

CURRICULUM VITAE
(Updated as of 06/28/2022)
SILVIA YESENIA LOPEZ TORRES
Graduate Student
Department of Nutrition Sciences
University of Alabama, Birmingham
E-mail: sylopezt@uab.edu

EDUCATION

Bachelor's of Science, Exercise Science option in Kinesiology
California State University, Long Beach
Cumulative GPA 3.74
Magna Cum Laude
Aug. 2020-May 2022
Graduation: May 18 2022

Associates for Transfer, Exercise Science option in Kinesiology
Santa Rosa Junior College
Highest Honors, Cumulative GPA 3.9
Aug. 2017-May 2020

AREAS OF RESEARCH/PROFESSIONAL INTERESTS

I am interested in pursuing research that focuses on metabolism and endocrinology in women's health.

RESEARCH EXPERIENCE

Physiology of Exercise and Sports (PEXS) Laboratory **June 2021-May 2022**
Principal Investigator: Evan E. Schick, Ph. D., CSCS, Department of Kinesiology, CSULB
Project: The effect of menstrual phase on the endocrine and metabolic response to fasted and fed exercise.
Roles: Co-principal investigator

Research Scholar **June 2021-May 2022**
National Institutes of Health Building Infrastructure Leading to Diversity (BUILD)
California State University, Long Beach
Principal Investigator: Evan E. Schick, Ph. D., CSCS, Department of Kinesiology, CSULB
Project: The effect of menstrual phase on the endocrine and metabolic response to fasted and fed exercise.

PRESENTATIONS

National Conference on Undergraduate Research **April 4, 2022**
Lopez Torres, S., Schick, E. E (2021, July). *The Effect of Menstrual Phase on Metabolic Parameters during Fasted and Fed Exercise.* 2021 BUILD Summer Symposium, Long Beach, CA.

BUILD Summer Symposium

July 30, 2021

Lopez Torres, S., Schick, E. E (2021, July). *The Effect of Menstrual Phase on Metabolic Parameters during Fasted and Fed Exercise*. 2021 BUILD Summer Symposium, Long Beach, CA.

SCHOLARLY OR PROFESSIONAL MEMBERSHIPS

Fellows SURGE

June 2021-May 2022

National Institutes of Health Building Infrastructure Leading to Diversity (BUILD)
California State University, Long Beach

RELEVANT SKILLS

- Research
 - Soft skills
 - Communication
 - Public speaking
 - Scientific writing
 - Statistical and computing
 - Excel
 - Adobe
 - Microsoft
 - SPSS
 - Language
 - Bilingual - Spanish and English speaker
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HONORS AND AWARDS

Exercise is Medicine on Campus, CSULB Outstanding Marketing Award (gold level distinction)

Spring 2022

Exercise is Medicine on Campus, CSULB Outstanding Organization of the Year Award (silver level distinction)

Spring 2022

Exercise is Medicine on Campus, CSULB Beach Wellness Award

Spring 2022

Exercise is Medicine on Campus, CSULB Gold Campus Status

Spring 2022

CSULB Dean's Honor List

Spring 2021

CSULB Dean's Honor List

Fall 2021

CSULB President's List

Spring 2021

CSULB Dean's Honor List

Fall 2020

Kinesiology (AA-T) with Highest Honors

May 2020

SRJC Dean's Highest Honors

Spring 2018-Spring 2020

NASM Certified Personal Trainer

June 2018-June 2020

Valedictorian at Tomales High School

June 2016

PROFESSIONAL/VOLUNTEER/SERVICE EXPERIENCES

Exercise is Medicine on Campus

June 2021-May 2022

California State University, Long Beach

Director of Operations

Roles:

- Organize and finalize details for all meetings and events
- Keep records of all information
- Delegate tasks and keep the executive board on track

Athletic Training and Sports Medicine Program

Dec. 2017-May 2018

Kinesiology 62A: Sports Medicine Lab A

Santa Rosa Junior College

Role:

- Student athletic trainer

Luma Fitness

Jan. 2019-June 2019

Group Fitness Trainer

Roles:

- Applied knowledge of human anatomy, exercise physiology, biomechanics to meet group fitness goals.
- Applied knowledge and experience in strength training and powerlifting.

CrossFit Santa Rosa

Oct. 2018-Sept. 2019

Certified Personal Trainer

Roles:

- Applied knowledge of human anatomy, exercise physiology, biomechanics to meet clients' needs.
- Applied knowledge and experience about strength training and powerlifting to meet personalized fitness goals.

City Sports

June 2018-Sept. 2018

Certified Personal Trainer

Roles:

- Applied knowledge of human anatomy, exercise physiology, and biomechanics to personalized workout plans.
 - Applied knowledge and experience about strength training and powerlifting to meet clients' needs.
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REFERENCES

Evan E. Schick, Ph.D., CSCS

Associate Professor, Exercise Physiology

Department of Kinesiology, HHS2-210
Long Beach State University
1250 Bellflower Blvd.
Long Beach, CA 90840
Email: Evan.schick@csulb.edu

Kevin Valenzuela, Ph.D., CSCS
Assistant Professor, Biomechanics
Department of Kinesiology, HHS2-203
Long Beach State University
1250 Bellflower Blvd.
Long Beach, CA 90840
Email: Kevin.Valenzuela@csulb.edu

Keisha Chin Goosby, Ph.D.
Clinical Faculty Advisor
Claremont Graduate University
Email: keisha.gosby2@cgu.edu