

Alexis C. King, PhD
Curriculum Vitae
E-mail: aking1@pacific.edu

Education and Degrees

Academic Teaching Experience

3. "Focusing on the Role of Patient-Centered Physical Activity Program for Knowledge Competition. November 11, 2020 (Virtual Conference).
4. "Growth of the Role of Patient-Centered Physical Activity Program for Community Health, November 10, 2020 (Virtual).
5. "Your Kidneys & Exercise: Teens and Young Adults Living with Kidney Disease and National Kidney Foundation of Chicago, IL 2020

Publications

1. **King AC**, Villalobos C, Vosti P, Jensen CD. Sex-Specific Variations in Glycated Hemoglobin Responses to Structured Exercise in Type 2 Diabetes: Healthcare Implications of Walking and Strength Training on Glycemic Control. *Healthcare*. 2024; 12(15):1528. <https://doi.org/10.3390/healthcare12151528>
2. Burrows BT, Morgan AM, **King AC**, Hernandez R, Wilund KR. Virtual reality mindfulness and

engagement. The program aims to create a supportive environment where participants can work towards achieving their fitness and wellness goals.

2. Project Title: *Move More: Development of the Kidney Wellness Institute of Illinois (KIWII)*
PI: Kenneth Wilund
Sponsor: UIUC Discovery Partners Institute (DPI)
Direct/Indirect Costs: \$125,000 (10/16/2020 ó 10/16/2022)
Description: Development of the Kidney Wellness Institute of Illinois (KIWII) and bring together local and international leaders in research, medicine, industry, and patient-advocacy to address chronic kidney disease.
Role: Grant Co-writer, Researcher

3. Project Title: *Virtual Reality: A New Technological Modality to Deliver Psychotherapy to Hemodialysis Patients with Comorbid Depression*

Professional Membership Affiliations (Alphabetical)

American College of Sports Medicine (ACSM)

American Heart Association (AHA)

American Society of Nephrology (ASN)

Exercise is Medicine (EIM-OC)

Global Renal Exercise Network (GREX)

International Society of Renal Nutrition (ISRNM)

National Kidney Foundation (NKF)

Committees Served

Exercise is Medicine on Campus (EIM-OC) student committee member, UIUC (2019-2022)

Student Affairs Assessment Committee, UIUC (2019 ó 2022)

Campus Recreation Assessment Committee, UIUC (2019 - 2022)

Hiring Committee for Campus Recreation, UIUC (Summer 2021)

As the faculty lead for Exercise is Medicine, I spearheaded efforts to integrate physical activity as a core component of our campus culture. This included coordinating with faculty, staff, and students to implement programming aimed at promoting exercise as a key factor in disease prevention and wellness. Our efforts resulted in Pacific being recognized as a silver-level Exercise is Medicine campus, a prestigious designation that reflects our commitment to advancing health and wellness initiatives across the university.

My leadership role also involved managing interdisciplinary teams, collaborating with departments such as Campus Recreation, and working directly with students to mentor and guide them in the development and execution of wellness-focused events. I facilita

- Development of a wellness model that has been accepted and implanted across the health and