

Curriculum Vitae
Rebecca A. Kudrna
PhD, EPC, CSCS, EP-C

Contact Information:

Personal Contact Information:

Cell Phone : (573) 694-8871

E-mail: rebecca.kudrna@gmail.com

Professional Contact Information:

Science Hall 214

CMB#1110

Park University

8700 River Park Drive

Parkville, MO 64152

Phone: 816-584-6588

E-mail: rebecca.kudrna@park.edu

<mailto:Kudrna@ku.edu>

Education

University of Kansas Lawrence, KS 66045

PhD. Education (Applied Exercise Physiology)

2014

Dissertation: The Effects of resistance exercise resistance training and a Multi-ingredient high caffeine pre-exercise Supplement on the p38 and ERK 1/2 Cellular Signaling Proteins

Midwestern State University; Wichita Falls, TX 76301

Masters of Science in Kinesiology

2006

Thesis: Acute Cortisol and Testosterone Response to Resistance Exercise at Different Loads.

Truman State University; Kirksville MO 63501

Bachelors of Science in Exercise Science

2004

Professional Academic Experience

Park University (Parkville, MO 64152)

Associate professor; Program Director of Sport & Exercise Science
(August 2021-Present)

Park University (Parkville, MO 64152)

Associate professor; Program Director of Fitness & Wellness

(August 2019-2021)

DeSales University (Center Valley, PA 18034)
 Associate Professor of Sport & Exercise Physiology (2016 - 2019)
 Assistant Professor of Sport & Exercise Science (2014 - 2015)
 Instructor of Biology: Sport & Exercise Science (2010 - 2014)

University of Kansas Department of Health, Sport, and Exercise Science (Lawrence, KS)
 Graduate Teaching Assistant
 2006-2010

Midwestern State University Kinesiology Department (Wichita Falls, TX)
 Graduate Teaching Assistant
 2004-2006

Truman State University Health and Exercise Science Department (Kirksville, MO)
 Human Anatomy Laboratory Teaching Assistant
 2002-2004

Professional Certifications

Association of College & University Educators & American Council on Education ACUE Course Certificate in Effective College Instruction	May 2021 completion
American Society of Exercise Physiologists Board Certified Exercise Physiologist (EPC)	2016-Present
American College of Sports Medicine Health Fitness Specialist (renamed EP-C)	2012-Present
National Strength & Conditioning Association CSCS certification	2004-Present
Red Cross CPR/AED	2002-Present
Red Cross <u>Instructor Certification</u> for: CPR/AED, First Aid, CPR & AED for Professional Rescuer	2013-Present
USA Weightlifting Club Coach Certified	2004-2012
Starting Strength: Basic Barbell Certification By Mark Rippetoe & Dr. Lon Kilgore	2005

Book Authorship, Contribution, and Editing

Moir, G. (2016) *Strength & Conditioning: A biomechanical Approach*. Jones & Bartlett Learning, LLC, Burlington, MA. (Acknowledged Reviewer, page xxi).

Rippetoe, M. & Kilgore, L. (2006 & 2010). *Practical Programming for Strength Training* 1st & 2nd ed. The Aasgaard Company, Wichita Falls, TX. (I am listed as an Acknowledged Contributor (page 189))

Rippetoe, M. & Kilgore, L. (2006 & 2007) *Starting Strength: Basic Barbell Training*. 1st & 2nd ed. The Aasgaard Company, Wichita Falls, TX. (I am listed as an Acknowledged Contributor (page v))

Peer Reviewed Research Manuscripts

Kudrna, R., Fry, A., Noll, J., Gallagher, P., & Prewitt, M. (2019) The effect of maximal velocity back squats at three different intensities on the power fatigue, endocrine marker, and MAPK signaling. *33(6):1692-1702*.

Marucci, R. Heck, A., Ferarro, E., **Kudrna, R.** 9 A Comparison of two stretching protocols for short-term flexibility performance. *Journal of Exercise Physiology Online*. 19(5), 49-58.

Vardiman, JP, Moodie, NJ, Siedlik, J., **Kudrna, RA**, Graham, Z., Gallagher, P. (2015). Short-Wave Diathermy Pretreatment and Inflammatory Myokine Response After High-Intensity Eccentric Exercise. *Journal of Athletic Training* 50(6)612-620.

Fry, A.C., **Kudrna, R.A.**, Falvo, M.J., Bloomer, R.J., Moore, C.A., Schilling B.K., Weiss, L.W. (2014). Kansas squat test: a reliable indicator of short-term anaerobic power. *Journal of Strength and Conditioning Research* 28(3) 630-635.

