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**Ben D. Kern, Ph.D.**  
**University of Wyoming**  
**Assistant Professor**

Division of Kinesiology & Health  
 Corbett Building  
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### **Education**

- 2017            Doctor of Philosophy  
 University of Illinois Urbana-Champaign  
 Concentration: Kinesiology – Physical Education Pedagogy  
 Dissertation: Barriers to and Facilitators of Physical Education Teacher Change  
 Advisor: Dr. Kim C. Graber
- 2006            Continuing Education – 30 master’s level credits  
 Adams State University (Alamosa, Colorado)  
 Concentration: Educational Leadership – Principal Licensure
- 2002            Master of Arts  
 Adams State University (Alamosa, Colorado)  
 Concentration: Exercise Science
- 1999            Bachelor of Arts  
 Western Colorado University (Gunnison, Colorado)  
 Concentration: Kinesiology K-12 Physical Education
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### **Professional Experience**

- 2020-present    Assistant Professor, Division of Kinesiology & Health  
 University of Wyoming
- 2019-2020      Interim Assistant Director, School of Kinesiology  
 University of Louisiana at Lafayette
- 2016-2020      Assistant Professor, School of Kinesiology  
 University of Louisiana at Lafayette
- 2013-2016      Teaching Assistant, Department of Kinesiology and Community Health  
 University of Illinois Urbana-Champaign
- 2008-2016      Adjunct Instructor, Department of Human Performance and Physical Education  
 Adams State University
- 2011-2013      Research Assistant – Site Coordinator  
 Rocky Mountain Prevention Research Center  
 University of Colorado – Denver Anschutz Medical Campus
- 2008-2011      Director of Strength & Conditioning / Associate Athletics Director  
 Adams State University, Department of Athletics
- 2002-2008      Physical Education and Science Teacher / Athletics Director  
 Center High School, Center, Colorado

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## Honors & Awards

- 2020-present Vice-President, physical education. Louisiana Association for Health, Physical Education, Recreation, and Dance (LAHPERD)
- 2019 Outstanding Scholar Award, Louisiana Association for Health, Physical Education, Recreation, and Dance (LAHPERD)
- 2019 Representative of State of Louisiana at Centers for Disease Control Healthy Schools Academy Training of Trainers (ToT) (1 of 3 selectees statewide)
- 2018-present Joan D. and Alexander S. Haig Endowed Professorship in Education. University of Louisiana at Lafayette. Discretionary allocation amount: \$4639.16, annually (3 yr. appointment)
- 2018 Vice-President Elect, physical education. Louisiana Association for Health, Physical Education, Recreation, and Dance (LAHPERD)
- 2016 Seymour Sudman Dissertation Award (June, 2016). University of Illinois Survey Research Laboratory. *Barriers to and facilitators of physical education teacher change*. First place, \$2,000 award.
- 2015 Academic Poster Award – 29<sup>th</sup> Australian Council for Health, Physical Education and Recreation (ACHPER) International Conference - *Addressing the obesity epidemic through legislation: Perspectives of state lawmakers*.
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## Peer Reviewed Articles

1. Duncan, C., & Kern, B. D. (2020). Getting competition under control. *Journal of Physical Education, Recreation & Dance*, 91(2), 33-41. <https://doi.org/10.1080/07303084.2019.1693451>
2. Killian, C., Kern, B. D., Ellison, D. W., Graber, K. C. & Woods, A. M. (2020). State lawmaker's views on childhood obesity and related school wellness legislation. *Journal of School Health*, 90(4), 257-263. <https://doi.org/10.1111/josh.12871>
3. Kern, B. D., Imagbe, S., Bellar, D., & Clemons, J. M. (2020). Health-related fitness content knowledge, physical activity, and instructional practices among US physical educators. *Research Quarterly for Exercise and Sport*, 91(1), 92-101. <https://doi.org/10.1080/02701367.2019.1648744>
4. Richards, K. A. R., Kern, B. D., Housner, L., & Templin, T. J. (2019). Preparing preservice teachers for the reality of life in schools: The role of doctoral education. *Quest*. <https://doi.org/10.1080/00336297.2019.1685555>
5. Kern, B. D., Graber, K. C., Woods, A. M., & Templin, T. (2019). The influence of socializing agents and teaching context among teachers of different dispositions toward change. *Journal of Teaching in Physical Education*, 38, 252-261. <https://doi.org/10.1123/jtpe.2018-0175>

