

## **ABBREVIATED VITA**

### **John (Jay) C. Kimiecik**

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Department of Physical Education, Health and Sport Studies

Date of Initial Appointment at Miami: August 1990

Rank of First Appointment: Assistant Professor

### A. EDUCATIONAL BACKGROUND

Ph.D., 1990

University of Illinois, Urbana-Champaign, IL

Field of Study: Kinesiology

Concentration: Social Psychology of Health & Wellness

Awarded the Association for Fitness in Business Student  
Research Award

Awarded the Dissertation Research Award Grant,  
Department of Kinesiology, University of Illinois

M.S., 1983

Purdue University, West Lafayette, IN

Field of Study: Physical Education

Concentration: Social Psychology of Physical Activity

B.S., 1980

State University of New York, Cortland, NY

Major: Physical Education

### PROFESSIONAL FOCUS

My teaching, research, and service focus on the social psychological processes involved in health behavior change and optimal life performance. My main interest is in exploring why and how people change and to engage with health and fitness professionals and consumers to develop and implement the most effective behavior change programs. I am interested in not only conducting original research but also in synthesizing existing literature to present it in creative and entertaining ways to health and fitness professionals and the general public. Recently, I have begun exploring the connection between self-development, performance, and health and well-being.

### B. TEACHING AND ADVISING

My main areas of teaching are Health Promotion, Exercise Motivation, and Self-Development. I teach both undergraduate and graduate courses. At the undergraduate level my primary responsibility had been to teach PHS 188, an exercise and health core course for PHS majors and a Liberal Education Foundation Course. More recently, I have begun to teach the PHS introductory core and capstone courses, Health Psychology, and an honors course (Self Health). At the graduate level, I am primarily responsible for PHS 654 (Studies in Exercise Behavior), a required course for exercise science graduate students. I have also taught a number of special graduate seminars on peak performance, families and physical activity, and well-being.

Teaching Accomplishments:

- 1994-95 Junior Faculty Program for Teaching Excellence
- 1994-96 Kimiecik, J.C. (1995, November). The Student-Centered Classroom: An Introduction. Presented as part of the *Alumni Teaching Scholars Program Teaching Effectiveness Retreat* entitled "The Student-Centered Classroom: Engaging Students in the Learning Process," 15th Annual Lilly Conference on College Teaching, Oxford, OH.
- Fall 1995 Summer Fellowship from the Miami University Committee for the Improvement of Instruction for Summer 1996
- Spring 1997 One of three PHS faculty selected by chair to work on the revision of the undergraduate core curriculum. Funded by the Miami University Committee for the Improvement of Instruction.
- 1998-1999 Senior Faculty Program for Teaching Excellence
- Fall 1999 Among the one hundred and one faculty and staff identified by students as exemplifying the values that form the foundation of "Miami's Leadership Commitment," the comprehensive leadership development programs available to Miami students, Office of Student Leadership and Service Learning.
- Summer 2001 Selected as a Miami University Alumni Association Enrichment Lecturer
- Summer 2003 Selected as a Miami University Alumni Association Enrichment Lecturer
- Fall 2004 Instructor in Miami University's Honors Program

C. RESEARCH AND SCHOLARSHIP**Publications**

## Book Chapters

Blissmer, B., Marquez, D., Jerome, G., & Kimiecik, J. (2005). Theory and applications in promoting exercise behavior. In D. Hackfort, R. Lidor, and J. Duda (Eds.), Handbook of Research in Applied Sport Psychology. Morgantown, WV: Fitness Information Technology.

Kimiecik, J. & Jackson, S. (2002). Optimal experience in sport and exercise: A flow perspective. In T. Horn (Ed.), Advances in Sport Psychology (2nd edition). Champaign, IL: Human Kinetics Publishers.

### Articles in Refereed Journals

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.

### Refereed Scholarly Presentations

Horn, T., Kimiecik, J., Bloom, P. (June, 2003). 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.

### Refereed Professional Practice Lectures, Workshops, and Keynotes

Kimiecik, J. (April, 2003). Exercise behavior change from the inside out, National Intramural-Recreational Sports Association Annual Conference & Recreational Sports Exposition, Cleveland, OH.

Kimiecik, J. (April, 2003). Exercise Behavior Change from the Inside Out, American College of Sports Medicine Health and Fitness Summit & Exposition, Reno, NV.

Kimiecik, J. (July, 2003). The Resonance Experience: Finding and Living Your Dream Everyday, 28th Annual National Wellness Conference, Stevens Point, WI.

Kimiecik, J. (July 2003). Facilitating Exercise Behavior Change from the Inside Out, 28th Annual National Wellness Conference, Stevens Point, WI.

### Invited Professional Practice Lectures, Workshops, and Keynotes

Kimiecik, J. (October, 2003). Breaking the exercise barrier: Behavior change from the inside out. Keynote at the Sinclair Community College Campus Forum Series, Dayton, OH.

