

Ben D. Kern, PhD, CSCS

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Education	Doctor of Philosophy, Kinesiology
Teaching Philosophy	<p>I believe that effective teaching is contingent on the teacher possessing two critical qualities: (1) passion for the content area and (2) a genuine concern for the needs of the student. Enthusiasm and excitement for the subject are contagious, and students respect and seek to learn from passionate teachers. Students also learn more effectively and are more willing to accept challenges when they trust that their teacher has designed experiences that are meaningful and beneficial. Along with an enthusiastic and student-centered approach, I believe that deliberate and effective teaching practices should be implemented in order to promote student engagement and direction.</p> <p>Student learning requires engagement with the class and content. I employ a variety of techniques to promote student engagement, such as using an active learning approach whenever possible. I have found that class discussions in the think, pair, share style are effective in promoting deeper understanding of topics and communicating ideas. I also utilize laboratory exercises to allow students to learn in a hands-on environment. I am fond of the flipped classroom approach, in which information transfer takes place outside of class, and then in-class time is spent providing context, clarifying meaning, and applying what has been learned. I am comfortable using technology to help me assess what students are learning. For example, I frequently use in-class remote polling to gauge student understanding about concepts and I utilize online survey tools such as Google Forms and Socrative[®] exit tickets and surveys to gather rich information about student learning. Student engagement drives my choices of instructional strategies, improves the quality of time students spend in class, and sets the stage for students to take responsibility for their learning.</p>
Bio	Ben Kern is a former Colorado PE teacher, collegiate strength & conditioning director, and instructional quality coach for Colorado PE teachers. Ben taught PE for 6 years in rural Center High School (Center, CO), then opened the first ever strength & conditioning program for Adams State University (Alamosa, CO). Ben went on to work as an

	instructional quality coach with the University of Colorado in a project known as Healthy Eaters, Lifelong Movers (HELM); this project was aimed at improving the quality of Physical Education in 14 rural school districts in southern Colorado. Ben completed his PhD in Kinesiology at the University of Illinois, and now works full time as an instructor of Kinesiology at the University of Louisiana at Lafayette.
Courses Taught	EDCI 488: Student Teaching in Grades K-12 KNES 305: Motor Behavior & Control KNES 322: Skills & Techniques: Racquet Sports KNES 449: Secondary Health & Physical Education Methods KNES 459: Management & Instructional Design for Activity Settings KNES 509: Organization & Management of Exercise & Activity Programs
Research Interests	School-based physical activity promotion, including physical education and comprehensive school physical activity programs.
Teaching Experience	Six years as a high school physical education teacher at Center High School (Center, CO) (2002 – 2008) Nine years as an adjunct instructor of physical education methods, health and wellness, exercise physiology at Adams State University (Alamosa, CO) (2008 – 2017) Three years as a teaching assistant at the University of Illinois (Urbana-Champaign, IL) (2013 – 2016)
Publications	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. <i>Journal of School Health</i> , 88(7), 500-507. https://doi.org/10.1111/josh.12637 Kern, B. D. , & Graber, K. C. (2018) Understanding teacher change: A national survey of US physical educators. <i>Research Quarterly for Exercise and Sport</i> , 89, 80-90. https://doi.org/10.1080/02701367.2017.1411579 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. 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>

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.

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>

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>

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.

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 1st FIEP Afro-European Conference on Physical Education and Sport, Rabat, Morocco.

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 National Convention, Seattle, WA.

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 Convention, St. Louis, MO.

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.