6. **Kern, B. D.**, Richards, K.A.R., Ayers, S., & Killian, C. (2019). Recruitment in PETE: Interview results and discussion. *Journal of Teaching in Physical Education*, 38, 45-52. <https://doi.org/10.1123/jtpe.2018-0210>
7. **Kern, B. D.**, Ayers, S., Killian, C., & Woods, A. M. (2019). Retention in PETE: Interview results and discussion. *Journal of Teaching in Physical Education*, 38, 61-67. <https://doi.org/10.1123/jtpe.2018-0213>
8. Richards, K. A. R., Killian, C., Graber, K. C., & **Kern, B. D.** (2019). Studying physical education recruitment and retention: Qualitative and quantitative research methods. *Journal of Teaching in Physical Education*, 38, 22-36. <https://doi.org/10.1123/jtpe.2018-0010>
9. Woods, A. M., McLoughlin G., **Kern, B. D.**, & Graber, K. C. (2018). What's physical activity got to do with it?: Social trends in less active students at recess. *Journal of School Health*, 88, 500-507. <https://doi.org/10.1111/josh.12637>
10. **Kern, B. D.**, & Graber, K. C. (2018) Understanding teacher change: A national survey of US physical educators. *Research Quarterly for Exercise and Sport*, 89, 80-90. <https://doi.org/10.1080/02701367.2017.1411579>
11. **Kern, B. D.**, Graber, K., Shen, S., & Hillman, C. H., McLoughlin, G. (2018). Association of school-based physical activity, socioeconomic status, and third grade reading. *Journal of School Health*, 88, 34-43. <http://dx.doi.org/10.1111/josh.12581>
12. Escalante, G., Gentry, C., **Kern, B.**, & Waryasz, G. (2017) Injury patterns and rates of Costa Rican CrossFit® participants: A retrospective study. *Medicina Sportiva*, 8, 2927-2934.
13. **Kern, B. D.**, & Graber, K. C. (2017). Physical education teacher change: Initial validation of the teacher change questionnaire-physical education. *Measurement in Physical Education and Exercise Science*, 21, 161-173. <http://dx.doi.org/10.1080/1091367X.2017.1319371>
14. Belansky, E., Cutforth, N., **Kern, B. D.**, & Scarbro, S. (2016). Disseminating evidence-based physical education practices in rural schools: The San Luis Valley physical education academy. *Journal of Physical Activity and Health*, 13, 1002-1009. <http://dx.doi.org/10.1123/jpah.2015-0467>
15. Woods, A. M., **Kern, B. D.**, McLoughlin G., & Graber, K. C. (2016). Social influence on school recess physical activity. *Health Behavior and Policy Review*, 3, 99-109.
16. **Kern, B. D.**, & Robinson, T.L. (2011). Effects of beta-alanine supplementation on performance and body composition in collegiate wrestlers and football players. *Journal of Strength and Conditioning Research*, 25, 1804-1815.

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## Articles Under Review

1. Wilson, W. J., Yun, J. K., & **Kern B.D.** (in review). *Quantifying the contribution of physical education and recess to children's habitual physical activity*. Submitted to *Research Quarterly for Exercise and Sport*.

2. **Kern, B. D.**, Killian, C. M., Ellison, D. W., Graber, K. C., Belansky, E., & Cutforth, N. *Teacher beliefs and changes in practice through professional development* (in review). Submitted to *Journal of Teaching in Physical Education*.
3. **Kern, B. D.**, Ellison, D., Killian, C., & Widmer, F. (in review). *Initial validation of the Teaching Sustainability Questionnaire and relationships of latent factors predicting physical education teachers' intent to remain working in high poverty schools*. Submitted to *Measurement in Physical Education and Exercise Science*.
4. Gallagher, M. A. & **Kern, B. D.** (in review). *Geometry racket: Mathematics and physical education*. Submitted to *Mathematics Teacher: Learning and Teaching Pre-K–12*.

### Articles in Preparation

1. **Kern, B. D.**, Richards, K. A. R., Graber, K. C., Templin, T. J., & Housner, L. *Toward an integrated model for teacher change in physical education*.
2. Richards, K. A. R., **Kern, B. D.**, Ayers, S. F., Woods, A. M., & Graber, K. C. *Recruitment and retention in physical education teacher education: Our mission, should we choose to accept it*.
3. Imagbe, S. **Kern, B. D.**, Bellar, D., & Clemons, J. M. *Health-related fitness knowledge and physical activity among physical educators*.
4. **Kern, B. D.**, Belansky, E., & Cutforth, N. *Development of a theory- and evidence-based intervention for health optimizing physical education (HOPE) in 14 low income, rural school districts: An intervention mapping approach*.

