



# ANNMARIE CHIZEWSKI

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## Summary

Ambitious educator with 9+ years of experience in higher education. Skilled in delivering scheduled lectures and collecting educational information for use in presentations. Highly capable health and fitness coach, dedicated to creating happier and healthier individuals through physical activity and exercise.

## Skills

- Public Speaking
- Classroom lectures
- Training and development
- Student engagement
- Academic advisement
- Wellness promotion
- Strength coaching
- Health and wellness expert

## Education and Training

<b>Ph.D:</b> Kinesiology University of Illinois at Urbana   Champaign, Urbana-Champaign, IL	05/2019
<b>M.S:</b> Kinesiology University of Illinois at Urbana   Champaign, Urbana-Champaign, IL	08/2016
<b>B.S:</b> Kinesiology University of Illinois at Urbana   Champaign, Urbana-Champaign, IL	05/2014

## Experience

<b>Assistant Director of Experiential Learning/Instructor</b> University of Illinois Chicago   Chicago, Illinois	08/2022 – Present
<b>Small Group Strength and Conditioning Coach</b> LifeTime   Chicago, Illinois	01/2022 – Present
<b>Tenure Track Assistant Professor</b> Benedictine University   Lisle, Illinois	08/2019 – 08/2022
<b>Academic Advisor</b> Benedictine University   Lisle, Illinois	08/2019 – 08/2022
<b>Teaching Assistant</b> University of Illinois at Urbana   Urbana, IL	08/2014 - 05/2019
<b>Research Assistant</b> University of Illinois at Urbana   Urbana, IL	08/2014 - 05/2019
<b>Group Fitness Instructor</b> University of Illinois, Campus Recreation   Urbana-Champaign, IL	11/2012 - 05/2019
<b>Fitness Intervention Specialist</b>	05/2014 - 12/2015

**Personal Trainer**

12/2011 - 01/2014

University of Illinois, Campus Recreation | Urbana-Champaign, IL

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**Courses Taught**

University Illinois Chicago

- KN 246: Group Exercise Instruction- Fall 2023
- KN 352: Exercise Physiology Lab- Summer 2023
- KN 394: Field Work Girls in the Game- Fall 2023
- KN 396: Career Deep Dive- Fall 2022, Spring 2023
- KN 398: Discovering Research- Spring 2023, Fall 2023

Benedictine University

- IDS 3304: Social Justice in Sport- Summer 2020, 2021
- PHED 265: Fitness Programming- Summer 2019
- PHED 399: Internship in Exercise and Sport Studies- Summer 2019
- SES 1198: Health and Fitness Professional Seminar- Fall 2021
- SES 2200: Introduction to Kinesiology- Fall 2021
- SES 2216: Sport Sociology- Spring 2021, Spring 2022
- SES 2237: Sport Psychology- Fall 2020, Fall 2021
- SES 2351: Exercise Psychology- Spring 2020, Spring 2022
- SES 3297-3299: Field Experience- Fall 2019, Spring, 2020, Summer 2020, Fall 2020, Spring 2021, Summer 2021, Fall 2021, Spring 2022
- SES 4310: Research Methods- Spring 2020, Spring 2021, Spring 2022
- SES 4313: Strength and Conditioning Principles- Fall 2020, Fall 2021
- SES 4314: Programming and Planning – Fall 2020, Fall 2021
- SES 4391: Tactical Strength and Conditioning- Fall 2019
- SES 4399 Internship- Fall 2019, Spring, 2020, Summer 2020, Fall 2020, Spring 2021, Summer 2021, Fall 2021, Spring 2022

University Illinois Urbana Champaign

- KIN 340: Social & Psychological Aspects of Physical Activity- Fall 2014-Spring 2019
  - KIN 140 Social Sciences of Human Movement- Fall 2014-Spring 2019
  - KIN 122: Physical Activity and Health- Fall 2014-Spring 2019
  - KIN 107: Aqua Aerobics- Fall 2014-Spring 2019
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**Service**

