

## **Janene M. Grodesky, Ph.D**

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### **EDUCATION**

- 2006 **Doctor of Philosophy**, Louisiana State University, Baton Rouge, LA.  
Major: Health Pedagogy. Collateral disciplines: Exercise Science and Motor Control. Dissertation: "Self-regulation in physical activity: Understanding the decisions older adults make" Directed by Melinda A. Solmon, Ph.D.
- 1995 **Master of Education**, University of Cincinnati, Cincinnati, OH. Major: Health Education and Promotion. Minor: Exercise Physiology. Thesis: "The media's effects on self-esteem and body Image." Directed by: Bradley Wilson, Ph.D. and co-directed by Donald Wagner, Ed.D.
- 1992 **Bachelor of Arts**, University of Cincinnati, Cincinnati, OH. Major: Communication. Minor: Journalism.

### **PROFESSOR/INSTRUCTORSHIP**

- 2018 **Instructor and Coordinator for Physical Activity and Health Concentration School of Kinesiology**, Louisiana State University, Baton Rouge, LA
- 2015 - **Adjunct Faculty, Kinesiology**, Department of Allied Health and Nursing  
Present Baton Rouge Community College, Baton Rouge, LA
- 2010 – 2011 **Adjunct Faculty, Kinesiology**, School of Kinesiology, Louisiana State University, Baton Rouge LA
- 2009 – 2010 **Adjunct Faculty, Kinesiology**, Department of Biological Sciences, Baton Rouge Community College, Baton Rouge, LA
- 2006 - 2009 **Assistant Professor of Health Education**, tenure track, Department of Kinesiology, Health and Educational Foundations, Northern Kentucky University, Highland Heights, KY
- 2007 – 2008 **Visiting Professor, Health Education**, Kentucky Institute of International Studies, Denmark
- 2005–2006 **Instructor**, Human Sexuality, Office of Independent Study, Louisiana State University, Baton Rouge, LA
- 1996 – 1997 **Adjunct Instructor**, Northern Kentucky University, Highland Heights, KY

#### Courses Developed and Taught (LSU)

- 2020-2021 Online Community and Public Health (graduate level)  
Online Socio-ecological Model of Physical Activity and Health (graduate level)

#### Course Coordinator

- 2018 –present First Aid  
Gen. Education Personal and Public Health  
Dual Enrollment Personal and Public Health

Courses Taught (LSU)

2018 -present Comprehensive Stress Management  
Principles of Physical Conditioning  
Individual Wellness and Public Health (Online and Lecture)  
Healthy Aging Process  
Community and Public Health

2010- 2011 Motor Development  
2000-2006 Introduction to Personal Health  
Human Sexuality  
Motor Development  
Stress Management

Courses Taught (NKU)

2006-2009 Introduction to Health Education  
Introduction to Personal Health  
Community Health  
Drug and Alcohol Education  
Sexual Health Education  
Motor Development  
Independent Studies

Courses (BRCC)

2015 - Kinesiology

International Courses Taught

2008 International Service Learning – Dominica, West Indies  
2008 Kentucky Institute of International Studies - Denmark  
Community Health  
Human Sexuality

Professional Consultation (BRCC)

2010 - 2011 **Development**, Health and Fitness Program curriculum

**NON-PROFIT HEALTH AND WELLNESS**

2017 **Program Director and Healthy Lifestyles/Hospital Partnership**, the Arthur Cullen Branch of the YMCA of the Capital Area; Baton Rouge, LA 70806  
Responsible for the management of the Diabetes Prevention Program grant under the Centers for Disease Control and Prevention, and the Pennington Biomedical Research grant researching exercise and Alzheimer's. Responsible for researching, identifying, writing grants, and managing them for the YMCA of the Capital Area Healthy Lifestyle initiative.

2016 - 2017 **Program Director: Wellness and Aquatics**, the Arthur Cullen Branch of the YMCA of the Capital Area; Baton Rouge, LA 70806  
Responsible for two major programs at a large YMCA branch. Duties include: Accountability for a 325,000 budget, supervision of 75 employees including group exercise instructors, fitness attendants, personal trainers, lifeguards, swim instructors, and an aquatics coordinator. Work closely and collaborate with various community organizations. Plan, develop, and

implement both wellness and aquatics programming for a multitude of populations; including community outreach. Instruct group exercise classes, oversee and conduct personal training sessions, manage exercise areas, manage lifeguards, and pool operations. Coordinate and work closely with other departments such as membership and childcare.

