

# Kimberly C. Berry

## Fall 2016

### Education:

**Ph.D., (In progress)** Health & Human Performance, Concordia University Chicago

**M.S.,** Kinesiology, University of Texas Permian Basin, Odessa, TX

**Master's Thesis Project:** *A Manual to Improve the Health-Related Quality of Life and Self-Efficacy for Older Adult Females Engaged in Physical Activity*

**B.S.,** Psychology, minor in Exercise Science, Wayland Baptist University, Plainview, TX

**A.A.,** South Plains College, Levelland, TX

### Teaching Experience:

**Adjunct Instructor, Texas A&M University – Central Texas, Killeen, TX**

Courses Taught: Sports Psychology  
Health Psychology

**Adjunct Instructor, Wayland Baptist University, Plainview, TX**

Course Taught: Concepts of Fitness  
Pilates  
Yoga

### Guest Lectures:

**South Plains College - Human Development, Department of Behavioral Sciences**

### Publications:

Berry, J.J., Berry, K.C. (2015). *Preparing group counselors to incorporate physical activity into group work with aging adults.* Group Work Experts Share Their Favorite Activities for Supervision. ASGW Press

Berry, J.J., Berry, K.C. (2014). Why wellness? Why now? *The TAADA Communicator.* Texas Association for Adult Development and Aging.

### Manuscripts under review or in development

Berry, J. J., Berry, K.C. The elderly and exercise: building a therapeutic environment. Submitted to *Aging and Mental Health.*

Berry, J. J., Berry, K.C. The benefits of exercise and wellness programs for the aging population. Submitted to *Journal of Exercise and Sports Psychology*

Berry, J. J., Berry, K.C. Resistance training: the new fountain of youth. Submitted to *Journal of Exercise Science and Fitness*

### National Presentations:

Berry, J. J., Berry, K.C. (2010). *Improvements in self-esteem, cognitive functioning, and self-reported wellness in elderly participants of resistance training programs.* A paper presented at the American Counseling Association National Conference, New Orleans, LA

### **Regional and State Presentations:**

Berry, J. J., Berry, K.C. (2013) *Counseling for Wellness: A Case Study of Wellness Counseling Groups within the Geriatric Population*. A paper presented at the Texas Counseling Associations Professional Growth Conference, San Antonio, TX

Berry, J. J., Berry, K.C. (2013) *Incorporating exercise and nutrition in wellness counseling groups with the aging population*. A paper presented at the Texas Counseling Associations Professional Growth Conference, San Antonio, TX

Berry, J. J., Berry, K.C. (2012). *The value of exercise in therapeutic environments for elderly patients*. A paper presented at the Texas Counseling Associations Professional Growth Conference, Galveston, TX

### **Local Presentations:**

Berry, K.C. (2012). *Goal setting and exercising while traveling*. A paper presented at TMC Head Start, Lubbock, TX

Berry, K.C. (2012). *Benefits of weight training for women*. A paper presented to the Plainview Soroptimist Club, Plainview, TX

### **Professional Work Experience:**

**Personal Trainer/Group Instructor – Round Rock**, Round Rock, TX, 10/14 to present.

Responsible for conducting routine fitness consultations to measure the clients starting point. Development and implementation of fitness programs for a variety of clients. Work in close proximity to other team members. Develop and instruct spin, pilates, yoga and HIIT group exercise classes. Monitor techniques and make sure exercises are executed properly.

**Personal Trainer/Spin Instructor - YMCA**, Plainview, TX, 01/11 to 07/14.

Responsible for developing workout programs for personal training clients and performing fitness assessments. Enrolled and activated YMCA members into the Activtrax program. Designed circuits for the Activtrax program. Performed periodic weight room monitoring and ensured the safety of current members. Instructed a spin class twice a week and substituted for other instructors. Taught the H.Y.P.E. class when needed. Updated and edited current curriculum for H.Y.P.E. class. Developed and implemented an Outdoor Boot camp class.

**Personal Trainer - Self employed**, Plainview, TX, 05/10 to 07/14.

Generated clientele, managed, and operated a successful personal training business on an independent basis. Interacted with a wide variety of personalities. Scheduled and maintained client's performance through counseling, re-evaluating and overseeing structured exercise plans. Designed and instructed exercise programs for children, adults and senior citizens.

**Fitness Director – Mangold Memorial Hospital**, Lockney, TX, 04/10 to 9/10.

Responsible for providing group and individual personal training for members of the hospital's fitness center. Facilitating aerobics, and muscle conditioning classes.

Providing personal training to hospital staff. Ensured compliance of the fitness center with occupational safety laws and local building codes. Ensured well-maintenance of equipment throughout the year. Handled administrative duties for the fitness center.

**Honors and Awards:**

- ❖ 2011 Marvin Goddard Extra Mile Award - YMCA
- ❖ James T. Wright Scholarship (2009-2010) – Dept. of Social Sciences
- ❖ Dean’s List Fall 2007 – South Plains College
- ❖ Dean’s List Fall 2008 – Wayland Baptist University
- ❖ Dean’s List Fall 2009 – Wayland Baptist University
- ❖ Dean’s List Spring 2010 – Wayland Baptist University

**Licenses/Certifications:**

National Council on Strength and Fitness (NCSF) – Personal Trainer  
Adult, Child & Infant CPR Certification – American Red Cross  
Indoor Cycling Certification - Fitour  
Youth Fitness Certification - Fitour  
Group Barbell Certification - Fitour  
Advanced Personal Training Certification - Fitour  
Group Exercise Instructor Certification - Fitour

**Current and Past Professional Affiliations:**

American College of Sports Medicine (ACSM)  
National Council on Strength and Fitness (NCSF)  
Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)  
International Honor Society in Psychology (Psi Chi)

**Additional Fitness Experience**

Figure competitor (2012) - West Texas Classic, a National Physique Committee Event,  
Lubbock, TX