

ALYSE FREEMAN

Lecturer, Department of Kinesiology

University of Texas at San Antonio

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EDUCATION

Master of Science, Exercise Science – Kinesiology | May 2022

California State University Long Beach (CSULB), Long Beach, CA

Thesis: The Prevalence of Physical Inactivity and Low Back Pain in Sedentary Office Employees: A Survey Analysis

Bachelor of Arts, Physical Education | May 2013

Pre-physical therapy concentration - Kinesiology

California State University Dominguez Hills (CSUDH), Carson, CA

ACADEMIC APPOINTMENTS

Lecturer | August 2025 – Present

Department of Kinesiology, University of Texas at San Antonio, San Antonio, TX

- Full-time Faculty Lecturer: undergraduate coursework
- Current Courses (Fall 2025): KIN 2123 Exercise As Medicine, KIN 3053 Fitness Instruction
- Graduate Teaching Assistant Supervisor: Oversee 5 laboratory sections, supervise teaching assistants, provide pedagogical support and mentoring, conduct regular assessment meetings to monitor student progress and TA effectiveness

Adjunct Professor | Spring 2025

Department of Kinesiology, University of Texas at San Antonio, San Antonio, TX

- Taught KIN 3313 Anatomy and Physiology for Kinesiology (3 credit hours)

Adjunct Professor | January 2023 – May 2024

Department of Kinesiology, California State University Dominguez Hills, Carson, CA

- Taught Lifetime Fitness and Introduction to Physical Education (3 credit hours each)
 - Developed comprehensive curricula using Blackboard and Canvas LMS
 - Incorporated interactive lectures, hands-on activities, and multimedia resources
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TEACHING EXPERIENCE

Previous Courses Taught

- **KIN 3313 Anatomy and Physiology for Kinesiology** (UTSA, Spring 2025)
- **KIN 235 Lifetime Fitness** (CSUDH, 2023-2024)
- **KIN 223 Introduction to Physical Education** (CSUDH, 2023-2024)

Teaching Approach

- Integrate theoretical knowledge with practical, real-world applications through hands-on experiences and evidence-based learning
- Foster inclusive learning environments using diverse teaching methodologies to accommodate various learning styles
- Promote critical thinking and evidence-based decision-making skills through problem-based learning, case studies, and comprehensive assessments
- Provide individualized support and career guidance through accessible office hours and mentoring

PROFESSIONAL EXPERIENCE

Exercise Physiologist | June 2022 – August 2025

JYKinesiology LLC, Remote

- Design clinically safe exercise programs for diverse populations applying advanced exercise physiology and strength training principles
- Conduct educational meetings and webinars on exercise science principles
- Create individualized progressive resistance training programs for patients with varying medical conditions
- Provide telehealth support and expert consultation to physicians
- Support action-based research addressing patient referral processes to fitness professionals

Assistant Strength & Conditioning Coach | October 2023 – September 2024

Athletics Department, California State University Dominguez Hills, Carson, CA

- Implemented evidence-based strength and conditioning programs for Division II athletes
- Delivered periodized, sport-specific training programs for baseball, women's volleyball, and women's basketball
- Mentored student-athletes and collaborated with athletic training staff on rehabilitation programs

Kinesiology Consultant | May 2020 – September 2024

Toro Esports Academy, California State University Dominguez Hills, Carson, CA

- Spearheaded health and wellness initiatives for varsity student e-athletes in NACE
- Developed educational content on ergonomics, injury prevention, and physical activity promotion
- Created multimedia educational resources tailored to esports athletes

Certified Personal Trainer | July 2011 – May 2013
Independent Contractor, Los Angeles County, CA

- Designed and implemented individualized fitness programs for diverse clientele
- Applied exercise science principles to help clients achieve health and fitness goals

Fitness Instructor | May 2010 – April 2011
Pure Potential Boxing, Hawthorne, CA

- Led group fitness classes incorporating boxing techniques, strength training, and conditioning
- Instructed proper exercise form and movement mechanics

LEADERSHIP EXPERIENCE

President | May 2021 – June 2022
Exercise is Medicine – On Campus (EIM-OC), California State University Long Beach (Volunteer)

- Led student executive board of eight members in promoting physical activity as vital health indicator
- Collaborated with diverse stakeholders to organize educational workshops & wellness events
- Managed administrative responsibilities including organizational registration and grant applications

