

P. BRIAN KIESSLING II, Ph.D.

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EDUCATION

PhD in Leisure Behavior, Indiana University, School of Public Health
Bloomington, Indiana (July 2019)

- Human Performance Minor

MS in Kinesiology, Indiana University, School of Public Health
Bloomington, Indiana (June 2015)

- Physical Activity, Fitness, and Wellness Specialization

BS in Kinesiology, University of Southern Indiana
Evansville, Indiana (June 2013)

BA in Management, Saint Leo University
Saint Leo, Florida (May 2010)

ACADEMIC EXPERIENCE- TEACHING & RESEARCH

POSTDOCTORAL FELLOW & VISITING ASSISTANT PROFESSOR

Aug. 2019-Current

Indiana University, School of Public Health- Recreation, Park, and Tourism Studies/Department of Health & Wellness Design

- Responsible for organization and administration of youth sport training workshop for the Youth Enrichment through Sport Africa Grant funded by the US State Department, developing community relationships, coordinating research efforts among participants and volunteers, and teaching within the School of Public Health

ASSOCIATE INSTRUCTOR

Aug. 2016-July 2019

Indiana University, School of Public Health- Recreation, Park, and Tourism Studies

- Responsible for teaching, assisting in research functions including interviewing, transcribing, developing survey content and research procedures, data entry, and data analysis

RESEARCH ASSISTANT

Jan. 2015-May 2016

Indiana University, School of Public Health- Kinesiology Department

- Assisted in the administration of the Give Learning Legs elementary school pedometer program focused on increasing movement during the school day for students and teachers including grant writing, collecting, inputting, and analyzing research data

TEACHING ASSISTANT

Jan. 2015-Dec. 2015

Indiana University, School of Public Health- Kinesiology Department

- Assisted in the delivery of a Physical Activity/Fitness Administration course, including preparing and delivering select lectures, supervising and mentoring student wellness coaches working with employees participating in the Indiana University wellness initiative Ready to Move IU, and collecting, inputting, and analyzing data

ADJUNCT LECTURER**Aug. 2013-May 2016**

Indiana University, School of Public Health- Kinesiology Department

- Taught between 4-6 one-credit hour physical activity instruction courses including lab and lecture portions with the aim to educate students on the basics of physical fitness and how being physically fit relates to healthy living

PROFESSIONAL EXPERIENCE- ADDITIONAL EMPLOYMENT**SWIM COACH****December 2014- May 2018**

Councilman Center Indiana Swim Team, Indiana University

STUDENT DIRECTOR FOR SCREAMING EAGLES RUNNING SERIES Aug. 2012-May 2013

University of Southern Indiana Kinesiology and Sport Department

COURSES TAUGHT**R-431 Youth Sport Management (Spring 2018)**

- **Course Description:** Exploration and examination of youth sport history, philosophy, developmental stages of youth, sport management and programming, and current issues and events necessary to deliver youth sport programming within a variety of settings, agencies and/or organizations.

R-335 Sport & Violence (Fall 2018, Fall 2019 Developed into Online Format)

- **Course Description:** This course explores the roots of violence from the context of sport. Foundations are examined in the theoretical framework of sport in society from historical, sociological, psychological, and anthropological perspectives, as well as linkage to contemporary resources to manage and mitigate occurrences of violence in sport delivery systems.

R-142 Living Well (Fall 2016, Summer 2017 & 2018, Summer 2019 Developed into Online Format)

- **Course Description:** Students will develop an understanding of their current state of wellness, enhance their sense of responsibility to others, gain valuable resources, and utilize their wellness knowledge and skills to become curious, independent, and responsible participants within the community.
- Summer 2019 offered in online format

I-119 Personal Fitness (1 Lecture and 2-3 Lab sections per semester during 2014-2015 academic school year)

- Personal Fitness provides instruction in the basic principles of conditioning and fitness. Emphasis is on the health-related fitness components: muscular strength, muscular endurance, flexibility, and cardiorespiratory endurance. The course is intended for students without prior knowledge of conditioning methods. The course has two components: (1) a weekly lecture on fitness concepts and (2) regular lab sessions where concepts are applied and practiced. Attendance and active participation in various modes of physical activity are essential for success.