### Book Chapters

1. Duncan, C. A. & **Kern, B. D.** (2018). Toward a cooperation-competition continuum. In J. Merrick & G. Leisman (Eds.) *Movement: Brain, Body, and Cognition* (pp. 157-166). Boston, MA: Nova Science Publishers.

### Abstracts and Conference Proceedings (Not listed under Presentations)

1. **Kern, B. D.**, Killian, C. M., Ellison, D. W., Graber, K. C., Belansky, E., & Cutforth, N. (2020, April). *Longitudinal impact of the Healthy Eaters, Lifelong Movers project on pedagogical practices and beliefs about physical education*. Paper presented at the annual meeting of SHAPE America, Salt Lake City, UT (Accepted, but presented due to COVID-19).
2. **Kern, B. D.**, Ellison, D. W., Killian, C. M., Graber, K. C., Belansky, E., Cutforth, N., & Woods, A. M. (2020, February). *Sustained effects of the San Luis Valley Physical Education Academy: A three-year follow-up study*. Poster presented at the Health and Physical Literacy Summit 2020, Birmingham, AL.

3. **Kern, B. D.**, Imagbe, Clemons, J. M., & S., Bellar, D. (2019, May). *Health-related fitness knowledge, physical activity, and instructional practices among male and female physical educators*. Poster presented at the annual meeting of the American College of Sports Medicine, Orlando, FL.
4. Bellar, D., **Kern, B. D.**, Judge, L. W., & Davis, G. R. (2019, May). *Patterns of physical activity and mental state among college-aged men and women*. Poster presented at the annual meeting of the American College of Sports Medicine, Orlando, FL.
5. Davis, G. R., Lavergne, M., Scott, D., **Kern, B. D.**, Bellar, D., & Nelson, A. (2019, May). *Potential benefits of repeated resting metabolic rate measurements*. Poster presented at the annual meeting of the American College of Sports Medicine, Orlando, FL.
6. **Kern, B. D.**, Imagbe, S., Bellar, D., & Clemons, J. M. (2019, April). *Variables related to teaching and assessing health-related fitness content knowledge among US physical educators*. Poster presented at the annual meeting of SHAPE America, Tampa, FL.
7. Imagbe, S., **Kern, B. D.**, Bellar, D., & Clemons, J. M. (2019, April). *Health-related fitness knowledge and physical activity among physical educators*. Poster presented at the annual meeting of SHAPE America, Tampa, FL.
8. **Kern, B. D.**, & Graber, K. C. (2018, March). *Initiating change in physical education: Results of a national survey*. Poster presented at the SHAPE America National Conference, Nashville, TN.
9. Escalante, G., Gentry, C., Waryasz, G., & **Kern, B.** (2017, April). *Retrospective injury survey of Central American Crossfit® participants*. Poster presented at the Far West Athletic Trainers Association Annual Meeting & Clinical Symposium, Las Vegas, NV.
10. Killian, C. M., **Kern, B. D.**, Ellison, D. W., Steinberg, J. S., & Graber, K. C. (2017, March). *Schools' role in promoting child wellness: Perspectives of state lawmakers*. Poster presented at the SHAPE America National Conference, Boston, MA.
11. **Kern, B. D.**, Woods, A. M., McLoughlin, G., & Graber, K. C. (2015, March). *Social influence on physical activity during recess*. Poster presented at the SHAPE America National Conference, Seattle, WA.
12. **Kern, B. D.**, McLoughlin, G., & Graber, K. (2014, April). *The relationship between in-school physical activity opportunities and third grade reading ability*. Poster presented at the SHAPE National America National Conference, St. Louis, MO.
13. **Kern, B. D.**, & Robinson, T. L. (2012, July). *Effects of a 7-week beta-alanine supplementation on anaerobic power output in female collegiate soccer, softball, and volleyball players*. Poster presented at the NSCA National Conference, Las Vegas, NV.
14. **Kern, B.**, Robinson, T. L., & Manninen, A. H. (2008, July). *Effects of beta-alanine supplementation on exercise performance during a competitive wrestling season: An 8-week*

*open label study*. Poster presented at the International Society of Sports Nutrition on National Conference, Las Vegas, NV.

