Implement Exercise Programs in CKD (2022).
- **International Conference on Dialysis Advances in Kidney Disease 2020 (Hollywood, CA) King AC,** Harris AP, Perez LM, Wilund KR. (2020) A Workplace Wellness Program Results in Improvements in Physical Activity and Blood Pressure in the Staff of a Hemodialysis Clinic.
- **American College of Sports Medicine, National Conference 2020 (San Francisco, CA) King AC,** Saxe JM, Jacobson LE, Williams J, Harper P, Jensen CD. (2020). Physical Activity is Critical to Preserve Cognitive Function in Nephrology Patients.
- **American Society of Nephrology – Kidney Week 2020 (Online Webinar) Fang HY, Perez LM,** Larsen RJ, **King AC,** Burrows B, Wilund KR. Effect of intradialytic Exercise on the Removal of Tissue Sodium During Hemodialysis (2020).
- **American Society of Nephrology – Kidney Week 2020 (Online Webinar) Perez LM, Fang HY,** Burrows B, **King AC,** Ashrafi SA, Wilund KR. Benefits of Home-Delivered, Low-Sodium Meals in Hemodialysis Patients (2020).
- **American Society of Nephrology – Kidney Week 2020 (Orlando, FL) Burrows B, King AC,** Morgan A, Hernandez R, Wilund KR. Pre-habilitative Virtual Reality Mindfulness and Personalized Physical Activity for Hemodialysis Patients with Depressive Symptoms: A Feasibility Study (2022).

Community & Academic Service

Journal Peer-Review Service

Journal of Renal Nutrition	2019 - Present
Journal of Renal Care	2019 – Present
BMC Nephrology	2020 – Present
Kidney Medicine	2021 – Present

Professional Conference Service

International Society of Renal Nutrition (ISRNM) – Abstract Reviewer	2021 - 2022
Global Renal Exercise Network (GREX) – Abstract Reviewer & Webinar Moderator	2019 - Present

Professional Membership Affiliations (Alphabetical)

American College of Sports Medicine (ACSM)
American Heart Association (AHA)
American Society of Nephrology (ASN)
Exercise is Medicine (EIM-OC)
Global Renal Exercise Network (GREX)
International Society of Renal Nutrition (ISRNM)
National Kidney Foundation (NKF)

Committees Served

Exercise is Medicine on Campus (EIM-OC) student committee member, UIUC (2019-2022)
Student Affairs Assessment Committee, UIUC (2019 – 2022)
Campus Recreation Assessment Committee, UIUC (2019 - 2022)
Hiring Committee for Campus Recreation, UIUC (Summer 2021)
Hiring Committee for the Department of Kinesiology & Community Health, UIUC (Fall 2019)

Community Outreach

Exercise is Medicine (2023 – current)
Lifetime Fitness Program (2018 – 2022)
– Program Coordinator
Exercise is Medicine on Campus (EIM-OC) (2019 – 2022)
– Program Coordinator
iPALS Kids Camp (Summer 2019)
– Program Coordinator

Computer/Technical Skills & Certificates

Statistical Analysis Software: SPSS, R
Assessment & Reporting Software: REDCap, Qualtrics, Baseline and compliance assist
Data Visualization Software: Qualtrics, Tableau, GraphPad, Microsoft Office
Online Learning Platforms: Blackboard, Canvas, Compass2g
Certificates: American Red Cross CPR/ First Aid Certified

Student Mentorship & Advising

University of the Pacific

1. Fall 2024 – 27 UG students; 1 graduate thesis committee

University of Illinois at Urbana-Champaign

Undergraduate Mentorship Program: I have mentored 122 students in the Renal and Cardiovascular Disease Research laboratory since 2019, with some taking course credit (captured in KN 385/391), and many purely volunteering.

Professional Management & Leadership Experience

University of the Pacific

Assistant Professor (August 2024 - current)

In my current role as an Assistant Professor at the University of the Pacific, I have developed strong professional management and leadership experience through a variety of initiatives, most notably by establishing and leading the Exercise is Medicine (EIM) program on campus.

As the faculty lead for Exercise is Medicine, I spearheaded efforts to integrate physical activity as a core component of our campus culture. This included coordinating with faculty, staff, and students to implement programming aimed at promoting exercise as a key factor in disease prevention and wellness. Our efforts resulted in Pacific being recognized as a silver-level Exercise is Medicine campus, a prestigious designation that reflects our commitment to advancing health and wellness initiatives across the university.

My leadership role also involved managing interdisciplinary teams, collaborating with departments such as Campus Recreation, and working directly with students to mentor and guide them in the development and execution of wellness-focused events. I facilitated research-driven approaches to exercise and public health, helping to bridge the gap between theory and practice in health education. This leadership experience has strengthened my ability to manage projects, mentor students, and collaborate effectively with colleagues to foster a campus-wide culture of health and well-being.

University of Illinois, Urbana-Champaign

Campus Recreation Data Assessment Assistant (January 2019 - 2022)

- Create and maintain a culture and environment that supports and promotes the overall wellness of students in the University of Illinois community.
- Provide leadership to a team tasked with organizing, planning, conducting, and evaluating student wellness initiatives.
- Coordinate the collection and synthesis of departmental data to inform best practice and to communicate the impact of Campus Recreation programs and services on the Campus Community.
- Hire, train, supervise and evaluate student staff.
- Ensure successful budgeting, planning and implementation of efforts from, Fitness Programs, Adventure Recreation, and Student Wellness departments.

Campus Recreation Student Wellness Programmer (November 2018 – 2022)

- Provide direct leadership to a staff of four graduate level students, two senior program assistants, 15-undergraduate students, and 10 student interns, annually.
- Develop, implement, review, and revise student wellness, employment training, program policies and protocols.
- Content development and management of Student Wellness web pages and promotional materials
- Maximize department and campus resources through responsible budget management to ensure a positive student experience related to personal wellness.
- Advocate for students through regular surveys, focus groups and benchmarking projects.
- Engage in data driven, innovative program design and implementation, Orange & BLUE ZONE, Wellness on Wheels, and many more.
- Collaborate and partner with campus partners to provide Student Wellness opportunities (vaccination clinic, blood drive, well-o-ween, sexual health education fair, skin checks and many more).
- Guide program planning, program development and coordination of departmental efforts related to student wellness.
- Strategic planning for Student Wellness within Campus Recreation, the Campus Community, and the greater Community
- Founding student chair of the Campus Recreation Assessment Committee

- Development of a wellness model that has been accepted and implanted across the health and auxiliary units in Student Affairs
- Founding student committee member of the Gold Status, American College of Sports Medicine (ACSM) – Exercise is Medicine, On Campus (EIM-OC) committee.

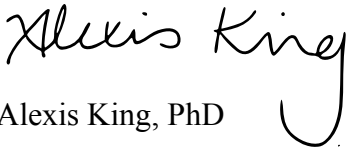
Lifetime Fitness Program Director (August 2018 – May 2022)

Program details: Community based fitness program for older adults (55+). The program serves to provide structured group or individualized fitness classes, cognitive understanding of the principles and techniques of fitness, and promotes adherence of a physically active lifestyle among the Champaign-Urbana, IL community.

Role & responsibilities

- Developed and implemented physical activity training programs for members of the community.
- Oversaw the program with a staff of 5 student personal trainers per semester.
- Facilitated 12-classes per week.
- Budget oversight; annual operating budget of \$15,000 and reserve budget of \$5,000 for facility and equipment purchases

Last updated 10-1-2024


Alexis King, PhD