Brooke Measeles, M.S.

Southwestern University
bmeasele@sbcglobal.net | 512-695-4793 | linkedin.com/in/brooke-measeles
Department of Kinesiology: https://www.southwestern.edu/kinesiology/
Office: 241 FJS, 1001 E University Ave, Georgetown, TX 78626

Education & Academic Appointments

M.S. Movement and Cognitive Rehabilitation Sciences, August 2025
University of Texas at Austin
Thesis: Older Adults Consume More Metabolic Energy to Produce Joint Moments

B.S. Health & Kinesiology, University of Utah August 2023

Teaching & Pedagogical Training

Visiting Assistant Professor, Southwestern University August 2025-Present
Department of Kinesiology
- Currently teaching three 3-credit courses during the fall and spring semesters
- Teach courses covering topics such as human anatomy, physiology, aging and exercise, medical terminology, and more fundamental kinesiology topics
- Develop two, 3-credit courses from scratch. Developed a course called *Aging & Exercise,* and I am currently developing a medical terminology course for the spring.
- Tailored teaching style and courses to fit the current student body to increase the attention, retention, and student engagement
- Hold office hours and one-on-one tutoring for students who need or want extra help.

Part-Time Lecturer, Texas State University January 2026-Present
Department of Exercise and Sport Science
- Teach courses covering topics such as Fitness Assessment and Programming for Healthy Populations and more fundamental kinesiology topics
- Tailored teaching style and courses to fit the current student body to increase the attention, retention, and student engagement
- Hold office hours and one-on-one tutoring for students who need or want extra help.

Graduate Teaching Assistant, The University of Texas at Austin 2023-2025
Department of Biology - Human Microscopic and Gross Anatomy
- Led two lab sections of 90 students each semester, employing continuous evaluations to monitor their progress and understanding
- Delivered lessons on human bodily systems while helping them navigate lab manuals, case studies, dissections, and research
- Mentored students through intentional office hours

Teaching Preparation Certificate, Center for Teaching And Learning: December 2024
University of Texas at Austin
- Completed a series of sessions on developing teaching skills, including instructional theories, lesson planning, and inclusive practices
- Acquired a deep understanding of managing students with disabilities to create a positive learning environment for all
- Mastered foundational concepts of fostering engaging peer communication

and implementing effective assessment tools

Previous Relevant Work History

Graduate Researcher-University of Texas at Austin 2023-2025

- Recruited, scheduled, and collected biomechanics data on volunteers of all ages during a 2-day protocol
- Ran the lab while educating undergraduates on proper data collection procedures in a one-on-one setting
- Analyzed data and wrote a thesis based on scientific findings for publication

Honors and Awards

University of Texas at Austin: Dept. of Kinesiology and Health Education Travel 2024-2025
Award ($250)

Texas Public Education Grant- Graduate 2024-2025
Award ($2250)

University of Texas at Austin: University Tuition Grant- Graduate 2024-2025
Award ($4500)

University of Texas at Austin: Dept. of Kinesiology and Health Education Travel 2023-2024
Award ($1000)

University of Texas at Austin: University Tuition Grant- Graduate 2023-2024
Award ($2000)

Research Publications & Presentations

- **'Measeles' Alanis, Brooke**; Fallah, Negin; Mistry, Ahan; and Beck, Owen N. (2025) "Neural or Musculoskeletal: Which System Drives the Age-Related Decline in Walking Economy?," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 17, Article 100.

Available at: https://digitalcommons.wku.edu/ijesab/vol2/iss17/100

Conference Podium Presentations

- **Measeles B.**, Fallah N., Mistry A., Beck O.N. Neural or Musculoskeletal: which system drives the age-related decline in walking economy? Annual Meeting of the American Society of Biomechanics. Madison, Wisc. Aug. 2024.

Conference Poster Presentations

- **Measeles B.**, Fallah N., Mistry A., Beck O.N. Neural or Musculoskeletal: which system drives the age-related decline in walking economy? South Central American Society of Biomechanics Conference. Fort Worth, TX, April 2024.
- **Measeles B.**, Fallah N., Mistry A., Beck O.N. Older Adults Consume More Metabolic Energy to Produce Joint Moments. Texas Chapter of The American College of Sports Medicine Conference. Waco, TX, February 2025

Professional Affiliations

- Texas Chapter of the American College of Sports Medicine 2025-Present
- American Society of Biomechanics 2023-Present
- South Central American Society of Biomechanics 2023-Present
- CITI Training Certified 2023-Present

Volunteer Work

Guide Dogs for the Blind: Leader of Austin Area Club 2021-Present

I puppy raise for this non-profit organization by training puppies and dogs that go on to be working guide dogs for visually impaired people. As a leader, I plan outings that align with the development of the dog's progression and aid the teaching of the peers on how to train them properly.