Alexander Tolas

atolas@stanford.edu | 253-314-2833 | www.linkedin.com/in/alexander-tolas/

About:

I'm passionate about the many intersections between health, technology, and behavior. Specifically with how wearable technology and mobile health can be leveraged to promote better health outcomes across all populations. After earning my B.S in Kinesiology, I have formed a strong analytical background in wearable technology and health through my involvement in numerous clinical research trials and NIH-funded research projects. To supplement my interest, I have had multiple academic pieces accepted by Medicine & Science in Sports & Exercise (MSSE) and The Journal for the Measurement of Physical Behaviour (ISMPB).

Education:

California Polytechnic State University, San Luis Obispo, CA.   **September 2017- June 2021**
Bachelor of Science in Kinesiology, Concentration in Exercise Science
Major GPA: 3.8
7 Term Dean's List Recipient
4 Published Academic Pieces
Senior Project: Validation of a Multi-Sensor System for Objectively Detecting Sedentary Screen Time Among Adults.

Work Experience:

Clinical Research Coordinator   **October 2021- Current**
The Ashley Lab, Stanford School of Medicine.– Palo Alto, CA.
- Managed from startup to data collection large genetics study examining 10,000 elite athletes.
- Managed Clinical Trials for Stanford Medical Start-ups (Catalyst Program), Inherited Cardiovascular Disease, and the Undiagnosed Disease Network.
- Served as primary contact with research participants, sponsors, and regulatory agencies.
- Developed targeted recruitment strategies leading to a three-fold increase in recruitment.
- Managed collection of study specimens and processing.
- Collected and managed patient and laboratory data for clinical research projects.

Lead Research Assistant   **June 2019- September 2021**
Keadle Lab, California Polytechnic State University – San Luis Obispo, CA.
- Managed and trained student researchers on study protocols and research roles.
- Utilized research and commercial-grade health technology in both industry and NIH-sponsored trials.
- Drafted procedures/scripts for technical setup to be used in behavioral interventions.
- Developed R code to process, organize, analyze collected data.
- Drove from start-up to close out five NIH-funded health research studies.
- Presented original research at international and national academic conferences.

Instructional Student Assistant - Department of Kinesiology & Public Health   **September 2020- June 2021**
California Polytechnic State University – San Luis Obispo, CA.
- Assisted in presenting class material for the Department of Kinesiology: Research Methods, KINE 319.
- Provided feedback to students and graded corresponding class materials.

Facility Supervisor   **June 2019- December 2019**
Associated Students Inc. – San Luis Obispo, CA.
- First responder in a facility with over 4,000 daily visitors.
- Facility management for large-scale events such as concerts, speakers, and sports practices.

Leadership and Involvement:

Poly Fit Associate   **September 2018- June 2021**
Poly Fit, Cal Poly, San Luis Obispo, CA.
- Provided health and fitness tests to help students, faculty, and community members better understand their current health.

Skills and Certifications

Skills: R Programming; Data Analysis; Academic Writing; Human Subjects Research; Wearable/Health Technology; Biomechanics; Research Methods; Microsoft Office; Adobe Suite; Social Media Management; Rhino CAD
Certifications: CITI Biomedical Research; CITI Good Clinical Practice, CPR/First Aid/AED
Academic Accolades/Presentations: SW-ACSM 2019/20/21, National ACSM 2020/21, ISMPB 2021/22