

# AMY FITSCHEN, MS, RCEP

## **EDUCATION:**

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**Masters of Science:** Clinical Exercise Physiology December 2010  
University of Wisconsin – La Crosse La Crosse, WI

Advisor: Carl Foster, PhD

Thesis: The effects of music tempo vs. percussion vs. beat frequency on exercise intensity

**Bachelor of Science:** Exercise and Sports Science-Fitness May, 2009  
University of Wisconsin – La Crosse La Crosse, WI  
Minor: Inclusive Recreation

## **CERTIFICATIONS:**

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**Registered Clinical Exercise Physiologist (RCEP)**  
American College of Sports Medicine 2014-Present

**Advanced Clinical Life Support (ACLS)**  
American Heart Association 2009-Present

**CPR/AED/First Aid**  
American Heart Association 2009-Present

## **TEACHING EXPERIENCE:**

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**Lab Monitor, Department of Biology** August-December 2010  
Parkland College Champaign, IL  
Courses: BIO 111 Basic Anatomy/Physiology  
BIO 121 Anatomy/Physiology I

**Graduate Assistant, Department of Exercise Science** September 2009-May 2010  
University of Wisconsin – La Crosse La Crosse, WI  
Course: HPR 105 Creating a Healthy Active Lifestyle

## **PERSONAL TRAINING EXPERIENCE**

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**Fitbody and Physique LLC** June 2013-Present  
Co-Owner

## **CLINICAL EXPERIENCE:**

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**Lead Exercise Physiologist** June 2014-Present  
Carle Clinic Danville, IL

**Exercise Physiologist** December 2010-June 2014  
Carle Foundation Hospital Champaign, IL

**Graduate Intern** June-August 2010  
Carle Foundation Hospital Champaign, IL

Amy Fitschen, MS, RCEP

<b>Graduate Assistant</b> University of Wisconsin – La Crosse La Crosse Exercise and Health Program (LEHP)	June 2009-June 2010 La Crosse, WI
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<b>Undergraduate Intern</b> Stoughton Hospital	January-April 2009 Stoughton, WI
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<b>Student Volunteer</b> University of Wisconsin – La Crosse La Crosse Exercise and Health Program (LEHP)	January-May 2008 La Crosse, WI
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**MENTORSHIP EXPERIENCE :**

<b>Student Mentor</b> University of Wisconsin – La Crosse, WI Physical Activity Mentoring Program	January-December 2008 La Crosse, WI
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**RESEARCH EXPERIENCE:**

<b>Graduate Research Assistant, Department of Exercise Science</b> University of Wisconsin – La Crosse	June 2009-June 2010 La Crosse, WI
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**GRANTS FUNDED:**

2009. University of Wisconsin – La Crosse. Research, Service, and Educational Leadership (RSEL) Grant. “The effects of music tempo vs. percussion vs. beat frequency on exercise intensity.” Role: Principal Investigator. **Funded: \$400.**

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**PUBLISHED ABSTRACTS:**

**Kaphingst (Fitschen), A.,** Foster, C., Mikat, R. Wright, G., & Porcari, J. (2010). Effect of music components on exercise. *Journal of Cardiopulmonary Rehabilitation*, 30:272.

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**HONORS AND AWARDS:**

<b>Graduate Award</b> Clinical Exercise Physiology Graduate Program University of Wisconsin – La Crosse	May 2010 La Crosse, WI
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<b>Graduation with Honors</b> University of Wisconsin – La Crosse, La Crosse, WI	May 2009 La Crosse, WI
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**PROFESSIONAL MEMBERSHIPS:**

American College of Sports Medicine