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## Presentations

1. Kern B. D., Guccione, S., & McKey, K. (2020 May). *Closing the achievement gap: The role of school-based physical activity programs*. Paper presented at the annual Louisiana Department of Education Teacher Leader Summit 2020, New Orleans, LA. (Online delivery due to COVID-19).
2. McKey, K., & **Kern, B. D.** (2020, February). *Assessment and grading: What's fair?* Paper presented at the Health and Physical Literacy Summit 2020, Birmingham, AL.
3. Killian, C. M., Kinder, C. J., **Kern, B. D.**, Ellison, D. W., Graber, K. C., & Woods, A. M. (2020, February). *Informing whole-school physical activity programming legislation and policy: State lawmakers' perspectives*. Paper presented at Active Living Conference 2020, Orlando, FL.
4. **Kern, B. D.**, Ellington, A., & Gallagher, M. A. (2019, November). *Geometry racket: Integration of net/wall games with mathematics*. Paper presented at the Louisiana Association for Health, Physical Education, Recreation, and Dance state conference, Baton Rouge, LA.
5. **Kern, B. D.** (2019, November). *Best practices in physical education showcase*. Paper presented at the Louisiana Association for Health, Physical Education, Recreation, and Dance state conference, Baton Rouge, LA.
6. Ellison, D. W., **Kern, B. D.**, & Killian, C. M. (2019, June). *Initial validation of the teaching sustainability questionnaire*. Paper presented at the annual meeting for the International Association for Physical Education in Higher Education (AIESEP), New York, NY.
7. Ellison, D. W., **Kern, B. D.**, & Killian, C. M. (2019, April). *PE teacher resilience and psychological flexibility as indicators for intent to remain teaching in high-poverty schools*. Poster presented at the annual meeting of SHAPE America, Tampa, FL.
8. Bellar, D., **Kern, B. D.**, & Judge, L. W. (2019, April). *Body fat, weight training, and mental wellness among college students*. Paper presented at the annual meeting of SHAPE America, Tampa, FL.
9. Judge, L. W., **Kern, B. D.**, & Bellar, D. (2019, April). *Body fat and weight training among college students*. Paper presented at the annual meeting of SHAPE America, Tampa, FL.
10. Guccione, S., **Kern, B. D.**, & McKey, K. (2018, November). *Assessing the new Louisiana state physical education standards*. Paper presented at the Louisiana Association for Health, Physical Education, Recreation, and Dance state conference, Baton Rouge, LA.
11. Richards, K. A. R., Ward, P., Ayers, S. F., Graber, K. C., Woods, A. M., Sibley, B., Ballard, K., Cleland, F., Snyder, S., Centeio, E., Connolly, M., Killian, C., & **Kern, B. D.** (2018,

- October). *General session: An interview about recruitment and retention in PETE/HETE*. Presented at the SHAPE America PETE/HETE Conference, Salt Lake City, UT.
12. Gallagher, M. A. & **Kern, B. D.** (2018, October). *Geometry racquet*. Paper presented at the Annual Meeting of the Louisiana Association of Teachers of Mathematics, Shreveport, LA.
  13. Duncan, C, & **Kern, B.D.** (2018, July). *The competition-cooperation continuum*. Paper presented at Movement: Brain, Body, Cognition International Conference, Harvard Medical School, Boston, MA.
  14. **Kern, B. D.**, & Graber, K. (2018, March). *Development and application of an instrument to measure teacher change*. Poster presented at the annual meeting of SHAPE America, Nashville, TN.
  15. **Kern, B. D.**, Killian, C. M., Richards, K. A. R., & Ayers, S. F. (2018, March). *PETE faculty members' beliefs about recruitment: issues, challenges, and strategies*. Paper presented at the annual meeting of SHAPE America, Nashville, TN.
  16. Ayers, S. F., Richards, K. A. R., Woods, A. M., Graber, K. C., Killian, C., & **Kern B. D.** (2018, March). *PETE recruitment and retention: Where we are and future directions*. Round-table discussion presentation at the SHAPE America National Conference, Nashville, TN.
  17. **Kern, B. D.**, Newman, N., & Spell, K. (2017, November). *Using technology to assess student learning: Practical strategies for teachers*. Paper presented at the Louisiana Association for Health, Physical Education, Recreation, and Dance state conference, Baton Rouge, LA.
  18. **Kern, B. D.**, & Graber, K. (2017, March). *Student and contextual influences on physical education teacher change*. Paper presented at the annual meeting of SHAPE America, Boston, MA.
  19. Cutforth, N., Belansky, E. S., **Kern, B. D.**, Scarboro, S. & Smith, N. (2017, February). *Improving the quality of physical education in low-income rural schools: Lessons learned from the physical education academy*. Paper presented at the Active Living Research annual conference, Clearwater Beach, FL.
  20. Killian, C.M., Ellison, D. W., **Kern, B. D.**, & Woods, A. M. (2016, November). *Physical educators and their role in promoting child wellness: Perspectives of state lawmakers*. Paper presented at the Illinois Association for Health, Physical Education, Recreation and Dance Conference, St. Charles, IL.
  21. **Kern, B. D.**, Graber, K., Shen, S., Hillman, C. H., & McLoughlin, G. (2016, April). *In-school physical activity moderates socioeconomic status and third-grade reading relationship*. Paper presented at the annual meeting of SHAPE America, Minneapolis, MN.
  22. **Kern, B. D.**, Woods, A. M., Graber, K. C., & McLoughlin, G. (2016, April). *Social influences on students' physical activity levels during school recess*. Paper presented at the annual meeting of SHAPE America, Minneapolis, MN.