Kimiecik, J. (June, 2003). Facilitating Exercise Behavior Change From the Inside Out, 5th Annual United States Air Force Fitness Summit, San Antonio, TX.

Kimiecik, J. (June, 2003). Resonance: A Positive Psychology Approach to Performance Excellence in Sport and Life Itself, Sport Psychology Institute, University of Southern Maine.

Kimiecik, J. (September, 2003). Helping People Change Behavior: It's Time for a Change, National Institute for Fitness and Sport Summit, Indianapolis, IN.

Kimiecik, J. (November, 2003). Exercise: How to stay with it, Speaking of Women's Health Conference, Dayton, OH.

Kimiecik, J. (December, 2003). Enjoying Exercise and Staying with it, Keynote presentation at the Ohio Society of Public Health Education Quarterly Meeting, Columbus, OH.

### **Research Grants**

Received a 2003-04 EAP Small Research Grant of \$800 to support work examining *Aging and Athletic Performance*.

### **Awards/Recognition:**

- With co-author Thelma Horn received the 1999 Research Writing Award for the best article published in the Research Quarterly for Exercise and Sport. 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.
- Recognized 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, 2003.
- One of 90 Ohio authors invited to the 16<sup>th</sup> Annual Buckeye Book Fair, 2002.
- Honorary inductee into the Golden Key International Honour Society, 2002.
- Awarded and supervised eight Miami University Undergraduate Summer Scholars, 1995-present.
- Sigma Chi Foundation Scholars-in-Residence Award (\$4,200) to bring members of The Resonance Group to Miami University, 2001-02.
- Invited to be a member of the prestigious National Speaking of Women's Health Foundation Speakers Bureau.

### Sample of Books and Articles:

Scientific articles have been published in such journals as *Journal of Applied Sport Psychology*, *Research Quarterly for Exercise and Sport*, *Journal of Sport and Exercise Psychology*, *Personality and Social Psychology Bulletin*.

Practical articles have appeared in *Runner's World*, *Psychology Today*, and *IDEA Health and Fitness Source*.

Kimiecik, J. (2002). *The Intrinsic Exerciser: Discovering the Joy of Exercise*. Boston, MA: Houghton Mifflin. Foreword by Mihaly Csikszentmihalyi, author of *Flow* and *Finding Flow*.

Kimiecik, J (2005). *An Athlete's Diary: On Feeling Alive and Getting Good in Sport at Any Age*. Book manuscript submitted for publication.

Sample Presentations and other Media:

**Regular Invited Speaker.** American College of Sports Medicine Health and Fitness Summit, National Wellness Conference, Health and Sport Psychology Institutes (University of Southern Maine).

**FitLinxx/YMCA Seminar Series.** Invited to be the keynote presenter as part of the *Growing Membership Through Technology Seminar* series. Series sponsored by FitLinxx, Inc. Presented keynote at eight seminars in 2000 and at nine seminars in 1999.

**Healthy Learning Video Series.** Invited by the American College of Sports Medicine and Healthy Learning Videos to develop and appear in two educational videos for health and fitness professionals: *Exercise Behavior Change From the Inside Out* and *Exercise Behavior Change: As Easy as 1 to 1, 2, 3*.

D. PROFESSIONAL SERVICE

**YMCA of the USA (1997-99).** Developed and authored the *YPersonal Fitness Program: 12 Weeks to a Better You*, an exercise behavior change program for physically inactive individuals. YPersonal Fitness is used in over 500 YMCAs in North America, involving thousands of members and staff. Trained national faculty for program implementation. Produced, directed, and wrote the *YPersonal Fitness Program* video for the YMCA of the USA. This 12-minute training video was sent to 3,000 YMCAs and is used in staff training for the *YPersonal Fitness Program*

**YMCA of the USA (2004-05).** Serve on the expert panel for the Gulick Collaboratives, a YMCA improvement process designed to help individuals, families, and communities improve their health in spirit, mind, and body.

**YMCA of Greater Cincinnati (1998-99).** 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. Trained over 100 YMCA staff for organization-wide program implementation.

**Prevention of Teenage Car Crashes in Hamilton County (1998-00).** Member of the Hamilton County General Health District Safe Community Board, Cincinnati, OH. Provided expertise to the ongoing Hamilton County Safe Communities injury prevention initiative for 15 to 19 year olds. Moderated focus groups, provided grant writing expertise, evaluated the effect of an intervention and countermeasures on teenager attitudes, beliefs, and driving behavior.

**College Student Leadership (2003).** Developed and implemented "Inner Leadership for Young Adults." This workshop series program was attended by college students who had participated in the LeaderShape Institute, a national leadership program for college students.

**FitTalk Radio Show.** Created and host *FitTalk*, a monthly talk radio show that debuted as part of *SoundHealth* on Miami University's WMUB 88.5, November 22, 2000. FitTalk focuses on exercise and fitness and features expert guests, opinions, discussions, and call ins.