I-100/200 Physical Activity Courses (Fall 2013-Spring 2015)

- Courses included: I-133 Fitness and Jogging, I-168 Swimming-Non-Swimmer, I-268 Swimming-Intermediate, I-275 Aquatic Conditioning, I-187 Weight Training

CERTIFICATIONS

- **Certified Parks and Recreation Professional**
 - National Recreation & Parks Association, August 2019- Current
- **Water Safety Instructor**
 - American Red Cross, April 2019- Current
- **Lifeguard Instructor**
 - American Red Cross, April 2019- Current
- **Health Coach Certification**
 - American Council on Exercise, February 2019- Current
- **Aquatic Facility Operator**
 - National Recreation & Parks Association, September 2018- September 2023
- **Certified Youth Sport Administrator**
 - National Alliance for Youth Sports, November 2017- Current
- **Applying the QM Rubric Certification**
 - Quality Matters April 2018, 6th Edition Update Certification, January 2019

PROFESSIONAL MEMBERSHIPS

- American Council on Exercise (2018-Current)
- National Academy of Youth Sports (2017-Current)
- National Recreation & Parks Association (2016-Current)
- The Academy of Leisure Sciences (2016-Current)
- American College of Sports Medicine (2014-Current)

IU CENTER FOR INNOVATIVE TEACHING & LEARNING PROFESSIONAL DEVELOPMENT

- Fostering Engagement in Online Discussion (May 19, 2020)
- Increasing Student Engagement with Recorded Lectures Using Kaltura Quizzes (May 18, 2020)
- The Affordances and Constraints of Using Zoom in Synchronous and Asynchronous Teaching (May 15, 2020)
- Small Teaching Online: Applying Learning Science in Online Classes (April 21, 2020)
- Student-Student Interaction: How to Ensure Meaningful Small Group Work (April 17, 2020)
- Keep Teaching: Strategies and Alternatives for Exams and Major Assessments (April 2, 2020)
- Keep Teaching: Zoom for Instructors (April 2, 2020)
- Student Interaction with Course Material: How online tools can be used to excite the online student with the course topic (January 24, 2020)
- Building an Online Course that Stands- Quality Matters (January 23, 2020)
- Service Learning: Building Community-Based Partnerships Rooted in Trust (January 23, 2020)
- Inclusive Grading for Student Writing: Practice-Based Approaches (January 14, 2020)

- Strategies to Help Students Reclaim Cognitive Resources Lost to Poverty, Racism, and other “Differentisms” (November 7, 2019)
- Writing Course Proposals (October 25, 2019)
- Using Midterm Feedback to Improve Teaching and Learning (September 27, 2019)
- Developing Strategies for Engaging Generation Z Learners (September 20, 2019)
- Who is Generation Z? (September 19, 2019)
- Rethinking the Classroom- Using Top Hat to Engage Students (September 18, 2019)
- Keep Teaching: Do you have a plan for an unexpected campus closure? (March 5, 2019)
- Team-Based Learning in Your Class: Best Practices for Effective Student Collaboration (January 15, 2019)
- Beyond Evaluations: Cultivating Student Feedback Across the Semester (January 10, 2019)
- Fixing Group Work: Tools and Practices for Student Collaboration in STEM (October 10, 2018)
- The Science of Studying & Learning: What Works, What Doesn’t, and How to Help Students Maximize Their Potential (September 7, 2018)
- Getting Ready to Teach Online (August 17, 2018)
- Teaching Portfolios: Documenting and Reflecting on Teaching Practices (April 6, 2018)
- Student Centered Course Design (March 28, 2018)
- “But I didn’t do the assignment”: Holding Students Accountable for Their Own Learning (October 17, 2017)

GRANT FUNDING

\$250.00 Graduate Student Small Grant Programs (March 2019)

- Diversity in Aquatics Conference presentation: *Swim Vietnam: State of Drowning in Vietnam and Assessment of a Classroom-based Water Safety Education Program for Vietnamize Youth*
- Indiana University- Recreation, Parks, and Tourism Department

\$1,500.00 School of Public Health Student Travel Fellowship (March 2019)

