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**Ben D. Kern, Ph.D.**  
**University of Louisiana at Lafayette, Assistant Professor**

School of Kinesiology  
University of Louisiana at Lafayette  
138-A Bourgeois Hall  
225 Cajundome Blvd.  
Lafayette, LA 70506

(719) 761-3467 (cell)  
benkern@louisiana.edu  
bendkern@gmail.com

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### **Education**

- 2017            Doctor of Philosophy  
                  University of Illinois Urbana-Champaign  
                  Concentration: Kinesiology – Physical Education Pedagogy  
                  Dissertation: *Barriers to and facilitators of physical education teacher change*  
                  Advisor: Dr. Kim Graber
- 2006            Continuing Education – 30 master’s level credits  
                  Adams State University (Alamosa, Colorado)  
                  Concentration: Educational Leadership – Principal Licensure
- 2002            Master of Arts  
                  Adams State University (Alamosa, Colorado)  
                  Concentration: Exercise Science
- 1999            Bachelor of Arts  
                  Western State Colorado University (Gunnison, Colorado)  
                  Concentration: Kinesiology K-12 Physical Education
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### **Professional Experience**

- 2019-present    Assistant Director, School of Kinesiology  
                  Co-director, Institute for Comprehensive Health and Wellness  
                  University of Louisiana at Lafayette
- 2016-present    Assistant Professor, School of Kinesiology  
                  University of Louisiana at Lafayette
- 2013-2016       Teaching Assistant, Department of Kinesiology and Community Health  
                  University of Illinois Urbana-Champaign
- 2008-2016       Adjunct Instructor, Department of Human Performance and Physical Education  
                  Adams State University
- 2011-2013       Research Assistant – Site Coordinator  
                  Rocky Mountain Prevention Research Center  
                  University of Colorado – Denver Anschutz Medical Campus
- 2008-2011       Director of Strength & Conditioning / Associate Athletics Director  
                  Department of Athletics  
                  Adams State University
- 2002-2008       Physical Education and Science Teacher / Athletics Director  
                  Center High School, Center, Colorado

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## Honors & Awards

- 2019 Representative of state of Louisiana at Centers for Disease Control Healthy Schools Academy Training of Trainers (ToT) (1 of 3 selectees statewide)
- 2018-present Joan D. and Alexander S. Haig Endowed Professorship in Education. University of Louisiana at Lafayette. Discretionary allocation amount: \$4639.16, annually (3 yr. appointment)
- 2018 Vice-president elect, physical education. Louisiana Association of Health, Physical Education, Recreation, and Dance (LAHPERD)
- 2016 Seymour Sudman Dissertation Award (June, 2016). University of Illinois Survey Research Laboratory. *Barriers to and facilitators of physical education teacher change*. First place, \$2,000 award.
- 2015 Academic Poster Award – 29<sup>th</sup> Australian Council for Health, Physical Education and Recreation (ACHPER) International Conference - *Addressing the obesity epidemic through legislation: Perspectives of state lawmakers*.
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## Peer Reviewed Articles

1. Killian, C., **Kern, B. D.**, Ellison, D. W., Graber, K. C. & Woods, A. M. (In press). State Lawmaker's Views on Childhood Obesity and Related School Wellness Legislation. *Journal of School Health*.
2. **Kern, B. D.**, Graber, K. C., Woods, A. M., &Templin, T. (Ahead of print). The influence of socializing agents and teaching context among teachers of different dispositions toward change. *Journal of Teaching in Physical Education*, 0, 1-10. <https://doi.org/10.1123/jtpe.2018-0175>
3. **Kern, B. D.**, Richards, K.A.R., Ayers, S., & Killian, C. (2019). Chapter 6: Recruiting into PETE: Faculty perceptions of recruitment issues, challenges, and successful strategies. *Journal of Teaching in Physical Education*, 38, 45-52. <https://doi.org/10.1123/jtpe.2018-0210>
4. **Kern, B. D.**, Ayers, S., Killian, C., & Woods, A. M. Monograph (2019). Chapter 8: Student retention in PETE: Strategies and barriers. *Journal of Teaching in Physical Education*, 38, 61-67. <https://doi.org/10.1123/jtpe.2018-0213>
5. Richards, K. A. R., Killian, C., Graber, K. C., & **Kern, B. D.** (2019). Monograph Chapter 4: Studying physical education recruitment and retention: Qualitative and quantitative research methods. Submitted to *Journal of Teaching in Physical Education*, 38, 22-36. <https://doi.org/10.1123/jtpe.2018-0010>
6. Woods, A. M., McLoughlin G., **Kern, B. D.**, & Graber, K. C. (2018). What's physical activity got to do with it?: Social trends in less active students at recess. *Journal of School Health*, 88(7), 500-507. <https://doi.org/10.1111/josh.12637>

