

**Jay Kimiecik, PhD**  
**Post-Tenure Curriculum Vitae**

John (Jay) C. Kimiecik

Associate Professor, Kinesiology

Department of Kinesiology and Health (KNH)

Date of Initial Appointment at Miami: August 1990, Health Appraisal & Enhancement

Rank at First Appointment: Assistant Professor

Date of Tenure and Promotion: Spring 1996

Graduate Status: Level A, 1993, 1998, 2003, 2011

**PROFESSIONAL EXPERIENCE**

**1996-Present**

**Miami University, Oxford, Ohio**





In my role as director of Employee Health & Well-Being, I created a student internship program to provide Miami students with real-world learning opportunities.

2005-06	Supervised 5 undergraduate student interns and 1 graduate student intern
2006-07	Supervised 15 undergraduate and 8 graduate student interns
2007-2010	Supervised on average 12 student interns per year
Spring 2010	Supervised 8 undergraduate student interns
	Supervised one Graduate Assistant

#### **d. Supervision of Undergraduate Student Awards**

##### **Summer Scholars**

The Undergraduate Summer Scholar program matches up a faculty member with an undergraduate student who is interested in engaging in the scientific research process for 12 weeks. The interested student in collaboration with the faculty member must submit an application and the selection process is competitive. I have worked with **seven** summer scholars, 1996-present.

Summer 2015 KNH 340U—Becca King (6), Eudaimonic Experiences of Healthcare Professionals

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Spring 2000 & Received Faculty Service-Learning Initiatives Fund for students to conduct  
Spring 199 Learning Centers at the sixth and seventh Annual Children's Health Fair in  
Sharonville, OH (\$150).

1998-1999 Selected for the Miami University *Senior Faculty for Teaching Excellence Program*, a year-long small group experience exploring teaching improvement from a variety of perspectives. Participated in seminars and book discussions, attended two conferences on college teaching, conducted a teaching seminar for Miami faculty.

#### **E. Development of Teaching Materials**

My continual interest in applying scientific knowledge in practical ways has led to the development of many learning materials for Miami students. In many cases materials I have developed and used in my work with health and fitness practitioners and organizations have either been developed in concert with a course I am teaching or have been brought back into the classroom for students to use. For example, the same *Y Personal Fitness Program* manual I developed for the YMCA of the USA was used by graduate students in KNH 654 working with Housing, Dining, and Guest Services employees as clients. Similarly, I developed with assistance from Joyce Englander (Psychology '03) materials for *Resonance For College Students* workshops conducted for *LeaderShape* graduates. In addition, students in KNH 380.A, KNH 450.I/550.I, and KNH/KNH 453/553 were introduced to *Well-Being Way* program materials developed and used in my work with YMCAs and public schools, 2007-2009.

#### **F. Curriculum Development**

Since becoming Associate Professor, I have developed a two-day summer workshop through the Scripps Gerontology Center, an honors course, redesigned an existing KNH 329 course, a first-year seminar, two online courses, and a Miami Plan-approved Global course. Aging, Exercise, and Sport: A Biopsychosocial Perspective (SOC/KNH 499.599.Q) was an intensive examination of physical activity and the aging process. Self-Health (KNH

## II. RESEARCH, SCHOLARSHIP AND CREATIVE ACHIEVEMENT

### A. Publications

#### 1. Books

- a. Kimiecik, J., & Newburg, D. (2016, a novel). *Losing weight in six days: A case of the white horse island life detective service*. Createspace.
- b. Kimiecik, J., & Newburg, D. (2009). *Runner as hero: The inner quest of becoming a runner or*



- *Intrinsic Exerciser* presentation and book signing at Miami University's Recreational Sports Center, July 2, 2002.
- Drop that Donut by Donna Boen, *Miamian*, Winter 1999-2000.
- Finding 'Flow' the Key to Enjoying Exercise by Louise Daw, *The London Free Press*, July 2, 2000.
- No Time to Exercise? Yeah, Right... by Carol Krucoff, *Los Angeles Times*, October 9, 2000.
- A 'Flow' to Fuel the Reluctant Athlete by Nancy Steadman, *The New York Times*, April 13, 1999.
- Staying Motivated, Client Handout in *IDEA Personal Trainer*, July-August 1998.

## **B. Presentations**

### **1. Invited Scholarly Presentations**

- a. Kimiecik, J. (2003, October). *Exercise behavior change from the inside out*. Distinguished Guest Lecture, Department of Physical Education, University of West Virginia, Morgantown, WV.
- b. Kimiecik, J. (1998, March 13). *Motivation and physical activity across the lifespan*. Invited presentation as part of the University of Michigan's "Kinesiology Day," Ann Arbor, MI.

