

**Jay Kimiecik, PhD**  
**Post-Tenure Curriculum Vitae**

John (Jay) C. Kimiecik  
Associate Professor, Kinesiology  
Department of Kinesiology and Health (KNH)  
Date of Initial Appointment at Miami: August 1990, Health Appraisal & Enhancement  
Rank at First Appointment: Assistant Professor  
Date of Tenure and Promotion: Spring 1996  
Graduate Status: Level A, 1993, 1998, 2003, 2011

**PROFESSIONAL EXPERIENCE**

- 1996-Present**                      **Miami University, Oxford, Ohio**  
Associate Professor, Department of Physical Education, Health and Sport Studies
- Fall 2006-2008**                      **Miami University, Oxford, Ohio**  
Associate Director, Partnership Office (half-time position)
- Fall 2005-2010**                      **Miami University, Oxford, Ohio**  
Founding Director, Employee Health & Well-Being
- 1990-1995**                              **Miami University, Oxford, Ohio**  
Assistant Professor, Department of Physical Education, Health and Sport Studies
- 1986-1988**                              **Human Kinetics Publishers, Champaign, Illinois**  
Editor, *American Coach*
- 1984-1985**                              **Times-Herald Record, Middletown, New York**  
Sports Writer
- 1981-1983**                              **Boys Club of Tippecanoe County, Lafayette, Indiana**  
Physical Education Director

**EDUCATION**

- Ph.D., 1990**                      **University of Illinois, Urbana-Champaign, Illinois**  
Field of Study: Kinesiology  
Area of Concentration: Sport and Exercise Psychology  
Dissertation: *Motivational Determinants of Exercise Involvement:  
A Social Psychological Process/Stage Approach* (Chair: Glyn C. Roberts)
- M.S., 1983**                      **Purdue University, West Lafayette, Indiana**  
Field of Study: Kinesiology  
Area of Concentration: Sport and Exercise Psychology  
Thesis: *Children's Perceptions of Success and Failure in a Competitive Sports  
Activity* (Chair: Maria Allison)
- B.S., 1980**                      **State University of New York, Cortland, New York**  
Major: Physical Education
- A.A., 1978**                      **Orange County Community College, Middletown, New York**  
Major: Physical Education

## **I. TEACHING AND ACADEMIC ADVISING**

### **A. Classroom Teaching**

#### **1. Undergraduate and Graduate Courses Taught**

I have taught a wide range of undergraduate and graduate courses from 1996-present. I have delivered a variety of Kinesiology and Health courses, including capstone courses, and a core graduate course in the Exercise and Health concentration. In addition, I have developed and taught special first-year seminars, workshops, honors courses, reintroduced a health psychology course, and created a Miami Plan Global course.

##### **a. Undergraduate Courses**

- KNH F117 Well-Being: Personal, Cultural, and Global Perspectives, First Year Seminar, Miami Plan Foundation Course (New Course, Spring 2011)
- KNH 188 Exercise and Health, Miami Plan Foundation Course, 3 credits
- KNH 202 Introduction and Integration of Physical Education, Health and Sport Studies, 3 credits
- KNH 214 Global Well-Being, Miami Plan Global Course, 3 credits (New Course, Spring 2014)
- KNH 329 Psychological Perspectives on Health, 3 credits
- KNH 380.A Self Health, Honors Course, 3 credits
- KNH 402 Critical Reflection on Practices in Health and Physical Culture, Capstone, 3 credits
- KNH 402F Expressive Writing in Health and Fitness, Capstone, 3 credits (New course, Spring 2016)
- KNH 430.E Health Studies, Miami Plan Capstone Course, 3 credits
- KNH 431 Health-Related, Service Learning Experiences, Capstone, 3 credits
- KNH 450.H Sport and Exercise Psychology Seminar, 1 credit
- KNH 450.I Special Problems, Self Health, 3 credits
- KNH 450.J Family Influence on Children's Physical Activity, 2 credits
- KNH 453.C Special Problems, Optimal Experience in Sport and Exercise, 3 credits
- KNH 453.A Special Problems, Well-Being and Health Behavior Seminar, 3 credits
- KNH 453 Positive Youth Development and Well-Being
- SOC/KNH 499.Q Aging, Exercise, and Sport: A Biopsychosocial Perspective, 3 credits

##### **b. Graduate Courses**

- KNH 550.H Sport and Exercise Psychology Seminar, 1 credit
- KNH 550.I Special Problems, Self Health, 3 credits
- KNH 550.J Family Influence on Children's Physical Activity, 2 credits
- KNH 553.C Special Problems, Optimal Experience in Sport and Exercise, 3 credits
- KNH 553.A Special Problems, Well-Being and Health Behavior Seminar, 3 credits
- SOC/KNH 599.Q Aging, Exercise, and Sport: A Biopsychosocial Perspective, 3 credits
- KNH 654 Social Psychological Perspectives of Physical Activity, 3 credits

### **B. Evidence of Teaching Quality**

The quality of my teaching has been consistently evaluated via quantitative and qualitative student evaluation. Student exit interviews and unsolicited letters and emails from students also frame the evaluation piece of my teaching. The student evaluations have been consistently high regardless of the courses that I teach and I always learn something about how to be a better teacher from the qualitative feedback provided by the students. I also have had two formal colleague evaluations. Dr. Bill Berg (KNH) conducted a peer review of KNH 188 and Dr. Tom Poetter (EDL) examined my performance in KNH 654. In addition, as part of my year-long involvement in the Miami University *Senior Faculty Program for Teaching Excellence*, I had the opportunity for a nationally recognized expert teacher to critique my teaching performance in a 1to1 session based on a video clip of my teaching. I have also been recognized via various official University awards for the quality of my teaching over the years.

## 1. Awards and Formal Recognition for Teaching

- 2014-15 Selected as recipient of the Richard T. Delp Outstanding Faculty Award, College of Education, Health and Society, Miami University.
- 2012-2016 Received Letter of Commendation from the Center for Enhancement of Learning, Teaching, and University Assessment (CELTU) for positive impact on student learning and development, Miami University.
- 2010-2011 One of 34 faculty nominated by the class of 2006 for the *Effective Educator Award*, which was established to recognize special individuals at Miami who educate and elevate students to new heights.
- 2005 Outstanding Professor Award. Awarded by the Associated Student Government's Academic Affairs Coalition. Nominated by students of senior standing.
- Fall 2003 Recognized as "extraordinary professor" by Alpha Phi and Alpha Xi Delta sororities.
- Fall 2002 Inducted into the Golden Key International Honour Society as an honorary member. The primary objective of Golden Key is the recognition and encouragement of superior scholarship in all undergraduate fields of study. Invited to present the keynote address at Miami University's New Member Induction Ceremony, October 27.
- 2001 One of six professors to receive the 2001 Alumni Enrichment Award. Established by the Alumni Association in 1991, the Alumni Enrichment Awards honor those professors who have been judged by their peers and by undergraduates as being outstanding classroom teachers. At Reunion Weekend, the six recipients offer mini-lectures to returning alumni.
- Fall 1999 Among the top 100 faculty and staff identified by the Office of Student Leadership and Service as exemplifying the values that form the foundation of "Miami's Leadership Commitment," the comprehensive leadership development program available to Miami students.

## C. One-on-One/Small Group Teaching, Independent Studies

### 1. Independent Studies, Directed Studies, tutorials, practicum, or other major projects

#### a. Independent Readings/Research Studies

**Undergraduate** (supervised 16 students and 20 projects, 1996-present)

- Spring 2016 KNH 477—Christian Curatolo, Decision Making in Healthcare for Young People (2)  
KNH 477—Cole Spillars, ADHD, Health Behavior Change, and Well-Being (2)
- Fall 2016 KNH 477—Dan Bokeno, The Benefits of Narrative Medicine (1)

**Graduate** (supervised 25 students and 38 projects, 1996-present)

- Spring 2016 KNH 620—Steve Girson, Effects of Eudaimonic Intervention on Well-Being (1)  
KNH 620—Olivia Ellis, Gratitude and Flourishing (2)

#### b. Internships

**Undergraduate** (supervised 2 students)

- Spring 2014 KNH 420—Amanda Richburg, Nederlander Entertainment  
Fall 2014 KNH 420—David Ayscue, ICA strength & conditioning internship

**Graduate** (supervised 7 students, 10 internships, 1996-present)

#### c. Employee Health & Well-Being Internships

In my role as director of Employee Health & Well-Being, I created a student internship program to provide Miami students with real-world learning opportunities.