7. **Kern, B. D.**, & Graber, K. C. (2018) Understanding teacher change: A national survey of US physical educators. *Research Quarterly for Exercise and Sport*, 89, 80-90. <https://doi.org/10.1080/02701367.2017.1411579>
8. **Kern, B. D.**, Graber, K., Shen, S., & Hillman, C. H., McLoughlin, G. (2018). Association of school-based physical activity, socioeconomic status, and third grade reading. *Journal of School Health*, 88(1), 34-43. <http://dx.doi.org/10.1111/josh.12581>
9. Escalante, G., Gentry, C., **Kern, B.**, & Waryasz, G. (2017) Injury patterns and rates of Costa Rican CrossFit® participants: A retrospective study. *Medicina Sportiva*, 8(2) 2927-2934.
10. **Kern, B. D.**, & Graber, K. C. (2017). Physical education teacher change: Initial validation of the teacher change questionnaire-physical education. *Measurement in Physical Education and Exercise Science*, 21(3), 161-173. <http://dx.doi.org/10.1080/1091367X.2017.1319371>
11. Belansky, E., Cutforth, N., **Kern, B. D.**, & Scarbro, S. (2016). Disseminating evidence-based physical education practices in rural schools: The San Luis Valley physical education academy. *Journal of Physical Activity and Health*, 13, 1002-1009. <http://dx.doi.org/10.1123/jpah.2015-0467>
12. Woods, A. M., **Kern, B. D.**, McLoughlin G., & Graber, K. C. (2016). Social influence on school recess physical activity. *Health Behavior and Policy Review*, 3, 99-109.
13. **Kern, B. D.**, & Robinson, T.L. (2011). Effects of beta-alanine supplementation on performance and body composition in collegiate wrestlers and football players. *Journal of Strength and Conditioning Research*, 25, 1804-1815.

### Articles Under Review

1. **Kern, B. D.**, Ellison, D., Killian, C., & Widmer, F. *Physical education in high poverty schools: Initial validation of the Teaching Sustainability Questionnaire.*
2. **Kern, B. D.**, Imagbe, S., Bellar, D., & Clemons, J. M. *Health-related fitness content knowledge, physical activity, and instructional practices among US physical educators.*
3. Gallagher, M. A. & **Kern, B. D.** *Geometry racket: Mathematics and physical education.* Submitted to *Mathematics Teacher: Learning and Teaching Pre-K–12.*
4. Duncan, C., & **Kern, B. D.** Getting competition under control. Submitted to *Journal of Physical Education, Recreation & Dance.*

### Articles in Preparation

1. Imagbe, S. **Kern, B. D.**, Bellar, D., & Clemons, J. M. *Health-related fitness knowledge and physical activity among physical educators.*

2. **Kern, B. D.**, Belansky, E., & Cutforth, N. Development of a theory- and evidence based intervention for health optimizing physical education (HOPE) in 14 low income, rural school districts: An intervention mapping approach.
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### **Abstracts and Conference Proceedings** (Not listed under Presentations)