	<p>Kern, B. D., & Robinson, T.L. (2011). Effects of beta-alanine supplementation on performance and body composition in collegiate wrestlers and football players. <i>Journal of Strength and Conditioning Research</i>, 25, 1804-1815.</p>
<p>Presentations</p>	<p>Kern, B. D., & Graber, K. (2018, March). <i>Development and application of an instrument to measure teacher change</i>. SHAPE America National Conference, Nashville, TN.</p> <p>Kern, B. D., Killian, C. M., Richards, K. A. R., & Ayers, S. F. (2018, March). <i>PETE faculty members' beliefs about recruitment: issues, challenges, and strategies</i>. SHAPE America National Conference, Nashville, TN.</p> <p>Ayers, S. F., Richards, K. A. R., Woods, A. M., Graber, K. C., Killian, C., & Kern B. D. (2018, March). <i>PETE recruitment and retention: Where we are and future directions</i>. Round-table discussion presentation at the SHAPE America National Conference, Nashville, TN.</p> <p>Kern, B. D., Newman, N., & Spell, K. (2017, November). <i>Using technology to assess student learning: Practical strategies for teachers</i>. Presentation at the Louisiana Association for Health, Physical Education, Recreation, and Dance state conference, Baton Rouge, LA.</p> <p>Escalante, G., Gentry, C., Waryasz, G., and 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.</p> <p>Kern, B. D., & Graber, K. (2017, March). <i>Student and contextual influences on physical education teacher change</i>. SHAPE National Convention, Boston, MA.</p> <p>Cutforth, N., Belansky, E. S., Kern, B. D., Scarboro, S. & Smith, N. (2017, February). <i>Improving the quality of physical education in low-income rural schools: Lessons learned from the physical education academy</i>. Presented at the Active Living Research annual conference, Clearwater Beach, FL.</p> <p>Killian, C. M., Kern, B. D., Ellison, D. W., Steinberg, J. S., & Graber, K. C. (2017, March). Schools' Role in Promoting</p>

	<p>Child Wellness: Perspectives of State Lawmakers. Poster presented at the SHAPE America National Conference, Boston, MA.</p> <p>Killian, C.M., Ellison, D. W., Kern, B. D., & Woods, A. M. (2016, November). <i>Physical educators and their role in promoting child wellness: Perspectives of state lawmakers</i>. Presentation at the Illinois Association for Health, Physical Education, Recreation and Dance Conference, St. Charles, IL.</p> <p>Kern, B. D., Graber, K., Shen, S., Hillman, C. H., & McLoughlin, G. (2016, April). <i>Association of school-based physical activity opportunities, socioeconomic status, and third grade reading</i>. SHAPE National Convention, Minneapolis, MN.</p> <p>Kern, B. D., Woods, A. M., Graber, K. C., & McLoughlin, G. (2016, April). <i>Social influences on students' physical activity levels during school recess</i>. SHAPE National Convention, Minneapolis, MN.</p> <p>Kern, B. D., McLoughlin, G. M, Woods, A. M., & Graber, K. C. (2015, October). <i>Determinants of physical activity during school recess</i>. Paper presented at Society of Health and Physical Educators (SHAPE) America PETE & HETE conference, Atlanta, GA.</p> <p>Woods, A. M., Graber, K. C., McLoughlin, G. M, & Kern, B. D. (2015, July). <i>Examining recess-based physical activity across multiple school contexts: A mixed methods approach</i>. Paper presented at the annual meeting for the International Association for Physical Education in Higher Education (AISEP), Madrid: Spain.</p> <p>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). <i>Addressing the obesity epidemic through legislation: Perspectives of state lawmakers</i>. Presentation at the annual meeting of The Australian Council for Health, Physical Education and Recreation, Adelaide, Australia.</p> <p>Woods, A. M., Graber, K. C., & Kern, B. D. (2014, July). <i>Research-based physical education: Strategies that promote student engagement and enjoyment</i>. Presentation at the World Conference on Physical Education and Sport, Shanghai, China.</p>
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	<p>Kern, B. D., & Woods, A., (2014, January) <i>Active Students = Better Learners: Strategies to Get Kids Moving.</i> Presented at Urbana School District 116 Institute Day, Urbana, IL.</p> <p>Kern, B. D., (2013, October) <i>SPARK It Up! High Quality PE in Action.</i> Presented at the 2013 Healthy Students + Healthy Schools = Academic Success event hosted by the University of Colorado Rocky Mountain Prevention Research Center, Alamosa, CO.</p> <p>Cutforth, N., & Kern, B. D., (2013, October) <i>High Quality Physical Education: What is it? Will You Know it When You See it?</i> Presented at the 2013 Healthy Students + Healthy Schools = Academic Success event hosted by the University of Colorado Rocky Mountain Prevention Research Center, Alamosa, CO.</p> <p>Belansky, E., Cutforth, N., & Kern, B. D., (2012, October) <i>The San Luis Valley Physical Education Academy: A regional approach to transforming 14 low-income, rural districts' physical education programs.</i> Presented at the 2012 NASPE Physical Education Teacher Education (PETE) conference, Las Vegas, NV.</p> <p>Lichtenstein, G., Kern, B. D., Cutforth, N., Belansky, E., Myers, K., Johnson, P., & Martinez, E., (2012, July). <i>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.</i> Presented at the 43rd Annual Conference of the Colorado Association of School Executives (CASE), Breckenridge, CO.</p>
Grants	<p><i>Barriers to and facilitators of physical education teacher change</i> (2016-2017). Illinois Association of Health, Physical Education, Recreation, and Dance (IAHPERD) Jump Rope for Heart research grant. \$4941 (Co-Principal Investigator)</p> <p><i>Determinants of physical activity during recess in elementary schools</i> (2014-15). Illinois Association of Health, Physical Education, Recreation, and Dance (IAHPERD) student research. \$4821 (Co-investigator)</p>

