

**Ball State University
College of Health
Curriculum Vita**

1. **Name**
Kendra L. Zenisek

2. **Department, Rank, Year of Appointment**
Kinesiology, Associate Lecturer, January 12, 2004

3. **Education**
Certificate Program, 2004, Alexandria School of Scientific Therapeutics, Basic Swedish Massage Therapy.
M.S., 2003, Ball State University, Physical Education/Sport Psychology.
B.S., 2001, Salisbury State University, Physical Education/Athletic Training.

4. **Assigned Time** (load hours for **Fall/Spring/Summer**; completed by faculty)
On file in the School of Kinesiology

5. **Classroom and Clinical Instruction**
 - 5.10 Workshops/activities related to improvement and/or enhancement of teaching
Attended Seminar/Training, Using the SCRAPs Method for Difficult Discussions in the Classroom and Beyond. (November 2021).
Attended Seminar/Training, Full Access and Inclusion: Promoting Civil Rights and Equity for College Graduates with Disabilities. (October 2021).
Training, OLC (Online Learning Consortium) Course Benefits. (May 2021).
Training, McGraw Hill Connect® + Proctorio: Using Reports After a Proctored Assignment. (April 2021).
Workshop, iClicker Rapid Review. (April 2021).
Webinar, Empathy and Care for Educators. (March 2021).
Webinar, It Takes A Village: Understanding Youth Wellness and the Impact of An Allied Community. (March 2021).
Training, GoReact Training from McGraw Hill. (February 2021).
Workshop, Quality in Online Learning: Developing quality online courses that meet Online Learning Consortium (OLC) standards. (July 2020 - August 2020).
Training, Digital Faculty Consultant Proctorio Training. (June 2020).
Webinar, Exercise and Face Coverings: Safety Do's and Don'ts Webinar. (June 2020).
Workshop, Inclusive Pedagogy Workshop. (February 2020).
Workshop, Introduction to Open Educational Resources (OER). (February 2020).
Workshop, Understanding Generation Z Inside and Outside of the Classroom. (February 2020).
Attended Research/Writing Presentation, Fall 2019 Spotlight Research Lecture Presentation: Role of Cardiopulmonary Exercise Testing in Predicting Mortality. (September 2019).
Attended Seminar/Training, Trans Safe Zone Training. (April 2019).
Attended Presentation, The School of Kinesiology Reception: Dr. Wojtek Chodzko-Zajko's presentation on WHO Guidelines for Physical Activity Among Older Adults. (January 2019).
Attended Research/Writing Presentation, College of Health Centennial Lecture: Dr. Edwin McDonald. (January 2019).
Webinar, SmartBook 2.0 Training and pre-webinar preparation (January 2019).
Workshop, Utilizing discussion boards in Canvas. (January 2019).

Workshop, Ball State Librarians present Evaluating Credibility: Faculty Edition (January 2019).

Attended Seminar/Training. SafeZone Training (October 2018).

Attended Seminar/Training. Want a positive Testing Lab experience for your students? (September 2018)

Attended Seminar/Training, Canvas Assignments and Grades. (May 2018).

Attended Seminar/Training, Migrating from Blackboard to Canvas. (May 2018).

Seminar. Search Committee Compliance Training. Search Committee Compliance Training. (2018, 2019, 2020, 2021).

Workshop, Creating A "Classic" Beginning to Your Term: Jump-starting your fall term with iClicker Classic 7.14. (August 2017).

Workshop, What's New for i>clicker & REEF. (October 2016).

Workshop, Accessibility Matters! iLearn session. (February 2016).

Workshop, Building a Community of Inquiry in an Online Classroom. (January 2016).

Workshop, Mixing F2F and Online Instruction (iLearn). (January 2016).

Workshop, Learn to Use WebEx for Online Meetings (iLearn). (September 2015).

Workshop, Jumpstarting Your Semester: Setting Up i>clicker and Student Outreach. (August 2015).

Certification/Licensure, iLearn On-line Teaching Certification Course. (April 2015).

Workshop, Degree Map Training. (April 2015).

Workshop, Blackboard Buzz: Item Analysis. (November 2014).

Workshop, Blackboard Buzz Series: Create/Copy Course Content. (August 2014).

5.11 Workshops taught

PFW Graduate Assistant/Faculty Canvas Course Site Creations. (August 2018-2021).

PFW Graduate Assistant/Faculty Blackboard Course Site Creations (August 2015-2017).

6. **Scholarship: Research, Creative Endeavors, Professional Development**

6.2 Presentations (posters/papers/symposia presented to professionals within the discipline)

6.2b Invited (indicate group inviting)

Application-Based Activities for Fitness & Wellness Courses. Invited by McGraw-Hill. Online Symposium, (October 16, 2020) (national).