1. **Kern, B. D.**, Imagbe, S., Bellar, D., & Clemons, J. M. (2019, April). *Variables related to teaching and assessing health-related fitness content knowledge among US physical educators*. Presented at the annual meeting of SHAPE America, Tampa, FL.
  2. Imagbe, S., **Kern, B. D.**, Bellar, D., & Clemons, J. M. (2019, April). *Health-related fitness knowledge and physical activity among physical educators*. Presented at the annual meeting of SHAPE America, Tampa, FL.
  3. **Kern, B. D.**, & Graber, K. C. (2018, March). *Initiating change in physical education: Results of a national survey*. Poster presentation at the SHAPE America National Conference, Nashville, TN.
  4. Escalante, G., Gentry, C., Waryasz, G., & **Kern, B.** (2017, April). *Retrospective injury survey of Central American Crossfit® participants*. Poster presented at the Far West Athletic Trainers Association Annual Meeting & Clinical Symposium, Las Vegas, NV.
  5. Killian, C. M., **Kern, B. D.**, Ellison, D. W., Steinberg, J. S., & Graber, K. C. (2017, March). *Schools' Role in Promoting Child Wellness: Perspectives of State Lawmakers*. Poster presented at the SHAPE America National Conference, Boston, MA.
  6. **Kern, B. D.**, Woods, A. M., McLoughlin, G., & Graber, K. C. (2015, March). *Social influence on physical activity during recess*. Poster presented at the SHAPE America National Conference, Seattle, WA.
  7. **Kern, B. D.**, McLoughlin, G., & Graber, K. (2014, April). *The relationship between in-school physical activity opportunities and third grade reading ability*. Poster presented at the SHAPE National America National Conference, St. Louis, MO.
  8. **Kern, B. D.**, & Robinson, T. L. (2012, July). *Effects of a 7-week beta-alanine supplementation on anaerobic power output in female collegiate soccer, softball, and volleyball players*. Poster presented at the NSCA National Conference, Las Vegas, NV.
  9. **Kern, B.**, Robinson, T. L., & Manninen, A. H. (2008, July). *Effects of beta-alanine supplementation on exercise performance during a competitive wrestling season: An 8-week open label study*. Poster presentation at the International Society of Sports Nutrition on National Conference, Las Vegas, NV.
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## International Presentations

1. Ellison, D. W., **Kern, B. D.**, & Killian, C. M. (2019, April). *Initial Validation of the Teaching Sustainability Questionnaire*. Paper presented at the annual meeting for the International Association for Physical Education in Higher Education (AISEP), New York, NY.
2. Duncan, C, & **Kern, B.D.** (2018, July). Toward a cooperation-competition continuum. Paper presentation at Movement: Brain, Body, Cognition International Conference, Harvard Medical School, Boston, MA.
3. Killian, C. M., **Kern, B. D.**, Ellison, D. W., Downs, M. N., Hua, A., Choi, D. S., Woods, A. M., & Graber, K. C. (2015, November). Legislators' perceptions of the current status of wellness and obesity levels in children. Poster presented at the 1<sup>st</sup> FIEP Afro-European Conference on Physical Education and Sport, Rabat, Morocco.
4. Woods, A. M., Graber, K. C., McLoughlin, G. M, & **Kern, B. D.** (2015, July). *Examining recess-based physical activity across multiple school contexts: A mixed methods approach*. Paper presented at the annual meeting for the International Association for Physical Education in Higher Education (AISEP), Madrid: Spain.
5. Killian, C. M., **Kern, B. D.**, Ellison, D. W., MacFarlane, M. N., Hua, A., Choi, D. S., Woods, A. M., Graber, K. C. (2015, April). *Addressing the obesity epidemic through legislation: Perspectives of state lawmakers*. Presentation at the annual meeting of The Australian Council for Health, Physical Education and Recreation, Adelaide, Australia.
6. Woods, A. M., Graber, K. C., & **Kern, B. D.** (2014, July). *Research-based physical education: Strategies that promote student engagement and enjoyment*. Presentation at the World Conference on Physical Education and Sport, Shanghai, China.

