

AMANDA L. FOLK

Curriculum Vitae

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EDUCATION

- PhD Student, Kinesiology – Behavioral Aspects of Physical Activity August 2019 - present
University of Minnesota Minneapolis, MN
- Public Health Graduate Minor
- Master of Science, Integrative Exercise Physiology May 2016
Temple University Philadelphia, PA
- Bachelor of Science, Kinesiology May 2014
Temple University Philadelphia, PA
- Temple University Rome – Study Abroad Experience Fall 2011

CLASSROOM INSTRUCTION

Graduate Instructor

Kinesiology 3001: Lifetime Health and Wellness Fall 2019 – present
University of Minnesota

Instructor

Kinesiology 2203: Physiology of Physical Activity Laboratory Spring 2017 – Spring 2019
Temple University

Kinesiology 4385: Internship in Exercise and Sport Science (ESS) Fall 2018 – Summer 2019
Temple University

- Communicate with internship site supervisors about student evaluations, grade assignments completed by interns, and encourage student reflection and growth through an ESS internship experience.

Kinesiology 2203: Physiology of Physical Activity Lecture Fall 2018
Temple University

- Taught a 105-person lecture section as coverage for a faculty member on Family and Medical Leave.

Graduate Teaching Assistant

Fall 2014 – Spring 2016

Kinesiology 2203: Physiology of Physical Activity Lecture & Lab
Temple University

Diamond Peer Teacher

2014

Kinesiology 1223: Anatomy & Physiology I
Temple University

- Led weekly study sessions and class reviews for the lecture portion of this class as an undergraduate student.

RESEARCH EXPERIENCE

Co-Investigator

March 2019 – present

“Physical Activity and Social Media Use Among College Students”

- Conduct background research on social media usage patterns and social media interventions to develop the IRB proposal for submission at Temple University.
- Collect data through Qualtrics survey.

Co-Investigator

November 2017 – May 2019

“Determinants of 2000m Rowing Ergometer Performance in Female Collegiate Athletes”

- Conduct background research on physiology of female rowers and develop the IRB proposal for submission at Temple University.
- Collect data through anthropometric and body composition measurements.
- Analyze data to evaluate correlations between strength and conditioning variables and rowing performance.

Graduate Lab Assistant

May 2015 – May 2016

Temple University Translational Exercise Biology Lab

Principal Investigator: Dr. Joon Park

- Became familiar with basic skills in animal- and cellular-based lab settings.

Exercise Interventionist

January 2014 – December 2015

University of Pennsylvania Center for Clinical Epidemiology and Biostatistics

Women in Steady Exercise Research (WISER) Survivor Study

Principal Investigator: Dr. Kathryn Schmitz

- Instructed 11 cohorts of 5-8 breast cancer survivors with lymphedema on exercise technique and exercise prescription.

PROFESSIONAL EXPERIENCE

Exercise and Sport Science Lab Manager

September 2017 – May 2019

Temple University – Department of Kinesiology

- Propose a model for lab services to become available to individuals in the Temple community, as well as the surrounding Philadelphia area.
- Plan and organize a renovation of the current exercise lab space through equipment pricing, analyzing the needs of Exercise and Sport Science faculty, and enriching student experience.
- Move Temple University’s Exercise and Sport Science program towards accreditation through the Committee on Accreditation for the Exercise Sciences (CoAES).

Amanda Folk

Exercise Lab Manager

October 2016 – September 2017

Nemours/A.I. duPont Hospital for Children – Nemours Cardiac Center

- Performed maximal exercise tests and tilt table tests on a pediatric population; required proficiency in using a metabolic cart, taking blood pressures, and reading exercise test ECG tracings.
- Oversaw undergraduate and master level exercise physiology interns in the exercise lab and helped refine their skills through application, quizzes, and case studies.
- Encouraged growth in the cardiology exercise testing lab through increase in appointment availability, staff availability, and efficiency of encounter time.

Exercise Physiology Graduate Intern

August 2015 – May 2016

Children’s Hospital of Philadelphia – Cardiology

- Aided exercise testing in a clinical setting working with a pediatric population.
- Trained the undergraduate interns and helped develop their skills reading ECGs, monitoring/running exercise tests, and with basic cardiovascular physiological concepts.

PUBLICATIONS AND PAPERS

Folk AL, Garcia CA, Whitney SH, & Kovacs SJ. Relationship Between Strength and Conditioning Assessments and Rowing Performance in Female Collegiate Athletes. *Submitted for publication.*

Octavio J, Falini L, Goudie B, **Folk AL**, & Robinson BW. Standardization of a Continuous Ramp Ergometer Protocol for Clinical Exercise Testing in Children. *Pediatric Cardiology*. 2019; 40(4):834-840.

Folk AL, Garcia CA, & Sgherza A. Temple Women’s Rowing Training Considerations. Unpublished. 2018.

Santiago MC, **Folk AL**, & Garcia CA. The Physiology of Physical Activity; Kinesiology 2203 Laboratory Manual. Temple University course text. 2018.

LECTURES, PRESENTATIONS, AND POSTERS

Philly FIGHT April 2019
“Health Matters Workshop: Physical Activity” Presenter

Temple University, KINS 1201: Introduction to Kinesiology September 2018, February 2019
“KINS 2203: Physiology of Physical Activity” Guest Lecturer

Pennsylvania Athletic Training Society Symposium March 2018
“Body Composition in Athletic Training” Presenter

Nemours/A.I. duPont Hospital for Children Cardiology Lecture December 2016
“Principles of Exercise Testing” Presenter

Amanda Folk

American College of Sports Medicine (ACSM) Mid-Atlantic Regional Meeting November 2015
“Muscle miR-27a is decreased during diabetes and regulated by calcineurin signaling.” Poster

CERTIFICATIONS

Collaborative Institutional Training Initiative (CITI): Biomedical Research through May 2020

Teaching in Higher Education Certification Temple University, 2016

American Heart Association Basic Life Support through December 2019

ACSM Certified Exercise Physiologist through December 2020