- Diversity in Aquatics Conference presentation: *Swim Vietnam: State of Drowning in Vietnam and Assessment of a Classroom-based Water Safety Education Program for Vietnamize Youth*
- Indiana University- School of Public Health

\$1,000.00 Leisure Research Institute Grant (Jan. 2019- Aug. 2019)

- *Evaluation of Validity and Reliability of an adapted Physical Activity and Sitting Time Questionnaire.*
- Indiana University- Recreation, Parks, and Tourism Department

\$4,000.00 grant to support Community-Based Research Partnerships in Indiana (Nov. 2015-Aug. 2016)

- *Movement in the classroom: Impact of Teacher Movement and Classroom Movement Initiatives at Fairview Elementary School within Monroe County Community School Corporation (MCCSC).*
- Indiana University, SPH Faculty Research Support Program, Monroe County Community School Corporation.

- Kennedy-Armbruster, C., Zinkan, M., Petscher, L., Kiessling, P.B. II, Kennedy, J.

\$10,000.00 grant to support Community-Based Research Partnerships in Indiana (Nov. 2014-Aug. 2015)

- *Impact of Movement Initiatives at work/school on MSD of Wayne Township administrators & Stoutfield Elementary teachers and students*
- Indiana University, SPH Faculty Research Support Program, Metropolitan School District of Wayne Township
- Kennedy-Armbruster, C., Kiessling, B., & Kennedy, J.

\$3,000.00 grant to support Community-Based Research Partnerships in Indiana (Sept. 2014-Jan. 2015)

- *Impact of the Utilization of Activity Trackers and Student Coaches to facilitate the Healthy IU and School of Public Health*
- Indiana University SPH Faculty Research Support Program
- Kennedy-Armbruster, C. & Kiessling, B.

\$2,500.00 Student Organizational Support Grant (Apr. 2013)

- Speaker Anne Mahlum of non-profit organization BackonMyFeet
- University of Southern Indiana, Student Government Association

\$3,500.00 Provost Programming Grant (Mar. 2013)

- Disabilities Awareness Week Paralympian speaker Melissa Stockwell
- University of Southern Indiana

PUBLICATIONS

Kiessling II, P. B., & Kennedy-Armbruster, C. (2016). Move more, sit less, and be well- Behavioral Aspects of Activity Trackers. *ACSM's Health and Fitness Journal*, November/December.

PEER REVIEWED NATIONAL CONFERENCE PRESENTATIONS

- **American College of Sports Medicine Annual Meeting 2020**
 - Accepted Presentation- Kiessling II, P.B. *Validity & Reliability of a Self-Report Modified Sitting Time and Physical Activity Questionnaire*. San Francisco, California May 26-30, 2020.
- **2020 Diversity in Aquatics Convention**
 - Accepted Presentation- Kiessling II, P.B. *Are best practices enough? Towards the use of theory in drowning prevention, aquatics education, and water safety*. Washington D.C., April 24-26, 2020.
- **National Recreation and Parks Association Annual Conference**
 - Jordan, K. A., Quash, T. M., Knee, E. N., Kiessling II, P. B., Ramos, W. D., Piatt, J. A., & Young, S. J. (2019). *Training the Trainer: A Model for Program Implementation Success*, Baltimore, Maryland.
- **National Recreation and Parks Association Annual Conference**

- Knee, E. N., Kiessling II, P. B., Jordan, K. A., Quash, T. M., Ramos, W. D., Piatt, J. A., & Young, S. J. (2019). *Are good intentions enough? The importance of culturally competent programming*, Baltimore, Maryland.
- **Diversity in Aquatics Convention- International Aquatic Efforts**
 - Kiessling II, P.B. (2019). *Swim Vietnam: State of Drowning in Vietnam and Assessment of a Classroom-based Water Safety Education Program for Vietnamize Youth*, Miami, FL.
- **The Academy of Leisure Sciences Annual Conference on Research and Teaching**
 - Knee, E.N., Taylor, J., Kiessling II, P.B. (2018). *Out of the Stands and onto the Court: Defining our Signature Pedagogy*, Indianapolis, Indiana.
- **2017 Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Exercise and the Brain of the American College of Sports Medicine**
 - Kiessling II, P.B., Kennedy-Armbruster, C. (2017). *Move More, Sit Less? Analysis of an Employer Activity Tracker Workplace Wellness Program*, Denver, Colorado.
- **International Association for Worksite Health Promotion Conference**
 - Kennedy-Armbruster, CA, Kiessling, B., Barrick, K. & Elmes, D. (2015) *Sitting time and physical activity (PA) importance rating following a 10-week worksite coaching intervention utilizing activity trackers*, Phoenix, Arizona.