**Department Faculty Advisory Committee**

University of Illinois Chicago | Chicago, Illinois

08/2023 -Present

**Kinesiology Scholarship Committee**

University of Illinois Chicago | Chicago, Illinois

08/2022 -Present

**Kinesiology Portfolio Committee**

University of Illinois Chicago | Chicago, Illinois

08/2022 -Present

**NCAA Faculty Athletic Representative**

Benedictine University | Lisle, Illinois

08/2021 -08/2022

<b>PEACE Team Member</b> Benedictine University   Lisle, Illinois	08/2020 – 08/2022
<b>Annual Conference Abstract Review</b> American College of Sports Medicine	08/2019 - Present
<b>Peer Reviewer</b> International Journal of Environmental Research and Public Health	08/2021 - Present
<b>Peer Reviewer</b> International Journal of Exercise Science	08/2019 - Present

## Research

### Publications

**Chizewski, A.**, Box, A., Kesler, R., & Petruzzello, S. J. (2021) Higher Intensity Functional Training (HIFT) Improves Fitness in Recruit Firefighters. *International Journal of Environmental Research and Public Health*, 18(24), 13400. DOI: [10.3390/ijerph182413400](https://doi.org/10.3390/ijerph182413400)

**Chizewski, A.**, Box, A., Kesler, R., & Petruzzello, S. J. (2021). Fitness fights fires: Exploring the relationship between physical fitness and firefighter ability. *International Journal of Environmental Research and Public Health* 12(22). DOI: [10.3390/ijerph182211733](https://doi.org/10.3390/ijerph182211733)

Petruzzello, S.J., Greene, D., **Chizewski, A.**, Rougeau, K., & Greenlee, T. (2018). Acute and chronic effects of exercise on mental health. In M. Wegner & H. Budde (Eds.), *Exercise and mental health: Neurobiological mechanisms of the exercise effect on depression, anxiety, and well-being*. New York: Taylor & Francis.

### Webinars

**Chizewski, A.** (October 2020) Fitness Fights fires: Examining the Relationship Between Physical Fitness and Firefighting Ability. Invited speaker by 7710 Insurance.

### Presentations/Conferences

**Chizewski, A.** (April 2021) "Fostering Interdepartmental Collaboration." Benedictine University College of Education and Health Services Eighth Annual Faculty Research Symposium.

**Chizewski, A.**, Kesler, R., Box, A., & Petruzzello, S. J. (2020). Functional Fitness is an Effective Training Modality in Firefighters. Poster presented at Poster presented at the 2020 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine (Virtual due to Covid).

**Chizewski, A.** (April 2020) Fitness Fights Fires: Exploring the Relationship between Physical Fitness and Firefighter Ability". Benedictine University College of Education and Health Services Seventh Annual Faculty Research Symposium.

**Chizewski, A** (February 2020). *Make it Personal: How to use Personality to Prescribe Exercise*. Invited guest speaker at the American College of Sports Medicine Intern National Health Fitness Summit (cancelled due to Covid-19).

**Chizewski, A.,** Kesler, R., Box, A., & Petruzzello, S. J. (2019) Fitness Fights Fires: Exploring the Relationship between Physical Fitness and Firefighter Ability. Poster presented at Poster presented at the 2019 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine in Orlando, Florida.

Box, A., Ison, S., **Chizewski, A.,** & Petruzzello, S. J. (2019). Alterations in Exercise-Affect between Those with Higher and Lower Intensity Preference and Tolerance. Poster presented at the 2019 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine in Orlando, Florida.

Ison, S., Box, A., **Chizewski, A.,** & Petruzzello, S. J. (2019). Exploring the Relationship Between Personality and High-Intensity Exercise-Affect in Men and Women. Poster presented at the 2019 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine in Orlando, Florida.

