

Curriculum Vitae

Keri A. Esslinger

1018 Wrenwood Dr.
Bowling Green, KY 42103

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Education

- PhD, Kinesiology** 2006 - 2010
University of Arkansas - Fayetteville, AR
Concentration: Pedagogy Cognate: Adaptive Physical Education
- MS, Health and Human Performance** 2004 - 2006
Fort Hays State University - Hays, KS
Concentration: Exercise Science
- Health Education for Certification** 2003 - 2004
St. Cloud State University - St. Cloud, MN
Health Education Non-Degree Seeking
- BA, Health and Physical Education** 1997 - 2001
Jamestown College - Jamestown, ND
Major: Physical Education for Teacher Licensure
Minor: Coaching Endorsement

Teaching and Professional Experience

- Western Kentucky University, Bowling Green KY** Aug 2009 - Present
Program Coordinator Physical Education Aug 2019 - Present
Associate Professor – School of Kinesiology Rec. and Sport Aug 2015 - Present
Assistant Professor - Dept. of Kinesiology Rec. and Sport Aug 2009 - 2015
Graduate Advisor: MS in Physical Education Teacher Leader June 2013 – 2022
- **Physical Education Graduate Classes**
 - PE 530: Independent Investigations in Physical Education (Online)
 - KIN 520: Teaching Strategies in Physical Education (Online)
 - KIN 505: Foundations of Curriculum Construction (Independent Learning)
 - KIN 505: Foundations of Curriculum Construction (Online)
 - **Supervision of Pre-Service Teachers**
Involves spring and most fall semesters. Supervision of one to two pre-service teachers. Supervision includes but is not limited to; two sites - elementary and secondary, three to four evaluations per site using the Kentucky Teacher Internship Preparation (KTIP) assessment, two seminars, and a final meeting with each of the cooperating teachers.
 - **Physical Education Major Classes**
 - PE 497: Principles of Coaching
 - PE 483: Tech Applications in PE
 - SEC 478: Teaching Physical Education
 - SEC 483: Teaching Health Education
 - PE 456: Ind. Adv. Studies in PE
 - PEMS 426: Movement Studies Practicum II
 - PE 416: Special Topics in PE
 - PE 415: Field Experience in PE II
 - PE 354: PE/Elementary Schools (Online)

- PEMS 326: Movement Studies Practicum
- PE 322: Field Experience in PE I
- PE 319: Adapted Physical Education
- PE 311: Exercise Physiology - (Online and F2F)
- PE 313: Motor Development - (Online, Independent Learning, and F2F)
- PE 310: Kinesiology
- PE 300: Lifespan Leisure and Recreational Activities
- PE 300: Outdoor Education
- PE 300: Outdoor Education - Study Away in Puerto Rico
- PE 291: Principles of Conditioning
- PE 223: Intro to Teaching Physical Education
- PE 222: Fitness Wellness Applications
- PE 122: Foundations of Physical Education - (Online, and Ind. Learning, F2F)
- PE 121: Dance and Rhythmic Activities
- PE 100: Lifetime Fitness/Wellness
- **Activity Classes**
 - PE101: Beginning Weight Training

University of Arkansas, Fayetteville AR

Jul 2006 - June 2009

Senior Graduate Teaching Assistant

- Developed lectures and provided instruction along with designing curriculum for courses within the Kinesiology major and activity classes.
- **Kinesiology Major Classes**
 - PHED 3373: Teaching Elementary Physical Education
 - KINS 2223: Motor Development
 - PHED 2002: Teaching and Leading Outdoor Rec. and Experiential Activities
- **Activity Classes**
 - PEAC 1661: Weight Training
 - PEAC 1621: Fitness Concepts
 - PEAC 1391: Fitness Walking
 - PEAC 1351: Beginning Golf

University of Arkansas, Fayetteville AR

Aug 2007-July 2008

Athletic Department Mentor and Tutor

- Contributed to the integration of academics and athletics in student-athletes' first year of athletics at the University of Arkansas, provided a resource to student athletes on issues ranging from mental health and well-being to adjustments all freshman encounter.

Fort Hays State University, Hays, KS

Aug 2004-June 2006

Teaching Assistant and Graduate Assistant Women's Basketball Coach

- Developed lectures and provided instruction along with designing curriculum for courses within the health and human performance major and activity classes.
- **Health and Human Performance Major Classes**
 - HHP 263: Introduction to Field Sports
 - HHP 200: Personal Wellness (Lab Portion)
- **Activity Classes**
 - HHP 155: Weight Training and Conditioning
 - HHP 151: Aerobic Dancing
 - HHP 125: Beginning Golf

Fort Hays State University, Hays, KS

June 2004, 2005, 2006

Basketball Camp Coach and Administrator

- Promoted Fort Hays women's basketball camps to area schools, monitored up to 200 girls' basketball players and supervised both area high school coaches and Fort Hays women's basketball players.

Fort Hays State University, Hays, KS

June, July 2005

Site Basketball Camp Coach

- Traveled throughout western Kansas coaching boys and girls fourth grade to seniors in small middle schools and high schools.