SUBMITTED/PENDING PUBLICATIONS & PRESENTATIONS

- Kiessling II, P. B., Kennedy-Armbruster, C., Yoder, J., Frisby, M. (2020). Meeting the 2018 Physical Activity Guidelines during the School day or Workday: Implementation of a Pedometer Wellness Program for Students and Teachers. *International Journal of Wellbeing*, (in review).
- Kiessling II, P.B., Jordan, K.A., Ramos, W.D., Young, S.J. (2020). Implementing Sport for Development in Sierra Leone. *Journal of Sport for Development*, (in review).
- Kiessling II, P.B., Ramos, W.D., Granger, R. (2020). Taking a Reasoned Action Approach to Predict Water Safety Behaviors in Vietnamese Youth. *International Journal of Aquatic Research and Education*, (in review).

SERVICE ACTIVITIES

- **2020 IU School of Public Health Research Day Internship (Spring 2020)**
 - Responsibilities include coordinating graduate and undergraduate remote presentations and poster presentations and logistical coordination of events
- **2019 Deppe Internship (Fall 2019)**
 - Responsibilities included Coordinator of the NRPA Departmental Alumni Social, Booth management for Student Recruitment at the NRPA conference, and all logistics related to periodicals and giveaways
- **Public, Non-Profit, and Community Recreation Curriculum Committee (Fall 2018-Current)**
 - Recreation, Park Tourism Studies, School of Public Health, Indiana University

- **ROTC Swim Training Volunteer (Fall 2018-Current)**
 - Conducted swim training sessions for IU ROTC cadets in preparation of military survival swim testing
- **Youth Enrichment through Sport (YES Africa)/ Sport for African Youth Workshop Facilitator (Fall 2018)**
- Health Education & Youth Development (SAY HEY) programs to educate Africans from Sierra Leone and Liberia on how to create positive and developmentally appropriate youth sport programs
- **Options Program Volunteer (Spring 2018)**
 - Program for youth housed in Hamilton County Juvenile Detention Center to engage at-risk youth through physical activity and life skills
- **Reviewer (2017)**
 - Translational Journal of the American College of Sports Medicine
- **Healthy IU Movement Coach (January 2013- May 2015)**
 - Health and Wellness Coach for university employees participating in worksite wellness initiative *Healthy IU*

REFERENCES

- Dr. William Ramos, Associate Professor and Associate Chair of Curriculum
 - 1025 E 7th St
 - Indiana University School of Public Health, Recreation, Parks, and Tourism Department, PH133 Bloomington, IN 47405
 - 812-856-7161 (office)
 - wramos@indiana.edu
- Dr. Sarah Young, Professor, Interim Chair
 - 1025 E 7th St
 - Indiana University School of Public Health, Recreation, Parks, and Tourism Department, PH133F Bloomington, IN 47405
 - 812- 855-3085 (office)
 - sarjyoun@indiana.edu
- Dr. Glenna Bower, Associate Dean of Science, Engineering, and Education and Professor, Kinesiology and Sport Department
 - University of Southern Indiana
 - 8600 University Blvd, Evansville IN 47712
 - 812- 464-1709 (office)
 - gbower@usi.edu
- Dr. Carol Kennedy-Armbruster, Senior Lecturer
 - 1025 E 7th St
 - Indiana University School of Public Health, Kinesiology Department, PH 296G Bloomington, IN 47405
 - 812-855-6083 (office) 812-325-1391 (cell)
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Ph.D. Credential Electronic Validation:

CeDiD: 19G9-2XAU-PZIE

First 2 letters of name: Pe

<https://cecredential.iu.edu/validation/index.html>