2005-06	Supervised 5 undergraduate student interns and 1 graduate student intern
2006-07	Supervised 15 undergraduate and 8 graduate student interns
2007-2010	Supervised on average 12 student interns per year
Spring 2010	Supervised 8 undergraduate student interns
	Supervised one Graduate Assistant

#### **d. Supervision of Undergraduate Student Awards**

##### **Summer Scholars**

The Undergraduate Summer Scholar program matches up a faculty member with an undergraduate student who is interested in engaging in the scientific research process for 12 weeks. The interested student in collaboration with the faculty member must submit an application and the selection process is competitive. I have worked with **seven** summer scholars, 1996-present.

Summer 2015 KNH 340U—Becca King (6), Eudaimonic Experiences of Healthcare Professionals

##### **Undergraduate Teaching Associate**

Spring 2014 Supervised Hillary Cummings as she assisted me in teaching KNH 214 Global Well-Being. Hillary took charge of the Global Buddies project working with Miami University's International Student and Scholar Services as well as grading, organizing, and providing her perspective on international experiences and their relation to Well-Being.

## **2. Graduate/professional exams, theses, and dissertations**

### **a. Master's Oral Exit Examination Committees**

Committee Member:	25	Chair:	14	Total:	38
Fall 2015	Margaret Melbye (Committee Member)				
Spring 2016	Olivia Ellis (Committee Member, Chair)				

### **b. Master's Thesis Committees**

Committee Member:	8	Chair:	1	Total:	9
Spring 2014	Juliana Kahrs & Kate Renneke (committee member)				

### **c. Dissertations**

Spring 2016	Ryan Graham, Educational Leadership (Committee Member)
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## **D. Demonstrated Efforts to Improve Teaching**

2012, 2013	Developed KNH 329 Health Psychology as an online course, Spring/Summer 2012. Developed KNH 188 Physical Activity and Health as an online course, Summer 2013.
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2012-2013	Developed a Global Miami Plan course "KNH 214 Global Well-Being" approved by Liberal Education Council. Course taught Spring 2014.
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2010-2011	Developed a First Year Seminar (FYS) course "KNH F117 Well-Being: Personal, Cultural, & Global Perspectives" approved by Liberal Education Council. FYS courses use innovative teaching practices that actively involve students in deep intellectual and experiential engagement. Course taught Spring 2011, 2012.
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Spring 2000 & Spring 1999	Received Co-Curricular Learning Grant to facilitate senior capstone students' after-school program at Kramer Elementary School (\$200).
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Spring 2000 & Received Faculty Service-Learning Initiatives Fund for students to conduct  
Spring 199 Learning Centers at the sixth and seventh Annual Children's Health Fair in  
Sharonville, OH (\$150).

1998-1999 Selected for the Miami University *Senior Faculty for Teaching Excellence Program*, a year-long small group experience exploring teaching improvement from a variety of perspectives. Participated in seminars and book discussions, attended two conferences on college teaching, conducted a teaching seminar for Miami faculty.

#### **E. Development of Teaching Materials**

My continual interest in applying scientific knowledge in practical ways has led to the development of many learning materials for Miami students. In many cases materials I have developed and used in my work with health and fitness practitioners and organizations have either been developed in concert with a course I am teaching or have been brought back into the classroom for students to use. For example, the same *YPersonal Fitness Program* manual I developed for the YMCA of the USA was used by graduate students in KNH 654 working with Housing, Dining, and Guest Services employees as clients. Similarly, I developed with assistance from Joyce Englander (Psychology '03) materials for *Resonance For College Students* workshops conducted for *LeaderShape* graduates. In addition, students in KNH 380.A, KNH 450.I/550.I, and KNH/KNH 453/553 were introduced to *Well-Being Way* program materials developed and used in my work with YMCAs and public schools, 2007-2009.

#### **F. Curriculum Development**

Since becoming Associate Professor, I have developed a two-day summer workshop through the Scripps Gerontology Center, an honors course, redesigned an existing KNH 329 course, a first-year seminar, two online courses, and a Miami Plan-approved Global course. Aging, Exercise, and Sport: A Biopsychosocial Perspective (SOC/KNH 499.599.Q) was an intensive examination of physical activity and the aging process. Self-Health (KNH 380.A) was approved and offered twice as an advanced honors seminar. Psychological Perspectives on Health (KNH 329) was updated/redesigned and is now a popular course for all KNH majors. I also developed and taught three Special Problems seminars closely tied to my research and application interests: Optimal Experience in Sport and Exercise, Self Health, and Well-Being and Health Behavior. More recently, I created a first-year seminar (KNH F117) through the Miami Plan and a Miami Plan Global course (KNH 214 Global Well-Being).

#### **G. Academic Advising**

**1. Undergraduate Students.** Advise students in Health Promotion and Kinesiology, 1996-present (50 students per semester)

**2. Graduate Students.** Advise students in Exercise and Health Science, 1996-present (1-2 students per semester)

#### **H. Publications and Presentations with Students**

1. Publications with graduate students (see Book Chapters: Kimiecik & Blissmer, 1998; Articles in Refereed Journals: Kimiecik, Horn, & Shurin, 1996; Kimiecik & Harris, 1996)
2. Presentations with graduate students (see Refereed Scholarly Paper Presentations: Greene, Machida, & Kimiecik, 2007; Lewis, Zulig, Sibley, Horn, Vealey, & Kimiecik, 2007; Horn, Kimiecik, & Bloom, 2003; Horn, Kimiecik, Maltbie, Wong, & Rojas, 1999; Blissmer & Kimiecik, 1998; Wegley & Kimiecik, 1997; Kimiecik, Horn, Shurin, & Claytor, 1996; Refereed Professional Practice Presentations: Kimiecik & Anderson, 1997; Invited Professional Practice Lectures and Workshops: Kimiecik & Szabo, 1996; Kimiecik & Pankowski, 1996)
3. Presentations with undergraduate students
  - a. Spears, D., & Kimiecik, J. (2004, November). *Examining Adolescent Physical Activity Experiences in a Christian-Based Summer Sports Camp*. Poster presented at the Annual Miami University Undergraduate Summer Scholar Research Fair.
  - b. Alex, S., Renner, K., Barrett, K., & Kimiecik, J. (1997, November). *The relationship among parents' beliefs, children's beliefs, and children's physical activity participation*. Poster presented at the Undergraduate Summer Scholar Reception and Information Fair, Miami University, Oxford, OH.

## II. RESEARCH, SCHOLARSHIP AND CREATIVE ACHIEVEMENT

### A. Publications

#### 1. Books

- a. Kimiecik, J., & Newburg, D. (2016, a novel). *Losing weight in six days: A case of the white horse island life detective service*. Createspace.
- b. Kimiecik, J., & Newburg, D. (2009). *Runner as hero: The inner quest of becoming a runner or athlete or just about anything...at any age*. Lanham, MD: Hamilton Press.
- c. Kimiecik, J. (2002). *The intrinsic exerciser: Discovering the joy of exercise*. Boston, MA: Houghton Mifflin Company.
- d. Kimiecik, J. (1998). *YPersonal Fitness Program: 12 Weeks to a Better You*. YMCA of the USA. Champaign, IL: Human Kinetics

#### 2. Invited Book Chapters

- a. Kimiecik, J., Vealey, R., Wright, E., & Morrison, D. (in press). As positive as it gets: Flow and enjoyment in sport and physical activity. Brady, A., & Grenville-Cleave, B. (Eds.), *Positive psychology in sport and physical activity: An introduction*. Oxford: Routledge.
- b. Kimiecik, J. (2016). The eudaimonics of health: Exploring the promise of positive well-being for healthier living. In J. Vitterso (Ed.), *Handbook of eudaimonic well-being*. Springer.
- c. Jackson, S., & Kimiecik, J. (2008). Optimal experience in sport and exercise. In T. Horn (ed.), *Advances in Sport Psychology*, 3<sup>rd</sup> edition. Champaign, IL: Human Kinetics. (50% contribution)
- d. Blissmer, B., Marquez, D.X., Jerome, G., & Kimiecik, J. C. (2005). Theory and applications in promoting exercise behavior. In D. Hackfort, R., Lidor, and J. Duda (Eds.) *Handbook of Research in Applied Sport and Exercise Psychology: International Perspectives* (pp. 257-274). Morgantown, WV: Fitness Information Technology. (20% contribution)
- e. Kimiecik, J., & Jackson, S. (2002). Optimal experience in sport: A flow perspective. In T. Horn (Ed.), *Advances in sport psychology (2nd edition)*. Champaign, IL: Human Kinetics Publishers. (60% contribution)
- f. Kimiecik, J., & Blissmer, B. (1998). Applied exercise psychology: Measurement issues. In J.L. Duda (Ed.), *Advances in sport and exercise psychology measurement*. Morgantown, WV: Fitness Information Technology. (90% contribution)