23. Killian, C. M., **Kern, B. D.**, Ellison, D. W., Downs, M. N., Hua, A., Choi, D. S., Woods, A. M., & Graber, K. C. (2015, November). *Legislators' perceptions of the current status of wellness and obesity levels in children*. Poster presented at the 1<sup>st</sup> FIEP Afro-European Conference on Physical Education and Sport, Rabat, Morocco.
24. **Kern, B. D.**, McLoughlin, G. M., Woods, A. M., & Graber, K. C. (2015, October). *Determinants of physical activity during school recess*. Paper presented at Society of Health and Physical Educators (SHAPE) America PETE & HETE conference, Atlanta, GA.
25. Woods, A. M., Graber, K. C., McLoughlin, G. M., & **Kern, B. D.** (2015, July). *Examining recess-based physical activity across multiple school contexts: A mixed methods approach*. Paper presented at the annual meeting for the International Association for Physical Education in Higher Education (AISEP), Madrid: Spain.
26. Killian, C. M., **Kern, B. D.**, Ellison, D. W., MacFarlane, M. N., Hua, A., Choi, D. S., Woods, A. M., Graber, K. C. (2015, April). *Addressing the obesity epidemic through legislation: Perspectives of state lawmakers*. Poster presented at the annual meeting of The Australian Council for Health, Physical Education and Recreation, Adelaide, Australia.
27. **Kern, B. D.**, & Woods, A., (2014, January) *Active Students = Better learners: Strategies to get kids moving*. Paper presented at Urbana School District 116 Institute Day, Urbana, IL.
28. Woods, A. M., Graber, K. C., & **Kern, B. D.** (2014, July). *Research-based physical education: Strategies that promote student engagement and enjoyment*. Presentation at the World Conference on Physical Education and Sport, Shanghai, China.
29. **Kern, B. D.**, (2013, October) *SPARK it up! High quality PE in action*. Paper presented at the 2013 Healthy Students + Healthy Schools = Academic Success event hosted by the University of Colorado Rocky Mountain Prevention Research Center, Alamosa, CO.
30. Cutforth, N., & **Kern, B. D.**, (2013, October) *High quality physical education: What is it? Will You know it when you see it?* Paper presented at the 2013 Healthy Students + Healthy Schools = Academic Success event hosted by the University of Colorado Rocky Mountain Prevention Research Center, Alamosa, CO.
31. Belansky, E., Cutforth, N., & **Kern, B. D.**, (2012, October) *The San Luis Valley Physical Education Academy: A regional approach to transforming 14 low-income, rural districts' physical education programs*. Paper presented at the 2012 NASPE Physical Education Teacher Education (PETE) conference, Las Vegas, NV.
32. Lichtenstein, G., **Kern, B. D.**, Cutforth, N., Belansky, E., Myers, K., Johnson, P., & Martinez, E., (2012, July). *High quality physical education is academic: A partnership between Adams State University and the Healthy Eaters Lifelong Movers (HELM) Project for promoting and sustaining high quality physical education in the San Luis Valley*. Paper presented at the 43<sup>rd</sup> Annual Conference of the Colorado Association of School Executives (CASE), Breckenridge, CO.



