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JESSICA L. BASILIO, M.A.

ACADEMIC EDUCATION

Bachelor of Science in Exercise Physiology

August 1996-August 2000

East Carolina University, Greenville, NC

Masters of Arts in Exercise Physiology

August 2002-May 2004

East Carolina University, Greenville, NC

AWARDS RECEIVED

McCulley Memorial Endowment

Demonstrated commitment to the study and career in exercise physiology

Spring 2003/Fall 2004

PROFESSIONAL CERTIFICATIONS

American Heart Association CPR/AED Certified

August 2002 – Present

ACSM Certified Exercise Specialist

May 2003 – Present

NSCA Certified Strength and Conditioning Specialist

December 2003 – Present

PUBLICATIONS

Abstract

African-American Women Have Increased Rates of Fat Oxidation After 10 Days of Endurance Exercise Training. Ronald N. Cortright, Kimberly M. Sandhoff, Jessica L. Basilio, Jason R. Berggren, Robert C. Hickner, and Joseph A. Houmard. *The Physiologist*, 47(4): 330, 2004.

PROFESSIONAL EXPERIENCE

Memorial Sloan-Kettering Cancer Center - Manhattan, New York

Clinical Session Assistant/ Practice Leader: *September 2000 – May 2002*

- ◆ Worked as a liaison between patient, family and doctor
- ◆ Supervised administrative session assistants

Camp Timbercreek: Lenoir, NC

Exercise Leader and Head Counselor

May 2004 – August 2004

East Carolina University-Grant Funded Project

Physical activity intervention for obese adolescents: A mentor approach

Program Coordinator: *September 2004-March 2005*

- ◆ Conducted physical activity assessments
- ◆ Guided undergraduate Exercise Physiology students
- ◆ Provided teens with aerobic and resistance exercise programs

Viquet Wellness Center: Greenville, NC

Wellness Program Specialist

March 2005 – January 2005

- ◆ Teach youth and adult weight management education classes
- ◆ Conduct physical activity assessments
- ◆ Conduct physical activity home visits w/ pediatric healthy weight case management team

Pediatric Healthy Weight Case Management Team: Greenville, NC

Exercise Physiologist

March 2005 – Present

Human Performance Lab, East Carolina University, Greenville, NC

Visiting Instructor/Research Associate

February 2006- Present

- ◆ Research associate for an “Age related insulin resistance, muscle and exercise” project
- ◆ Work with Cardiovascular Risk Assessment program in the Human Performance Lab
- ◆ Supervise the exercise physiology graduate students teaching the undergraduate physiology of exercise course
- ◆ Working on the development of the online undergraduate exercise physiology course

RESEARCH EXPERIENCE/SKILLS

East Carolina University Health and Human Performance Lab

Graduate Research/Teaching Assistant

August 2002 – May 2004

- ◆ Performed cardiovascular risk assessments which include anthropometric measurements, 7-site skinfolds, hydrostatic weighing, maximal and submaximal stress testing, EKG interpretation, strength and flexibility assessment and pulmonary function testing.
- ◆ Thesis Research looking at the effects of 10 days of endurance exercise training on lean African American women vs. lean Caucasian women.
- ◆ Provided exercise prescriptions for clients and promoted exercise adherence