#### 3. Refereed Journal Articles

##### \* (scope; circulation; acceptance rate; % contribution to the article)

- a. Kimiecik J. (2016). Play ball? Reflections on my father's youth baseball experiences and why they matter. *American Journal of Play*, 8, 379-395.
- b. Kimiecik, J., & Horn, T. (epub ahead of print 2016). The big motivational picture: Examining the relationship between positive intrapersonal processes and adolescent health-promoting behaviors. *Applied Developmental Science*. <http://dx.doi.org/10.1080/10888691.2016.1158651> 75% contribution.
- c. Kimiecik, J., & Horn, T. (under second review). Moving youth for a lifetime: The promise of a strengths-based, promotion-oriented approach for guiding adolescent physical activity interventions. *Health Psychology Review*. 75% contribution.
- d. Lewis, P., Kimiecik, J., Horn, T., Zullig, K., Ward, R. (2014). Can becoming myself influence my health?: Exploring the effects of a eudaimonic-enhancement process on psychological indicators of well-being and physical activity. *Applied Research in Quality of Life*, 9, 643-665. 60% contribution.
- e. Kimiecik, J., & Horn, T. (2012). Examining the relationship between family context and children's physical activity beliefs: The role of parenting style. *Psychology of Sport and Exercise*, 13, 10-18.
- f. Kimiecik, J., (2011). The promise of eudaimonic well-being for the practice of health promotion: The "how" is as important as the "what." *Journal of Happiness Studies*, 12, 769-792.

- g. Kimiecik, J. (2010). Reflecting on a well-being enhancement experience with ninth graders in a public school: The why, what, and how of a screaming heart. *Education in a Democracy: A Journal of the NNER*, 2, 95-124.
- h. Kimiecik, J. (October 2005). Phat Exercise: How young adults enjoy and sustain physical activity. *JOPERD*, 76, 19-21, 30. Paper based on presentation at the National Association for Sport and Physical Education Symposium held at the 2005 AAHPERD National Convention, Chicago, IL. \*(international; 20,000; 30%; NA)
- i. Newburg, D., Kimiecik, J., Durand-Bush, N., & Doell, K. (2002). The role of resonance in performance excellence and life engagement. *Journal of Applied Sport Psychology*, 14, 249-267. \*(international; 1,850; 17%; 80%)
- j. Jackson, S., Kimiecik, J., Ford, S., & Marsh, H. (1998). Psychological correlates of flow in sport. *Journal of Sport and Exercise Psychology*, 20, 358-378. \*(international; 1,500; 15%; 50%).
- k. Kimiecik, J., & Horn, T.S. (1998). Parental beliefs and children's moderate-to-vigorous physical activity? *Research Quarterly for Exercise and Sport*, 69, 163-175. \*(international; 5,800; 25%; 75%). **Research Writing Award (see II-E)**
- l. Kimiecik, J., & Harris, A.T. (1996). What is enjoyment?: A conceptual/definitional analysis with implications for sport and exercise psychology. *Journal of Sport and Exercise Psychology*, 18, 247-263 \*(international; 1,500; 15%; 80%).
- m. Kimiecik, J., Horn, T.S., & Shurin, C.S. (1996). Relationships among children's beliefs, perceptions of their parents' beliefs, and their moderate-to-vigorous physical activity. *Research Quarterly for Exercise and Sport*, 67, 324-336 \*(international; 5,800; 25%; 70%).
- n. Kimiecik, J., & Lawson, H.A. (1996). Toward new approaches for exercise behavior change and health promotion. *Quest*, 48, 102-125. \*(international; 816; 27%; 75%).

#### 4. Popular and Practitioner-Oriented Articles

- a. Kimiecik, J. (2000, May). Are you ready to go to Xtremes? IHRSA/FitLinxx Retention Report, p. 2.
- b. Kimiecik, J. (2000, April). The home run. *Runner's World*, p. 112.
- c. Kimiecik, J. (2000, March). Bashing through barriers: How to help your members navigate their inner obstacle course to a lifetime of regular exercise. *IDEA: Health and Fitness Source*, pp. 40-46. \*(21,000 circulation)
- d. Kimiecik, J. (2000, January/February). Learn to love exercise. *Psychology Today*, pp. 20-21.
- e. Kimiecik, J. (2000, February). Are you ready to ride the age wave? IHRSA/FitLinxx Retention Report, p. 2.
- f. Kimiecik, J. (1999, April). Zooming in on attentional focus: Associative and dissociative behavior modification strategies to promote regular exercise. *IDEA Health & Fitness Source*, pp. 36-43.
- g. Kimiecik, J. (1998, March). The path of the intrinsic exerciser. *IDEA: The Health and Fitness Source*, pp. 34-42.
- h. Kimiecik, J., & Babon, G. (1996, Winter). Trends predict health promotion opportunities. *AWHP'S Worksite Health*, pp. 11-13.

#### 5. Online Column

1999-2000 Wrote *SportsAlpha*, a weekly, online sport psychology column for The Sports Network ([www.sportsnetwork.com](http://www.sportsnetwork.com)). The mission of this column was to write about sport psychology theory and research in practical, applied ways. Sport Psychology graduate students assisted with research for the column.

#### 6. Commentary and Guest Columns

- Kimiecik, J. (2006). Well Minded. *Recreational Sports Center Health & Wellness Newsletter*.
- Kimiecik, J. (2005). Crying games makes sports worthwhile. *The Oxford Press*.
- Kimiecik, J. (2004, October). 'Preventive' fitness can pose perils. *The Cincinnati Enquirer*.
- Kimiecik, J. (2002). Dad sets record in thrill of victory. *The Cincinnati Enquirer*.
- Kimiecik, J. (2000). Living your dream each and every day. *Society of Ohio Public Health Education Newsletter*.

#### 7. Select Media Interviews and Appearances

- *SportsTalk* guest on WLW with Andy Furman, October 4, 2002.
- *Intrinsic Exerciser* presentation and book signing at the Joseph-Beth Booksellers, Cincinnati, OH, October 5, 2002.

- *Intrinsic Exerciser* presentation and book signing at Miami University's Recreational Sports Center, July 2, 2002.
- Drop that Donut by Donna Boen, *Miamian*, Winter 1999-2000.
- Finding 'Flow' the Key to Enjoying Exercise by Louise Daw, *The London Free Press*, July 2, 2000.
- No Time to Exercise? Yeah, Right... by Carol Krucoff, *Los Angeles Times*, October 9, 2000.
- A 'Flow' to Fuel the Reluctant Athlete by Nancy Steadman, *The New York Times*, April 13, 1999.
- Staying Motivated, Client Handout in *IDEA Personal Trainer*, July-August 1998.

## B. Presentations

### 1. Invited Scholarly Presentations

- a. Kimiecik, J. (2003, October). *Exercise behavior change from the inside out*. Distinguished Guest Lecture, Department of Physical Education, University of West Virginia, Morgantown, WV.
- b. Kimiecik, J. (1998, March 13). *Motivation and physical activity across the lifespan*. Invited presentation as part of the University of Michigan's "Kinesiology Day," Ann Arbor, MI.