Rockford Independent School District 883, Rockford, MN

Aug 2002-June 2004

Middle School Level Physical Education and Health Education Teacher

- Implemented a new curriculum for 6th, 7th, and 8th grade health education. In physical education, met the Minnesota state physical education standards teaching 6th, 7th and 8th grade students from a variety of backgrounds including those with physical, emotional and learning disabilities.
- Advised a middle school level group of 15 student's once per week and help supervise the ski club for community education. Along with teaching I held the following coaching responsibilities.

Coaching Responsibilities

- Junior Varsity Soccer (2 years)
- Junior Varsity Softball (1 year)
- 8th Grade Basketball (1 year)
- 8th grade softball (1 year)

Rockford Independent School District 883, Rockford, MN

June 2002-July 2002

Summer School Elementary Physical Education Teacher

- Organized a condensed summer elementary physical education curriculum to meet a diverse range of students needs including grades first to fourth. Along with teaching I mentored a high school student who worked as an assistant to myself.

St. Louis Independent School District 283, St. Louis Park, MN

Apr 2002 – June 2002

Long Term Elementary Physical Education Substitute Teacher

- I was hired to teach the remainder of the school year for the cooperating teacher I was assigned while student teaching as she had a medical emergency that required her to miss the last month of school.

St. Louis Independent School District 283, St. Louis Park, MN

Jan 2002-Apr 2002

Student Teacher

- Eight weeks were utilized teaching high school health and physical education and eight weeks teaching elementary physical education in a diverse school community on the southwestern edge of downtown Minneapolis.

Courses taught;

- 10th grade Health Education
- 9th grade Physical Education
- Outdoor Recreation
- Elementary Physical Education K-4

Publications

Chen, Y., Myers, B., & **Esslinger, K. A.** (2022). Association between competency and first-year employment: A comparison study [Abstract]. *Research Quarterly for Exercise and Sport*, 93(S1), A-11.

*#Menke B, *Edens K, **Esslinger K**, Maples JM, Tinius RA. Does Physical Activity during Late Pregnancy Impact Infant Body Composition at Birth? Southeast Regional IDEa Conference in Louisville, KY. Nov 6-8, 2019 & Southeast ACSM in Jacksonville, FL February 13-15, 2020.

Tinius, R., Rajendran, N., Miller, L., Menke, B., **Esslinger, K.**, Maples, J., & Furgal, K., (2019). Maternal Factors Related to Infant Motor Development at 4 months of Age. *Breastfeeding Medicine*, (15)(2)

Sobrero, G., Arnett, S.W., Schafer, M.A., Stone, W.J., Tolbert, T.A., Salyer-Funk, A., Crandall, J., Farley, L.B., Brown, J., Lyons, S., Esslinger, F.T., **Esslinger, K.**, & Maples, J. (2017). A Comparison of High Intensity Functional Training and Circuit Training on Health and Performance Variables in Women: A Pilot Study. *Women in Sport and Physical Activity Journal*, 25(1); 1-10

Ramos, A., & **Esslinger, K.** (2017). Design and Implementation of appropriate progression for pre-service physical educators. *Strategies*, 30(3) 48-50, DOI:10.1080/08924562.2017.1300030

McCoy, L., **Esslinger, K.**, & Baghurst, T. (2017). Injury and Inclusion: Understanding Common Legal Concerns in Physical Education. *Strategies*, 30(5) 3-11.

Ramos, A., & **Esslinger, K.** (2016). Spicing up your curriculum: A seven-day handball unit. *Strategies*, 29(4) 38-41.

Dixon, D., **Esslinger, K.**, Wan-Ju, Y., & Grimes, A. (2015). Body image perception and body dissatisfaction gender differences. *KAHPERD Journal*, 53(1).

Esslinger, K., Esslinger, T., & Bagshaw, J. (2015). Reaching the overlooked student in physical education. *Strategies*, 28(5) 40-42.

Esslinger, K. (2015). Adherence of wellness principles in physical and health educators: Can the physical dimension predict overall wellness? *ArkAHPERD Journal*, 50(1) 8-14.

Esslinger, K., Grimes, A., & Pyle, E. (2015). Effects of requiring physical fitness in a lecture- based college course; Students attitudes towards physical activity. *The Physical Educator*, 72(4).

Ramos, A., **Esslinger, K.**, & Pyle, E. (2015). The impact of field experience on preservice teachers delivery of feedback. *The Physical Educator*, Special Edition August 2015.

Esslinger, K., Pyle, E., Hey, W., & Manny, G. (2014). Wellness levels of physical and health education professionals. *KAHPERD Journal*, 51(2) 8-16.

Upright, P., **Esslinger, K.**, & Hey, W. (2014). Health issues affecting college student's academic performance. *KAHPERD Journal*, 51(2) 30-36.

Pyle, E., & **Esslinger, K.** (2014). Utilizing technology in physical education: Addressing the obstacles of integration. *Delta Kappa Gamma International Journal for Professional Educators*. 80(2), 35-39

Whitlock, S., Cowherd, H., **Esslinger, K.**, & Nixon, T. (2012). Examination of nutritional patterns for female college students. *KAHPERD Journal*, 50(2) 9-16.