Rowland, C., Falotico, L., & **Kudrna, R.** (2002). The effect of bench step height on heart rate at a constant work output. *Missouri Journal of Health Physical Education Recreation and Dance*, 12:43-48.

Published Abstracts & Symposia

Sabbagh, S, Meloche, M. Dichiacchio, B., Roth, A., Kudrna, R. (2019) Correlation Between Q-angle, Arch Index, & Weight Distribution Dependent on Supination and Pronation while Walking. Mid-Atlantic Regional Chapter of the American College of Sports. Medicine & Science in Sports & Exercise (Abstract in Press).

Gabriele, K. Ekert, R. Holohan, C. & **Kudrna, R.** (2017) Metabolic Expenditure of Video-Instructed Hula Dancing in Novice Females. Mid-Atlantic Regional Chapter of the American College of Sports. *Medicine & Science in Sports & Exercise*.

Watson, J, De Marco, K., **Kudrna, R.** (2015) A comparison between Self Myofascial Release and Static Stretching for Flexibility and Exercise Adherence. *Medicine & Science in Sports & Exercise* 47(5) S546.

Rubin, K., **Kudrna, R.**, (2015). Core Muscle Activation Increases Range of Motion in Dancers Performing Developè. Mid-Atlantic Regional Chapter of the American College of Sports. *Medicine & Science in Sports & Exercise* 47(5) S296.

Jordan, T., Foreman, S., **Kudrna, R.**, (2015) Short Term Indian Club Swinging Improved Shoulder Flexibility. *Medicine & Science in Sports & Exercise* 47(5) S423.

Michael Lane, Whitney Moore, **Rebecca Kudrna**, Mary Fry, Andrew Fry, (2014). Relationships between stress and performance improvements for females following 15 weeks of weight training. *Journal of Strength & Conditioning Research* 28:S96

Kudrna, R., Kaminski, Z., (2014). Acute effects of myofascial release and static stretching on flexibility. *Medicine and Science in Sport & Exercise* 46(5S)146-150.

Kudrna, R., Martin, J., Rose, K., (2013). The effect of a six-week strength & Conditioning Program on Dance Specific measures of Flexibility as well as self-perceived abilities. *Journal of Strength & Conditioning Research* 27(S) S62.

Kudrna, R., Moodie, N., McCartney, M., Bustamante, J, Fry, A., Gallagher, P.(2011). The effect of a Multi-Ingredient high caffeine pre-exercise supplement on strength power, and body composition in 8 weeks of resistance training. *Journal of Strength & Conditioning Research*. 28(S) S112.

Andre, M., Fry, A.C., Gallagher, P., Vardiman, P., Fry, M., **Kudrna, R.**, Gandy-Moody, N., McCartney, M., (2011). The effects of a pre-workout caffeine supplement on endogenous growth hormone levels. *Journal of Strength & Conditioning Research*. 28(S).

Moodie, N. **Kudrna, R.**, McCartney, M., Graham, Z., Vardiman, J.P., Fry, A.C., Gallagher, P. (2011) The effects of pre-workout supplementation and eight weeks of resistance training on markers of inflammation. *Medicine and Science in Sports & Exercise*. 43(5S).

Fry, A.C., Hudy, A., Gallagher, P., Vardiman, P., **Kudrna, R.**, Moodie, N., McCartney, M., Bustamante, J. (2010). Lower body power-load curves for NCAA division I men's and women's collegiate Basketball Players. *Medicine and Science in Sports & Exercise*. 42(5S)65.

Moodie, N., Vardiman, J., **Kudrna, R.**, Graham, Z., Bustamante, J., Gallagher, P. (2010). Inflammatory cytokines and pain perception resulting from an eccentric exercise muscle damage Protocol. *Medicine & Science in Sports & Exercise*. 42(5S)829.

Fry, A., **Kudrna, R.**, Gallagher, P., Moodie, N., Prewitt, M., (2010) Acute endocrine responses to maximal velocity barbell squats with three different loads. Poster presented at the NSCA national conference.

Kudrna R. & Fry, A. (2009). Power fatigue across five sets for three different lifting protocols. Poster Presented at NSCA national meeting.

Kudrna, R. & Kilgore, L., (2008). Acute cortisol and testosterone response to resistance exercise: Effects of load during single repetition sets. Poster Presented at the Central States ACSM regional conference.