### 2. Refereed Scholarly Presentations

- a. Kimiecik, J.C. (2015, May). *Play, play gone away, come again another day?: My father's reflection on his youth baseball experience...and why it matters*. Paper presented at the 27<sup>th</sup> Annual Cooperstown Symposium on Baseball and American Culture, Cooperstown, NY.
- b. Kimiecik, J., Horn, T., & Poetter, T. (2009, December). *A university-school collaborative for positive youth development, well-being, and healthy living*. Paper presented at the 5<sup>th</sup> Annual International Civic Education Conference, Nashville, TN.
- c. Machida, M., Greene, H., Teske, E., & Kimiecik, J. (2007, October). *Finding your feel: A Resonance approach to exercise behavior change*, Annual Association for the Advancement of Sport Psychology Conference, Louisville, KY.
- d. Lewis, P., Zullig, K., Sibley, B., Horn, T., Vealey, R., & Kimiecik, J. (2007, February). *An evaluation of the Well-Being Way process: Enhancing psychological well-being, subjective vitality, and self-determination*. Paper presented at the Annual Midwest Sport and Exercise Psychology Conference, Purdue University, West Lafayette, IN.
- e. Greene, H., Machida, M., & Kimiecik, J. (2007, February). *YMCA Personal Fitness Program: One-to-one exercise facilitation program*. Paper presented at the Annual Midwest Sport and Exercise Psychology Conference, Purdue University, West Lafayette, IN.
- f. Kimiecik, J. (2004, October). *A personal journey into exploring the process of feeling alive and getting good: The scientific, the creative, and the imaginative*, 5<sup>th</sup> Annual Curriculum & Pedagogy Conference, Creative Writing Workshop, Miami University, Oxford, OH.
- g. Horn, T., Kimiecik, J., Bloom, P. (2003, June). *Relating parents' gender-role stereotypic beliefs to their children's physical activity beliefs, values, and behaviors*, Annual North American Society for the Psychology of Sport and Physical Activity Conference, Savannah, GA.
- h. Kimiecik, J. (2001, October). *Exercise behavior change from the inside out*, Annual Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL.
- i. Horn, T., Kimiecik, J., Maltbie, R., Wong, W., & Rojas, K. (1999, June). *Parents' beliefs and values regarding their children's participation in youth sport programs*. Paper presented at the Annual North American Society for the Psychology of Sport and Physical Activity Conference, Clearwater, FL.
- j. Blissmer, B., & Kimiecik, J. (1998, June). *Differences in wanting and expecting to exercise: Examining a revised theory of planned behavior*. Paper presented at the Annual North American Society for the Psychology of Sport and Physical Activity Conference, Chicago, IL.
- k. Kimiecik, J. (1997, September). *Parental influence on children's physical activity: The role of cognitions and beliefs*. Colloquium presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, San Diego, CA.
- l. Wegley, S., & Kimiecik, J. (1997, February). *Facilitating lifestyle change in high health risk employees*. Paper presented at the Annual Midwest Sport and Exercise Psychology Conference, Ball State University, Muncie, IN.
- m. Kimiecik, J., Horn, T.S., Shurin, C.S., & Claytor, R.P. (1996, May). *Examining the role of parental beliefs in children's moderate-to-vigorous physical activity*. Paper presented at the American College of



Sports Medicine Annual Meeting, Cincinnati, OH.

### 3. Refereed Professional Practice Presentations and Workshops

- a. Kimiecik, J. (2003, April). *Exercise behavior change from the inside out*, National Intramural-Recreational Sports Association Annual Conference & Recreational Sports Exposition, Cleveland, OH.
- b. Kimiecik, J. (2003, April). *Exercise Behavior Change from the Inside Out*, American College of Sports Medicine Health and Fitness Summit & Exposition, Reno, NV.
- c. Kimiecik, J. (2003, July). *The Resonance Experience: Finding and Living Your Dream Everyday*, 28th Annual National Wellness Conference, Stevens Point, WI.
- d. Kimiecik, J. (2003, July). *Facilitating Exercise Behavior Change from the Inside Out*, 28th Annual National Wellness Conference, Stevens Point, WI.
- e. Kimiecik, J. (2001, March). *The Intrinsic Exerciser*, Annual American Alliance of Health, Physical Education, Recreation, and Dance Convention, Cincinnati, OH.
- f. Kimiecik, J. (2001, October). *Exercise Behavior Change: As Easy as 1 to 1, 2, 3*, Midwest American College of Sports Medicine Annual Meeting, Columbus, OH.
- g. Kimiecik, J., Newburg, D., & Durand-Bush, N. (2001, October). *Resonance: A model for performance excellence and meaningful living*, Continuing Education Workshop, Annual Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL.
- h. Kimiecik, J. (2000, October). *Come On Over: Careers and Consulting Opportunities in Health and Fitness (For Students Mostly)*, Annual Association for the Advancement of Applied Sport Psychology Conference, Nashville, TN.
- i. Kimiecik, J. (1999, April). *Exercise Behavior Change From the Inside Out*. Presented at the American College of Sports Medicine Health & Fitness Summit, New Orleans, La.
- j. Newburg, D., Streat, B., Kreuger, M., Kimiecik, J., & Hanson, T. (1998, September). *Resonance: Performance by design*. Workshop conducted at the Annual Meeting of the Association for the Advancement of Applied Sport Psychology, Cape Cod, MA.
- k. Kimiecik, J.C., & Bolger, J. (1998, July). *Reaching the Inactive*. Workshop conducted at the Annual World Fitness IDEA Convention, Orlando, FL.
- l. Kimiecik, J.C., & Anderson, D. (1997, September). *Facilitating exercise behavior change: Intervention issues and strategies*. Workshop conducted at the Annual Meeting of the Association for the Advancement of Applied Sport Psychology, San Diego, CA.
- m. Kimiecik, J.C., & Babon, G. (1996, February). *Preparing for worksite health promotion in the new millennium*. Workshop conducted at the American Journal of Health Promotion Annual Art and Science of Health Promotion Conference, Colorado Springs, CO.

### 4. Invited Professional Practice Lectures and Workshops

- a. Kimiecik, J. (2013, June). *Well-Being and Living Well: The Science and Art of Human Flourishing and Optimal Health*. Health Psychology Institute, University of Southern Maine, Portland, ME.
- b. Kimiecik, J. KEYNOTE ADDRESS. (2008, August). *Runner as Hero: The inner quest of becoming a runner, athlete, or just about anything...at any age*. FitLife Summer Conference, Bend, OR.
- c. Kimiecik, J. (2008, August). *The Well-Being Way to optimal health and performance*. FitLife Summer Conference, Bend, OR.
- d. Kimiecik, J. (2008, August). *The Transformers: Coaching clients to transformative health*. FitLife Summer Conference, Bend, OR.
- e. Kimiecik, J., & Poetter, T. (2008, October). *Well-Being and leadership*. Student Leader Alliance Conference, Lakota East High School, Cincinnati, OH.
- f. Kimiecik, J. (2006, June). *The Well-Being Way to Healthy Living and Other Things*, University of Southern Maine Health Psychology Institute, Portland, ME.
- g. Kimiecik, J. (2006, October) (Keynote Speaker). *The Well-Being Way to healthy living and other things*, Wellness for Life, 2006 Health & Wellness Expo, Hamilton, OH.
- h. Kimiecik, J. (2005, April). *Making exercise phat: Motivating young adults or just about anyone to be physically active*, NASPE All-Academy Symposium, AAHPERD Convention, Chicago, IL.