Ramos, A., **Esslinger, K.**, Pyle, E., & Whitlock, S. (2012). The practice of videotape analysis to augment pre-service teachers use of class time. *KAHPERD Journal*, 50(1) 29-38.

International Published Proceedings

Esslinger, K., Whitlock, S., Pyle, E., & Ramos, A. (2011). Fine arts and physical education need critical thinking too. Published Conference Proceedings; Hawaii International Conference on Education, Honolulu, HI.

Esslinger, T., **Esslinger, K.** & Hey, W.T. (2011). Strategies to decrease burnout in physical educators with coaching responsibilities. Published Conference Proceedings: Hawaii International Conference on Education, Honolulu, HI.

Grimes, A., & **Esslinger, K.** (2011). Anxiety and sleep is affecting college students attendance. Published Conference Proceedings; Hawaii International Conference on Education, Honolulu, HI.

Pyle, E., & **Esslinger, K.** (2011). Creating a community advisory board to enhance your educational program. Published Conference Proceedings; Hawaii International Conference on Education, Honolulu, HI.

Esslinger, K., Esslinger, T., Grimes, A., & Hey, W.T. (2011). Identifying benefits of lifetime fitness activities on overall wellness. Published Conference Proceedings; Hawaii International Conference on Education, Honolulu, HI.

Esslinger, K., Esslinger, T., Maska L., Zody, J., Burnett, J., & Sedbrook, S. (2010). College students' attitude toward exercise: Mandating exercise is equal to lecturing about exercise. Published Conference Proceedings; Hawaii International Conference on Education, Honolulu, HI.

National Published Proceedings

Esslinger, K., Dixon, D., Wan-Ju, Y., & Grimes, A., (2014). Fitness perceptions of college age men and women. Published Conference Proceedings; AAHPERD National Convention, St. Louis, MO.

Sobrero, G.L., Arnett, S.W., Schafer, M.A., Stone, W.J., Lyons, T.S., Maples, J., Crandall, J., Esslinger, F.T., & **Esslinger, K.** CrossFit vs. Resistance-Trained Individuals: Effects of a Six-Week Training Program on Selected Performance Indicators. *2014 Annual Meeting of the American College of Sports Medicine*, Orlando, FL.

Dixon, D., **Esslinger, K.**, Wan-Ju, Y., & Whitlock, S. (2013). Active males and females perceptions of body image and body satisfaction. Published Conference Proceedings AAFCS 104th Conference, Houston, TX.

Dixon, D., **Esslinger, K.**, Wan-Ju, Y., & Whitlock, S. (2013). Does gender matter? Perceptions of body satisfaction and body image in young adults. Published Conference Proceedings ; National Popular Culture & American Culture Conference, Washington D.C.

Dixon, D., **Esslinger, K.**, Wan-Ju, Y., & Whitlock, S. (2013). Minority gender differences in body satisfaction among college students and the relationship to body image. Published Conference Proceedings; NAAAS National Annual Conference Baton Rouge, LA.

Wan-Ju, Y., Dixon, D., **Esslinger, K.**, & Whitlock, S. (2013). Are guys and gals different? A look at eating habits and body image perceptions in college students. Published Conference

Proceedings; Food and Nutrition Conference, Houston, TX
 Gorman, D., **Esslinger, K.**, & Grimes, A. (2010). How much do you really know about science? Arkansas Gifted and Talented Conference, Little Rock, AR.

Dwelly, P., Esslinger, T., **Esslinger, K.**, & Oliver, G. (2009). The effects of recreational weight training on functional movement in college age students. Razor Fitness Sports Medicine Symposium, Fayetteville, AR.

Gorman, D., Calleja, P.C., & **Esslinger, K.** (2008). How much do you really know about diet, exercise, and nutrition: Test your knowledge. ArkAHPERD Conference, Little Rock, AR.

Esslinger, T., **Esslinger, K.**, & Kepka, C. (2005). The importance of resistance training for older adults. Western Kansas Information Day, Grainfield, KS.

National Published Proceedings

Esslinger, K., Dixon, D., Wan-Ju, Y., & Grimes, A., (2014). Fitness perceptions of college age men and women. Published Conference Proceedings; AAHPERD National Convention, St. Louis, MO.

Sobrero, G.L., Arnett, S.W., Schafer, M.A., Stone, W.J., Lyons, T.S., Maples, J., Crandall, J., Esslinger, F.T., & **Esslinger, K.** CrossFit vs. Resistance-Trained Individuals: Effects of a Six-Week Training Program on Selected Performance Indicators. *2014 Annual Meeting of the American College of Sports Medicine*, Orlando, FL.

Dixon, D., **Esslinger, K.**, Wan-Ju, Y., & Whitlock, S. (2013). Active males and female AAFCS 104th Conference, Houston, TX

Dixon, D., **Esslinger, K.**, Wan-Ju, Y., & Whitlock, S. (2013). Does gender matter? Perceptions of body satisfaction and body image in young adults. Published Conference Proceedings ; National Popular Culture & American Culture Conference, Washington D.C.

