

CURRICULUM VITAE

KENNETH GREGORY KRIEWITZ

EDUCATION

Master of Science: Exercise and Sport Science, Corporate Wellness Specialist, Central Missouri State University, 1994

Bachelor of Science: Exercise Science, Minor: Health Education, Central Missouri State University, 1992

PROFESSIONAL EXPERIENCE

- *Missouri Western State University*
 - *Advanced Instructor* **2017-Present**
 - **Instructor** **1998 – Present**
- *Burlington Northern Santa Fe Railroad*
 - **Conductor/Human Resources Generalist** **1996 – 1998**
- *Missouri Western State College*
 - **Lecturer** **1995 – 1996**
- *Health Rise Fitness Center* **1994-1995**
 - **Manager/Head Physiologist**
- *Central Missouri State University*
 - **Graduate Assistant/Instructor** **1992 – 1994**
- *Personal Fitness Trainer* **1992 – 1994**

TEACHING EXPERIENCE

Missouri Western State University

PED 101 – Fitness and Wellness

PED 110 – Adapted Physical Education

PED 191 – Foundations of Physical Education

PED 243 – Methods and Techniques of Lifetime Activities

PED 304 – Physiology of Exercise

PED 317 – Strength & Conditioning

PED 401 – Graded Exercise Testing

PED 430 – Internship for Exercise Science

PROFESSIONAL MEMBERSHIPS AND CERTIFICATIONS

Certified as a Health and Fitness Specialist by the American College of Sports Medicine
Certified Exercise Physiologist CEP(Certification # 8799).

Certified as a Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association **CSCS**(Certification # 9910582).

Certified as a Personal Trainer by the National Strength and Conditioning Association **NSCA-CPT**(Certification # 85260703).

Certified as a Personal Trainer by the American Council on Exercise **ACE-CPT** (2014-2016)

FMS Level 1 -2016

FMS Level 2-2017

Certified by the American Red Cross in First Aid/CPR and AED

Certified in ARC, MIG, TIG and Acetyline welding (1996-2004)

Certified in hazmat plaquard identification (1996-2000)

UNIVERSITY SERVICE

Scholarship Committee- Chair	2017
<i>Scholarship Committee</i>	2016
<i>General Studies Committee</i>	2014-2015
<i>Academic Standards and Regulations- Chair</i>	2009 – 2011, 2013
<i>Faculty Senator (3 years)</i>	2006 – 2008
<i>Faculty Senate Liason</i>	
To Curriculum Committee	2007
To General Studies Committee	2008
<i>General Studies Committee - Chair</i>	2004 – 2006
Co-Coordinator of the University Strategic Plan (with Dr. Heider)	2006
<i>Honors Committee</i>	2004 - 2005
<i>Academic Computing Committee</i>	2000 – 2007
<i>Wellness Committee</i>	1998 – 2001

PROFESSIONAL CONVENTIONS ATTENDED

MOAHPERD	2000, 2004, 2005, 2006, 2010, 2011, 2012, 2013, 2014
CALHE	2007, 2012, 2013, 2014
MPRA	2013
<i>American College of Sports Medicine:</i>	
Las Vegas (Escorted 6 students)	2001
New Orleans (Escorted 6 students)	2000
Springfield, MO (ACSM-Exercise Specialist Workshop)	1998
Omaha, NE (ACSM- Health Fitness SepcialistWorkshop)	1996
<i>National Strength and Conditioning Association</i>	1998

PUBLICATIONS

Johnson, B.T., **Kriewitz, K.G.**, (2017). Fighting Obesity and Cardiovascular Disease in our Universities: Using Practicum Students to Run a Fitness Club for Faculty and Staff. MoAHPERD Journal.

Johnson, B., **Kriewitz, K.G.** (2016). *Labs and Activities for Fitness & Wellness*. Deer Park, New York: Linus Publishing.

Johnson, B. (2014). *Plato's Physical Education: A guide to teaching physical education at all levels and in all environments*. Deer Park, New York: Linus Publishing. **Kriewitz, K.G. Chapter 3: Wellness. Chapter 4: Sciences.**

Hong, S.C, Johnson, B. T., and **Kriewitz, K.G.** (2013). *Benefits of inclusion and segregation for individuals with disabilities in leisure*. **INTERNATIONAL JOURNAL ON DISABILITY AND HUMAN DEVELOPMENT**.

PROFESSIONAL PRESENTATIONS

Kriewitz, K.G., Murawski, A., Hammer, J (student), Langdon, M. (student), Rottinghaus, E (student), Turnham, C (student) – CALHE (2015) “*Interactive Techniques for Health Improvement: Applied Learning Demonstration*.”. Missouri Western State University.

Kriewitz, K.G., Johnson, B.T., CALHE (2014) “*Teaching Future Teachers How to Teach Potentially Dangerous Activities*”. Missouri Western State University.

Kriewitz, K.G., Foley, A., (2013) “Personal Trainer/Fitness Certifications for the Practitioner”. Annual MOAHPERD Convention at the Lodge of the Four Seasons.

Hardy, R. L. & Kriewitz, K.G. – CALHE (2013) “*Golden Age Games: A Student Service Learning Experience*”. Missouri Western State University.

Hardy, R.L. & Kriewitz, K.G. – MPRA – (2013) “Seniors’ Game Day: A day of Physical & Social Interaction. Tan-Tar-A.

Russell, E. P III, Latosi-Sawin, E., Grechus, J., Dagel, K., Kriewitz, K.G. Saxton, A., Missouri Western State University. CALHE (2013) *The Added Value of an Outdoor Study-Away Experience in Higher Education*.

Kriewitz, K.G. & Foley, A (2012) “Selecting the right Fitness Certification”. Annual MOAHPERD Convention at the Lodge of the Four Seasons.

Johnson, B.T. & Kriewitz, K.G. (2010) "Curling 101". Annual MOAHPERD Convention at the Lodge of the Four Seasons.

Kriewitz, K.G. & Russell, W.D. (2010) "Need a lift". Annual MOAHPERD Convention at the Lodge of the Four Seasons.

Kriewitz, K.G. & Russell, W.D. (2007) Poster presentation at the Applied learning conference at Missouri Western State University.

Kriewitz, K.G., Mears, B. (2006) "Computer Technology for the Physical Educator". Annual MOAHPERD Convention at the Lodge of the Four Seasons.

Blessing, B.K., Kriewitz, K.G., (2005) "Old Time Parlor Games". Annual MOAHPERD Convention at the Lodge of the Four Seasons.

Blessing, B.K., Kriewitz, K.G., (2005) "International Games". Annual MOAHPERD Convention at the Lodge of the Four Seasons.

Kriewitz, K.G. (2001) "Archery: A Fun Activity". Annual MOAHPERD Convention at the Lodge of the Four Seasons.

Kriewitz, K.G. (2000) "Archery: A Fun Activity". Annual MOAHPERD Convention at the Lodge of the Four Seasons.

CREATIVE WORKS

I have taught a televised health course, PED 101, on St. Joseph Cablevision, KCPT and Atchison Cablevision. This course has a viewing audience of 1 million customers. This course has evolved into an entirely online course that is taught in area high schools as dual-credit. I have additionally taught this course for the MWSU Police Academy, as well as in three local prisons.

