

Stephen Decker

PH.D. CANDIDATE

Dalton, Massachusetts

☎ (713) 452-9516 | ✉ DeckerStephenT@gmail.com | 📷 stdecker | 🌐 deckerst | 🐦 decker_st

A 4th year Ph.D. Candidate at the University of Massachusetts Amherst with experiences in teaching undergraduate courses in health-related disciplines, CPR/First Aid and Lifeguarding, and providing exercise programs to high-risk individuals in healthcare and recreational settings.

About Me

- Certified Clinical Exercise Physiologist (CEP), Exercise Physiologist (EP-C), and Exercise is Medicine Level 3 Credential through the American College of Sports Medicine. Certified Basic Life Support Provider through the American Heart Association.
- Fourth year Ph.D. Candidate in the Department of Kinesiology at the University of Massachusetts Amherst studying the relationship between oxygen delivery, skeletal muscle oxidative metabolism, and the role of reactive oxygen species in health and disease.
- Experienced in teaching undergraduate courses in health-related disciplines (4 years), instructing CPR/First Aid and Lifeguarding (5+ years), and providing exercise programs to low- and high-risk individuals in health-care and recreational settings (4+ years).
- Led exercise testing, evaluation, and behavioral intervention programs for high-risk individuals with cardiovascular, metabolic, pulmonary, and musculoskeletal ailments in research and clinical settings.
- Facilitated student learning, leadership development, and student engagement through providing instructional support and resources to promote student success.

Education

Ph.D. in Kinesiology

UNIVERSITY OF MASSACHUSETTS AMHERST

- Tentative Dissertation Project: The Role of Sirtuins in Cigarette Smoke-Induced Skeletal Muscle Dysfunction

Amherst, Massachusetts

Expected 2022

Ph.D in Nutrition and Integrative Physiology

UNIVERSITY OF UTAH

- Transferred to the University of Massachusetts Amherst to continue studies with mentor Gwenael Layec

Salt Lake City, Utah

Not Completed

M.S. in Kinesiology

STEPHEN F. AUSTIN STATE UNIVERSITY

- Thesis Project: Effects of High-Intensity Interval Training on Postprandial Lipemia and Glycemia

Nacogdoches, Texas

August 2016

B.S. in Kinesiology

STEPHEN F. AUSTIN STATE UNIVERSITY

- Graduated with Honors, Cum Laude

Nacogdoches, Texas

May 2014

Relevant Experience

Graduate Teaching and Research Assistant

UNIVERSITY OF MASSACHUSETTS AMHERST

Amherst, Massachusetts

August 2018-Present

- Led several research projects, including my own dissertation, focusing on assessing vascular function (using Doppler ultrasound) and skeletal muscle metabolism (using ³¹Phosphorus-Magnetic Resonance Spectroscopy and High-Resolution Respirometry).
- Developed graduate and undergraduate lab members' techniques and fundamental theories surrounding common laboratory techniques.
- Facilitated discussion and lab courses for the Department of Kinesiology including Advanced Exercise Physiology, Anatomy & Physiology, and Human Performance & Nutrition.
- Communicated research findings by presenting oral presentations at the international conferences, department seminars, and poster presentations (see below).

Graduate Research Assistant

UNIVERSITY OF UTAH VASCULAR RESEARCH LABORATORY

Salt Lake City, UT

July 2017-August 2018

- Led several projects focusing on vascular function and oxygen delivery in healthy subjects, and individuals diagnosed with Chronic Obstructive Pulmonary Disease.
- Collaborated with investigators in the Department of Radiology to develop new methods of assessing skeletal muscle blood flow using Dynamic Contrast Enhanced (DCE) MRI.

Clinical Exercise Physiologist

BAYLOR COLLEGE OF MEDICINE

Houston, TX

May 2016 - July 2017

- Designed and implemented weight loss and exercise programs for individuals with cardiovascular, musculoskeletal, metabolic, pulmonary, and neurological conditions.
- Worked with a team to deliver weight loss and exercise interventions to middle-aged and elderly adults with and without chronic ailments.
- Conducted and assessed cardiovascular (EKG stress tests) fitness, muscular exercise performance (BIODEX), and activities of daily living, and used these measures to build safe and effective exercise regimens.

Graduate Teaching Assistant

STEPHEN F. AUSTIN STATE UNIVERSITY

Nacogdoches, TX

August 2014 - May 2016

- Created and delivered course content, as an instructor of record, for undergraduate-level courses.
- Instructed students on using visualization software to assess human motion in the Biomechanics Lab course.

Pool Manager (Seasonal)

CITY OF PASADENA, TEXAS

Pasadena, TX

May 2015 - September 2015

- Oversaw pool operations at several aquatics facilities, including maintaining a safe and welcoming recreational experience for pool patrons and guests.
- Trained and instructed lifeguards, and led regular in-service training.

Personal Trainer & Head Lifeguard

STEPHEN F. AUSTIN STATE UNIVERSITY RECREATION CENTER

Nacogdoches, TX

January 2014 - October 2014

- Conducted exercise testing, evaluation, and programming for several personal training clients.
- Led and conducted lifeguard training and managed pool operations.

Presentations

The Physiological Role of Sirtuins: A Target for Aging or More Hype?

UNIVERSITY OF MASSACHUSETTS DEPARTMENT OF KINESIOLOGY

Amherst, MA

November 2019

Effects of Tetrahydrobiopterin on Limb Blood Flow and Muscle Metabolism in Patients with COPD

INTERNATIONAL SOCIETY FOR MAGNETIC RESONANCE IN MEDICINE

Montreal, QC

May 2019

Honors

Trainee Stipend Award Recipient

INTERNATIONAL SOCIETY FOR MAGNETIC RESONANCE IN MEDICINE

Montreal, QC

May 2019

Student Research Poster Finalist (MS)

TEXAS AMERICAN COLLEGE OF SPORTS MEDICINE

Waco, TX

February 2017

Student Research Development Award Recipient

TEXAS AMERICAN COLLEGE OF SPORTS MEDICINE

College Station, TX

March 2016

SFASU Undergraduate Research Conference Top Scholar

STEPHEN F. AUSTIN STATE UNIVERSITY SCHOOL OF HONORS

Nacogdoches, TX

February 2014