Dixon, D., **Esslinger, K.**, Wan-Ju, Y., & Whitlock, S. (2013). Minority gender differences in body satisfaction among college students and the relationship to body image. Published Conference Proceedings; NAAAS National Annual Conference Baton Rouge, LA.

Wan-Ju, Y., Dixon, D., **Esslinger, K.**, & Whitlock, S. (2013). Are guys and gals different? A look at eating habits and body image perceptions in college students. Published Conference Proceedings; Food and Nutrition Conference, Houston, TX

International Presentations

Esslinger, K., Whitlock, S., Pyle, E., & Ramos, A. (2011). Fine arts and physical education need critical thinking too. Hawaii International Conference on Education, Honolulu, HI.

Esslinger, T., **Esslinger, K.** & Hey, W.T. (2011). Strategies to decrease burnout in physical educators with coaching responsibilities. Hawaii International Conference on Education, Honolulu, HI.

Grimes, A., & **Esslinger, K.** (2011). Anxiety and sleep is affecting college student's attendance. Hawaii International Conference on Education, Honolulu, HI.

Pyle, E., & **Esslinger, K.** (2011). Creating a community advisory board to enhance your educational program. Hawaii International Conference on Education, Honolulu, HI.

Esslinger, K., Esslinger, T., Grimes, A., & Hey, W.T. (2011). Identifying benefits of lifetime fitness activities on overall wellness. Hawaii International Conference on Education,

Honolulu, HI.

Esslinger, K., Esslinger, T., Maska L., Zody, J., Burnett, J., & Sedbrook, S. (2010). College students' attitude toward exercise: Mandating exercise is equal to lecturing about exercise. Hawaii International Conference on Education, Honolulu, HI.

National Presentations

Chen, Y., Myers, B., & **Esslinger, K.** (2022, April). Association between competency and first-year employment: A comparison study. Presentation at SHAPE America National Convention & Expo, New Orleans, LA.

Myers, B., Chen, Y., & **Esslinger, K.** (2021, September). Incorporating inquiry-based activities in secondary physical education to produce future civic benefits and actions. Presentation at the Kentucky Association of Teacher Educators Annual Conference, Virtual

Tinius, R., Rajendran, N., Miller, L., Edens, K., **Esslinger, K.**, Yoho, K., Maples, J., & Furgal, K., (2019). The Relationship between Physical Activity during Late Pregnancy and Infant Motor Development

Pyle, E., Hope, S., Esslinger, T., & **Esslinger K.** (2015). Leaving the choir and reaching into the pews. Presented at PETE & HETE National Conference, Atlanta GA.

Esslinger, K., Dixon, D., Wan-Ju Y., & Grimes, A. (2014). Fitness perceptions of college age men and women. AAHPERD National Convention, St. Louis, MO.

Arnett, S.W., Sobrero, G.L., Schafer, M.A., Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., **Esslinger, K.**, & Goss, F.L., FACSM. CrossFit vs. Resistance-Trained Individuals: Evaluation of Strength and Power. *2013 Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN.

Schafer, M.A., Arnett, S.W., Sobrero, G.L., Lyons, T.S., Navalta, J.W., Esslinger, F.T., **Esslinger, K.**, Stone, W.J., Bean, S.D., & Goss, F.L., FACSM. Evaluation of Muscular Endurance, Agility, and Flexibility in Healthy Trained CrossFit and Weight Trained Individuals. *2013 Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN.

Sobrero, G.L., Schafer, M.A., Arnett, S.W., Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., **Esslinger, K.**, & Goss, F.L., FACSM. Comparison of Aerobic and Anaerobic Power in CrossFit and Resistance Trained Individuals. *2013 Annual Meeting of the American College of Sports Medicine*, Indianapolis, IN.

Arnett, S.W., Sobrero, G.L., Schafer, M.A., Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., & **Esslinger, K.** Assessment of 1RM Strength between CrossFit and Resistance Trained Individuals. *2013 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Dixon, D., **Esslinger, K.**, Wan-Ju, Y., & Whitlock, S. (2013). Active males and females perceptions of body image and body satisfaction. AAFCS 104th Conference, Houston, TX.

Dixon, D., **Esslinger, K.**, Wan-Ju, Y., & Whitlock, S. (2013). Does gender matter? Perceptions of body satisfaction and body image in young adults. National Popular Culture & American Culture Conference, Washington D.C..

Dixon, D., **Esslinger, K.**, Wan-Ju, Y., & Whitlock, S. (2013). Minority gender differences in body satisfaction among college students and the relationship to body image. NAAAS National

Annual conference, Baton Rouge, LA.

Wan-Ju, Y., Dixon, D., **Esslinger, K.**, & Whitlock, S. (2013). Are guys and gals different? A look at eating habits and body image perceptions in college students. Food and Nutrition Conference, Houston, TX Oct. 19-22

Upright, P., **Esslinger, K.**, & Spurlin, L. (2013). Exploring motivational characteristics of recreational road cyclists competing in multiday tourism events. NASSM 2013 National Conference, Austin, TX.