Philip Gallagher, Scott Richmond, Kelli Dudley, Michael Prewitt, Nicole Gandy, **Becky Kudrna** and Chad Touchberry, (2006). Interaction of resistance exercise and BCAA supplementation on Akt and p70 s6 kinase phosphorylation in Human skeletal muscle. Poster presented at FASEB national conference.

Kudrna, B., Buhler, D., Mayhew, J., Koch, A. (2003). Intersegmental coordination of the Olympic clean. Poster presented at the annual meeting of the Missouri Association for Health, Physical Education, Recreation, and Dance.

Falotico, L., Rowland, C., **Kudrna, B.**, & Mayhew, J. (2001). Effect of bench step height on heart rate at constant work output. Poster presented at the annual meeting of the Missouri Association for Health, Physical Education, Recreation, and Dance.

Professional Oral Presentations & Invited Lectures

Kudrna, R., Hivner, M., Pasquino, A. & Churchman, M. The effect of two weeks practical self-administered occlusion strength training in collegiate female soccer athletes. (April 16th) American Society of Exercise Physiology Regional Conference. Center Valley, PA

Acute Resistance Exercise, Resistance Training, and Multi-Ingredient High Caffeine Pre – Exercise Supplements: What the MAPKs tell us. (April 18th 2015) American Society of Exercise Physiology Regional Conference. Center Valley, PA

The Effect of Exercise Training with and without Supplementation on Cellular Response (MAPK and p38) to Resistance Exercise Training. (October 24th 2014) American Society of Exercise Physiology National Conference. Charlotte, NC.

Metabolism during Exercise: Glucose. (2008). Guest Lecture for the University of Kansas Physical Therapy School exercise physiology class. Kansas City, KS.

Metabolism during Exercise: Glucose. (2007). Guest Lecture for the University of Kansas Physical Therapy School exercise physiology class. Kansas City, KS.

The Importance of Resistance Training in Aging. (2006). Presented at the Texas Association of Allied Health Professionals Conference, Wichita Falls, TX.

Valsalva Maneuver: Risk or Risk Management. (2005). Presented at the National Meeting of the American Society of Exercise Physiologists. Minneapolis, MN.

Funded Grants

Labrada Nutrition Company funded my mentor and I \$20,000 for two projects including a portion of my dissertation work: The Effect of Resistance training with and without a Multi-ingredient high caffeine workout supplement on the Mitogen Activated protein signaling.

KU Graduate Research Funding Support awarded \$250 for the research project The Effect of Life Stress on Strength Development and Lean Body Mass Changes. (2009).

KU New Faculty General Research Funds (as a co-investigator to Dr. Andrew Fry). Funding for the project: Skeletal Muscle MAPK Activation during High Power Resistance Exercise. (2008).

Unfunded Grants

Gatorade Sports Science Student Research Grants. \$3,500: The Contribution of Concentric and Eccentric Contraction to Intracellular Hypertrophy Signaling. (2008).

National Strength and Conditioning Association Doctoral Student Grant. \$10,000: The Influence of Contraction Velocities on Endocrine and MAPK Response. (2009).

Teaching Experience

Teaching Modalities – Examples and syllabuses for various modalities are available by request

- Traditional in person
- Laboratory in person
- Online lecture courses
- Hybrid online & in person
- Hybrid asynchronous & web conference
- Hybrid asynchronous & in person

Park University

School of Education Invited Lecture in EDE225 Children's Health, Movement & Nutrition. Undergraduate Level lecture on Children's Exercise Physiology & Exercise Intervention Planning. May 11, 2020 & May 10th 2021.

Health Sport & Exercise Science [FW190]

Exercise Physiology [FW 250]

Kinesiology [FW 225]

Fitness Testing & Prescription [FW350]

Strength & Conditioning [FW260] (aka Foundations of Conditioning)

Methods of Conditioning [FW310]

Principles of Conditioning [FW300]

DeSales University

Doctorate of Physical Therapy Program PT 650: Research I Guest Lecturer covering 7 2.5 hour lectures on Research Statistics. Graduate Level, 2 credits, Enrollment 28, Summer 2016- Present

Exercise Physiology [SX465; 3 credits lecture 1 credit lab (3 hours)] Enrolment 24. Fall 2015-Present.

Injury Prevention & Care Laboratory [SX 375; (primarily First Aid, CPR, AED training). 1 credit lab (3 hours)]. Entire course Fall 2015. CPR/AED portion of the course 2015-2018.

Exploring Exercise Science [SX10011 credit, lecture 1 hour). Fall 2015-2017.]