SCHOLARSHIP ACTIVITIES

Conference Presentations

- Freeman, A., & Turner, M. (2023, October). Health and Wellness Team within Esports at CSUDH [Poster presentation]. *American College of Sports Medicine, Southwest Regional Chapter Conference. International Journal of Exercise Science: Conference Proceedings*, 14(3), Article 96. <https://digitalcommons.wku.edu/ijesab/vol14/iss3/96/>
- Freeman, A. C., Cotter, J. A., Schick, E. E., & Escobar, K. A. (2022, October). The prevalence of physical inactivity and low back pain in sedentary office employees: A survey analysis [Poster presentation]. *American College of Sports Medicine, Southwest Regional Chapter Conference. International Journal of Exercise Science: Conference Proceedings*, 14(2), Article 116. <https://digitalcommons.wku.edu/ijesab/vol14/iss2/116>

Invited Presentations and Guest Lectures

- Freeman, A. (2022, December). Exercise is medicine: Using strength training principles to lower & improve disease risk and complications [Guest lecture]. University of San Francisco, KIN 325 Exercise and Disease Prevention.

- Freeman, A., & Turner, M., (2023, April 21). Beyond the screen: Integrating health and wellness into collegiate esports [Roundtable discussion]. 2023 CSUDH Research Symposium, California State University, Dominguez Hills.

Workshops and Public Presentations

- Ergonomics & Intentional Breaks for the eAthlete, Presenter and Workshop Facilitator, Esports@CSUDH x GEARUP Compton – Toro Summer Academy (July 2023)
- Health & Wellness Panelist, "Metaverse, Gaming, and Esports", Radio Free 102.3 KJLH Men's Empowerment Summit (September 2022)

Educational Media and Outreach

- Freeman, A. (2021, September). The effects of prolonged sitting on physical & mental health [Guest lecture]. CSULB, Exercise Is Medicine – On-Campus Organizational Meeting.
- Freeman, A. (2021, July). Prolonged sitting & esports: The reality of injury and disease [Live video podcast]. CSUDH Esports Association.
- Freeman, A. (2020, October). Combating gaming fatigue in esports [Live video podcast]. CSUDH Esports Association.
- Freeman, A. (2020, June). Physical fitness & injury prevention in esports [Live video podcast]. CSUDH Esports Association.

AWARDS AND RECOGNITION

Teaching Recognition

- Affordable Learning Solutions (AL\$) Faculty Recognition, CSU Dominguez Hills, April 2023
"For outstanding participation in the CSU/CSUDH Affordable Learning Solutions Initiative and contribution to student learning by reducing textbook and learning materials cost."

Leadership Recognition

- Nominee: Outstanding Officer of the Year - CSULB Student Life & Development 2022 Leadership Recognition Awards, May 2022

PROFESSIONAL MEMBERSHIPS

- **National Strength & Conditioning Association (NSCA)**, Professional Member, April 2022 – Present
- **American College of Sports Medicine**, Professional Member, April 2021 – Present

- **American College of Sports Medicine Southwest Regional Chapter**, Professional Member, April 2022 – March 2024
 - **NSCA Special Interest Groups**: Special Populations + Nutrition, Metabolism, and Body Composition, May 2022 – Present
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SERVICE

Professional Service

- Academic Judge, CSUDH Annual Student Research Conference - Health, Nutrition, and Clinical Science Graduate Oral Session, February 2022 & 2023
- Annual (Jeopardy) Student Bowl Competition Organizer – Subcommittee Member, American College of Sports Medicine Southwest Regional Chapter, 2022 & 2023

Mentoring and Outreach

- CSULB GradMentor Alumni Program – Mentor Collective, 2022 – Present
- CSUDH Alumni Mentorship Program, 2023 – 2024
- Head Coach, Girls Basketball, City of Torrance Youth Sports & Recreation, 2017 – 2019

University Service

- Social and Racial Justice Action & Education Taskforce, University Library, CSU Dominguez Hills, 2021 – 2024
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CERTIFICATIONS AND TRAINING

Current Certifications

- CPR/AED/First-Aid, 2023 – 2025
- CSU Concussion Management (Coach Edition), 2023 – 2024
- USA Mental Health First Aid, 2015 – present (tri-annual renewal)

Professional Development

- Social & Behavioral Research – Stage 1, Basic Source, 2021 – 2024
 - Practical & Proven Suicide Prevention Training, QPR Institute, 2020 – 2024
 - California State University Sexual Discrimination & Harassment Prevention Program (2021)
 - Gender Equity & Title IX Training (2020)
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APPLIED EXPERIENCE

- **Intern**, Court's Corner LA Sports Medicine & Performance (in conjunction with the WNBA Los Angeles Sparks), June 2020 - August 2020 (80 hours)
 - **Personal Trainer Trainee**, Spectrum Athletic Club (currently Bay Club), March 2011 - May 2011 (122 hours)
 - **Athletic Training Room Assistant**, CSUDH, January 2011 - May 2011 (150 hours, Grade: A)
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CV Last Updated: August 2025