Ramos, A. **Esslinger, K.**, & Pyle, E. (2012). Video analysis to evaluate pre-service teacher pedagogical skills. AAHPERD Conference, Boston, MA. Baert, H., **Esslinger, K.**, & Adams, J. (2011). Technology integration in PETE. AAHPERD Conference, San Diego, CA.

Baert, H., **Esslinger, K.**, Parish, T., & Burt, D. (2010). Creative and active health and fitness activities for K-6 students pre-convention workshop. AAHPERD Conference, Indianapolis, IN.

Dwelly, P., Esslinger, T., **Esslinger, K.**, & Oliver, G. (2009). The effects of recreational weight training on functional movement in college age students. AAHPERD Conference Student Research in Progress Poster Consortium, Tampa, FL.

Woods, R., Dwelly, P., & **Esslinger, K.** (2010). The effects of an 8-week walking course on cardiovascular fitness in college aged men and women. AAHPERD Conference Research in Progress Poster Consortium, Fort Worth, TX.

Regional Presentations

Schafer, M.A., Arnett, S.W., Sobrero, G.L., Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., & **Esslinger, K.** Evaluation of Power in CrossFit vs. Weight Trained Individuals. *2013 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Sobrero, G.L., Schafer, M.A., Arnett, S.W., Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., & **Esslinger, K.** Comparison of Aerobic and Anaerobic Power in CrossFit and Resistance Trained Individuals. *2013 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Stone, W.J., Schafer, M.A., Sobrero, G.L., Arnett, S.W., Lyons, T.S., Navalta, J.W., Bean, S.D., Weight Trained Individuals. *2013 meeting of the Southeast Chapter of the American College of Sports Medicine*, Greenville, SC.

Esslinger, K., Hey, W., Causseaux, C., & Hood, T. (2012) Wellness levels of physical and health professionals attending the national AAHPHERD conference. Southern District AHPERD Conference, Orlando, FL.

Ramos, A., **Esslinger, K.**, Pyle, E., & Whitlock, S. (2012). Technology integration to enhance teacher preparation: Pre-service teachers' ability to manage time. Southern District AHPERD Conference, Orlando, FL.

Parrish, T., Pyle, E., & **Esslinger, K.** (2012). The big pink ball, what is it? Southern District AHPERD Conference, Orlando, FL.

Esslinger, K., & Hey, W.T. (2011). Identifying coping mechanisms for reducing burnout of physical educators. Southern District AHPERD Conference, Greensboro, NC.

Esslinger, K., & Hey, W.T. (2011). Advocating long-term wellness: Creating a physical education program emphasizing long-term fitness activities. Southern District AHPERD Conference, Greensboro, NC.

Esslinger, K., & Whitlock, S. (2011). The critical issue of critical thinking in physical education. Southern District AHPERD Conference, Greensboro, NC.

State Presentations

Myers, B., Chen, J., **Esslinger, K.** Incorporating inquiry-based activities in secondary physical education to produce future civic benefits and actions. 2021 KATE Conference, October 25, 2021, virtual. 16.

Chen, J., Myers, B., **Esslinger, K.** Association between competency and first-year employment: A comparison study. 2022 SHAPE America Convention & Expo, New Orleans, LA.

*Menke B., *Edens K., **Esslinger K.**, Maples J., Tinius R. (2019). Does Physical Activity during Late Pregnancy Impact Infant Body Composition at Birth? Abstract accepted for research poster presentation, *Southeast Regional IDeA Conference* in Louisville, KY. Nov 6-8, 2019.

Deckard, L., Hoover, D.L., Arnett, S.W., & **Esslinger, K.A.** Motor Behavior for the Youth Basketball Coach: Scientific Review and Practical Application. *44th Annual WKU Student Research Conference 2014*, Bowling Green, KY.

Deckard, L., Hoover, D.L., Arnett, S.W., & **Esslinger, K.A.** Motor Behavior for the Youth Basketball Coach: Scientific Review and Practical Application. *2014 Meeting of the Southern District of the American Alliance for Health, Physical Education, Recreation, and Dance*, Lexington, KY.

Esslinger, K., Pyle, E., & Whitlock, S. (2012). Open forum on inclusion; Language, law and practice. KAHPERD State Convention, Lexington, KY.

Esslinger, K., Pyle, E., Whitlock, S., & Ramos, A. (2010). Are these boots made for P.E.? Looking at current policies in regards to dressing out in physical education. KAHPERD State Convention, Lexington, KY.

Whitlock, S., & **Esslinger, K.** (2010). Higher order thinking (HOT) in physical education. KAHPERD Summer Workshop, Bowling Green, KY.

Gorman, D., **Esslinger, K.**, & Grimes, A. (2010). How much do you really know about science? Arkansas Gifted and Talented Conference, Little Rock, AR.

Dwelly, P., Esslinger, T., **Esslinger, K.**, & Oliver, G. (2009). The effects of recreational weight training on functional movement in college age students. Razor Fitness Sports Medicine Symposium, Fayetteville, AR.

Gorman, D., Calleja, P.C., & **Esslinger, K.** (2008). How much do you really know about diet, exercise, and nutrition: Test your knowledge. ArKAHPERD Conference, Little Rock, AR.