Advanced Exercise Programming [SX470; 3 credits lecture, 1 credit lab (3 hours)] Average enrollment 18. Spring 2014-2018

Biomechanics Lecture & Lab [SX370; 3 credits lecture 1credit lab] Average enrollment 22. Fall 2010-2014

Research Methods and Applied Statistics Lecture & Lab [SX280; 3 credits lecture 1credit lab] Average enrollment 22. Fall 2012-2018

Nutrition in Sport & Fitness [SX250; 3 credits lecture] Average enrollment 35. Spring 2012-2018

Fitness Leadership: A introductory course in exercise instruction and professional skills for personal training & group exercise instruction. [SX170; 3 credits lecture] Average enrollment 20. Spring & Fall 2012-2018

Intro to Sports Science: An introduction to sports performance programming [SX265; 3 credits lecture] Average enrollment 20. Spring 2012-2018

Kinesiology [SX101.2; 1 credit, 2 hours lab] Average enrollment 20. Fall 2013-2017

Independent Research: [SX485; 3-4 credits independent scholarly research]: 2012-2018.

Health, Fitness, & Society [3 credits lecture ; enrollment 20]. Spring 2012.

Human Structure and Function I Laboratory Instructor [BI 355; 1 credit, 3hours] Average enrollment 22. Fall 2010-2014

Human Structure and Function II Laboratory Instructor [BI 356; 1 credit, 3hours] Average enrollment 22. Fall 2010-2012

University of Kansas

All courses taught were as sole instructor though employment was listed as graduate teaching assistant.

Introduction to Exercise Science [HSES 269; 3 credits]. Average enrollment 95. 2007-2010.

Procedures & Techniques for Physical Fitness Training [HSES 305; 3 credits]. Average enrollment 25. 2009-2010.

Clinical Fitness Evaluation Techniques [HSES 673; 3 credits (Lecture / Lab)]. Average enrollment 15. 2006-2009.

Basic Skill Instruction in Weight training, physical conditioning, water aerobics, kickboxing, and tennis (Activity classes) [HSES 108; 1 credit]. Average enrollment 30.. 2006-2010

Midwestern State University

Graduate Teaching Assistant for Kinesiology.

Graduate Teaching Assistant for Exercise Physiology & Conducted the Laboratory portion of the class.

Graduate Teaching Assistant for a variety of physical activity classes including: archery, Volleyball, Walking & Jogging, and Weight training.

Regional & National Service & Leadership

Elected President of the Pennsylvania Association of Exercise Physiologists (2015-2018)

Host the North-Atlantic Regional ASEP meeting on April 18th 2015 & 2016 at DeSales University, Center Valley, PA.

American College of Sports Medicine Central States Regional Representative to the National Student Advisory Board 2007-2010.

University Committee Service & Leadership

DeSales University

DeSales University Institutional Review Board Member (2017-Present).

Healthcare Division Representative on the Student Satisfaction and Retention Committee 2016-2019.

Natural Science Division Representative on the Student Satisfaction and Retention Committee 2013-2016.

Departmental Service & Leadership

DeSales University

Curricular Changes & Courses Developed:

- Helped to grow SX program from a specialization within the Biology Major having only four courses to an independent major. The following courses were developed to create a well-rounded program.
 - SX1011: Exploring Exercise Physiology
 - SX 1012: Kinesiology
 - SX 1013: Medical Terminology
 - SX 170: Fitness Leadership
 - SX 285: Research & Statistics in Ex. Phys.
 - SX 375: Prevention & Care of Injuries
 - SX 470: Advanced Exercise Programming
- Initiated and completed the majority of the American Society of Exercise Physiologists accreditation process including the self-study & application. The Program achieved accreditation in 2016.
- Initiated NSCA ERP listed schools process. Incomplete at this time due to course limitations. (2017-Present).
- Initiated Discussion of created a formal matriculation agreement with the Moravian University MS in Athletic Training Program (2017), on hold per the administration's request.

Admissions & Communications Collaboration

- Worked with Colleague to grow major enrollment from approximately 50 in 2010 to approximately 100 (present). This growth resulted in creation of a third faculty line within the major in 2015.
- Worked with DPT and Admissions to streamline admissions and reduce confusion between the 4 year BS degree and the accelerated 3+3 DPT program. (2015- Present).

- ‘Career Connect’ Overnight Program for accepted students (2011-Present)
- Personalized Acceptance Videos to encourage a second university visit. (2016-Present)
- Improved recruitment materials specific to the major (2011-Present)
- New more exciting video format for program videos on the website, (which has since been adopted by most other majors (2016).

