

Kristi McClary King, PhD

Assistant Professor
University of Louisville
College of Education and Human
Development
Department of Health and Sport Sciences

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Specialization: Health Education and Health Promotion

Education

Southern Illinois University Carbondale, Carbondale, IL
Doctorate of Philosophy: Health Education
Dissertation title: "Predisposing, Reinforcing, and Enabling Predictors of Middle School Children's After-School Physical Activity Participation"
Defense date: August 21, 2008
Graduation date: December 2008

University of Kentucky, Lexington, KY
Master's of Science: Health Promotion
Graduation date: December 1999

University of Kentucky, Lexington, KY
Bachelor's of Arts: Physical Education and Health Education
Graduation date: May 1997

Certifications

American Red Cross Instructor Training Certification, January 2008 - present
American College of Sports Medicine Health/Fitness Instructor, 2002 - present
Cooper/Clayton Smoking Cessation Facilitator, 2002 - present

Professional Memberships

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
American Association for Health Education (AAHE)
National Association for Sport and Physical Education (NASPE)
Research Consortium (RC)
Kentucky Association for Health, Physical Education, Recreation and Dance
(KAHPERD)
Eta Sigma Gamma
American College of Sports Medicine

Honors and Awards

Southern Illinois University Carbondale, Boydston Award recipient, 2006. Award for scholarship, research, and teaching.

Southern Illinois University Carbondale, College of Education and Human Services
Outstanding Graduate Teaching Assistant of the Year Award recipient, 2006.

Kristi McClary King, PhD

Southern Illinois University Carbondale, Commitment to Excellence Teaching Award Nominee finalist, 2005. One of nine finalists among university-wide graduate assistants teaching university core curriculum classes.

University of Kentucky, Sarah Bennett Holmes Award for Outstanding Leadership among Women Nominee, 2002. Eleven women nominated university-wide.

Teaching and Work Experience

August 2007 – May 2009

Assistant Professor Health Education

Morehead State University, College of Education

Department of Health, Physical Education and Sport Sciences

Morehead, KY 40351

Courses Taught:

HLTH 151: Wellness: Theory to Action

HPE 160: Foundations in Health and Physical Education

PHED 213: Methods of Teaching Individual Sports

HLTH 301: Health, Safety, and Nutrition for Early Elementary, P-5

HPE 302: Methods in Health Education for Elementary Education

HPE 304: Methods in Health Education for Secondary Education

HLTH 475: School Health Program

In-class and on-line delivery methods.

August 2004 - August 2006, December 2007 - May 2007

Graduate Teaching Assistant

Southern Illinois University Carbondale, Department of Health Education and

Recreation, Carbondale, IL

Responsibilities: Taught three sections of general education Personal Health courses per semester, 3 credit hours each, approximately 25 students per class. In-class and on-line delivery methods.

August 2006 - December 2006

Graduate Research Assistant

Department of Kinesiology, Southern Illinois University Carbondale, Carbondale, IL

Responsibilities: Data collection, quantitative analysis, and writing with children's physical activity research studies.

August 2003 - June 2004

Graduate Teaching Assistant

University of Oklahoma, Department of Health and Exercise Science, Norman, OK

Responsibilities: Taught one section of general education Personal Health course per semester, 3 credit hours, approximately 105 students. In-class and on-line delivery methods.

January 2000 - April 2003

Kristi McClary King, PhD

Wellness Specialist

University of Kentucky, Wellness Program, Lexington, KY

Responsibilities: Managed two facilities with complete lines of free weights, stacked weights, and cardiovascular machines. Conducted exercise testing and prescription for faculty and staff; approximately 1000 members. Hired, trained, and maintained payroll budget for 6 graduate assistants, approximately 20 group exercise instructors and personal trainers, and approximately 2 interns. Coordinated (and often taught) approximately 25 group exercise classes per week. Collaborated with university departments to utilize space for classes (Yoga, Tai Chi, etc.), generate membership, and promote participation.

January 2002 - May 2002

Instructor

University of Kentucky, Department of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY

Responsibilities: Taught one section of a graduate level course in teaching methods for group exercise instructors, 3 credit hours, approximately 20 students. This was a new course that I developed for the Department of Kinesiology and Health Promotion.

August 1998 - December 1999

Wellness Graduate Assistant

University of Kentucky, Office of Residence Life, Lexington, KY

Responsibilities: conducted exercise testing and prescription for students living in residence halls. Developed, delivered, and evaluated health promotion programming workshops on topics such as body image, nutrition, stress management, and exercise.

August 1994 - December 1999

Fitness Instructor

University of Kentucky, Wellness Program, Lexington, KY

November 1997 - August 1998 and June 1995 - May 1997

Fitness Specialist

Health Fitness Corporation/Toyota Motor Manufacturing, Kentucky, Georgetown, KY

Responsibilities: Conducted exercise testing and prescription for Toyota employees.

Taught group exercise classes.

May 1997 - November 1997

Fitness Director

Coolfont Resort, Conference Center, and Health Spa, Berkeley Springs, WV

Responsibilities: Conducted exercise testing and prescription for guests. Taught group exercise classes.

Professional Achievement

Peer-Reviewed Publications

Kristi McClary King, PhD

Heesch, K. C., Dinger, M. K., **McClary, K. R.**, & Rice, K. R. (2005). Reaction of women to a minimal contact pedometer-based intervention: A qualitative study. *Women & Health, 41*(2), 97-116.

Dinger, M. K., Heesch, K. C., & **McClary, K. R.** (2005). Feasibility of a minimal contact intervention to promote walking among insufficiently active women. *American Journal of Health Promotion, 20*(1), 2-6.