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## National Presentations

1. Ellison, D. W., **Kern, B. D.**, & Killian, C. M. (2019, April). *PE teacher resilience and psychological flexibility as indicators for intent to remain teaching in high-poverty schools*. Presented at the annual meeting of SHAPE America, Tampa, FL.
2. Bellar, D., **Kern, B. D.**, & Judge, L. W. (2019, April). *Body fat, weight training, and mental wellness among college students*. Presented at the annual meeting of SHAPE America, Tampa, FL.
3. Judge, L. W., **Kern, B. D.**, & Bellar, D. (2019, April). Body fat and weight training among college students. Presented at the annual meeting of SHAPE America, Tampa, FL.
4. Richards, K. A. R., Ward, P., Ayers, S. F., Graber, K. C., Woods, A. M., Sibley, B., Ballard, K., Cleland, F., Snyder, S., Centeio, E., Connolly, M., Killian, C., & **Kern, B. D.** (2018, October). *General session: An interview about recruitment and retention in PETE/HETE*. Presented at the SHAPE America PETE/HETE Conference, Salt Lake City, UT.

5. **Kern, B. D.**, & Graber, K. (2018, March). *Development and application of an instrument to measure teacher change*. SHAPE America National Conference, Nashville, TN.
6. **Kern, B. D.**, Killian, C. M., Richards, K. A. R., & Ayers, S. F. (2018, March). *PETE faculty members' beliefs about recruitment: issues, challenges, and strategies*. SHAPE America National Conference, Nashville, TN.
7. Ayers, S. F., Richards, K. A. R., Woods, A. M., Graber, K. C., Killian, C., & **Kern B. D.** (2018, March). *PETE recruitment and retention: Where we are and future directions*. Round-table discussion presentation at the SHAPE America National Conference, Nashville, TN.
8. **Kern, B. D.**, & Graber, K. (2017, March). *Student and contextual influences on physical education teacher change*. SHAPE America National Conference, Boston, MA.
9. Cutforth, N., Belansky, E. S., **Kern, B. D.**, Scarboro, S. & Smith, N. (2017, February). *Improving the quality of physical education in low-income rural schools: Lessons learned from the physical education academy*. Presented at the Active Living Research annual conference, Clearwater Beach, FL.
10. **Kern, B. D.**, Graber, K., Shen, S., Hillman, C. H., & McLoughlin, G. (2016, April). *In-school physical activity moderates socioeconomic status and third-grade reading relationship*. SHAPE National Convention, Minneapolis, MN.
11. **Kern, B. D.**, Woods, A. M., Graber, K. C., & McLoughlin, G. (2016, April). *Social influences on students' physical activity levels during school recess*. SHAPE National Convention, Minneapolis, MN.
12. **Kern, B. D.**, McLoughlin, G. M, Woods, A. M., & Graber, K. C. (2015, October). *Determinants of physical activity during school recess*. Paper presented at Society of Health and Physical Educators (SHAPE) America PETE & HETE conference, Atlanta, GA.
13. **Kern, B. D.**, & Robinson, T. L. (2009, July). Effects of beta-alanine supplementation on performance and body composition in collegiate wrestlers and football players. Oral presentation at NSCA National Conference, Las Vegas, NV.

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## Regional and State Presentations

1. Guccione, S., **Kern, B. D.**, & McKey, K. (2018, November). *Assessing the new Louisiana state physical education standards*. Presentation at the Louisiana Association for Health, Physical Education, Recreation, and Dance state conference, Baton Rouge, LA.
2. Gallagher, M. A. & **Kern, B. D.** (2018, October). Geometry racquet. Paper presented at the Annual Meeting of the Louisiana Association of Teachers of Mathematics, Shreveport, LA.
3. **Kern, B. D.**, Newman, N., & Spell, K. (2017, November). *Using technology to assess student learning: Practical strategies for teachers*. Presentation at the Louisiana Association for Health, Physical Education, Recreation, and Dance state conference, Baton Rouge, LA.

