

Felix Proessl

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Education

Master of Science, COLORADO STATE UNIVERSITY, Fort Collins, CO
School of Health and Human Sciences, Department of Health and Exercise Science

Health and Exercise Science

Mentor: Dr. Thorsten Rudroff

Expected Graduation Date: Spring 2018

Bachelor of Arts, HASTINGS COLLEGE, Hastings, NE
Department of Physical Education and Human Performance

Exercise Science

Summa Cum Laude

Graduation Date: May 2016

Bachelor of Arts, HASTINGS COLLEGE, Hastings, NE
Department of Business and Economics

Economics

Summa Cum Laude

Graduation Date: May 2016

Professional Experience

COLORADO STATE UNIVERSITY, Fort Collins, CO (Fall 2016 - present)
Graduate Teaching Assistant - Department of Health and Exercise Science

COLORADO STATE UNIVERSITY, Fort Collins, CO (Fall 2016 - present)
Graduate Research Assistant – Thorsten Rudroff, PhD Integrative Neurophysiology Lab

HASTINGS COLLEGE, Hastings, NE (2013-2016)
Weight Room Supervisor

BORUSSIA DORTMUND 09, Dortmund, Germany (Summer 2015)
Strength and Conditioning Coach

VFL BOCHUM 1848, Bochum, Germany (Summer 2013)
Strength and Conditioning Coach

Publications

Abstracts:

Proessl F, Carnal MJ, Ketelhut NB, Kindred JH, Tracy BL, Rudroff T. Shorter distance in 6-minute walk test in people with multiple sclerosis demonstrating leg strength asymmetries. *Medicine and Science in Sports and Exercise* 49:(5) (2017) ACSM Annual Meeting: Denver, CO, May 31-June 3

Proessl F., Ketelhut N., Kindred JH., Fling BW, Poston B., Rudroff T. Associations Between Leg Strength Asymmetry and Mobility Impairment in Multiple Sclerosis – a Case for tDCS? (2017) *International Society of Posture & Gait Research World Congress*, Fort Lauderdale, Florida, June 25-29.

Proessl F, Li K, Kindred JH, Ketelhut NB, Shaffer W, Rudroff T. Cannabis use in multiple sclerosis and Parkinson's disease. *Institute of Cannabis Research Conference*: Pueblo, CO. April 28-30.

Kindred JH, Li K, Ketelhut NB, **Proessl F**, Shaffer W, Fling BW, Rudroff T. Cannabis use and neurological disability. *Institute of Cannabis Research Conference*: Pueblo, CO. April 28-30.

Kindred JH, Li K, Ketelhut NB, **Proessl F**, Fling BW, Rudroff T. Cannabis use and neurological disease: an alternative therapy to improve neurological disability? *Medicine and Science in Sports and Exercise* 49:(5) (2017) ACSM Annual Meeting: Denver, CO, May 31-June 3

Grant Support

2017

Title: Effects of transcranial direct current stimulation on fatigability in people with multiple sclerosis

Funding Agency: American College of Sports Medicine, Rocky Mountain Chapter

Role: Principal Investigator – \$1,000 direct

Teaching Experience

COLORADO STATE UNIVERSITY

HES403L Physiology of Exercise Lab (2016 & 2017)

HES319L Neuromuscular Aspects of Human Movement Lab (2017)

HES232 Techniques of Teaching Weight Training (2016 & 2017)

Honors and Awards

DEAN'S LIST - Department of Physical Education and Human Performance
Hastings College (Fall 2012 - Spring 2016)

NAIA SCHOLAR ATHLETE - National Association of Intercollegiate Athletics
Hastings College Men's Soccer (2014 & 2015)

GPAC 1st TEAM ALL CONFERENCE - Great Plains Athletic Conference
Hastings College Men's Soccer (2015)

COSIDA 2nd TEAM ACADEMIC ALL-AMERICA - College Sports Information Directors of
America, Hastings College Men's Soccer (2015)

Technical skills

SOFTWARE PACKAGES Matlab (MathWorks)
 MyoResearch XP (Noraxon)
 SPSS (IMB Corp.)
 Spike2 (Cambridge Electronic Design Limited)

CLINICAL Dual-Energy X-ray Absorptiometry (DXA)
 Surface Electromyography (sEMG)
 Indirect calorimetry (VO_{2max} , VO_{2peak} , $VO_{2submax}$)
 Exercise testing (submaximal, maximal)
 Transcranial direct current stimulation (tDCS)

Organizations

American College of Sports Medicine, ACSM
2016-present

Alpha Chi National College Honor Society
2015-present

National Strength and Conditioning Association, NSCA
2013-present