**Kerrie P. Berends, Ph.D.**

7730 N. Arroyo Vista Dr. NE

Rockford, MI 49341

**Kb49@calvin.edu**

616-526-6031

269-532-0223

**EDUCATION**

**Ph.D. Kinesiology, Emphasis area: Adapted Physical Activity – 2006**

Texas Woman’s University, Denton, 3.96 GPA

**M.A. Teaching – 2017**

Purdue University Global, 4.0 GPA

**M.A. Physical Education/Special Physical Education – 1993**

Western Michigan University, Kalamazoo

**B.S. Physical Education/Corporate Health and Wellness - 1990**

Grand Valley State University, Allendale, MI

**ACSM Certified Exercise Physiologist** **(EP-C),** Current

**Certified Adapted Physical Educator (CAPE),** Current

**ACSM Exercise is Medicine, Level II**, Current

**Certified Fitness Nutrition Coach,** NESTA, Current

**Certified Sport Nutrition Specialist,** NESTA, Current

**HIGHER EDUCATION EXPERIENCE**

**2017 – Present CALVIN UNIVERSITY**

* **Associate Professor, Kinesiology**
* **Program Director, MS in Exercise Science**
* **Department Co-Chair**

Courses

KIN 325 Physiology of Activity with Exercise Physiology Lab

KIN 328 Advanced Practices in Exercise Science

HE 254 Nutrition

PER 106 Cardio Cross Training

PER 130 Women’s Self Defense

IDIS W48 Women’s Health

KIN 525 Exercise Physiology

KIN 515 Principles of Cardiac Rehabilitation

KIN 554 Fitness and Sports Nutrition

**2008- December 2016 PURDUE GLOBAL UNIVERSITY (formerly KAPLAN)**

* **Academic Department Chair, School of Health Sciences** - 9/10 – 12/16

Programs/Courses

Master of Public Health Program Chair

Master in Health Education Program Chair

ASHS Degree Program Chair (military program)

BSHS Degree Program Chair

AA Medical Transcription Program Chair

HS100 Introduction to Health Sciences

HS111 Medical Terminology

HS140 Pharmacology

In addition to administration, supervision, mentoring faculty and teaching undergraduate and graduate courses, professional activities include:

1. Participation in numerous first-term student support initiatives and research projects including partnering with Harvard University,
2. Faculty outreach,
3. Retention and support
4. Curriculum development and revision
5. Professional presentations and marketing
6. Course level assessment,
7. Health promotion campaign direction and contribution,

* **Assistant Academic Department Chair** – 3/10 – 9/10

BS Health and Wellness Degree Program

* **Curriculum Manager**, School of Health Sciences 8/09 – 3/10
* **Adjunct Professor** - Health Sciences 03/2008 – 08/2009

HD540 – Current Trends in Exercise and Fitness

EF310 – Exercise and Fitness through the Lifespan

HW205 – Vitamins, Herbs and Nutritional Supplements

HW215 – Models for Health and Wellness

HS101 – Medical Law and Bioethics

EF205 – Scientific Foundations of Exercise and Fitness

**2016 – 2018 SPRING ARBOR UNIVERSITZY**

* Adjunct Professor - HPR 201 Elementary Health and Physical Education

**2011 – 2012 CORNERSTONE UNIVERSITY**

* KIN100 – Principles of Wellness – On-site, blended learning and online via BlackBoard technology

**2010 – 2011 CANISIUS COLLEGE**

* Online course developer and faculty for PEG615 – Statistics in Physical Education/Health (graduate level)

**2007 - 2009 INDIANA WESLEYAN UNIVERSITY**

* Master Professor (Professor in Preparation Mentor), Adjunct Professor
* Online and Onsite Graduate Course Writer for the Transition to Teaching and

Exceptional Learner's Program

* EDS 620A – Current Research, Theory and Strategies for Development of

Professors in Understanding the Exceptional Needs Learner (authored)

* EDS 520 - Understanding the Exceptional Needs Learner
* EDU 572 - The Exceptional Child
* EDU 576 - General Methods of Instruction
* EDU 571 - Psychology of Learning