6.2c Non-refereed

Zenisek, K. L., "The Required Physical Fitness and Wellness Course: Accommodating Today's Student Population Across Multiple Platforms", SHAPE America, SHAPE, Boston, MA, National. (March 14, 2017). (national)

6.3 Creative activities

6.3a Creative activity completed and disseminated

Zenisek, K. L., "This Wellness Life Podcast: COVID-19, Are We There Yet?", Podcast. <https://podcasts.apple.com/us/podcast/covid-19-are-we-there-yet/id1482440059?i=1000544868417>. (December 2021).

Zenisek, K. L., "This Wellness Life Podcast: Financial Wellness 101: Wealth, Health, and Happiness", Podcast. <https://podcasts.apple.com/us/podcast/financial-wellness-101-wealth-health-and-happiness/id1482440059?i=1000539664366>. (October 2021).

Zenisek, K. L., "This Wellness Life Podcast: Avoiding the Red Zone", Podcast. <https://podcasts.apple.com/us/podcast/avoiding-the-red-zone/id1482440059?i=1000536887410>. (September 2021).

6.4 Grants (provide the following for 6.4a (external) and 6.4b (internal) using the format below):

- 6.4b Internal Grants
- b. Proposal Title as it appears on BSU SPA Proposal Approval: Summer Assessment Grant: PFW Course Assessment
 - c. Agency (Sponsor): Office of Institutional Effectiveness
 - d. Requested Amount: \$1,000.00 Funded Amount: \$1,000.00
 - e. Date submitted: February 2017
 - f. Status (funded/pending review/not funded): Funded
 - h. Starting and ending date: 2017
 - i. Principal Investigator (last name, first name): Zenisek, Kendra
- 6.5 Contracted professional work/consulting outside the university
McGraw-Hill. Digital Faculty Consultant (November 2015 - Present).
- 6.6 Reviewer/Referee for professional journals, books, chapters in books, etc.
- Cengage Publishing. Three chapter and supplemental materials review for Fitness & Wellness (14th ed) (September 17, 2021 - September 24, 2021).
 - McGraw Hill. Review of Writing Prompts for Biomechanics courses. (April 15, 2021).
 - McGraw Hill. Health and Human Performance Storyboard Reviews for Sleep and Effects of Alcohol Use. (December 15, 2020 - December 19, 2020).
 - Cengage Publishing. Three chapter review for Principles and Labs for Fitness and Wellness (15e). (September 16, 2020 - October 2, 2020).
 - Kendall Hunt/Dr. Shelley Hamill. Brief review of *Walking for Everyone* textbook. (May 2019).
 - McGraw-Hill. *Fit & Well* 5-chapter brief review. (February 2019).
 - McGraw-Hill. Review of Health and Human Performance Storyboard: FITT-VP. (November, 2018).
 - Percevant Publishing. Review of 21st Century Wellness (Chapter 1 and associated online learning platform) (September 2018).
 - McGraw-Hill. Review of Health and Human Performance Story Board (September 5, 2018).
 - McGraw-Hill. Review of Health and Human Performance Story Board (March 2018 - April 2018).
 - McGraw-Hill. Review of Health and Human Performance Story Board (December 2017).
 - Pearson Publishing. Review of Total Fitness and Wellness Text (Chapters 11 and 12) (May 2017 - June 2017).
 - Pearson Publishing. Reading Quiz Question Hint Writing for Get Fit, Stay Well (entire text) (November 2016 - January 2017).
 - Bearface Technology. Textbook Review of two future print textbooks (images and Stress Management and Healthy Relationships chapters) (October 2015 - April 2016).
 - Pearson Publishing. Review of Get Fit, Stay Well (2 chapters) (December 2015).
 - McGraw Hill. Review of A Wellness Way of Life (10th ed.) (Chapters 2, 3, and 4) (November 16, 2014 - November 25, 2014).
- 6.7 Professional growth
- 6.7b Attendance at professional meeting(s)
 - General Education, Pedagogy, and Assessment, Association of American Colleges & Universities, Virtual. (February 2021).
 - Anterior Cruciate Ligament Rehabilitation in High Level Sports, Conte Sports Medicine Conferences, Virtual. (January 2021).
 - Preventing and Treating Baseball Injuries Utilizing Workload and Performance Metrics, Conte Sport Performance Therapy (CSPT), Virtual. (November 2020).
 - National Athletic Trainers Association National Convention (Virtual), NATA, Virtual. (August 2020).

McGraw Hill Fitness and Wellness Symposium Event, McGraw Hill, New Orleans, LA. (January 2020).

McGraw-Hill Education Symposium Teaching & Technology: Personal Health In The Digital Age, McGraw-Hill, Austin, TX. (February 2019).

National Strength and Conditioning Association Coaches Conference, National Strength and Conditioning Association, Indianapolis, IN (livestream). (January 2019).