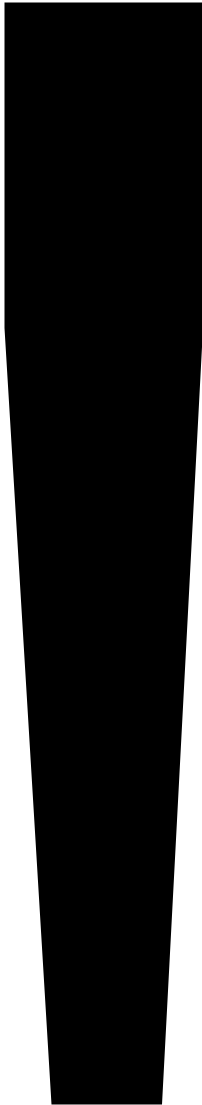
### **2. Refereed Scholarly Presentations**

- a. Kimiecik, J.C. (2015, May). *Play, play gone away, come again another day?: My father's reflection on his youth baseball experience...and why it matters*. Paper presented at the 27<sup>th</sup> Annual Cooperstown Symposium on Baseball



Sports Medicine Annual Meeting, Cincinnati, OH.

- i. Kimiecik, J. (2005, May). *The Well-Being Way to Health Behavior Change and Other Important Things*, Healthy Avondale Symposium, Avondale, AZ.





- ddd. Kimiecik, J. (1997, April). *The psychology of exercise: How to put the "motive" in your patients' motivation to exercise*. Presented at the Annual Community Health Meeting of the Mission Valley YMCA and the Mercy/Scripps Center, San Diego, CA.
- eee. Kimiecik, J. (1997, April). *The physician's role in facilitating patient exercise behavior change*. Presented to the interns/residents of the Mercy/Scripps Medical Center, San Diego, CA.
- fff.



2015 Interviewed for expert video to accompany *Foundations of Sport and Exercise Psychology* (2015, 6<sup>th</sup> Edition) by Robert Weinberg and Daniel Gould.

**B. Service to the University**

**1. Administrative Positions**

a. **Co-founder/Director, Employee Health & Well-Being**, a unit within Human Resources. For five years (2005-2010), responsible for charting direction and guiding day-to-day activities of this comprehensive program, which adopted a cross-

- 2008-09 Invited by the Associate Provost & Associate Vice President of Academic Affairs to serve on the *Ad-Hoc Committee on Academic Affairs and the Second Year Experience*. The charge of the committee was to “articulate ways for the Academic Affairs focus to positively impact the project of enhancing the Second Year Experience.”
- 2006-07 *University-Wide Benefits Committee* representing Employee Health and Well-Being. Examined health-care benefits package and provided recommendations to the President for

2007 Invited to participate in an EAP Educational Futures Committee Focus Group conducted by Susan Moseley Howard and Tom Poetter, sub-committee co-chairs, May 11.

1996 EAP Liberal Education Committee, elected.

## **D. Service to the Department**

### **1. Department Committees**

Fall 2015 Invited to serve on search committee for Assistant Professor in Sport Management position. Involved in all aspects of the interview process.

2011-2015 Undergraduate Committee member. Two-year term. Re-elected by faculty.

2003-05 Graduate Faculty Committee (GFC) Representative for Exercise Science. Selected by Exercise Science faculty to serve two-year appointment as the Exercise Science representative, Department. Dr. Valeria Freysinger, Graduate Coordinator.

Fall 2002 Graduate Curricular Ad-hoc Reform Committee. Appointed by KNH Chair.

Spring 2001 Search committee member for KNH physical education faculty position. Appointed by KNH Chair.

1999-2000 Workload Policy Ad-hoc Committee. Appointed by KNH Chair.

1999-2000 Health Appraisal/Enhancement (HA/E) Program Leader. Elected by HA/E faculty to the Program Leader position:

- Coordinated HA/E program meetings
- Compiled pertinent materials and attended meetings to discuss the President's new Health Sciences Division idea
- Wrote and disseminated minutes from HA/E program meetings
- Developed a program agenda for the year
- Assisted in finalizing HA/E undergrad curriculum proposal
- Compiled HA/E program description for new EAP Major/Program Pamphlets

1994-97 Undergraduate Affairs Committee Representative, elected by KNH faculty.

### **2. Departmental Presentations/Workshops**

Fall 2015 KNH 621 Guest Lecture *Eureka! It's Eudaimonia: From Onionville to*







- January 8, 1998—Task Team training (n=12)
- January 16, 1998—Fitness Director training (n=5)
- January 24, 27, 29, 31, 1998—Fitness Counselor training (n=90)
- Conducted a 2 1/2 hour PFP training at the Franciscan Health and Fitness Center in Cincinnati, OH, January 21, 1999.

1998-2000

**Hamilton County General Health District Safe Communities Coalition**, Cincinnati, OH. As the consultant, provided expertise to the ongoing Hamilton County Safe Communities injury prevention