**2006-2007 Notre Dame University – Campus Recreation**

* Personal Trainer

**2006 - 2008 Colorado Department of Education**

* Adapted Physical Education Specialist: Author of weekly online educational publications in special education
* Conference presenter 2007, 2008

**2002 – 2003 University of North Texas**

Adjunct Instructor - Health and Physical Education

Movement for Special Populations

**2000 - 2001 Lake Dallas Independent School District**

Adapted Physical Education Consultant – All Level

**1998 - 2001 Birdville Independent School District**

Adapted Physical Education Consultant - All Level

**1998 - 2001 Texas Woman’s University, Dept. of Kinesiology**

Contracted Grant Faculty - Graduate Courses in Adapted Physical

Activity

**1997 - 1998 Eagle Mountain-Saginaw Independent School District**

Adapted Physical Education Consultant - All Level

**1997 - Summer Institute for Clinical Sciences and Applied Research, Texas**

**Woman’s University**

Motor Development Assessment Specialist

**1997 - Spring University of Texas at Arlington, Dept. of Exercise, Sport, and**

**Health Studies Adjunct Instructor**, Elementary Physical Education

**1995 - 1997 Denton Independent School District, Denton, TX**

Adapted Physical Education Specialist - All Level

**1996 Carrollton-Farmer’s Branch Independent School District, Carrolton, TX**

Adapted Physical Education Assessment Consultant

**1996 - 1997 Region VIII Education Service Center, Mount Pleasant, TX**

Adapted Physical Education Consultant - Assessment and Workshop Presentation

**1996 Texas Woman’s University Community Education, Denton, TX**

Special Populations Creative Dance Instructor

**CALVIN UNIVERSITY SERVICE**

Health Sciences Governing Committee, 2019- Present

Online Academic Quality Committee, 2019 - Present

OPM Search Committee, February, 2019 – September, 2019

Assessment Committee, 2018-2019

Equestrian Club Faculty Advisor, 2019

Kinesiology Scholarship Committee, 2018 - Present

Health Sciences Program Task Force, 2018

Kinesiology Personal Trainer Liason/Advisor, 2017 - Present

**INDUSTRY CONTRIBUTOR**

Beta Tester for Bloodborne Pathogens Training Course, Michigan Virtual Online Learning, June 2019

Michigan Test for Teacher Certification (MTTC) Physical Education Advisory Committee and Test Development/Review, 2018 & 2019

ACSM Midwest Conference – Moderator, 2017; Moderator and Abstract Reviewer, 2018

Midwest ACSM Active U Scholarship Reviewer, 2017 – Present

Midwest ACSM EIM Committee, 2017 - Present

**PRESENTER/SPEAKER**

Berends, K. Podcast Guest Expert. Homeschooling Saints**. “Why Phys-Ed is Important, Even if You and Your Kids Are NOT Athletic!”; “Simple Habits for Great Nutrition--On a Budget!”; “Fasting is More Than Dieting” 2020 - 2021**

Berends, K. Strength and Conditioning Strategies for Volleyball. Rivertown Christian Volleyball, August 12, 2019.

Berends, K. Nutritional Strategies for Individuals with Parkinson’s. Calvin Rehabilitative Services, July 24, 2019.

Berends, K. How to Shop for and Cook Healthy Food on a College Budget. Calvin College Public Health Week, April 3, 2019.

Berends, K. Stick-to-it-tive-ness: Inspirational tips to keep pursuing your personal health. Presented to Ladies Actively Understanding Godly Health (LAUGH) at Southridge Reformed Church, July, 2018.

Berends, K. & Archibald, S. Team Building Tips for Online Administrators. TCC Worldwide Online Conference, April 2016.

Berends, K. & Parker, H. Developing leadership skills through volunteer, service and short mission opportunities. Kaplan KU Village online presentation, October 2014.

Berends, K. & Parker, H. What in the world is a MOOC? Kaplan University General Education Conference online presentation, 2014.

