

Alexis Thrower

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Education

Doctor of Philosophy in Human Performance-Exercise Physiology, Expected May 2026

West Virginia University, Morgantown, WV, GPA 4.0

Advisor: Dr. Bethany Barone Gibbs

Master of Science in Clinical Exercise Physiology, August 2022

University of Pittsburgh, Pittsburgh, PA, GPA 4.0

Thesis (2022): Autonomic Nervous System Responses to an Acute Bout of Vinyasa Yoga

Advisor: Dr. Kelliann Davis

Bachelor of Science in Exercise Science, 2020

Slippery Rock University, Slippery Rock, PA, GPA 3.65

Internship: Butler Health System Cardiac Rehabilitation, Butler, PA

I completed 380 hours at an internship where I implemented and monitored individualized exercise programs for patients with different cardiac conditions. I also created a safe at-home yoga program for the patients to complement their current exercise programs.

Research Experience

Graduate Student Researcher, August 2022-Present

West Virginia University, Department of Epidemiology and Biostatistics, Morgantown, WV

I developed site-specific protocols and continue to implement the Pregnancy 24/7 Cohort Study at West Virginia University. I manage a team of other graduate and undergraduate students in completing day-to-day study specific tasks including conducting/observing clinical and virtual assessments, participant recruitment/retention, administrative duties, and activity monitor data management. I processed activity data utilizing Stata BE software during data collection for the SPRING randomized control trial. In addition to assisting with these two studies, I manage and interpret heart rate variability (AcqKnowledge and MindWare programs) and pulse wave velocity (Vicorder device) data for the multi-site Heart Art sub study.

Graduate Research Assistant, Student Researcher, May 2021-August 2022

University of Pittsburgh, Department of Health and Human Development, Pittsburgh, PA

I was a research assistant on the ongoing Pregnancy 24/7 Cohort Study where I conducted in-person and virtual clinical assessments, virtual consent signings, and virtual second/third trimester visits with participants. I utilized activPAL and Actiwatch monitors to collect data and give participants an overview of their 24-hour behaviors at the end of their pregnancy. I assisted in participant recruitment and retention. I supervised an undergraduate student in their first exposure to a research project. I performed study administrative duties including sending daily participant reminders, resolving data quality queries, and supporting data management. I also assisted in clinical assessments for a feasibility study that developed a novel method for measuring pulse wave velocity in children aged 2-4 years.

Master's Directed Study, Spring 2021

University of Pittsburgh, Department of Health and Human Development, Pittsburgh, PA

I conducted clinical assessments for participants in the Pregnancy 24/7 Study taking baseline measurements (height, weight, and resting blood pressure) and explaining activPAL and Actiwatch monitor wear protocol/application. I initialized and managed activPAL and Actiwatch data.

Presentations

Three Minute Thesis Finalist

Thrower AN, Quinn T, Jones MA, Whitaker KM, Barone Gibbs B. The Association of Different Occupational Activities with Negative Pregnancy Health Outcomes. American Heart Association Epidemiology and Lifestyle Session. February 28-March 3, 2023, Boston, MA. *Presented March 2023.*

Professional Abstracts

Thrower AN, Barone Gibbs B, Alansare A, Sherman S, Davis K. Autonomic Nervous System Responses to a Bout of Vinyasa Yoga. American College of Sports Medicine: Mid-Atlantic Regional Conference and National Conference, November 4-5, 2022, Harrisburg, PA. *Presented November 2022 and June 2023.*

Pancake D, **Thrower AN**, Paley J, Alansare A, Barone Gibbs B. Looking at Heart Rate Variability for the Effects of Diet on Cardiovascular Health. West Virginia University's 7th Annual Undergraduate Spring Symposium. April 22- 23, 2023, Morgantown, WV. *April 2023.*

Thrower AN, Jones MA, Whitaker KM, Barone Gibbs B. Associations of Active Compared to Sedentary Occupations with Pregnancy Health Outcomes. American College of Sports Medicine Annual Meeting, May 31 - June 4, 2022, San Diego, CA. *Presented June 2022.*

Jones MA, Whitaker KM, Paley JL, **Thrower AN**, Stoner L, Barone Gibbs B. Feasibility of Brachial-Femoral Pulse Wave Velocity in Young Children and Comparability to Normative Data. Submitted to American College of Sports Medicine 2021. American College of Sports Medicine Annual Meeting, May 31 - June 4, 2022, San Diego, CA. *June 2022.*

Publications

Jones, M.A., Whitaker, K.M., Paley, J.L., **Thrower, A.**, Stoner, L., Barone Gibbs, B. Brachial-Femoral Pulse Wave Velocity in 2 to 4-year-old children: A Feasibility Study. Blood Pressure Monitoring. *Published February 2023.*

Work Experience

Shakti Yoga and Pilates, Yoga/Pilates Instructor, January 2017-August 2022

Butler, PA

I taught creative yoga and mat Pilates classes to groups of up to 15 people that were simultaneously conducted in-studio and virtually. I also created and filmed content for the online portion of the studio.

Aim Yoga, Yoga Instructor, April 2017-August 2022

Natrona Heights, PA

I instructed creative yoga classes including vinyasa, HIIT, Restorative, Yin, and beginner classes to groups up to 25 people. I managed the studio's social media pages by creating and posting content like a variety of yoga information, yoga challenges, and class updates.

Graduate Student Assistant, Credited Course Instructor, August 2021-May 2022

University of Pittsburgh, Department of Health and Human Development, Pittsburgh, PA

I instructed a variety of one credit fitness classes including yoga, bootcamps, Pilates, body sculpting, and weight training to undergraduate students. In these classes, I gave direction to students on how to properly perform exercises, and I provided students with information related to exercise and structuring an appropriate workout. I mentored undergraduate exercise science students as they learned to safely and effectively teach group fitness classes.

Aebersold Recreation Center, Yoga Instructor, August 2017-May 2020

Slippery Rock University, Slippery Rock, PA

I instructed a variety of yoga classes to students and community members of the Slippery Rock area three days a week. I accommodated these classes to suit the skill level of each individual in classes up to 100 participants.

Professional Organization Memberships

American College of Sports Medicine (MARC-ACSM) 2021-current

American Heart Association 2023

Certifications

American Heart Association AED/CPR/First Aid-Adult, April 2023-April 2025

200-hr Registered Yoga Teacher, August 2016

Pittsburgh Classical Yoga Teaching Certification, Pittsburgh, PA

200-hr Registered Yoga Teacher, April 2020

Yoga and Leadership Certification, Oakmont, PA

Awards

ACSM Pregnancy and Postpartum Best Poster Abstract Submission, 2022

American College of Sports Medicine, Pregnancy and Postpartum SIG

Deborah Aaron Memorial Award, 2021

University of Pittsburgh, Department of Health and Human Development

Dean's List, Fall 2017-Spring 2020

Slippery Rock University, Slippery Rock, PA

Other Skills and Experiences

Proficient in Stata, REDCap, Microsoft Applications, and Social Media Forums

Alleghany Valley Emergency Department Volunteer, January 2018-August 2019

Camp Canadensis, Yoga/Cheerleading Instructor, Summer 2018

Field House Employee at Butler County Community College, Work Study, Spring 2017

Saxon Country Market, Cook/Cashier, June 2014- June 2018