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4. Killian, C.M., Ellison, D. W., **Kern, B. D.**, & Woods, A. M. (2016, November). *Physical educators and their role in promoting child wellness: Perspectives of state lawmakers*. Presentation at the Illinois Association for Health, Physical Education, Recreation and Dance Conference, St. Charles, IL.
  5. **Kern, B. D.**, & Woods, A., (2014, January) *Active Students = Better Learners: Strategies to Get Kids Moving*. Presented at Urbana School District 116 Institute Day, Urbana, IL.
  6. **Kern, B. D.**, (2013, October) *SPARK It Up! High Quality PE in Action*. Presented at the 2013 Healthy Students + Healthy Schools = Academic Success event hosted by the University of Colorado Rocky Mountain Prevention Research Center, Alamosa, CO.
  7. Cutforth, N., & **Kern, B. D.**, (2013, October) *High Quality Physical Education: What is it? Will You Know it When You See it?* Presented at the 2013 Healthy Students + Healthy Schools = Academic Success event hosted by the University of Colorado Rocky Mountain Prevention Research Center, Alamosa, CO.
  8. Belansky, E., Cutforth, N., & **Kern, B. D.**, (2012, October) *The San Luis Valley Physical Education Academy: A regional approach to transforming 14 low-income, rural districts' physical education programs*. Presented at the 2012 NASPE Physical Education Teacher Education (PETE) conference, Las Vegas, NV.
  9. Lichtenstein, G., **Kern, B. D.**, Cutforth, N., Belansky, E., Myers, K., Johnson, P., & Martinez, E., (2012, July). *High quality physical education is academic: A partnership between Adams State University and the Healthy Eaters Lifelong Movers (HELM) Project for promoting and sustaining high quality physical education in the San Luis Valley*. Presented at the 43<sup>rd</sup> Annual Conference of the Colorado Association of School Executives (CASE), Breckenridge, CO.

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### Scholarship of Teaching and Learning: Invited Presentations

1. **Kern, B. D.** (2019, April). *Overview of essential components of physical education*. Lunch & Learn online webinar. Accessible at <https://www.eventbrite.com/e/overview-of-essential-components-of-physical-education-tickets-56511349969>
2. **Kern, B. D.**, McKey, K., Guccione, S. , Duncan, C., Simonton, K., & Hill, K. (2018, August). *Louisiana Department of Education physical education standards assessment training*. Lafayette Parish School System (Lafayette, LA) professional development series.
3. **Kern, B. D.**, Duncan, C., Lavergne, C., Hill, K., & Guccione, S. (2017, August). *Louisiana Department of Education physical education standards revision update and training*. Lafayette Parish School System (Lafayette, LA) professional development series.
4. **Kern, B. D.** (2017, April). *Fitness, physical activity, and cognition: What we now know*. Keynote address at University of Louisiana Lafayette Student Research Symposium.
5. **Kern, B. D.** (2017, February). *Using assessment to improve instruction in physical education*. Presentation at Lafayette Parish School System, Lafayette, LA.

6. **Kern, B. D.** (2016, November). *Episode 4 – Ben Kern*. The Teacher Tunnel Podcast. Available at: <http://www.teachertunnel.com/>
7. **Kern, B. D.** (2015, February). *Why schools need quality physical education and how administrators can make it happen!* Presentation at Center Consolidated school district, Center, CO.
8. **Kern, B. D.** (2015, February). *Why schools need quality physical education and how teachers can make it happen!* Presentation at Adams 50 school district, Denver, CO.
9. **Kern, B. D.,** (2012, March). *Affinity mapping: The facilitation of vision*. Presented to the Community Advisory Board of the Rocky Mountain Prevention Research Center, Alamosa CO.
10. **Kern, B. D.,** (2011, June). *Designing a training program for your sport*. Presented at the Capstone Experience: On-line Master's in Coaching Degree Cohort, Adams State College.
11. **Kern, B. D.,** (2010, June). *Designing a training program for your sport*. Presented at the Capstone Experience: On-line Master's in Coaching Degree Cohort, Adams State College.
12. **Kern, B. D.,** (2010, May). *Nutritional needs for today's athlete*. Presented at All-Sports Coaching Clinic, Adams State College.
13. **Kern, B. D.,** (2009, June). *Strength training basics*. Presented at the Capstone Experience: On-line Master's in Coaching Degree Cohort, Adams State College