Esslinger, T., **Esslinger, K.**, & Kepka, C. (2005). The importance of resistance training for older adults. Western Kansas Information Day, Grainfield, KS.

Mentored Presentations

Spurlin, L., & **Esslinger K.** (2013). Outdoor Education in Puerto Rico. Southern District AHPERD, Lexington, KY.

WKU Students (**Esslinger, K. SEC 478 Class**) (2013) - Struggling with your PE Apps? What are the best free Apps? which are worth the money? and which should you ditch? WKU students give the inside scoop. Southern District AHPERD, Lexington, KY.

WKU Students (**Esslinger, K. PE 483 Students**) (2012) "Making Music: Multi-uses of Garageband" KAHPERD State Convention, Louisville, KY.

Spurlin, L., & **Esslinger K.** (2012). A student outdoor education perspective in Puerto Rico" Statewide Study Abroad Symposium, Bowling Green KY.

Thesis Committees

Honors Thesis committee: Emily Caldwell	Spring 2020
Honors Thesis committee: Obadiah Issachar Kirk	Spring 2020
Thesis committee: Brenna Menke	Spring 2020
Thesis committee: Apoorva Tadakaluru	April 2018
Honors Thesis committee Lindsey Hinken	April 2016

Funded Grants

Esslinger, K., Menke, B., Tinus, R., & Link., (2018-2019) Can Physical Activity help in protecting Women from Postpartum Depression and/or Postpartum Anxiety? QTAG award

Esslinger, K. awarded \$3997 for junior faculty grant for technology. Is there a difference in real-time coding versus reflective coding for physical education field experience pre-service teachers?

Esslinger, K. awarded \$500 for Study Away Travel Grant awarded for the planning of the Puerto Rico PE 300 course.

Whitlock, SE, Dixon, DL, Yen, WJ, **Esslinger, K.** awarded \$1600 for research on nutrition, body image, and physical activity among college students.

Non-Funded Grants

Esslinger, K, \$7,543 RCAP: Category II Application
Project Title: Wellness adherence among top professionals in education, physical education, and health: A comparison study.

Esslinger, K, \$7,917 Classroom improvement request – Denied.
Project Title: Apple iPod touch and Nike sensor learning lab request.

Certifications

Pea Pod and Bod Pod Certified (current)	2019
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Workshops and Continuing Education

Teaching Effectiveness Workshop	Mar. 23, 2018
Topic: Critical Thinking in the Classroom	
Teaching with Technology	Jan. 7, 2015
Webinar: Using periodic feedback to improve your classes	
Distance Learning	Jan.12, 2015
Webinar: Reducing cheating and plagiarism in your classes	
Safe Zone Training	April 5, 2013
A program designed to educate faculty and staff about the unique issues faced by lesbian, gay, bisexual and transgendered (LGBT) students. The goal is to increase sensitivity to the concerns of this student group and to identify community	

and university resources that are available to LGBT students,

Sustainability Across the Curriculum

June 8-9, 2010

Faculty development retreat at Barren River Lake State Park.

This conference was the first of a series of faculty development activities on sustainability across the curriculum.

Master Advisory Certificate Class

Feb 2010 – May 2010

Western Kentucky University course for faculty members who advise students that want to gain a greater understanding of what the university has to offer the students and how to relay that to their advisees.

Critical Thinking in Assessment Workshop

Aug 19 - 20, 2010

Led by Gerald Nosich. The sessions focused on strategies and tools for assessing critical thinking on the part of students.

University of Arkansas Workshop for Teaching Assistants

Sept 2008

Workshop: Your rights as an instructor, fostering academic honesty, creating an equitable classroom environment, accommodating a diverse Student Body.

Life Skills Health Education Booster Training Workshop

Aug 2003

The Life Skills training middle school program is a substance abuse prevention program which uses research based practices to guide the curriculum. The training includes helping kids resist drug, alcohol, and tobacco use along with education on reducing violence and other high-risk behaviors.

Professional Service

Proficiency certification committee for the EPSB at WKU

2020 - present

Section Chair: Adapted Physical Education KAHPERD

2014

Chair Elect: Adult Development and Aging Council SDAHPERD General Division

2013

Delegate: Representative Assembly for the SDAHPERD General Division

2013

VP Elect: Sport & Leisure General Division KAHPERD

2013

Section Chair: Elect Adapted Physical Education KAHPERD

2013

Nominated VP Elect: Physical Education Division SDAHPERD

2012

Delegate: Representative Assembly for the General Division SDAHPERD

2012

Section Chair Elect: Adapted Physical Education KAHPERD

2012

At Large West Representative: KAHPERD

2010-2011

Department And University Service

Physical Education Curriculum

Summer 2022 - Spring 2023

I re-wrote our physical education for the third time, this time adding the Health Ed component to create a third concentration so students could graduate in 4 years with 2 teaching certificates.