Berends, K. (2010-2012). Multiple online presentation workshops within the Kaplan University platform for Get Healthy, Faculty Development, HS100 Training and MSHD Program Promotion.

Berends, K. (November, 2010). Moderator for Kaplan’s Speaker Series. Write for Life:

Healing Body, Mind, and Spirit Through Journal Writing; Online webinar with author

Sheppard B. Kominars.

Berends, K. & Harrison, B. (October, 2010). Healthy Choices to Shape Your Future.

AARP National Conference; Orlando, FL.

Berends, K. (August, 2010). Exercise While You Work Online instructional webinar

for students, faculty, and public for Kaplan University’s Get Healthy Campaign.

Berends, K (February 22, 2008). Programming for Students with Mental Retardation,

Autism, and Speech and Language Disabilities, Response to Intervention, and Factors

to Consider When Determining Eligibility. Presented to Colorado Department of

Education OT/PT/APE employees, Denver, CO.

Berends, K (February 23, 2007). Evidence Based Practices, Communication and

Collaboration, and Programming for Students with Severe Disabilities. Presented to

Colorado Department of Education OT/PT/APE employees, Denver, CO.

Berends, K. (August 15, 2001). Inclusive Physical Education: Roles and

Responsibilities of Educators. Presented to Lawton Public Schools, Lawton, OK.

Berends, K., Roth, K. (February, 2001). Assessment and Programming for Students

with Disabilities. Presented at Region VIII Education Service Center, Mt. Pleasant, TX.

Berends, K., Buswell, D., Babcock, G., & Rocco, S. (February, 1999). Practical

Inclusion Techniques for Regular Physical Educators. Presented at the Southern

District AAHPHERD, Greenville, NC.

Berends, K., Piletic, C., & Hilgenbrinck, L. (July 25, 1997). Including Students with

Disabilities in Regular Physical Education. Presented at Region VIII Education Service

Center, Mt. Pleasant, TX.

Pyfer, J., French, R., Babcock, G., Berends, K., Buswell, D., Hilgenbrinck, L., & Piletic,

C. (May 15, 1997). Designing Workshops to Facilitate Inclusion in Physical Education.

Presented at: International Symposium of Adapted Physical Activity, Quebec, CA.

Berends, K. (April 21, 1997). Teaching Academics Through Gross Motor Activities.

Presented to: Denton, ISD Special Education Classroom Teachers.

Silliman-French, L. & Berends, K. (April 18, 1997). Jump in on the Fun. Presented at:

Denton ISD Special Education Support Staff Meeting.

Pyfer, J., French, R., Babcock, G., Berends, K., Buswell, D., Hilgenbrinck, L., & Piletic,

C. (March 20, 1997). Techniques for Including Students with Disabilities in Regular

Physical Education. Presented at: American Alliance of Health, Physical Education,

Recreation, and Dance, St. Louis, MO.

Huettig, C., Berends, K., & Pyfer, J. (March 21, 1997). Identifying and Addressing

Preschoolers’ Motor Development Delays. Presented at: International Symposium of

Adapted Physical Activity, Quebec, CA.

Silliman-French, L. & Berends, K. (March 4, 1997). Fun and Innovative Activities for

Preschoolers with Disabilities. Presented at: Adapted Physical Activity Conference,

Macomb, IL.

Berends, K. (March 3, 1997). Parents’ Perceptions of Early Childhood Physical

Education. Poster presentation at: Adapted Physical Activity Conference, Macomb,

IL.

Berends, K. (December 6, 1996). Let’s Collaborate: Enhancing the Communication

Between Regular and Adapted Physical Educators. Texas Association for Health,

Physical Education, Recreation, & Dance Annual Convention, Corpus Christi, TX.

French, R., Berends, K, & Silliman-French, L. (October 11, 1996). Physical Education

Activities for Students with Disabilities. Presented at: Denton Independent School

District, TX.

Berends, K. (August, 1996). Creative Movement for Special Populations. Presented

at: Bachman Recreation Center, Dallas, TX.

Berends, K. (May 10, 1996). Developmentally Appropriate Physical Education.