33. **Kern, B. D.**, & Robinson, T. L. (2009, July). Effects of beta-alanine supplementation on performance and body composition in collegiate wrestlers and football players. Paper presented at the NSCA National Conference, Las Vegas, NV.

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### Scholarship of Teaching and Learning: Invited Presentations

1. **Kern, B. D.**, McKey, K., Duncan, C., & Wilson, W. (2019, August). *Quality physical education for healthier schools*. Presentation at Lafayette Parish School System Professional Development Series, Lafayette, LA.
2. **Kern, B. D.**, Duncan, C., Wilson, W., & Guccione, S. (2019, August). *Active and inclusive learning in physical education*. Presentation at St. Martin Parish School System all-day professional development workshop, Breaux Bridge, LA.
3. **Kern, B. D.** (2019, July). *Closing the achievement gap with physical activity*. Presentation at the Physical Activity Leaders Summer Institute, University of Northern Colorado, Greeley Colorado.
4. **Kern, B. D.** (2019, April). *Overview of essential components of physical education*. Lunch & Learn online webinar. Accessible at <https://www.eventbrite.com/e/overview-of-essential-components-of-physical-education-tickets-56511349969>
5. **Kern, B. D.** (2019, April). *Comprehensive school physical activity programs (CSPAP) overview, implementation, and evaluation*. Presentation at the Louisiana Health Schools Academy Training of Trainers, Baton Rouge, Louisiana.
6. **Kern, B. D.** (2019, April). *Essential components of physical education and classroom physical activity*. Presentation at the Louisiana Health Schools Academy Training of Trainers, Baton Rouge, Louisiana.
7. **Kern, B. D.**, McKey, K., Guccione, S., Duncan, C., Simonton, K., & Hill, K. (2018, August). *Louisiana Department of Education physical education standards assessment training*. Presentation at the Lafayette Parish School System Professional Development Series, Lafayette, LA.
8. **Kern, B. D.**, Duncan, C., Lavergne, C., Hill, K., & Guccione, S. (2017, August). *Louisiana Department of Education physical education standards revision update and training*. Presentation at the Lafayette Parish School System Professional Development Series, Lafayette, LA.
9. **Kern, B. D.** (2017, April). *Fitness, physical activity, and cognition: What we now know*. Keynote address at University of Louisiana at Lafayette Student Research Symposium.
10. **Kern, B. D.** (2017, February). *Using assessment to improve instruction in physical education*. Presentation at the Lafayette Parish School System Professional Development Series, Lafayette, LA.
11. **Kern, B. D.** (2016, November). *Episode 4 – Ben Kern*. The Teacher Tunnel Podcast. Available at: <http://www.teachertunnel.com/>
12. **Kern, B. D.** (2015, February). *Why schools need quality physical education and how administrators can make it happen!* Presentation at Center Consolidated School District, Center, CO.

13. **Kern, B. D.** (2015, February). *Why schools need quality physical education and how teachers can make it happen!* Presentation at Adams 50 School District, Denver, CO.
14. **Kern, B. D.**, (2012, March). *Affinity mapping: The facilitation of vision.* Presentation to the Community Advisory Board of the Rocky Mountain Prevention Research Center, Alamosa CO.
15. **Kern, B. D.**, (2011, June). *Designing a training program for your sport.* Presented at the Capstone Experience: On-line Master's in Coaching Degree Cohort, Adams State College, Alamosa CO.
16. **Kern, B. D.**, (2010, June). *Designing a training program for your sport.* Presented at the Capstone Experience: On-line Master's in Coaching Degree Cohort, Adams State College, Alamosa CO.
17. **Kern, B. D.**, (2010, May). *Nutritional needs for today's athlete.* Presented at All-Sports Coaching Clinic, Adams State College, Alamosa CO.
18. **Kern, B. D.**, (2009, June). *Strength training basics.* Presented at the Capstone Experience: On-line Master's in Coaching Degree Cohort, Adams State College, Alamosa CO.

### **Research Advisement**

Salaam, A (2019). *The effects of cell phone use on the physical activity levels of college students.* Undergraduate honor's thesis, University of Louisiana at Lafayette (Committee member).

Rudesill, D. (2019). *The effects of starting age for volleyball-specific training on long-term outcomes.* Master's thesis, University of Louisiana at Lafayette (Committee member).