CHHS Innovation Workgroup (appointed)

Spring 2023 - present

CHHS rep. the Committee on Credits and Graduation. (appointed)

Fall 2019 – Spring 2023

Professional Education Committee

Fall 2019 – Present

Chair: KRS Promotion Committee

Fall 2018 – Fall 2019

University Athletics Committee

Fall 2016 – Spring 2023

KRS Tenure Committee

Fall 2016 – Present

KRS Promotion Committee	Fall 2016 – Present
University Budget and Finance Chair of Childcare subcommittee	Fall 2017 – Fall 2019
Chair: KRS Tenure Committee	Fall 2018 – Fall 2019
College of Ed. And Behavior Science Core Revision Comm. (appointed)	Fall 2018 – Fall 2019
Chair: Physical Education Instructor Search Committee	Spring 2018
University Budget and Finance	Fall 2017 - Spring 2018
University Senate	Fall 2016 - Spring 2018
CHHS Undergraduate Curriculum Committee	Spring 2011 - Fall 2018
UCC Alternate	Fall 2014 - Spring 2018
KRS Departmental Search Committee: Physical Education Instructor	Spring 2015
Professional Education Committee	Summer 2011 – May 2012
KRS Departmental Honors Club Committee	Spring 2011
Education for Sustainability Steering Committee	Spring 2010
KRS Departmental Search Committee: Sport Management Assistant Professor	Spring 2010
MS in Kinesiology –Physical Education Teacher Leader Curriculum	Spring 2015

I was responsible for re-writing our MS in Kinesiology PE Teacher Leader curriculum. In doing this it was analyzed, compared to other curriculum.

Athletic Coaching Minor Curriculum Fall 2013 - Spring 2014

I was responsible for re-writing our Athletic Coaching Minor curriculum. In doing this it was analyzed, compared to other curriculum nationwide and it was almost entirely re-written.

Physical Education Curriculum Summer 2010 - Spring 2011

I played a significant role in re-writing our physical education curriculum. In doing this it was analyzed, compared to other curriculum nationwide and almost entirely re-written.

Volunteer and Community Service

Committee Member Catalyst Adaptive Mountain Biking Clinic April 29th 2023

Volunteer for the Catalyst Sports Adaptive Climbing event October 2022

Co-Chair Step up for Down Syndrome Walk 2020

DSSKY Pre-Derby Gala Committee 2019

Co-Chair Step up for Down Syndrome (Formerly Buddy Walk) 2018-2019

The Step up for Down Syndrome Walk is the primary fundraiser for the Down Syndrome of South Central Kentucky, which is a non-profit made up of parents, family members, friends, community members and professionals that serves ten counties in south central Kentucky. The Co-Chair is responsible along with the co-chair, for organizing every aspect of the walk day. Including, but not limited to, fundraising, sponsorship, venue organization, volunteers, vendors, and more.

Buddy Walk Committee 2017-2018

The Buddy Walk is the primary fundraiser for the Down Syndrome of South Central Kentucky organization, which is a non-profit made up of parents, family members, friends, community members and professionals that serves ten counties in south central Kentucky. The committee is responsible for attending meetings run by the chair, and helping with needed for organizational aspects of the walk day. Including, but not limited to, fundraising, sponsorship, venue organization, volunteers, vendors, and more.

Presented a Prof. Development Workshop for Allen County Physical Educators 2018

On Oct. 22, 2018 I planned and presented a Full Day professional development workshop with physical education faculty.

Presented a Professional Development Workshop for Owensboro Physical Educators 2017

On Feb 17th, 2017 I planned and presented a three-hour professional development

workshop with physical education faculty.

Presented a Professional Development Workshop for Owensboro Physical Educators 2015

On May 19th, 2015 I planned and presented a three-hour professional development workshop with a physical education faculty colleague and two graduate students.

Bowling Green Area 5 Special Olympics Track and Field Meet (April each year) 2011 -2016

My Motor Development Class volunteers each year to work this event in whatever capacity is needed.

Warren Regional Detention Center Program

November 3, 2012

Myself, another faculty member, and 3 of our WKU Physical Education students went to the Warren County Detention Center and led educational activities/games for young men and women that were currently at the detention center.

Registered Student Organization, University of Arkansas

May 2007-Sept 2008

Served as President of HKRD Organization of Graduate Students

Planned service events, semi-annually budgeted all events for the organization, recruited new graduate students, organized trip planning and acquired registration money for national and regional conventions such as; AAHPERD, in Fort Worth, TX, CSC ACSM, Kansas City, MO, and the American Public Health Association Conference, San Diego, CA.

Organized H.O.G.S. Mini Conference for Graduate Student Research

The Mini Conference provided a venue for graduate students in the HKRD department at the University of Arkansas to share research and receive constructive feedback before presenting at the regional and national conventions. The conference also provided services such as free body fat, blood pressure, and grip strength testing to anyone in attendance.

Champs League Community Challenge Fundraiser, Fayetteville, AR

Nov 2007

Fundraiser for a program that provides sports and activities for children with special needs.

Special Olympics Basketball Tournament Volunteer, FHSU, Hays, KS

Mar 2005, 2006

Volunteered each year to work at the free throw and three-point competition.

Kansas Kids Fitness Day Volunteer, Hays KS

May 2005, 2006

Oversaw the field and aerobic area stations, also directed undergraduate student volunteers working at the stations.