Presented at: Sullivan Keller Early Childhood Center, Denton, TX.

Berends, K. (February 19, 1996). Early Childhood Physical Education: The Role of the

Classroom Teacher. Presented at: Sullivan-Keller Early Childhood Center, Denton, TX.

Babcock, G., Berends, K., O’Brien, T., Piletic, C., & Silliman-French, L. (February 19,

1996). Enhancing Gross Motor Skills of Individuals with Disabilities. Presented at:

Special Education Department, Denton ISD, TX.

Berends, K., Cheatum, B.A., & Hammond, A. (April, 1993). Methods and Techniques

For Including Students with Severe Disabilities in Regular Physical Education.

Presented at: Greenville Educational Conference, Greenville, MI.

**PUBLICATIONS**

Berends, K. (January 21, 2021). Experts Weigh In On Current Job Market Trends. Zippia.com https://www.zippia.com/kinesiologist-jobs/trends/?survey=039&survey\_step=step1&oneTapSurvey=true&src=survey-core-prompt

Berends, K. (2016). Healthy New Year’s Resolutions: A Theoretical Approach. Online article. http://www.kaplanuniversity.edu/health-sciences/articles/healthy-new-year-resolutions.aspx

Eichmann, K. & Berends, K. (2016). Health Educators and the Future of Health. Online article. http://www.kaplanuniversity.edu/health-sciences/articles/health-educators-and-the-future.aspx

Berends, K. (2011). Get Healthy Google Calendar. Kaplan University’s “Health and Wellness” web page.

Berends, K (Sept. 2006 - 2008). Multiple E-Publications on the OT/PT/APE list-serve.

Topics furnished upon request.

Berends, K. (Oct/Nov. 1997). Disability Sport: Opportunities for Everyone. Strategies journal.

Berends, K. (April, 1997). Book Review of “Women with Physical Disabilities”. Adapted

Physical Education Quarterly

**CONTRIBUTING AUTHOR or EDITOR**

KIN 515 – Principles of Cardiac Rehabilitation. Calvin University Global Campus. MS in Exercise Science.

KIN 525 – Physiology of Activity. Calvin University Global Campus. MS in Exercise Science

KIN 554 – Fitness and Sports Nutrition. Calvin University Global Campus. MS in Exercise Science

High School Health: Personal Fitness. Faith-based online home school 7-week course. Author/developer/online module creator. Homeschool Connections. Summer, 2019

High School Health: Personal Nutrition. Faith-based online home school 7-week course. Author/developer/online module creator. Homeschool Connections. Summer, 2019

HSO100- Introduction to Health Sciences: Open Course – contributing editor for custom curriculum material (Jones and Bartlett Publishing), project manager and Department Chair

HS100- Introduction to Health Sciences – contributing editor for custom curriculum material (Jones and Bartlett Publishing), project manager and Department Chair

MS in Health Education Course Development, Kaplan University – Project Director and contributing editor for HD505, HD510, HD530, HD540, HD625, and HD599.

*Internship I: Strategies for Professors in Understanding the Special Needs Learner*

(2009). Graduate Online course written for Indiana Wesleyan University.

*Strategies for Professors in Understanding the Special Needs Learner* (2008).

Graduate course writer - online, onsite, & blended courses. Indiana Wesleyan

University.

Various Articles Concerning Adapted Physical Education Topics (2006, 2007).

Published on the APE List-Serve, Department of Education, Colorado.

Colorado Department of Education Adapted Physical Education Guidelines.

Contributing Author. Published Summer 2008.

Assessment Instructional Videos (1999). Texas Woman’s University, Denton, TX.

Eagle Mountain-Saginaw ISD (1998) *Adapted Physical Education Program Guide*.

Adapted Physical Education Disability Fact Sheets (1997). Denton ISD, TX.

The Survival Series Instructional Manual: Including Students with Disabilities in Regular

Physical Education (1997). Texas Woman’s University, Denton, TX.

The Survival Series Videos: Inclusion Techniques in Physical Education (1997). Texas

Woman’s University, Denton, TX.