**Chizewski, A.,** Greenlee, T. A., Greene, D. R., Rougeau, K., Smith, D. L., & Petruzzello, S. J. (2017) Improved fitness trends in firefighter recruits over a 12-year span. Poster presented at Poster presented at the 2017 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine, in Denver, Colorado.

Rougeau, K.M., **Chizewski, A.,** Greene, D.R., Greenlee, T.A., Smith, D.L., & Petruzzello, S.J. (2017). Improvements in Recruit Fitness During a 6-week Firefighter Training Academy. Poster presented at the 2017 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine, in Denver, Colorado.

**Chizewski, A.,** Greene, D.R., & Petruzzello, S.J. (2016) Fighting Crime and Inactivity: Using Individual Differences as Predictors of Physical Performance and Fitness in Police Recruits. Poster presented at the 2016 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine, in Boston, Massachusetts.

Greenlee, T.A., Greene, D.R., **Chizewski, A.,** Rougeau, K.M., & Petruzzello, S.J. (2015) Cognitive Performance in Recruit Firefighters After An Intense Night-burn Drill: Impact of Individual Differences. Poster presented at the 2015 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Energy Balance of the American College of Sports Medicine, in San Diego, California.

Petruzzello, S.J., Poh, P., Mattila, T., Nickrent, N., Rougeau, K.M., Greene, D., Kosanovic, C., Kunkler, M., Abrahamian, A., Baranyi, B., Cekay, E., Cetin, N., **Chizewski, A.,** Foley, M., Garcia, L., Harris, S., Hartman, B., Hayes, P., Horgan, M., Kanelos, A., Karakas, K., Melbourn, L., Monge, J., Multack, J., Ocampo, S., Parikh, P., Rull, E., Steelman, K., Winter, A., Woulfe, R., Glosser K., & Bone, B. (2012). Fitness-Related Changes Resulting from a 6-Week Fire Academy Course for Recruit Firefighters. Poster presented at the annual Department of Kinesiology and Community Health Honors and Awards Program, University of Illinois at Urbana-Champaign, in Champaign, Illinois.

Petruzzello, S.J., Mattila, T., Poh, P., Nickrent, M., Rougeau, K., Greene, D., Steelman, K., Abrahamian, A., Baranyi, B., Cekay, E., Cetin, N., **Chizewski, A.,** Foley, M., Garcia, L., Harris, S., Hartman, B., Hayes, P., Horgan, M., Kanelos, A., Karakas, K., Kosanovic, C., Kunkler, M., Melbourn, L., Monge, J., Multack, J., Ocampo, S., Parikh, P., Rull, E., Winter, A., & Woulfe, R. (2012) Individual

Difference Correlates of Physical Activity. Poster presented at the annual Department of Kinesiology and Community Health Honors and Awards Program, University of Illinois at Urbana-Champaign, in Champaign, Illinois.

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## Awards and Distinctions

Certified Strength and Conditioning Specialist Exam Funding (February 2021)

- Awarded \$500 from the College of Education and Health Sciences to complete the National Strength
- Exam taken and passed in February 2021

Faculty Development Funding (February 2020)

- Awarded \$1,500 to attend the ACSM Annual Conference
- Additional funding was awarded from the College of Education and Health Sciences to cover remaining conference expenses
- Funding was revoked due to COVID-19 restrictions

Teaching Assistant List of Excellence (Fall 2014-May2019)

- Department of Kinesiology and Community Health
- University of Illinois Urbana Champaign

Employee of the Year (2016-2017 & 2017-2018)

- Department of Group Fitness and Personal Training
  - University of Illinois Urbana Champaign Campus Recreation
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## Certifications

- American College of Sports Medicine Certified Personal Trainer 2011-2014
- CPR/AED & First Aid American Heart Association 2010 – current
- Les Mills International BODYFLOW Instructor 2014-2019
- Les Mills International BODYPUMP Instructor 2014-2019
- Keiser Cycling Instructor January 2017-Present
- NSCA Certified Strength and Conditioning Specialist February 2021-Present
- USA Weightlifting Level 1 March 2022-Present