- i. Kimiecik, J. (2005, May). *The Well-Being Way to Health Behavior Change and Other Important Things*, Healthy Avondale Symposium, Avondale, AZ.
- j. Kimiecik, J. (2005, October). *The Well-Being Way to Health Behavior Change and Other Important Things*, Lorain County Coordinated School Health Symposium, LaGrange, OH.
- k. Kimiecik, J. (2005, September). *Well-Being, Exercise, and Motivation: The Human Element*, Designing Healthy Communities Symposium: How the Built Environment Impacts Obesity, Youngstown, OH.
- l. Kimiecik, J. (2004, March). *Exercise Behavior Change From the Inside Out*, 18<sup>th</sup> Annual Forum on Aging Conference, Cincinnati, OH, March.
- m. Kimiecik, J. (2004, April). *Motivating Kids to Move for a Lifetime*, Fit, Healthy & Ready to Learn Conference, Columbus, OH.
- n. Kimiecik, J. (2004, April). *Relationships and Programs: Creating and Sustaining Optimal Well-Being*, YMCA Breakthrough Collaborative, Chicago, IL.
- o. Kimiecik, J. (2004, June). *Motivation and Exercise Behavior Change*, University of Southern Maine Health Psychology Institute, Portland, ME.
- p. Kimiecik, J. (2004, July). *Motivation and Exercise Behavior Change*, FitLife Summer Conference and Expo, Redmond, OR.
- q. Kimiecik, J. (2004, July). *The Resonance Experience: Finding and Living Your Dream Everyday*, FitLife Summer Conference and Expo, Redmond, OR.
- r. Kimiecik, J. (2004, September) (keynote). *The Resonance Experience: Finding and Living Your Dream Everyday*, Defiance County Medical Reserve Corps Conference, Defiance, OH.
- s. Kimiecik, J. (2004, September). *Motivation and Exercise Behavior Change*, 23<sup>rd</sup> Annual Greater Cincinnati Cardiac & Pulmonary Conference, Cincinnati, OH.
- t. Kimiecik, J. (2004, November). *The FUNdamentals of Enjoying Exercise*. Speaking of Women's Health Conference, Dayton, OH.
- u. Kimiecik, J. (2003, October) (keynote) *Breaking the exercise barrier: Behavior change from the inside out*. Keynote at the Sinclair Community College Campus Forum Series, Dayton, OH.
- v. Kimiecik, J. (2003, June). *Facilitating Exercise Behavior Change From the Inside Out*, 5th Annual United States Air Force Fitness Summit, San Antonio, TX.
- w. Kimiecik, J. (2003, June). *Resonance: A Positive Psychology Approach to Performance Excellence in Sport and Life Itself*, Sport Psychology Institute, University of Southern Maine.
- x. Kimiecik, J. (2003, September). *Helping People Change Behavior: It's Time for a Change*, National Institute for Fitness and Sport Summit, Indianapolis, IN.
- y. Kimiecik, J. (2003, November). *Exercise: How to stay with it*, Speaking of Women's Health Conference, Dayton, OH.
- z. Kimiecik, J. (2003, December). *Enjoying Exercise and Staying with it*, Keynote presentation at the Ohio Society of Public Health Education Quarterly Meeting, Columbus, OH.
- aa. Kimiecik, J. (2002, August). *Personal Wellness*. Miami County Administrative Summer Conference, Oxford, OH.
- bb. Kimiecik, J. (2002, September). *Helping People Change Behavior: It's Time for a Change*. Closing keynote address at the Shaping Safer Communities Conference, Cincinnati, OH.
- cc. Kimiecik, J. (2002, June). *Motivation and Exercise Behavior Change*. Health Psychology Institute, University of Southern Maine, Portland, ME.
- dd. Kimiecik, J. (2001, March). *The High Touch, High Tech Force: The Final Frontier for Exercise Behavior Change*, International Health, Racquet & Sportsclub Association Convention, San Francisco, CA.
- ee. Kimiecik, J. (2001, March). *Stump the Expert*, appeared as one of four panelists at the Humana Choice Care Heart Mini-Marathon Fitness Clinic, Cincinnati, OH.
- ff. Kimiecik, J. (2001, July). *Winning the Membership Challenge*, FitLife Summer Conference and Trade Show, Sunriver, OR.
- gg. Kimiecik, J. (2001, October). *The High Touch, High Tech Force: The Final Frontier for Exercise Behavior Change*, Ontario Association for Sport and Exercise Science Annual Professional Development and Internet Conference, Toronto, Canada.

- hh. Kimiecik, J. (2000, March). *Facilitating exercise behavior change from the inside out*. Presented at the Annual International Health and Racquet Sportsclub Association Conference, San Francisco, CA. **Evaluated as top presenter by attendees.**
- ii. Kimiecik, J., Newburg, D., Rouse, J., Clawson, J., and Tribble, C. (2000, October). *The Resonance Experience: Finding and Living Your Dream Everyday*, community seminar sponsored by St. Thomas Hospital and YMCA of Middle Tennessee, Nashville, TN.
- jj. Kimiecik, J. (2000, October). Conducted *Coaching for Success* workshop for health and fitness instructors, sponsored by the YMCA of Middle Tennessee, Nashville, TN.
- kk. Kimiecik, J. (2000, October). *The Resonance Experience: Living Your Life Where the Wild Things Are*, Closing Keynote, Health Educators' Institute, Salt Fork State Park, Cambridge, OH, October 25, 2000.
- ll. Kimiecik, J. (2000, November). *Exercise Behavior Change Programs for the Physically Inactive: As Easy As One to One, Two, Three*, Michigan YMCA Key Leaders Conference, Lansing, MI.
- mm. Kimiecik, J. (2000, November). *The Resonance Experience: How to Find and Live Your Dream Everyday*, Michigan YMCA Key Leaders Conference, Lansing, MI.
- nn. Kimiecik, J., Wegley, S., & Roberts, J. (2000, November). *The Resonance Experience: How to Maximize Your Inner Adventure and Performance*, 14<sup>th</sup> Annual International Conference on Outdoor Recreation and Education (ICORE), Oxford, OH.
- oo. Kimiecik, J. (2000, July). *Motivation and Exercise Behavior Change*, Health Psychology Institute, Portland, ME.
- pp. Kimiecik, J. (1999, December). *Exercise behavior change: As easy I to 1, 2, 3*. Presented at the YMCA EXPO 99, San Antonio, TX.
- qq. Kimiecik, J. (1999, April). *Working with the Inactive: A Panel Discussion*. Presented at the American College of Sports Medicine Health & Fitness Summit, New Orleans, La.
- rr. Kimiecik, J. (1999, April). *Working with the Inactive*, (Plenary Session). Presented at the Serving All Members National Conference, YMCA of Canada, YMCA Geneva Park, Ontario, Canada.
- ss. Kimiecik, J. (1999, March). *Psychology of Exercise: Motivational Strategies to Optimize Long-Term Behavior Change*. Presented at the Wellness in the Workplace Conference, Ann Arbor, Michigan.
- tt. Kimiecik, J. (1999, February). *It's my life: I might as well enjoy it*. Keynote address at the Annual Midwest Sport and Exercise Psychology Symposium, Miami University, Oxford, OH.
- uu. Kimiecik, J. (1998, February). *Understanding the inactive population and behavior change*. Presented at the YMCA of the USA and Winfield Group Meeting on Serving the Ready-to-be-fit Population II, Atlanta, GA.
- vv. Kimiecik, J. (1998, February). *Philosophy and core principles of the 12-Week Personal Fitness Program*. Presented at the YMCA of the USA and Winfield Group Meeting on Serving the Ready-to-be-fit Population II, Atlanta, GA.
- ww. Kimiecik, J. (1998, January). *Understanding the inactive population and behavior change*. Presented at the YMCA of the USA and Winfield Group Meeting on Serving the Ready-to-be-fit Population I, Atlanta, GA.
- xx. Kimiecik, J. (1998, January). *Philosophy and core principles of the 12-Week Personal Fitness Program*. Presented at the YMCA of the USA and Winfield Group Meeting on Serving the Ready-to-be-fit Population I, Atlanta, GA.
- yy. Kimiecik, J. (1998, November). *Make it Happen: A Forum for Reaching, Recruiting, and Retaining Ready-to-be-Fit Members*. Conducted 4 ½ hour Forum for the YMCA of Middle Tennessee, Nashville, TN. Over one hundred YMCA staff attended. KNH graduate student assisted.
- zz. Kimiecik, J. (1997, June). *Family influence on children's health-related physical activity: Psychosocial determinants*. Presented at the Health Psychology Institute, University of Southern Maine, Portland, ME.
- aaa. Kimiecik, J. (1997, June). *Family influence on children's health-related physical activity: Intervention and Practice*. Presented at the Health Psychology Institute, University of Southern Maine, Portland, ME.
- bbb. Kimiecik, J. (1997, May). *Activating inactive people: Personal, social, and cultural factors*. Keynote address presented at the Promoting an Active South Carolina: A Conference on Physical Activity and Health, Columbia, SC.
- ccc. Kimiecik, J. (1997, May). *Exercise behavior change from the inside out*. Presented at the Promoting an Active South Carolina: A Conference on Physical Activity and Health, Columbia, SC.

- ddd. Kimiecik, J. (1997, April). *The psychology of exercise: How to put the "motive" in your patients' motivation to exercise*. Presented at the Annual Community Health Meeting of the Mission Valley YMCA and the Mercy/Scripps Center, San Diego, CA.
- eee. Kimiecik, J. (1997, April). *The physician's role in facilitating patient exercise behavior change*. Presented to the interns/residents of the Mercy/Scripps Medical Center, San Diego, CA.
- fff. Kimiecik, J. (1996, October). *Motivating the inactive population*. Presented at the International YMCA Healthy People Conference, Orlando, FL.
- ggg. Kimiecik, J., & Szabo, C. (1996, June). *Peak performance and flow in sport*. Presented at the Sport Psychology Institute, University of Southern Maine, Portland, ME.