Fort Hays State University, Hays KS

Jan 2005 - May 2005

Stroke Rehabilitation Clinic Student Clinician

The Stroke Rehabilitation Clinic was set up to assist stroke survivors in receiving needed therapy, while FHSU students to get hands-on experience in working with stroke patients.

Hays Community Education

May 2005 - June 2005

Volunteer Fourth Grade Softball Coach

St. Louis Independent School District 283, St. Louis Park, MN

Jan 2002 - Mar 2002

Volunteer Assistant Varsity Girls Basketball Coach

Professional Organizations

Society for Health and Physical Education (SHAPE America)

2002 - present

Southern District of the American Alliance for Health Physical

2006 - present

Education Recreation and Dance (SDAHPERD)	
Kentucky American Alliance for Health Physical Education Recreation and Dance (KAHPERD)	2009 - present
National Association for Sport and Physical Education (NASPE)	2009 - present
National Association for Girls and Women in Sport (NAGWS)	2006 - 2009
Phi Epsilon Kappa	2004 - present
• A national professional fraternity for persons engaged in or pursuing careers in health, physical education, recreation, or safety.	
Central District of the American Alliance for Health Physical Education Recreation and Dance (CDAHPERD)	2004-2006
Central States American College of Sports Medicine Regional Chapter (CSACSM)	2004-2006
National Strength and Conditioning Association (NSCA)	2004-2005
American Association for Health Education (AAHE)	2002-2004
National Education Association (NEA)	2002-2004
National Federation of Teachers (NFT)	2002-2004
Education Minnesota Association (EMA)	2002-2004
Minnesota Middle School Association (MMSA)	2002-2003

Professional Conferences Attended

International

Hawaii International Conference on Education, Honolulu, HI	Jan 2011
Hawaii International Conference on Education, Honolulu, HI	Jan 2010

National

National AAHPERD Convention and Exposition, Minneapolis, MN	April 2016
National AAHPERD Convention and Exposition, St. Louis, MO	April 2014
National AAHPERD Convention and Exposition, Charlotte, NC	April 2013
National AAHPERD Convention and Exposition, San Diego, CA	Mar 2011
National AAHPERD Convention and Exposition, Indianapolis, IN	Mar 2010
National AAHPERD Convention and Exposition, Tampa, FL	April 2009
National AAHPERD Convention and Exposition, Fort Worth, TX	April 2008
National AAHPERD Convention and Exposition, Baltimore, MD	Mar 2007
National AAHPERD Convention and Exposition, Chicago, IL	April 2005

Regional

Southern District, AHPERD Convention and Exposition, Lexington, KY	Feb 2014
Southern District, AHPERD Convention and Exposition, Orlando, FL	Feb 2012
Southern District, AHPERD Convention and Exposition, Greensboro, NC	Feb 2011
Central States American College of Sports Medicine, Kansas City, MO	Oct 2005
Central States American College of Sports Medicine, Kansas City, MO	Oct 2004

State

Kentucky AHPERD Convention and Exposition, Lexington, KY	Nov 2015
Kentucky AHPERD Convention and Exposition, Lexington, KY	Nov 2014
Kentucky AHPERD Convention and Exposition, Louisville, KY	Nov 2013
Kentucky AHPERD Convention and Exposition, Lexington, KY	Nov 2012
Kentucky AHPERD Convention and Exposition, Lexington, KY	Nov 2010
Education Minnesota State Conference, St. Paul, MN	Oct 2002
Minnesota Middle School Conference, Bloomington, MN	Dec 2002

Honors and Awards

- Was nominated and approved by Michigan State College of Human Medicine to be a Guest White Coater at Michigan Medical School White Coat Ceremony. The nomination

was completed by Obadiah Kirk for being his undergraduate mentor. To be approved as a faculty an individual has to have had a great impact in the individual's academic career. Obadiah went on from WKU to study at Duke for a Biomedical Science Masters, while there earning a Fulbright to research in Honduras, and is now at Michigan State school of Human Medicine Studying to be a medical Doctor.

- Nominated by 2 students for Excellence in Teaching CITL Honor Spring 2020
Nominated for an Excellence in Teaching CITL Honor for Spring 2021
- Nominated for an Excellence in Teaching through CITL Honor for Spring 2020
Nominated for the CHHS Faculty Teaching Award 2020 by a student
- The Buddy House Paula and Angie Advocacy Award. Originally a one-time award.
Was honored to be awarded it as a special 2nd year for advocating and promoting awareness for Down Syndrome. 2019.
- Buddy Walk Volunteer of the Year Award
- Nominated for the SDAAPERD Taylor Dodson Award 2016
Nominated for the SDAAPERD Taylor Dodson Award 2014
- Inducted into the University of Jamestown Athletic Hall of Fame Oct. 10, 2015 My
WKU majors Club was awarded the participation award for the Southern District
Convention 2014
- Rockford High School Athletic Hall of Fame Inaugural Inductee 2012 Nominated
to the SDAAPERD Leadership Associate Program 2010 Awarded Outstanding
Doctoral student Kinesiology/Pedagogy – University of Arkansas-Fayetteville
2009 - 4.0 GPA
- Graduated Cum Laude from Jamestown College