Sullivan Keller Early Childhood Center Activity Center Manual for the Classroom

Teacher (1996). Denton, TX.

**CHURCH AND COMMUNITY SERVICE**

LAUGH running pace leader: Ladies Actively Understanding Godly Health. Summer 2014, 2015, 2017

LOL 5K Inaugural Planning Committee, Southridge Reformed Church, Kalamazoo, MI. August, 2015

Mission Trip High School Youth Group Leader: Jamaican Deaf Village & Christian Caribbean Center for the Deaf. Spring 2014 and April 2016

Lead Youth Group Food Coordinator and Server, Southridge Reformed Church, Kalamazoo, MI. 2013 - 2015

Volunteer and assistant instructor: Horseback riding for students with disabilities at True Vine Equestrian Center (Christian Ministry) in Lawton, MI.

5th grade small group leader, Freshman Girls small group leader & guest speaker– Amplify Children’s Ministry and 180 High School Ministries, Southridge Church, Kalamazoo, MI, 2012-2015

**OFFICES HELD**

2017 – Present: ACSM Midwest Chapter Exercise is Medicine Committee

2018 – 2020: Board Member, National Physical Activity Society

2018 – 2019: Board Member & Treasurer, Rivertown Christian Volleyball

2013 – 2006: True Vine Equestrian Center Board Member, Kalamazoo, MI

2013 – 2018: MPH, MSHD and ASHS Advisory Board – Kaplan University

2011 SOPHE Annual Meeting Planning Committee

2010 MS in Health Education Program Task Force - Kaplan University

2010 Get Healthy with Health Sciences; Exercise and Fitness Committee

1996 Texas Association for Physical Education, Recreation, and Dance

Student Representative - Adapted Physical Activity Section

1996 Texas Association for Physical Education, Recreation, and Dance

Representative Assembly Member

**RECENT PROFESSIONAL DEVELOPMENT**

Certified Sports Nutrition Specialist, 2020

Certified Fitness Nutrition Coach, May 2019

Renewed ACSM Exercise Physiologist Certification (valid until December, 2021)

ACSM Midwest Conference – 2017, 2018, 2019

Kaplan University General Education Conference – 2012, 2013, 2014, 2015

Kaplan University Village – Online teaching and technology applications, October 2013, 2014, 2015

ACSM Health and Fitness Summit – AZ, 2015

SOPHE (Society for Public Health Education) Poster Presentation Judge: Fall, 2012

ANGEL Online Classroom Training – Summer 2010

E-College .NExT Training – PD524 – Spring 2010

TCC Worldwide Online Conference – 2010, 2014, 2015

Virtual General Education Conference – Kaplan University, May 12-14, 2009

**HONORS/SCHOLARSHIPS**

2016 – Outstanding Leadership Award. School of Health Sciences, Kaplan University.

1997 - 1998 Kitty Winter Magee Honor Student. Texas Woman’s University

Department of Kinesiology

1997 National Collegiate Physical Education & Health Award

1996, 1997 Who’s Who Among Students in American Universities and

Colleges

1996 USAA All-American Scholar Award

1995 - 1999 Competitive Federal Scholarships in the area of Personnel

Preparation in Adapted Physical Education at Texas Woman’s

University (full support)

1992 - 1993 Competitive Federal Scholarship in the area of Personnel

Preparation in Special Physical Education at WMU

1986 - 1987 Competitive Housing Scholarship: Nazareth College, Kalamazoo, MI

**PROFESSIONAL MEMBERSHIPS**

2014 – Present – American College of Sports Medicine

2017 – Present – National Sports and Conditioning Association

2017 – 2020 – National Physical Activity Society

2011 - 2012 Society for Public Health Education

2011 – 2018 - Professional Association of Therapeutic Horseback Riding (PATH)

1995 - 2000 Texas Association for Physical Education, Recreation, and Dance

1995 - 1999 American Alliance for Physical Education, Recreation, and Dance

1996 - 1999 National Consortium of Physical Education and Recreation for

Individuals with Disabilities

1996 – 1999 Council for Exceptional Children