### C. Other Media Products

Invited by Healthy Learning Videos in cooperation with the American College of Sports Medicine to develop and appear on two exercise motivation program videos, 1999, Monterey, CA:

- o *Exercise Behavior Change Program for the Physically Inactive: As Easy as One to One, Two, Three*
- o *Exercise Behavior Change from the Inside Out*

### D. Grants

#### 1. Internal Grants

- 2010-2011 *Can becoming myself influence my health?: An exploratory quantitative and qualitative evaluation of a worksite-based well-being enhancement experience*. Committee on Faculty Research (CFR). Grant to Promote Research, FUNDED, **\$2,500**; Summer Research Appointment, FUNDED; Research Graduate Assistant, FUNDED. Implemented 2011-2012.
- 2002 *Exploring the Performance Experiences of Masters Athletes*. School of Education and Allied Professions Small Research Grant, Interviewed masters athletes and synthesized scientific literature on biopsychosocial aspects of masters athletes' training and performance, \$800.
- 1996-97 *Examining the relationship among parent-child belief systems, family processes, and children's moderate-to-vigorous physical activity*. Summer Research Appointment (\$4,200), Research Graduate Assistantship, and a Grant to Promote Research (\$4,200), Committee on Faculty Research, Miami University. Awarded November 9, 1995.

#### 2. External Grants

- 2007 Submitted via the Miami University Partnership Office *The Well-Being Way: A School/Community Collaborative for Positive Youth Development and Healthy Living*. WellPoint Foundation, funded, **\$125,000**.

### E. Awards/Recognition

- 2005 Selected by the Chair-Elect of the National Association for Sport and Physical Education's Sport and Exercise Psychology Academy to represent the field of sport and exercise psychology at the NASPE All-Academy Symposium (Physical Activity for Post Secondary School/University Young Adults) as part of the Annual American Alliance for Health, Physical Education, Recreation and Dance Convention, Chicago, IL, April.
- 2003 Selected as the Distinguished Guest Lecturer in Sport and Exercise Psychology by the University of West Virginia's Department of Physical Education. Presented two talks to students and faculty, Morgantown, WV, October 23-24.
- 2002 One of 90 authors nationwide invited to participate in the 16<sup>th</sup> Annual Buckeye Book Fair, which is a literary event to support literacy in Ohio. Since inception, more than \$160,000 has been distributed to school libraries, public libraries, and literacy programs in Ohio. Wooster, Ohio, November.
- 1998 Received the 1998 Research Writing Award for "Parental beliefs and children's moderate-to-vigorous physical activity" article published in the *Research Quarterly for Exercise and Sport* (see Kimiecik & Horn, 1998, in Articles in Refereed Journals). The article received the "**highest recognition for significance and scientific quality**" by members of the Research Consortium's Award Committee of the American Alliance for Health, Physical Education, Recreation and Dance.

### III. SERVICE

#### A. Service to the Profession

1. **Membership and Involvement in Professional Associations, 1996-Present**
  - North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
  - Association for the Advancement of Applied Sport Psychology (AAASP); now AASP
  - American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD)
  - American College of Sports Medicine (ACSM)
2. **Editorial Responsibilities**
  - Invited to serve as an editorial board member of the American College of Sports Medicine's *Health & Fitness Journal*. Term began January 2002-2006.
  - Member of Research Review Board (Exercise Science) for the Association for Worksite Health Promotion's *Worksite Health Journal*, 1994-2001.
3. **Reviewer Responsibilities**
  - a. **Manuscript reviewer**
    - *Journal of Applied Sport Psychology*, Seven manuscripts (one for special issue on performance excellence. Dan Gould: Editor)
    - *The Sport Psychologist*, seven manuscripts
    - *Journal of Sport and Exercise Psychology*. Six manuscripts
    - *Research Quarterly for Exercise and Sport*, four manuscripts
    - *Journal of Aging and Physical Activity*, three manuscripts
    - *Pediatric Exercise Science*, two manuscripts.
    - *Perceptual and Motor Skills*, two manuscripts
    - *Journal of Sports Sciences*, one manuscript
  - b. **Dissertation Examiner**
    - 2014 Served on committee for Carrie Phelps and Charlene Conlin's co-doctoral dissertations, *The Lived Experience of Individuals With Type 2 Diabetes Who Have Sustained Successful Lifestyle Change and Achieved Long-Term Positive Health Outcomes: A Detailed Look at the Female (Male) Experience*, Saybrook University, College of Mind-Body Medicine, San Francisco, CA. Participated in Dissertation Defense, June 30, 2014.
    - 2013 Served as the outside member/reviewer for Kelly Doell's doctoral dissertation, *The Word 'Feel' as a Linguistic Device in Self-Disclosure and Enacted Social Support*, University of Ottawa, Canada. Participated in dissertation defense meeting, December 3, 2013.
    - 2003 Served as an External Reviewer for Marie Dacey's doctoral dissertation, *Exercise Participation Motivation Across Stages of Change in Older Adults*, School of Education, Boston University.
    - 2001 Served as an External Examiner for Carlyne Smith's doctoral dissertation, *Understanding the Experience of Trying to Become More Physically Active in Mid-Life: The Stories*, University of Otago, Dunedin, New Zealand.
  - c. **Grant Reviewer**
    - 2003 Served as an Expert Reviewer to evaluate the research grant application that the Social Sciences and Humanities Research Council of Canada received from Dr. Natalie Durand-Bush (University of Ottawa) entitled, *The role of resonance in sport*.
  - d. **Interviews**

2015 Interviewed for expert video to accompany *Foundations of Sport and Exercise Psychology* (2015, 6<sup>th</sup> Edition) by Robert Weinberg and Daniel Gould.

## B. Service to the University

### 1. Administrative Positions

a. **Co-founder/Director, Employee Health & Well-Being**, a unit within Human Resources. For five years (2005-2010), responsible for charting direction and guiding day-to-day activities of this comprehensive program, which adopted a cross-campus interdisciplinary, collaborative approach, for 4,000 faculty and staff on the main campus and two regional campuses. Responsibilities included development, delivery, and evaluation of best practices health promotion programs and initiatives. Planned and evaluated program impact pertaining to outcomes such as health care costs, health status, and employee productivity. Provided leadership both within the Miami University community and across the health and well-being industry. Hired, supervised and managed two full-time employees, one Graduate Assistant, and 10 student interns (each semester). Managed a \$250,000 budget and provided financial management of health and well-being resources. Served as a Miami University representative in health advocacy and other efforts as requested by senior administration. Director activity highlights:

- Developed a strategic planning document that was used as a guide for the startup of Employee Health & Well-Being.
- Conducted benchmarking analysis of peer and aspirational universities pertaining to employee health and well-being with site visits to the University of Michigan, Purdue University, and University of Kentucky.
- Conducted Town Hall meetings with Housing, Dining, and Guest Services staff and made presentations at various divisional and staff meetings.
- Opened Fitness Room in Phillips Hall with employee only hours in cooperation and assistance with the KNH Department and the Recreational Sports Center.
- Offered an adaptation of the *YMCA Personal Fitness Program* to Housing, Dining, and Guest Services employees. Trained and mentored graduate students who served as health coaches.
- Designed, implemented, and evaluated holistic health programs, such as the *HawkWalk* and the *Well-Being Way*.

b. **Associate Director, Partnership Office** (1/2 time position, 2006-2008). Assisted the Director in cultivating health and well-being partnerships across campus and with community/schools and social/health service agencies. Helped to build local community and statewide partnerships among professionals in health, education, social services, government, and business to achieve self-sustaining programs to assure healthy children and families. Focused on the development of family-centered, community-based initiatives that plan and implement innovative and cost-effective approaches for enhancing the health and well-being of individuals and communities. Supported research/inquiry by partner members. Activity highlights:

- Served as a representative of the Partnership Office on the Talawanda School District's Health Coordinating Council, a multidisciplinary team from the school community that coordinates prevention and intervention to improve the health and education status of community children, youth, and families.
- Submitted a grant to support the implementation of *The Well-Being Way: A School/Community Collaborative for Positive Youth Development and Healthy Living* with the Talawanda School District, 2007-08. The Well-Being Way uses college students as facilitators of activities to enhance adolescent well-being. WellPoint Foundation, funded, **\$125,000**.
- Hosted "Eye on Partnership," a local, monthly television interview series that highlighted the people behind local partnership successes.