	<p><i>β-Alanine and high intensity interval training effects in female collegiate athletes</i> (2012). Athletic Edge Nutrition product research. \$2000 (Principal Investigator)</p> <p><i>Effects of beta-alanine supplementation on performance and body composition in collegiate wrestlers and football players</i> (2010). Athletic Edge Nutrition product research. \$2000 (Principal Investigator)</p>
Conferences Attended	<p>Movement: Brain, Body, Cognition International Conference 2018 at Harvard Medical School – Boston, MA</p> <p>Society of Health and Physical Educators National 2018 – Nashville, TN</p> <p>Society of Health and Physical Educators National 2017 – Boston, MA</p> <p>Society of Health and Physical Educators Southern District 2017 – Baton Rouge, LA</p> <p>Society of Health and Physical Educators National 2016 – Minneapolis, MN</p> <p>Society of Health and Physical Educators National 2015 – Seattle, WA</p> <p>Physical Education Teacher Education Conference 2015 – Atlanta, GA</p> <p>Society of Health and Physical Educators National 2014 – St. Louis, MO</p> <p>National Association for Sport and Physical Education Physical Education Teacher Education Conference 2012 – Las Vegas, NV</p> <p>National Strength and Conditioning Association National 2012 – Las Vegas, NV</p> <p>Society of Health and Physical Educators 2011- San Diego, CA</p> <p>NSCA National 2011 – Las Vegas, NV</p>
Professional Memberships	<p>Society of Health and Physical Education (SHAPE) America</p> <p>National Strength & Conditioning Association</p> <p>American College of Sports Medicine</p>
Awards	<p>Joan D. and Alexander S. Haig Endowed Professorship in Education (July 2018) University of Louisiana at Lafayette Discretionary allocation amount: \$4639.16, annually (3 yr. appointment)</p> <p>Seymour Sudman Dissertation Award (June, 2016). University of Illinois Survey Research Laboratory. <i>Barriers to and facilitators of physical education teacher change</i>. First place, \$2,000 award.</p>

	Academic Poster Award – 29 th Australian Council for Health, Physical Education and Recreation (ACHPER) International Conference - <i>Addressing the obesity epidemic through legislation: Perspectives of state lawmakers.</i>
Additional Skills	Statistical analysis skills, including multiple regression, hypothesis testing, structural equation modeling.
Dissertation	Barriers to and facilitators of physical education teacher change
Other Professional Experience	High school sports coaching, including football, basketball, and track & field. I also directed the athletics program for 1 year at Center High School (Center, CO)
Service	<p><u>Teacher Workshops</u> <i>Louisiana Department of Education physical education standards assessment training.</i> Lafayette Parish School System (Lafayette, LA) professional development series.</p> <p><i>Louisiana Department of Education physical education standards revision update and training.</i> Lafayette Parish School System (Lafayette, LA) professional development series.</p> <p><i>Using Assessment to Improve Instruction in Physical Education – Lafayette Parish School System, Lafayette, LA, February 8, 2017</i></p> <p><u>Reviewer</u> <i>Journal of Clinical Medicine (JCM)</i> <i>European Physical Education Review (EPER)</i> <i>Journal of Physical Activity and Health (JPAH)</i> <i>Journal of Teaching in Physical Education (JTPE)</i> <i>Measurement in Physical Education and Exercise Science (MPEES)</i> <i>Nutrients</i> <i>Progress in Community Health Partnerships (PCHP)</i> <i>Quest</i></p> <p><u>Memberships</u> 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)</p>

	<p>National Strength & Conditioning Association (NSCA)</p> <p><u>Mentorship</u> 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 Independent study, University of Louisiana at Lafayette Master’s internship, University of Louisiana at Lafayette</p>
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