

Alexander W. Sarazen, DC, CSCS

Education:

Palmer College of Chiropractic- Port Orange, FL

GPA 3.5 – Cum Laude

Doctor of Chiropractic, December 2020

- Served as a clinical rehabilitation Assistant, clinical teaching assistant, and “soft tissue” club president

University of Massachusetts Lowell- Lowell, MA

Bachelor of Science in Exercise Physiology, Minor in Psychology, May 2017

Experience:

University of Alabama Huntsville – Huntsville, AL

August 2021 – Present

Part-time Kinesiology Instructor

- Instructed based on given student learning objectives for respective courses
- Designed lecture material (PowerPoint, handouts, hands-on learning) based on learning objectives
- Designed and implemented quality assessments
- Graded students on ability to master learning objective
- Mentored students in the different career paths possible within kinesiology.

SpineCare Chiropractic Medicine – Madison, AL

September 2020 - Present

Chiropractic Physician, Director of Strength and Conditioning, and Internship Director

- Currently utilizing the latest evidence-based research to blend chiropractic care with strength and conditioning principles to provide patients with musculoskeletal conditions the proper education to not only move past the point of pain and injury but also build resiliency and strength.
- Currently team chiropractor of the Huntsville Havoc (SPHL- Southern Professional Hockey League)

Mike Boyle Strength and Conditioning- Woburn, MA

January 2017-August 2017

Strength Coach and Former Intern

- Coached middle school, high school, collegiate, professional, and olympic athletes in areas of performance enhancement including speed development, power work that includes olympic lifting, conditioning, core stabilization, and overall strength training with increased proprioceptive demands.

UMass Lowell Sports Performance- Lowell, MA

September 2014-August 2017

Intern

- Built strong relationships with athletes, coaches, and administrators at the NCAA Division 1 level.
- Designed enjoyable and innovative customized training programs based upon fitness goals.
- Instructed athletes on correct and effective use of weight resistance and cardiovascular equipment.
- Utilized and gained experience in advanced training methodologies such as velocity-based training, heart rate variability, and quantitative data analysis to prescribe exercise programming.

Adirondack Health- Saranac Lake, NY

May 2016-August 2016

Exercise Specialist

- Prescribed exercise based on patient’s medical conditions including Parkinson’s, dementia, diabetes, Alzheimer’s, obesity, heart disease, coronary artery disease, congestive heart failure, lung disease, chronic

obstructive pulmonary disease, osteoporosis, and cancer related fatigue symptoms.

University Teaching/Lab Experience/Internship Site Supervisor

Primary Instructor:

- KIN 290: Exercise Technique and Leadership (Fall 2021)

Lab Instructor:

- KIN 328: Exercise Physiology (Fall 2021)

Lab Experience:

- VO2 Max Testing (Bruce Protocol)
- Body Composition Assessment (BIA, Skinfold)
- Performance Testing (Wingate, Vertical Jump, Agility, Balance, Coordination Testing)
- Pulmonary Volumes (Spirometry)
- Population based exercise program, evaluation, and assessment design (Athletes, General Fitness, Geriatric, Special populations)

Internship Site Supervisor:

- Exercise Science Internship (Spring 2021)

Certifications:

- CSCS (Certified Strength and Conditioning Specialist)
- Successful completion on 5/5 parts of the National Board of Chiropractic Examiner's exams
- CFSC (Certified Functional Strength Coach)
- SFMA (Selective Functional Movement Assessment)
- CPR/AED