### 2. University Committees

- 2008-09 Invited by the Associate Provost & Associate Vice President of Academic Affairs to serve on the *Ad-Hoc Committee on Academic Affairs and the Second Year Experience*. The charge of the committee was to “articulate ways for the Academic Affairs focus to positively impact the project of enhancing the Second Year Experience.”
- 2006-07 *University-Wide Benefits Committee* representing Employee Health and Well-Being. Examined health-care benefits package and provided recommendations to the President for changes. Met weekly. Appointed by Senior Vice President for Finance and Business Services.
- Spring 2007 *Ad-Hoc Committee on Smoking* representing Employee Health and Well-Being. Recommended to University Senate a smoking policy of a smoke-free campus.
- 2004-05 Planning Committee member for Mihaly Csikszentmihalyi’s visit (February 14-15, 2005) as part of Miami’s Leadership Commitment. Introduced Professor Csikszentmihalyi at his university-wide address on February 14. Sponsoring organizations: International Leadership Association, the Etheridge Center for Reflective Leadership, and the Harry T. Wilks Leadership Institute. Invited by Associate Vice-President of Student Affairs.
- 1999 Member of the grassroots Miami University Child Care Coalition.
- 1998-99 Member of the university-wide Service Learning Resource Center Task Force, Office of Student Leadership and Service Learning.

### 3. Presentations/Workshops to Miami University groups and organizations

- 2016 Living Well: How to Experience the joy of health, Miami University Bookstore/Employee Wellness.
- 2016 Expressive Writing for Health, Guest Speaker, Employee Wellness HawkWalk.
- 2006 *The Well-Being Experience* presented to the staff of the Student Counseling Service, December.
- 2006 Selected by Miami University Alumni Association as a faculty presenter at Winter College. Presented two talks to alumni, Sanibel Harbour Resort, Fort Myers, FL, March:
- *The Well-Being Way to Healthy Living and Other Things*
  - *The Intrinsic Exerciser*
- 2005 Selected as a Miami University Alumni Association Enrichment Lecturer. Presented *The Well-Being Way* lecture to Alumni at Reunion Weekend/Reunion College, June.
- 2003 Selected as a Miami University Alumni Association Enrichment Lecturer. Presented lecture to Alumni at Reunion Weekend/Reunion College, June.
- 2003 Keynote address at the Recreational Sports Center annual all staff training, August.
- 2002 *Personal Wellness* for the Office of Admissions Annual Retreat, August.
- 2001 *Work of Heart: Inspiring Yourself and Your Athletes* to Miami’s coaches, September.
- 2001 Selected as a Miami University Alumni Association Enrichment Lecturer. Presented lecture to Alumni at Reunion Weekend/Reunion College, June.
- 1998 *On Becoming an Effective Health and Fitness Helper* for the Recreational Sports Center Fitness Center Student Staff. Twenty student participants.

### 4. University Grants and Programs

- Summer 2001 Submitted and received a \$4,200 grant from the Sigma Chi-Huffman Foundation Scholars-in-Residence Committee to bring members of The Resonance Group to Miami University in Spring 2002. The event(s) based on this grant was held February 25-27, 2002. Coordinated all aspects of this event, which included a community-wide evening presentation and visits to students’ classes.

### C. Service to the Division

- 2015-2017 Selected to serve on the EHS Committee for Advancement of Teaching. Evaluate faculty proposals for Joyce Barnes Farmer, Mentoring Grant, and Eloise E. Martin.
- 2015 Presented guest lecture *What the L?: The Inner Process of Leadership* in EHS 195 seminar course for EHS Leadership Scholars, March 2.
- 2014 Presented guest lecture *What the L?: The Inner Process of Leadership* in EHS 195 seminar course for EHS Leadership Scholars, February 24.
- 2013 Served as an EHS divisional reviewer on Jocelyn Weeda’s doctoral exit exam, October 15, 2013.

2007 Invited to participate in an EAP Educational Futures Committee Focus Group conducted by Susan Moseley Howard and Tom Poetter, sub-committee co-chairs, May 11.

1996 EAP Liberal Education Committee, elected.

## D. Service to the Department

### 1. Department Committees

- Fall 2015 Invited to serve on search committee for Assistant Professor in Sport Management position. Involved in all aspects of the interview process.
- 2011-2015 Undergraduate Committee member. Two-year term. Re-elected by faculty.
- 2003-05 Graduate Faculty Committee (GFC) Representative for Exercise Science. Selected by Exercise Science faculty to serve two-year appointment as the Exercise Science representative, Department. Dr. Valeria Freysinger, Graduate Coordinator.
- Fall 2002 Graduate Curricular Ad-hoc Reform Committee. Appointed by KNH Chair.
- Spring 2001 Search committee member for KNH physical education faculty position. Appointed by KNH Chair.
- 1999-2000 Workload Policy Ad-hoc Committee. Appointed by KNH Chair.
- 1999-2000 Health Appraisal/Enhancement (HA/E) Program Leader. Elected by HA/E faculty to the Program Leader position:
- Coordinated HA/E program meetings
  - Compiled pertinent materials and attended meetings to discuss the President's new Health Sciences Division idea
  - Wrote and disseminated minutes from HA/E program meetings
  - Developed a program agenda for the year
  - Assisted in finalizing HA/E undergrad curriculum proposal
  - Compiled HA/E program description for new EAP Major/Program Pamphlets
- 1994-97 Undergraduate Affairs Committee Representative, elected by KNH faculty.

### 2. Departmental Presentations/Workshops

- Fall 2015 KNH 621 Guest Lecture *Eureka! It's Eudaimonia: From Onionville to Wellbeingtown*, October 1.
- Spring 2015 *Eudaimonic Well-Being, Health, and Performance*. Presented guest lecture to the Sport and Exercise Psychology Seminar, KNH Department.
- Spring 2014 *Eudaimonic Well-Being, Health, and Performance*. Presented guest lecture to the Sport and Exercise Psychology Seminar, KNH Department, March 7.
- Spring 2009 *The Well-Being Way*, KNH Department Colloquium.
- 2003-2006 Speaker, *Healthy Weight Management Program* for employees and community members. One or two presentations on exercise motivation and/or well-being per fall and spring semesters.
- 2000 *Exercise behavior change and the Intrinsic Exerciser*. Presented to the Sport and Exercise Psychology Seminar, KNH Department, November.
- 1999 *Exercise behavior change: As easy as 1 to 1, 2, 3*. Presented to the Sport and Exercise Psychology Seminar, KNH Department, November.
- Spring 1999 Two-part workshop on the *Resonance Performance Model* for KNH Brown Bag Seminar series. 25 students attended. Invited by Graduate Student Committee Chair, March 19 & 26.
- 1998-1999 *Effective Teaching* to KNH graduate students at the KNH Orientation for Graduate Assistants, August.



### 3. Colleague Teaching Evaluation

Fall 1998 Conducted a colleague teaching evaluation of Bill Berg in KNH 631.

## E. Service to Students

### 1. Presentations and Workshops

- 2003 Presented on the topic of exercise motivation to Resident Hall Assistants, Bishop Hall, February.
- Fall 2002 In cooperation with the Office of Student Affairs, conducted a series of five, 2-hour workshops *Resonance: Staying in Action*. These self-development workshops were attended by 20 Miami University undergraduate students from diverse majors who had participated in the *LeaderShape* Institute (Summer 2002), a national leadership program for college students.
- 2000 *The Psychology of Self-Discovery in Everyday Life*, in conjunction with Miami University's First Year Reading Program, Art Museum, October.

### 2. Faculty Adviser and Seminar Leader

- 2016-2017 Adviser, Dodgeball Club Team
- 2002-2004 Faculty adviser for the Women's Soccer Club Team
- Spring 2001 Coordinator of the Sport and Exercise Psychology Seminar.

