

Kimberly C. Berry

Education:

Ph.D., (2022) Health & Human Performance, Concordia University Chicago, River Forest, IL

Dissertation: *Premenopausal Middle-Aged Women's Experiences in Resistance Training: A Qualitative Study*

M.S., (2014) 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., (2010) 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: Sport Psychology
Health Psychology

Adjunct Instructor, Wayland Baptist University, Plainview, TX

Course Taught: Psychology of Sport and Physical Activity
Sociology of Sport and Physical Activity
Sport Communication
Personal Conditioning
Concepts of Fitness
Walking and Jogging
Pilates
Yoga

Guest Lectures:

South Plains College - Human Development, Department of Behavioral Sciences
Exercising During Pregnancy.

Publications:

Berry, J. J., Berry, K.C., (2018). Emerging themes from wellness counseling groups with aging adults. *Wisconsin Counseling Journal*, 31, 57-67.

Berry, J. J., & Berry, K. (2015) Preparing counselors to incorporate physical activity into group work with aging adults. In M. Luke & K. Goodrich (Eds.), *Group Experts Share Their Favorite Activities for Supervision, Vol. 2*, 207-213. Association for Specialists in Group Work: Alexandria, VA

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, K. C. & Berry, J. J. 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:

Health Coach - Noom, Inc, Remote, 01/19 to 05/22.

Responsible for providing one-on-one health coaching assisting individuals in behavior change. Working with individuals on developing and maintaining behavior change that promotes positive and improved well-being and health markers. Manage a dashboard of users and provide timely responses and feedback. As a member of the Experiment Team, I am responsible for learning new experiment protocols on a weekly or bi-weekly basis.

Personal Trainer – Self Employed, Round Rock, TX, 10/17 to 06/21.

Responsible for providing exercise guidance and program development for training clients. Focus on developing a strong relationship with the clients and building trust. Monitor exercise progression and ensure safe technique. Most clients have an average fitness level and are seeking general health benefits and improvement in quality of life. Promote and market the training through word of mouth and social media. Record all client progress and maintain current paper work. Log all expenses and income.

Personal Trainer/Group Instructor – Clay Madsen Recreation Center, Round Rock,

TX, 10/14 to 12/17.

Responsible for conducting initial fitness consultations to measure the clients starting point. Development and implementation of fitness programs for a variety of clients. Work in close proximity with other team members. Develop and instruct women's weightlifting class, 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:

PN Level 1 Certification – Precision Nutrition (In progress)
Certified Strength and Conditioning Specialist (CSCS) (In progress)
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:

National Strength and Conditioning Association (NSCA)

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

Wellness Committee Volunteer (2010-2012) Texas Counseling Association

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

Beach Body Competitor (2018) – Legacy Classic, Global Bodybuilding Organization Event, Houston, TX

Beach Body Competitor (2018) – Battle of Central Texas, Global Bodybuilding Organization Event, Austin, TX

Expeditor (2019) – Battle of Central Texas, Global Bodybuilding Event, Austin, TX

Beach Body Amateur Competitor (2020) – The Diva Show, Global Bodybuilding Organization, San Antonio, TX

Beach Body Professional Competitor (2020) – The Storm Classic, Global Bodybuilding Organization, League City, TX

Beach Body Professional Competitor (2021) – The Genesis, Global Bodybuilding Organization, Austin, TX

References:

Sam Fiala, PhD, Assistant Provost, Assistant Vice President for Academic Affairs, Texas A&M University-Central Texas, 1001 Leadership Place, Killeen, TX 76549, (office) 254-519-5759, email: sam.fiala@tamuct.edu

Dion White, M.B.A., Chief Executive Officer, Center for Life Resources, 408 Mulberry Street, Brownwood, TX 76804, (office) 325-646-9574, email: dion@cflr.us

Jeffery Kirk, PhD, Dean of College of Education and Human Development, Texas A&M University-Central Texas, 1001 Leadership Place, Killeen, TX 76549, (office) 254-519-5427, email: jeff.kirk@tamuct.edu

Perry Collins, Ed.D, Assistant Professor of Psychology, Wayland Baptist University, 1900 W. 7th St, CMB305, Plainview, TX 79072, (office) 806-291-1177, email: collinsp@wbu.edu