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## Grants Successfully Funded

1. *Enhancing Instructional Skills of Fitness and Physical Activity Professionals Using Multimedia Technology* (2018). University of Louisiana student technology enhancement program (STEP) grant program. \$6,953 (Principal Investigator)
2. *Barriers to and facilitators of physical education teacher change* (2016-2017). Illinois Association of Health, Physical Education, Recreation, and Dance (IAHPERD) Jump Rope for Heart research grant. \$4941 (Co-Principal Investigator)
3. *Determinants of physical activity during recess in elementary schools* (2014-15). Illinois Association of Health, Physical Education, Recreation, and Dance (IAHPERD) student research. \$4821 (Co-investigator)
4. *β-Alanine and high intensity interval training effects in female collegiate athletes* (2012). Athletic Edge Nutrition product research. \$2000 (Principal Investigator)
5. *Effects of beta-alanine supplementation on performance and body composition in collegiate wrestlers and football players* (2010). Athletic Edge Nutrition product research. \$2000 (Principal Investigator)



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## **Courses Taught**

### University of Louisiana at Lafayette

HLTH 313: Coordinated School Health Education Strategies  
KNES 459: Management & Instructional Design for Activity Settings  
EDCI 488: Student Teaching in Grades K-12  
KNES 305: Motor Behavior & Control  
KNES 322: Skills & Techniques: Racquet Sports  
KNES 449: Secondary School Health and Physical Education Methods  
KNES 509: Organization and Management of Exercise and Activity Programs

### University of Illinois

KIN 460: Technology and Pedagogical Kinesiology  
KIN 268: Children's Movement  
KIN 262: Motor Development & Learning Discussion Section  
KIN 130: Analysis of Basic Movement  
KIN 109: Team Sport Activities

### Adams State University

HPPE 539: Techniques of Coaching Strength & Conditioning (Online)  
HPPE 509: Concepts in Exercise Science (Online)  
HPPE 340: Kinesiology  
HPPE 316: Methods of Teaching Secondary Physical Education  
HPPE 120: Concepts in Wellness  
HPPE 120: Concepts in Wellness Open Enrollment (Online)

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## **Certifications**

Teaching Foundations Certificate, U. of Illinois Center for Innovation in Teaching & Learning  
Quality Matters Professional certification in online teaching  
Colorado professional teacher license, endorsed K-12 physical education and secondary science  
Colorado initial principal license  
National Strength and Conditioning Association, Strength & Conditioning Specialist (CSCS)  
USA Weightlifting Sports Performance Coach certification  
System for observing fitness instruction time (SOFIT) certified data collector

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## **Professional Service**

### Reviewer

*Journal of Clinical Medicine (JCM)*  
*European Physical Education Review (EPER)*  
*Journal of Physical Activity and Health (JPAH)*  
*Journal of Teaching in Physical Education (JTPE)*  
*Measurement in Physical Education and Exercise Science (MPEES)*  
*Nutrients*  
*Progress in Community Health Partnerships (PCHP)*  
*Quest*

### Memberships

Society of Health and Physical Education (SHAPE) America  
Louisiana Association of Health, Physical Education, Recreation, and Dance (LAHPERD)  
Illinois Association of Health, Physical Education, Recreation, and Dance (IAHPERD)  
American College of Sports Medicine (ACSM)  
National Strength & Conditioning Association (NSCA)

### Mentorship

Graduate internships coordinator  
Undergraduate internship site-coordinator  
Graduate student independent study director  
Graduate student thesis committee member  
Supervision of undergraduate students – Pedagogical Qualitative Research Laboratory,  
University of Illinois Department of Kinesiology & Community Health  
Individualized Research Planning – James Scholar Program, University of Illinois