### 3. Awards or Formal Recognition for Service to Students

- 2004 Named by the Miami University Intercollegiate Athletics and Women's Basketball Team as the *Honorary Coach of the Game*. Nominated by student-athletes.
- 2003 Named by the Miami University Intercollegiate Athletics and Football Team as the *Honorary Coach of the Game*. Nominated by student-athletes.

## F. Service to the Community

### 1. Keynotes, Lectures, & Workshops

- 2006 *Well-Being and Exercise*, Rotary Club, Oxford, OH, March.
- 2004 *The Intrinsic Exerciser* to the Wright Triathlon Club, Dayton, OH, March.
- 2004 *The Inner Process of Performance and Leadership Greatness* to the Cincinnati CEO Collaborative, Cincinnati, OH, May.
- 2003 *Making Exercise Fun Everyday* at the State-to-State Half Marathon and 5K Run/Walk Health and Fitness Expo, Oxford, OH, September.
- 2003 *The Intrinsic Exerciser* (keynote) at the 16<sup>th</sup> Annual Lou Cox Memorial Expo sponsored by The Ohio River Road Runners Club and The Carillon Historical Park Bell Board, Dayton, OH, May.
- 2003-04 *The Intrinsic Exerciser* at kickoff of Bob Roncker's Running Spot Heart Mini-Marathon Training Program, Cincinnati, OH, February & September.
- 2002 *The Intrinsic Exerciser* at the Montgomery Moms monthly meeting, Cincinnati, OH, December.
- 2001 *The Resonance Experience*, community seminar held at the Butler County Board of Mental Health, Cincinnati, OH, February 1 and 8.
- 2000 *The Resonance Experience: Finding and Living Your Dream Everyday*. Co-sponsored by the Department of Physical Education, Health and Sport Studies, Recreational Sports Center, and the Etheridge Center for Student Leadership, Miami University, Oxford, OH, March.
- 1999 *How to be a world-class performer every day*, two-part workshop for local Century 21 real estate agents, Oxford, OH, March.

## 2. Community-Oriented Programs

Spring 1999 & 2000 With the assistance of graduate student Peter Forsgren and the students in KNH 431, developed and implemented an afterschool physical activity program for 30 children of the Kaleidoscope Program at Kramer Elementary School. This program was a collaborative effort among Miami University, Oxford Parks and Recreation, and the Talawanda School District. Peter Forsgren developed this afterschool program into his exit oral exam project.

## 3. Radio

a. Created and hosted *FitTalk*, a live monthly radio show. *FitTalk* debuted on Miami University's WMUB on November 22, 2000 and ran through July, 2005. The show ran the fourth Wednesday of each month from 9 to 10 a.m. and was part of WMUB's SoundHealth. *FitTalk* focused on a wide range of exercise and fitness and included guests, opinions, discussions, and call ins. 50,000 listeners. Sample of guests: Walter Bortz, MD; Molly Barker, Founder of Girls on the Run; David Costill, PhD; Lyle Michelli, MD; John Bingham, *Runner's World* columnist and noted author.

b. Commentary  
Seven commentaries on WMUB, 2001-2005.

## G. Consulting

2005-2008 **YMCA of Greater Houston.** Contracted to conduct intensive leadership and well-being training for multiple layers of staff—from Vice-Presidents to front-line health and wellness employees—in both small group and 1to1 situations. This work is connected to the National YMCA of the USA Gulick Initiative, Activate America, and the YMCA Adult/Family Collaborative.

Consulting Visits with YMCA of Greater Houston:

Staff Development workshops, January 24-25, 2005

Staff Development workshops with Branches, Feb. 28-March 2, 2005

Well-Being Way Program Development for Staff & Members, April 10-12, 2005

Well-Being Way Training, October 10-12, Nov. 14-16, Dec. 14-16, 2005

Well Being Way Facilitator Training, May 8-10, 2006

Staff Development workshops and Well-Being Way Product Development, May 7-9, 2007

2004 Invited by the YMCA of the USA to serve on a national expert panel to assist in the Y's **Total Health/Gulick Initiative**. Participated in two sessions as part of the Adult/Family Breakthrough Collaborative focused on program development for total health and well-being: Expert Panel, Minneapolis (February) and Learning Session, Chicago (April).

2003 One of six experts invited to provide information and perspective at Procter & Gamble's 2-day **FutureWorks Forum** (Health and Beauty Domain) focused on holistic ways to women's health and well-being. Presented *Exercise Psychology: A Middle Man's Intrinsic Perspective* as part of the Forum held at Mercy HealthPlex, Cincinnati, OH, November.

1999-2000 **FitLinxx/YMCA Seminar Series.** Invited to be the keynote presenter as part of the ongoing *Growing Membership Through Technology Seminar* series. Series underwritten by the YMCA of the USA and FitLinxx, Inc. Nine keynotes in 1999; seven keynotes in 2000.

1998-2000 **Member of the YMCA of Greater Cincinnati task team for the ready-to-be-fit program initiative.** Developed and wrote the Program Training Manual for the YMCA of Greater Cincinnati's Personal Fitness Program (PFP). **PFP enrolled 3,500 new YMCA members in 1998.** Trained over 100 YMCA staff—task team (n=12), fitness directors (n=5), fitness counselors (n=90) for organization-wide program implementation for January, 1998 rollout:

- January 8, 1998—Task Team training (n=12)
- January 16, 1998—Fitness Director training (n=5)
- January 24, 27, 29, 31, 1998—Fitness Counselor training (n=90)
- Conducted a 2 1/2 hour PFP training at the Franciscan Health and Fitness Center in Cincinnati, OH, January 21, 1999.

1998-2000 **Hamilton County General Health District Safe Communities Coalition**, Cincinnati, OH. As the consultant, provided expertise to the ongoing Hamilton County Safe Communities injury prevention initiative for 15-to-19-year olds. In Phase I (Summer 1998), I moderated four focus groups to determine teenagers' thoughts and feelings about car crashes (the number one cause of serious injury and death for this age group in Hamilton County) and their causes. Those findings were presented to the Safe Communities Board on Sept. 1, 1998. See focus group dates below:

- July 21 (n=10; Urban Appalachian Council)
- August 3 (n=12; Cincinnati Youth Collaboration Office)
- August 26 (n=11; Norwood Health Department)
- August 31 (n=6; Hamilton County General Health District)

Based on the results from Phase I focus groups and other data, I collaborated with Hamilton County General Health District to write grant to support intervention and countermeasures; \$36,622 grant was funded by the Ohio Department of Public Safety. In Phase II, I evaluated the effect of an intervention and countermeasures on teenager attitudes, beliefs, and driving behavior (Spring/Summer, 1999). Two KNH graduate students assisted with the evaluation.

- Presented the design and background of the intervention at the Hamilton County General Health District Injury Surveillance Report Meeting held on February 10, 1999.
- Presented the final report of the Teenage Driving Safety Project Safe Community Board Meeting held on September 9, 1999.

1997-98 **YPersonal Fitness Program: 12 Weeks to a Better You**. Developed and wrote the Program Manual for this innovative YMCA of the USA program. The *YPersonal Fitness Program* targets the physically inactive, high health risk population. Nationwide program implementation began Fall 1998. Work for this program began in the mid 1990s with my partnership with the Mission Valley YMCA in San Diego. At the national YMCA level, I was brought in to consult at two Forums as part of the YFPF national program development initiative:

- Kimiecik, J. (1997, April). *Exercise motivation and the inactive population*. Presented at the YMCA Critical Issues Forum on the Inactive Market, Chicago, IL.
- Kimiecik, J. (1997, July). *Principles of exercise behavior change guiding The 12-Week Personalized Fitness Program*. Presented at the YMCA Critical Issues Forum on the Inactive Market: Part II, San Diego, CA.

**YFPF Training**. Based on these meetings, I contracted to develop and write the program manual and then participated in the training at the YMCA of the USA Faculty Training Academy for certifying *YPersonal Fitness Program* Directors, June 25-28, 1998, Dallas, TX.

**YFPF Video**. Following training and initial program implementation, I developed, wrote, and produced the *YPersonal Fitness Program* video, a 12-minute introduction to the program used for training of YMCA of the USA staff. The video was sent to 3,500 YMCAs and was underwritten by the YMCA of the USA and FitLinxx, Inc., 2001.

1997 **Evaluation of the 12-Week Personalized Fitness Program**, Mission Valley YMCA, San Diego, CA. Conducted interviews with staff and members and submitted report to Executive Director.