Shoulder Assessment, Corrective Exercises, & Programming, National Strength and Conditioning Association, Indianapolis, IN. (November 2018).

NSCA National Conference, National Strength and Conditioning Association, Indianapolis, IN. (July 2018).

SHAPE National Conference - CUIPAP Workshop, SHAPE, Boston, MA. (March 2017).

Midwest Mania Fitness Convention, SCW Fitness, Rosemont, IL. (October 2016).

7. **Professional Service**

7.1 Service to the academic community

7.1a Committee work

7.1a.1 Unit

Committee Member, Administrative Coordinator Search Committee (October 2021)

Committee Chair, Non-tenure-line Faculty Salary Appeals & Promotion Committee. (August 2020 - Present).

Committee Chair, PFW Group Fitness Instructor Search Committee. (February 2020-March 2020).

Committee Member, IU Health Ball Memorial Healthy Community Alliance of Delaware and Blackford Counties – Physical Activity Taskforce. (March 2017 - Present).

Committee Chair, PFW Group Fitness Lecturer Contract Faculty Search Committee. (May 2018 - July 2018).

Committee Chair, PFW Group Fitness/Physical Conditioning Instructor Contract Faculty Search Committee (November 2015 - April 2016).

Committee Member, Exercise is Medicine on Campus. (September 2015 - May 2016).

Committee Member, PFW Technology Transitions Committee. (January 2013 - September 2015).

7.1a.3 University

Committee Member, Director of Health Promotion and Advocacy Search Committee. (October 2020 - December 2020).

Committee Member, Health Educator Search Committee (Part-Time). (May 2020 - August 2020).

Committee Member, Health Educator Search Committee (Full-time). (December 2019 - February 2020).

Committee Member, University Core Curriculum – Tier 1 Foundations Workgroup. (September 2019 - Present).

Committee Member, Undergraduate Education Curriculum Committee (UEC). (February 2019 - April 2019).

Committee Member, Strategic Enrollment Planning 2.0 Core Curriculum Review Subcommittee. (October 2018 – May 2020).

Committee Member, University Core Curriculum Committee. (September 2018 - Present).

7.6 Professional memberships

American College Health Association (ACHA). (2021 - Present).

National Athletic Trainers Association. (1998 - Present).

National Strength and Conditioning Association. (2013 – 2014; 2018 - 2019).

American Massage Therapy Association. (2013 - 2019).
SHAPE. (2016 - 2018).

7.7 Professional presentations to campus groups

Invited Lecture, Fundamentals of Massage. (April 19, 2018).
Invited Lecture, Fundamentals of Massage. (November 21, 2017).
Class Presentation, Fundamentals of Massage. (April 18, 2017).
PFW Course Options and Explanations, Upper Division Advising (Jean Dinwiddie).
(February 28, 2017).
Invited Lecture, Fundamentals of Massage Therapy. (November 22, 2016).
Invited Lecture, Blackboard Basics. (August 18, 2016).
Invited Lecture, Fundamentals of Massage, EXSC 320 Lecture. (December 2, 2014).
Invited Lecture, Overview of Blackboard for Large Classes, iLearn. (October 8, 2014).
Invited Lecture, Using Bb Groups as an Organizational Tool, iLearn. (October 7, 2014).
Invited Lecture, Creating Smart Views. (August 25, 2014).
Invited Lecture, Introduction to Blackboard Basics. (August 14, 2014).

7.8 Professional certifications/licenses (include dates)

Adult Mental Health First Aid, Active. (October 2021 – Present).
First Aid/CPR certification. (2004 – Present).
Certified Athletic Trainer, NATA (June 2001 – Present).
Indiana State Massage License (2005 – 2019).

7.10 Other

Department/program, The UCC-21(PFW) Curriculum Assessment Representative. (September 2019 - Present).
University, United Way Day of Action, Ball State/United Way. (September 2018, 2019, 2021).
Community, Exercise Signage for Cardinal Greenway Depot and Ball Corporation Park Creative Project, Healthy Community Alliance and Purdue Extension. (September 2018).
Department/program, Facilities Liaison, School of Kinesiology representative at Facilities meetings. (August 2015 - November 2015).
Department/program, The UCC-21(PFW) Curriculum committee. (January 2010 - September 2015).
Department/program, UCC-21 Foundation Course (PFW) Assessment Report Committee. (January 2010 - September 2015).

8. Honors, Awards

8.1 Honors

15 Years of Service Award, Ball State University. (2021).
Accessible Teacher Award, Ball State University Disability Services, Ball State University. (April 7, 2020).
Access Award, Disability Services (Ball State), Ball State University. (April 11, 2017).
Outstanding Contract Faculty, Ball State University School of Physical Education, Sport, and Exercise Science. (April 2011).