Unpublished Manuscripts or Manuscripts/Works in Progress

King, K. M. (in review) Preparing students to improve local schools' Coordinated School Health Programs utilizing the CDC's School Health Index. *American Journal for Health Education.*

Partridge, J., **King, K. M.**, & Bien, W. (in review) Perceptions of heart rate monitor use in high school physical education classes. *The Physical Educator.*

Stellino, M., Partridge, J., & **King, K. M.** (in review). Journal of School Health. Physical activity accumulation assessed through pedometry and observed socialization behaviors of elementary school children during recess.

King, K. M. (2009). Predisposing, reinforcing, and enabling predictors of middle school children's after-school physical activity participation.

Erwin, H. & **King, K. M.** (2009). Fun, fit and friends: Youth perceptions of free-time physical activity participation.

Blunt, G. & **King, K. M.** (2009). Health and exercise professionals knowledge, attitudes, and behaviors regarding dietary supplement usage.

Published Proceedings

Blunt, G. & **King, K. M.** (2008). Health and exercise professionals knowledge, attitudes, and behaviors regarding dietary supplement usage. Proceedings of the Kentucky Association for Health, Physical Education, Recreation and Dance (KAHPERD), Louisville, KY.

Chen, S. & **King, K. M.** (2008). Establishing and monitoring an inspirational teaching philosophy: TEACHING, How to BE A MVP. Proceedings of the Tennessee Association for Health, Physical Education, Recreation and Dance (TAHPERD), Franklin, TN.

Published Abstract

Bien, W., Partridge, J. A., **King, K. R. M.**, Anton, P. M. & Boyer, M. (2007). Impact of technology-enhanced curriculum on high school students' physical activity participation. *Research Quarterly in Exercise and Sport, 78*(1), A50-51.

Scholarly Grant

Kristi McClary King, PhD

Blunt, G., Rathbun, A., & **King, K. M.** (2007). Morehead State University, Scholarship of Teaching and Learning Grant. Fitness instructional mp3 players for use at the Wellness Center, \$894.00

National Conference Oral Presentation

King, K. M., Ogletree, R., Brown, S. L., Fetro, J. V. & Partridge, J. A. (2009). Predisposing, reinforcing, and enabling predictors of children's physical activity level. American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), Tampa, FL.

National Conference Poster Presentations

Blunt, G. & **King, K. M.** (2009). Incorporating mp3 player technology for health and fitness instruction. American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), Tampa, FL.

Partridge, J. A., **McClary, K. R.**, Bian, W., Ogletree, R. J., & Anton, P. M. (2006). Effects of technology-based intervention strategies on physical education students. North American Society for Psychology of Sport and Physical Activity, Denver, CO.

McClary, K. R. (2006). Physical Fitness: An introduction to cardiovascular endurance, muscular strength and endurance, and flexibility. Technology poster presentation at the annual National American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), Salt Lake City, UT.

McClary, K. R. (2006). Employee health promotion policies, environments, and programs in public universities in Illinois. Poster presentation at the annual National American Alliance of Health, Physical Education, Recreation, and Dance National Convention (AAHPERD), Salt Lake City, UT.

McClary, K. R., Dinger, M. K., Heesch, K. C., Qualls, M. D., & Rice, K. R. (2005). Can a minimal contact physical activity intervention increase leisure-time physical activity in sedentary women? American Alliance of Health, Physical Education, Recreation, and Dance National Convention (AAHPERD), Chicago, IL.

Rice, K. R., Heesch, K. C., Dinger, M. K., & **McClary, K. R.** (2005). Reactions of women to a minimal contact pedometer-based intervention. Poster presentation at the annual 2004 National American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), Chicago, IL.

State Conference Oral Presentations

Blunt, G. & **King, K. M.** (2008). Health and exercise professionals knowledge, attitudes, and behaviors regarding dietary supplement usage. Kentucky Association for Health, Physical Education, Recreation and Dance (KAHPERD), Louisville, KY.

Kristi McClary King, PhD

Chen, S. & **King, K. M.** (2008). Establishing and monitoring an inspirational teaching philosophy: TEACHING, How to BE A MVP. Tennessee Association for Health, Physical Education, Recreation and Dance (TAHPERD), Franklin, TN.

McClary, K. R. (2003). Physical activity for children. Bourbon County public school teacher's professional development workshop, Paris, KY.

McClary, K. R. (2001). Women's activity. University of Kentucky Cooperative Extension Services, Jabez, KY.

McClary, K. R. (2000). On the go: Physical activity for busy lives. University of Kentucky Cooperative Extension Services, Lexington, KY.

McClary, K. R. (2000). Fun physical activities for women. University of Kentucky Cooperative Extension Services, Jabez, KY.

State Conference Poster Presentations

Qualls, M., Dinger, M., Heesch, K., **McClary, K.**, Rice, K. (2004). Effects of a pedometer-based minimal contact physical activity intervention in sedentary women. American College of Sports Medicine (ACSM), Kansas City, MO.

Abstracts Reviewed

Reviewer for Research Consortium abstracts. (2009) American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), Tampa, FL.

Advocacy Involvement

National Association for Sport and Physical Education (NASPE) Advocate for Physical Education in public schools. One representative from each state was chosen by NASPE to advocate for the Carol M. White Physical Education Promotion (PEP) bill in Washington, DC, 2000.

Community Service

Cooper/Clayton Method to Stop Smoking group therapy facilitator. Facilitated weekly meetings for community-wide smoking cessation program. Lexington, KY, 2001-2003.