

# Michael V Maspero Jr

## Education

Texas A&M University – San Antonio

Master of Science in Kinesiology

May 2017

Texas A&M University – San Antonio

Bachelor of Science in Kinesiology

August 2015

## Employment History

Student Tutor, Texas A&M University – San Antonio

2014 – 2016

- Primary duties consist of helping students in all offered kinesiology classes with a focus on Basic Physiology of Exercise, Measurement and Evaluation of Exercise and Functional Anatomy

Graduate/Research Assistant, Texas A&M University – San Antonio

2016-2017

- Graduate research assistant for research on physical activity trackers including; Fitbit Charge 2, Microsoft Band 2 and Neofit activity bands. Primary duties included data collection and coding, supplementary research, and any other assistance needed by the lead researcher. Secondary duties included faculty support and mentoring/tutoring of students.

Adjunct Professor – Kinesiology, Texas A&M University – San Antonio

2017 – 2021

- Teaching classes associated with the Kinesiology department. Classes include, but not limited to; Jogging, Personal and Community Health, Measurement and Evaluation of Exercise, Exercise Testing and Prescription, Medical Terminology, Foundations of Kinesiology, Research Project in Exercise Science and Concepts of Fitness and Wellness. Classes taught also include Jaguar Tracks 3 and 4 in which students learn to strive with real world experience.

Visiting Lecturer – Kinesiology, Texas A&M University – San Antonio

2021 – 2022

- Teaching classes associated with the Kinesiology program. Classes include, but not limited to, Jogging, Personal and Community Health, Measurement and Evaluation of Exercise, Exercise Testing and Prescription, Medical Terminology, Foundations of Kinesiology, Research Project in Exercise Science and Concepts of Fitness and Wellness. Professional duties also include, but not limited to; adoption of new learning materials, curriculum development, committee work and student mentoring.

Instructor of Kinesiology, Our Lady of the Lake University

2022 – present

- Teaching classes associated with the Kinesiology program. Classes include, but not limited to, Foundations of Kinesiology, Health and Wellness, Introduction to Nutrition and Exercise Prescription and Programming. Professional duties also include, but not limited to; adoption of new learning materials, curriculum development, committee work and student mentoring.

### **Related Experience**

Internship with Alamo Community Colleges (Palo Alto College)

2015

- Worked with the department of Kinesiology to establish an employee wellness program

- Assisted in organizing and establishing of volunteers for annual Alamo Colleges

Wellness 5K run/walk

### **Bibliography of Publications**

#### *Published Abstracts*

Maspero, M. V. & Smith, J. D. (2016). Effect of an acute bout of exercise using an altitude training mask simulating 12,000 ft on physiological and perceptual variables. *International Journal of Exercise Science*, 2(8), 90.

Maspero, M., Garcia, A, Rodriguez, G., & Smith, J. D. (2015). The effects of an altitude training mask on physiological and perceptual variables while at rest and during exercise. *Texas Association HPERD Journal*, 83(3), S2.

### **Professional Presentations**

#### *Non-Refereed Regional*

Maspero, M. V. & Smith, J. D. Effect of an acute bout of exercise using an altitude training mask simulating 12,000 ft. on physiological and perceptual variables. 2016 Texas Chapter of the American College of Sports Medicine, College Station, Texas.

### ***Refereed State***

Maspero, M., Garcia, A., Rodriguez, G., & Smith, J. D. The effects of an altitude training mask on physiological and perceptual variables while at rest and during exercise. 2015 Texas Association of Health, Physical Education, Recreation, and Dance Annual Meeting, Dallas, Texas.

### ***Non-Refereed Local***

Maspero, M., Garcia, A., Rodriguez, G., & Smith, J. D. The effects of an altitude training mask on physiological and perceptual variables while at rest and during exercise. 2015 Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.

Maspero, M., Garcia, A., Rodriguez, G., & Smith, J. D. The effects of an altitude training mask on physiological and perceptual variables while at rest and during exercise. 2015 Destination College of San Antonio Research Symposium, San Antonio, TX.

## **Professional Growth Activities**

### **Professional Society Memberships (2014-2017, 2022)**

Texas Chapter of the American College of Sports Medicine

Texas Association of Health, Physical Education, Recreation, and Dance

### **Professional Society Meeting Attendance**

#### *Regional*

2022 Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX

2016 Texas Chapter of the American College of Sports Medicine Annual Meeting, College

*Local*

2015 Texas A&M University – San Antonio Student Research Symposium, San Antonio, Texas

2015 Destination College Student Research Symposium, San Antonio, Texas

**Professional Service Activities**

*Editorial Boards*

*Associate Managing Editor - Post Production*

International Journal of Exercise Science 2022-present

*Journal Reviewer*

Reviewer: Advances in Physiology Education 2022 - present

Reviewer: Journal of Sports Medicine and Physical Fitness 2022 - present

Reviewer: ACSMs Health and Fitness Journal 2022 - present

*Founding Officer*

Kinesiology Club of Texas A&M University – San Antonio, 2014-2015

*Faculty Co-Advisor*

Kinesiology Club of Texas A&M University – San Antonio,