Imagbe, S. (2019). *Health-related fitness knowledge and physical education teachers.* Master's thesis, University of Louisiana at Lafayette (Committee member).

### **Grants Successfully Funded**

1. *Enhancing instructional skills of fitness and physical activity professionals using multimedia technology* (2018). University of Louisiana at Lafayette student technology enhancement program (STEP) grant program. \$6,953 (Principal Investigator)
2. *Barriers to and facilitators of physical education teacher change* (2016-2017). Illinois Association of Health, Physical Education, Recreation, and Dance (IAHPERD) Jump Rope for Heart research grant. \$4,941 (Co-Principal Investigator)
3. *Determinants of physical activity during recess in elementary schools* (2014-15). Illinois Association of Health, Physical Education, Recreation, and Dance (IAHPERD) student research. \$4,821 (Co-investigator)
4.  *$\beta$ -Alanine and high intensity interval training effects in female collegiate athletes* (2011). Athletic Edge Nutrition product research. \$2,000 (Principal Investigator)

5. *Implementing evidence-based school environment, policy, and curricular changes to increase opportunities for healthy eating and physical activity in low income, rural Colorado.* (2010-2013). Colorado Health Foundation. \$1.86 million (site-coordinator).
6. *Effects of beta-alanine supplementation on performance and body composition in collegiate wrestlers and football players* (2010). Athletic Edge Nutrition product research. \$2,000 (Principal Investigator)

## **Courses Taught**

### University of Wyoming

KIN 5586: Teacher Socialization in Physical Education

### University of Louisiana at Lafayette

KNES 499: Internship in Kinesiology

HLTH 313: Coordinated School Health Education Strategies

KNES 459: Management & Instructional Design for Activity Settings

EDCI 488: Student Teaching in Grades K-12

EDCI 485: Internship Alternative Certification I

EDCI 487: Internship Alternative Certification II

EDCI 400: Phase I Teaching Internship Residency

KNES 305: Motor Behavior & Control

KNES 322: Skills & Techniques: Racquet Sports

KNES 449: Secondary School Health and Physical Education Methods

KNES 509: Organization and Management of Exercise and Activity Programs

### University of Illinois

KIN 460: Technology and Pedagogical Kinesiology

KIN 268: Children's Movement

KIN 262: Motor Development & Learning (Discussion Section)

KIN 130: Analysis of Basic Movement

KIN 109: Team Sport Activities

### Adams State University

HPPE 539: Techniques of Coaching Strength & Conditioning (Online)

HPPE 509: Concepts in Exercise Science (Online)

HPPE 340: Kinesiology

HPPE 316: Methods of Teaching Secondary Physical Education

HPPE 120: Concepts in Wellness

HPPE 120: Concepts in Wellness Open Enrollment (Online)

## **Certifications**

- Teaching Foundations Certificate, U. of Illinois Center for Innovation in Teaching & Learning
- Quality Matters Professional Certification in Online Teaching
- Colorado Professional Teacher License, endorsed K-12 Physical Education and Secondary Science
- Colorado Initial Principal License

- National Strength and Conditioning Association, Strength & Conditioning Specialist (CSCS)
  - USA Weightlifting Sports Performance Coach
  - System for Observing Fitness Instruction Time (SOFIT) Certified Data Collector
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## **Professional Service**

### Reviewer

*Research Quarterly for Exercise and Sport (RQES)*

*European Physical Education Review (EPER)*

*Journal of Physical Activity and Health (JPAH)*

*Journal of Teaching in Physical Education (JTPE)*

*Measurement in Physical Education and Exercise Science (MPEES)*

*Nutrients*

*Progress in Community Health Partnerships (PCHP)*

*Quest*

*Journal of Clinical Medicine (JCM)*

### Memberships

Society of Health and Physical Education (SHAPE) America

Louisiana Association for Health, Physical Education, Recreation, and Dance (LAHPERD)

Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD)

American College of Sports Medicine (ACSM)

National Strength & Conditioning Association (NSCA)

### Other Roles

Mentor Teacher Training Coordinator

Graduate Internships Coordinator

Undergraduate Internship Site-Coordinator

Graduate Student Independent Study Director

Graduate Student Thesis Committee Member

Supervision of Undergraduate Students – Pedagogical Qualitative Research Laboratory,

University of Illinois Department of Kinesiology & Community Health

Individualized Research Planning – James Scholar Program, University of Illinois