Faculty advisor for the DeSales Exercise is Medicine Club (2011-present)

Natural Sciences and Mathematics subcommittee for Academic Excellence Celebration 2012-2015.

Faculty advisor and certified coach of the DeSales University Weightlifting Team (2010-2011).

University of Kansas

Graduate student representative for academic misconduct jury at University of Kansas (July, 2010)

Graduate Student Representative to the Health Sport and Exercise Science Department Faculty at University of Kansas (2009-2010).

Graduate Student Representative for the Health Sport and Exercise Science Department Graduate Curriculum Committee at University of Kansas. (2008-2009).

President and Co-founder of the Kansas Strength Club: a student organization associated with the Health Sport & Exercise Science department that provides student opportunities to learn and participate in strength sports and sports conditioning activities. (2008-2009)

Co-chair of the Graduate Teaching Award Nomination Committee (2008-2009), Responsible for selection of graduate teaching award recipients at University of Kansas.

Co-founder and Co-coordinator of the HSES Career Night Project: This is an event offered each semester that allows Health Sport and Exercise Science Students to learn from and ask questions of professionals in common exercise science fields. (2007-present)

Professional Organizations

American Society of Exercise Physiologists	2014-Present
	2004-2006

American College of Sports Medicine	2006-Present
Offices Held: Regional Student Representative to the	2007- 2010

National Student Advisory Board

National Strength and Conditioning Association	2003-2018
Council on Undergraduate Research Member	2004-2006 & 2009-2011

Sport, Fitness, Coaching, and Recreation Experience

Olympic Weightlifting

USA Weightlifting	2002-2018
Member / Senior Athlete / Certified Coach /	2004-2012
Master Athletes / Certified Referee	2018-2019

Volunteer Coach of the DeSales University Collegiate Weightlifting Team, 2010-2011.

Graduate Assistant Youth Weightlifting coach; USA Weightlifting Regional Development Center. Graduate Assistant Weightlifting Coach for Midwestern State University Collegiate Weightlifting Team, Wichita Falls, TX. 2004-2006.

National Level Competitor in Olympic weightlifting since 2004-2010. Two time national championships qualifier 2006, 2010 Three time American Open qualifier 2005, 2006, 2010. Four Time Collegiate Nationals Qualifier 2004-2007. Third Place 75+ Collegiate National Championships, 2005. Collegiate Nationals Women’s Team medal 2005; Midwestern State University).

Track & Field:

USA Track & Field Certified Level 1 Coach, (2004-2006).

Truman State University Women’s Track and Field Team; Student Assistant Coach. Kirksville, MO. 2003-2004.

Division II Track and Field athlete. Hammer, Discuss, Shot Put, & Weight Throw. Conference Honors (2003) Academic all-conference honors (2003). Truman State University 1999-2003.

Fitness/Personal Training:

Personal Trainer Level V; University of Kansas Student Recreation & Fitness 2007-2008.

Adair County YMCA. Kirksville, MO.
Front Desk Staff (2003 – 2004). Duties include answering phone, program registration, and member services. Weight Room Staff- duties included monitoring the safety of lifters. Giving new client orientations, and programming exercise programs.

Jefferson City Area YMCA Fitness Internship, MO May to Aug 2003 Event Management
Intern: annual Father's day 5K walk run

Wilson's Total Fitness. Jefferson City, MO. Intern in Sport Management and Personal Training
Summer 2003.

Recreation & Outdoor Adventure:

Saucon Valley Community Center Summer Parks Program: Upper and Lower Saucon Parks and
Recreation Initiative. June-Aug 2018 & 2019.

City of Wichita Falls Parks and Recreation Department. Wichita Falls, TX; 'Camp Lots Of Fun'
counselor May-August
2005.

Jefferson City Parks and Recreation Department, MO. Binder Adventure Camp Counselor
Summer 2004. Coordinate and organize camp activities including canoeing, Archery, fishing,
and wilderness games.

Boy Scouts Venture Crew #403 Leader, member, and organizer. Kirksville, MO. 2000-2004.
Participation and planning for a wide variety of backpacking, primitive camping, and adventure
trips

Camp Greenwood Girl Scout Camp, Buffalo, MN leader & cabin counselor (Residential camp).
May to August 2002. Activities included primitive camping, wilderness survival training,
canoeing, nature studies, fire skills, & fun games.

Jefferson City Parks and Recreation Camp Wokka-Wokka. Counselor 2 years. Summer 1999 &
2000. Supervise and organize day camp activities, sports, and crafts for ages
7-10.