

Lexie R. Beemer, MS

Curriculum Vitae

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University of Michigan, Ann Arbor, MI
Ph.D. student, School of Kinesiology

September 2018-

University of Michigan, Ann Arbor, MI
Master of Movement Science, School of Kinesiology

April 2018

Thesis: Feasibility of the InPACT intervention to enhance movement and learning in the classroom
(Rebecca E. Hasson, Ph.D., Natalie Colabianchi, Ph.D., Leah E. Robinson, Ph.D., Thesis Committee)

University of Michigan, Ann Arbor, MI
Bachelor of Science in Health and Fitness, School of Kinesiology

May 2016

HONORS AND AWARDS

2018 American Kinesiology Association Master's Scholar Award winner
2018 University of Michigan School of Kinesiology Travel Award
2018 University of Michigan Rackham Merit Fellowship
2017 Donald R. Shepherd Senior Scholar Award winner
2014-2017 University of Michigan varsity letter winner
2014-2017 Academic All Big-Ten Conference

RESEARCH EXPERIENCE:

Childhood Disparities Research Laboratory, University of Michigan June 2016 – Present
Graduate Research Assistant

- Field experience through working on the Interrupting Prolonged Sitting with Activity (InPACT) study. InPACT is a classroom based physical activity intervention with the goal of increasing physical activity participation of elementary students within the classroom setting.
- Clinical experience on the Stress, Obesity and Diabetes in Adolescents study through administration of oral glucose tolerance tests and intravenous glucose tolerance tests to assess diabetes risk and insulin resistance in adolescents.

WORK EXPERIENCE:

Skyline High School, Ann Arbor, MI August- November 2017
Assistant Women's Swim Coach

- Contributed to planning and leading swim workouts for a team of 25 women.
- Assisted in organizing home and away competitions.
- Successfully communicated parts of technique the athletes needed to work on to improve performance.

Saline Senior Center, Saline MI January- March 2016
Wisdom and Wellness Instructor

- Created the exercise program for a class of senior citizens, focused on improving fitness for successful aging.
- Instruct class through leading exercises, correcting form, and motivating healthy lifestyle habits.

- Assist Saline Senior Center coordinator with administrative work.

Skyline High School Sports Performance, Ann Arbor MI

June-September 2015

Strength and Conditioning Intern

- Assisted and monitored strength, conditioning, and flexibility programs for eight Division I high school athletic teams.
- Prioritized safety and well-being of the students by teaching and correcting proper lifting techniques.
- Develop and carry out effective motivation techniques to assist student-athletes in achieving maximum potential.

Pinnacle Field Hockey, Ann Arbor MI

June- August 2014

Assistant Strength and Conditioning Coach

- Facilitated small group training sessions for middle school and high school aged girls.
- Critiqued the completion of agility drills, strength, and flexibility exercises focusing on proper movement skills.

EXTRACURRICULAR ACTIVITIES:

The University of Michigan, Ann Arbor MI

September 2013 – June 2017

Member, Women's Varsity Rowing Team

- Strengthen leadership skills by setting a strong example of work ethic, positivity and relentless pursuit of excellence.
- Develop competitive drive and strong mental strength and focus.
- Balance full academic course load with the demands of a 20+ hour a week training schedule.

PUBLICATIONS:

Published

1. **L. Beemer**, T. Ajibewa, M. O'Sullivan, M. Nagy, B. Ransier, D. Strockdill, U. Vance, N. Colabianchi, R. Hasson, (2018). Feasibility of the InPACT intervention to enhance movement and learning in the classroom. In press at Translational Journal of the American College of Sports Medicine.

PRESENTATIONS:

1. **L.Beemer**. Variability in implementation of a classroom-based physical activity intervention-implications for disparities in pediatric physical activity participation. Poster presentation at: 65th Annual American College of Sports Medicine (ACSM) National Meeting, Minneapolis, MN 2018.
2. **L.Beemer**. Feasibility of interrupting prolonged sitting with activity to enhance movement and learning in the classroom: results from the InPACT intervention. Poster presentation at: Kinesiology Graduate Research Showcase, Ann Arbor, MI 2017.
3. **L.Beemer**, R.E. Hasson. Effects of Interrupting Prolonged Sitting with Activity on Appetite Sensations in Elementary School-Aged Children. Oral presentation at: 64th Annual American College of Sports Medicine (ACSM) National Meeting, Denver, CO, 2017.
4. **L.Beemer**. The story of how athletics impacted my life. Oral presentation at: Skyline High School Athletic Gala, Ann Arbor, MI 2014.

TEACHING

Guest lecture- Movement Science 101, University of Michigan 2018
Guest lecture- Physical Activity Across the Lifespan, University of Michigan 2017

SERVICE TO THE UNIVERSITY

School of Kinesiology student representative- University of Michigan Inter-Professional Health Student Organization 2018-
Member- University of Michigan Kinesiology Diversity and Inclusion Network 2018-
Mentor- Undergraduate Research Opportunity Program (UROP) 2018-
Guest Speaker- Fortis Academy, Ypsilanti Michigan 2018
Volunteer- Project Healthy Schools, University of Michigan- Ann Arbor 2016-
Member- Michigan Student Athletes for Sustainability 2014-2016
Mentor- Ath-lead mentorship program, University of Michigan-Ann Arbor 2015-2016
Volunteer- Michigan from the Heart, University of Michigan-Ann Arbor 2014-2017