### **HIGHER EDUCATION HEALTH AND WELLNESS**

- 1997 – 1999 **Wellness Coordinator**, Louisiana State University, Baton Rouge, LA  
Planned, developed, implemented, and evaluated various health education programs for the student population at a large flagship university; served on multiple campus and community-wide committees; Supervised, mentored, and facilitated peer health education groups; conducted campus-wide diversity and safety trainings; active in national health education and college health associations; volunteered for local health agencies
- 1996 – 1997 **Peer Education Coordinator**, Northern Kentucky University, Highland Heights, KY  
Researched, wrote, and received grant funding from the NCAA to supervise, mentor, train, and conduct peer alcohol education programming utilizing student athletes as educators; collaborated with campus and community stakeholders to bring the program to area at-risk populations and in high schools
- 1996 – 1997 **Wellness Coordinator**, Northern Kentucky University, Highland Heights, KY  
Planned, developed, implemented, and evaluated various health education programs for the student population at an urban commuter university. Served on multiple campus and community-wide committees; collaborated with multiple departments to coordinate health education programming both in the classroom and extra-curricular; developed a health research fair
- 1995 – 1996 **Drug and Alcohol Prevention Educator**, Northern Kentucky University, Highland Heights, KY

### **GENERAL HEALTH AND FITNESS**

- 2011 – 2015 **Co-Owner**, One Heart Yoga Center, Baton Rouge, LA  
Developed and implemented a yoga and wellness community center; responsible for daily operations, manage, hire, and oversee staff, administrative duties, fiscal management, marketing and promotion
- 2002 – 2006; 2009 – 2016 **Fitness Attendant, Group Exercise Instructor**, YMCA of the Capital Area Baton Rouge, LA
- 1999 – 2000 **Recreational Leader and Fitness Instructor**, Bloomington Adult Community Center, Bloomington, IN
- 1997 **Recreational Leader**, TRIO program, Northern Kentucky University, Highland Heights, KY
- 1994 – 1995 **Editor**, Health and Fitness Newspaper, published by the Downtowner, Cincinnati, Oh

### **Professional Consultation**

- 2010 - 2011 **Research and Development**, Baton Rouge Community College, Baton

Rouge, LA  
Health and Fitness Program curriculum for the Allied Health and Nursing  
department

### **CURRENT CERTIFICATIONS AND LICENSURES**

**Instructor - Basic Life Support/BFA/ and O2** -American Red Cross  
**Certified Pool Operator** – National Swimming Pool Foundation  
**Foundations of Group Exercise Instructor** – American Council on Exercise  
**Water Safety Instructor** – American Red Cross

### **GRANT FUNDING**

2019           **Recipient:** C-Cell Service Learning Grant  
2018           **Recipient:** *Diabetes Prevention Enhancement Award* (Editor)  
2017           **Recipient:** *Y-USA “Safety Around Water”* (Editor) grant to  
                  Implement a swim safety curriculum to underserved and at-risk  
                  populations.  
2016           **Recipient:** Department of Health and Human Services “*Lunch and*  
                  *Learn series for Diabetes Prevention”* (Editor) to create awareness of  
                  the Diabetes Prevention Program.  
                  (Northern Kentucky University)  
2009           **(Second Award) Recipient:** *Kellogg Foundation Grant awarded*  
                  *through Murray State University, Health Matters for Students mini-grant*  
                  to disseminate health information via the classroom environment.  
2008           **Recipient:** *Kellogg Foundation Grant awarded through Murray State*  
                  *University, Health Matters for Students mini-grant* to disseminate health  
                  information via the classroom environment.  
1996           **Recipient:** *National Collegiate Athletic Association award for developing*  
                  *Peer Education Program (PEP)* utilizing athletes as peer educators of  
                  drug and alcohol awareness (\$10,000) for community outreach in area  
                  high schools.

### **PROFESSIONAL SERVICE**

2021           Vice President of Health Louisiana Association for Health, Physical  
                  Education, Recreation and Dance

### **LOUISIANA STATE UNIVERSITY SERVICE**

2019           Integrative Learning Core Beta Test Participant  
2019-present   Lighthouse Advocate

### **COLLEGE OF HUMAN SCIENCES AND EDUCATION SERVICE**

2020-present   Health and Wellness Committee  
2020-present   Diversity Committee

### **SCHOOL OF KINESIOLOGY SERVICE**

2018-present   Scholarship Committee  
2018-present   TES Evaluator

## **COMMUNITY SERVICE AND OUTREACH**

- 2018 – 2019 **Family Fitness Day** – Magnolia Woods Elementary School
- 2017 **Healthy Kid's Day**, HAART, Baton Rouge, LA
- 2016 **Collaboration for Diabetes Prevention**, Our Lady of the Lake Franciscan Health Ministries, Baton Rouge, LA
- 2010 - 2016 **Founding Member**, Red Stick Peacemakers, Baton Rouge, LA
- 2008 **Author**, Training Manual, *Mom-n-Tot yoga* for Strollerfit. AFAA certified
- 2007 **Member and contributor**, Advisory Panel, Female Athletes First; [www.femaleathletesfirst.com](http://www.femaleathletesfirst.com)
- 1997 – 1998 **Member**, Drug and Alcohol Task Force, Baton Rouge, LA
- 1997 – 1998 **Member**, AIDS/HIV surveillance, Office of Public Health, Baton Rouge LA
- 1997 – 1998 **Volunteer**, AIDS/HIV counseling and testing, Friends for Life, Baton Rouge, LA

## **PUBLICATIONS**

- Book

**Grodesky, J. M.** (2008). *Somebody Needs to Light a Firecracker under Me! Understanding How Older Adults Make Decisions about Being Active*. Saarbrucken, Germany: VDM Verlag Dr. Muller.

- Book Chapter

*Editor:*

Magill, R.A., & **Grodesky, J. M.** (2005). Physical Activity Instruction of Older Adults. In Jones, C.J., & Rose, D.J. (Ed.). *Applying Motor Learning Principles* (pp. 283-299). Champaign, IL: Human Kinetics.

- Peer-Reviewed Journal Articles

**Grodesky, J. M.** (2008). Somebody Needs to Light a Firecracker Under Me! Understanding the Meaning of Physical Activity and Exercise for Older Adults. *Journal of Ethnographic and Qualitative Research*, 2, 100-111.

**Grodesky, J. M.**, Kosma, M., & Solmon, M. (2006). Understanding older adults' physical activity behavior: A multi-theoretical approach. *Quest*, 58, 310-329.

Li, L., Landin, D., **Grodesky, J.** & Myers, J (2002). The function of gastrocnemius as a knee flexor at selected knee and ankle angles. *Journal of Electromyography and Kinesiology*, 12, 385-390.

- Published Abstract in a Peer-Reviewed Journal

**Grodesky, J. M.**, Solmon, M.A., Lee, A.M. (2007). Physical activity levels of older adults: The influence of Self-Determination. *Research Quarterly for Exercise and Sport*, 78, 28 – 29.

## **PRESENTATIONS**

- Peer Reviewed

**Grodesky, J. M.**, (2018). Understanding motivation for physical activity in older adults. Lecture presentation at the Y-Program Expo, Denver, CO.

**Grodesky, J. M.**, & Ryan, C. (2009, April). *Meaning of service learning for kinesiology students: Ontological change*. Poster presentation at the American Alliance for Health, Physical Education, Recreation and Dance national meeting, Tampa, FL.

**Grodesky, J. M.**, Morgan, T., Piazza, W., & Ryan, C. (2009, January). *Do I have to go*

- out there? Understanding service learning for students.* Paper presentation at the National Association for Kinesiology and Physical Education in Higher Education national meeting, Sarasota, FL.
- Morgan, T., Piazza, W., & Grodesky, J. M., (2009, January). *Service-learning: A practice based approach.* Paper presentation at the National Association for Kinesiology and Physical Education in Higher Education national meeting, Sarasota, FL.
- Grodesky, J. M.** (2008, October). *Is service learning meaningful?* Paper presentation at the Kentucky Association for Health, Physical Education, Recreation, and Dance, Louisville, KY.
- Grodesky, J. M.,** Morgan, T., & Piazza, W. (2008, January). *The social construction of leadership: Analyzing discursive practices.* Paper presentation at the National Association for Kinesiology and Physical Education in Higher Education national meeting, Albuquerque, NM.
- Morgan, T., Piazza, W., & Grodesky, J. M., (2008, January). *Recruiting future leaders: An empirical-based approach.* Paper presentation at the National Association for Kinesiology and Physical Education in Higher Education national meeting, Albuquerque, NM.
- Grodesky, J. M.** (2007, June). *The meaning of physical activity and exercise for older adults.* Poster presentation at the Ethnographic and Qualitative Research in Education National Conference, Cedarville, OH.
- Grodesky, J.M.** (2007, March). *The next generation of understanding physical activity and older adults.* AAPAR poster session at the American Alliance for Health Education, Recreation, and Dance National Meeting, Baltimore, MD.
- Grodesky, J.M.,** Solmon, M.A., & Lee, A.M (2007, March). *Physical activity levels of older adults: The influence of self-determination.* Research Consortium Health Poster Session at the American Alliance for Health Education, Recreation, and Dance National Meeting, Baltimore, MD.
- Grodesky, J.M.,** Solmon, M., Lee, A.M. (2007, January). *Self Regulation in Physical Activity: Understanding the decisions that older adults make.* Poster Presentation at the National Association of Kinesiology, Physical Education and Health Education, Clearwater, FL
- Grodesky, J.M.** (2004). *Fear of falling and the aging sensorimotor system: What keeps elderly women from physical activity?* Podium presentation at the National Women and Girls in Sports and Physical Activity conference, LSUS, Shreveport, LA.
- Grodesky, J.M.,** Cui, Y, Hondzinski, JM (2003, March). Gaze direction alterations when reaching to real and remembered targets *Society for Neuroscience Abstracts.*
- Cui, Y, **Grodesky, J.M.,** Hondzinski, J.M. (2003, March). Determining gaze position accuracy for right and left head rotations. *Society for Neuroscience Abstracts.*
- Hondzinski, J.M., **Grodesky, J.M.,** Cui, Y (2003, March). Accuracy of gaze direction measured by binocular head-mounted system. *Journal of Sport & Exercise Psychology.* 25, S70.
- Grodesky, J.,** & Li L. (2002). *Variability and Stability Change with Walking Velocity - What is the Relationship between the Two?* Poster presented to the Fourth World Congress of Biomechanics, Calgary, Canada.

Piles, M.A., Odulana, J.A., Piombo, M., **Grodesky, J.M.**, (1995). *Effects of communication skills on the practice of safer sex among college students*. Poster Presented to the 123rd Annual American Public Health Association, San Diego, CA.

Invited

**Grodesky, J. M.** (2008, October). *Mom-n-tot yoga*. Teacher training at the Strollerfit Conference, Cincinnati, OH.

**Grodesky, J. M.** (2008, May). *Anatomy and physiology for yoga teachers*. Teacher training at Yoga Ah, Cincinnati, OH.

**Grodesky, J. M.** (2008, April). *Inviting the lived experience into the classroom*. Poster presented at the Mid-Thursday Reception, Northern Kentucky University, Highland Heights, KY.

**Grodesky, J. M.** (2007, October). *Pre- postnatal yoga: No place like "Ohm" for baby*. Lecture for Fit for the Future Fitness Education Convention, Mason, OH.

**Grodesky, J. M.** (2007, September). *Lower extremity postural analysis*. Presentation at the American Massage Therapy Kentucky monthly meeting, Erlanger, KY.

**Grodesky, J. M. & Palmer, T.** (2007, March). *Making a connection through teaching: Integrating the learner, client and you*. Presentation at the American Massage Therapy Association conference, Louisville, KY.

**PROFESSIONAL MEMBERSHIP**

2018-present Louisiana Association for Health, Physical Education, Recreation and Dance

2018-present Society of Professional Health Educators

2016 – 2018 Y of the USA Leadership

2007 - 2011 National Association for Kinesiology, Physical Education and Health

2006 - 2009 American Alliance for Health, Physical Education, Recreation and Dance Education

2002 – 2003 Society for Neuroscience

1997 – 1998 Society of Professional Health Educators

1995 – 1996 American College Health Association

1995 American Public Health Association