

Jess Kirby

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EDUCATION

- University of Northern Colorado, PhD 2019
Sport and Exercise Science: Social Psychology of Sport and Physical Activity
Dissertation: Together we move: Exploring belonging, basic psychological need satisfaction and motivational factors of a socially structured university PA program
Chair: Dr. Megan Babkes Stellino
- University of Colorado Colorado Springs, M.S. 2010
Health Promotion
Thesis: Going for the gusto: Competing for the first time at age 65
Advisor: Dr. Mary Ann Kluge
- University of Colorado Colorado Springs, B.S. 2008
Health Care Science: Sport, Health & Wellness, Pre-Professional
Magna Cum Laude

PROFESSIONAL EXPERIENCE

- University of Colorado Colorado Springs
Assistant Professor | Health Sciences August 2019 - Present
Assistant Director | Center for Critical Sport Studies January 2017 - Present
- Senior Instructor | Health Sciences May 2016 – May 2019
Instructor | Health Sciences August 2013 – May 2016
Adjunct Lecturer | Health Sciences August 2010-August 2013
Graduate Assistant | Health Sciences August 2008-May 2010

PUBLICATIONS

Journal Publications

Kirby, J.B. & Kluge, M.A. (2013). Going for the gusto: Competing for the first time at age 65. *Journal of Aging and Physical Activity*, 21, 290-308.

Behrens, T.K., Bradley, J.E., **Kirby, J.B.** & Nanney, M.S. (2012). Physical activity among postpartum adolescents: a preliminary report. *Perceptual and Motor Skills*, 114(1), 310-318.

Journal Publications in Review

Hofman, S., Eberle, K., **Kirby, J.B.** & Wille, A. (2018). Perceptions of shame in first and second generation Mexican-Americans. *Journal of Cross-Cultural Psychology*.

Kirby, J.B. (2019). Fastest on the playground: Four generations of female sport experience. *Qualitative Inquiry*.

PRESENTATIONS

Research Presentations

Kirby, J.B., Gordon, K. & Lewis, C. Together We Move. *American College Health Association 2019 Annual Meeting, Denver, CO, May 2019.*

Kirby, J.B. (2018). Whistles and mini-vans of power: Ethical Consideration in youth sport research. *University of Northern Colorado Research Day, May 2018.*

Hofmann, S., Eberle, K., **Kirby, J.** & Wille, A. Perceptions of Shame in First and Second Generation Mexican Americans. Qualitative Research Graduate Student Project. *University of Northern Colorado Graduate School Research Evening, UNC, December 6, 2016.*

Pedagogy and Discipline Specific Presentations

Finding Joy in Wellness. *UCCS Division of Student Success Professional Development Lunches for Learning, invited presentation, October 16, 2018.*

Unite & Ignite Sportswomen Power Summit, welcoming remarks, *University of Colorado Colorado Springs, September 14, 2018.*

Motivation & Confidence Mental Skills Workshop. Co-presented with Sean Swallen. *CrossFit SoCo, September 8, 2018.*

Moving with Technology: Integrating Physical Activity Technology into the Classroom. Co-presented with Dannon Cox. *Colorado Learning and Teaching with Technology Conference (COLTT) session, University of Colorado, Boulder, August 2, 2018.*

Integrating Video into Blogs for Peer and Self Assessments. *UCCS Faculty Resource Center featured webinar presenter for Online Teaching Special Interest Group, November 14, 2013.*

Senior Games: A New Adventure at Any Age. *PILLAR Institute of Lifelong Learning, Original Class, Colorado Springs, CO, September 18, 2013.*

Poster Presentations

Kirby, J.B. & Babkes Stellino, M. (2019). Exploring basic psychological needs satisfaction in physical activity-based relationships: A relationship motivation theory perspective. *2019 Tri-Annual Self Determination Theory Conference, Egmond aan Zee, Netherlands, May 2019.*

Chavarria-Soto, M., Babkes Stellino, M., Koon, L., **Kirby, J.B.**, & Polson, T. (2018). Physical activity breaks in the college classroom: Student engagement factors. *American College of Sports Medicine 2019 Annual Conference, Orlando, FL, May 2019.*

Kirby, J.B., Garland, J., Stellino, M.B. & Brustad, R.J. In brotherhood we trust: A social media case study. *AASP Annual Conference, Toronto, Canada, October 2018.*

Kirby, J.B. & Cox, D. Flipping the script: Challenging the cultural narrative of aging and sport for women through video portraiture. *University of Northern Colorado Graduate Research Evening, May 1, 2018.*

- Kirby, J.B.** Fastest on the Playground: Four Generations of Women in Sport. *University of Northern Colorado Graduate Research Evening, UNC, May 1, 2017.*
- Kirby, J.B.** & Kluge, M.A. Walk Safe, Walk Together: A pilot study to promote walkability for older adults in the community while measuring student learning outcomes in an applied setting. *CU President's Teaching and Learning Collaborative Faculty Research Project, Final Poster Session, CU Anschutz Medical Campus, May 20, 2013.*
- Kluge, M.A., **Kirby, J.B.**, Bland, S. & Barth, D. Volleyball Brings Hope to Women Over 70. *Mt. Lion Research Day, UCCS, April 5, 2013.*
- Kluge, M.A., **Hildebrand, J.** & Glick, L. Young and Old Together: Changing Attitudes about Aging. *Poster presentation and digital story at American Society on Aging Annual Conference, San Francisco, CA, April 29, 2011.*
- Kluge, M.A., Chow, E., **Hildebrand, J.**, Torres-Reyes, F., Grissom, C. & LeCompte, M. Smart E-Motion Chair Study. *Mt. Lion Research Day, UCCS, April 2, 2010.*
- Behrens T.K., Peterson T.R., Bradley J.E., **Hildebrand J.B.** Physical activity among a statewide sample of college students: 2007 Utah Higher Education Health Behavior Survey. *American Public Health Association Annual Meeting & Exposition, Philadelphia, PA, November 2009.*
- Bradley J.E., **Hildebrand J.B.**, Nanney M.S., Behrens T.K. Physical activity among post-partum teens. *Rocky Mountain Chapter, American College of Sports Medicine Annual Meeting, Colorado Springs, CO, February 2009.*

GRANTS

Funded

Kirby, J.B. (PI), Babkes Stellino, M. & Chavarria, M. (2017-2018). Competing and aging: Challenging the cultural narrative of aging and sports through video portraiture. *Association for Applied Sport Psychology Oglesby-Snyder Grant for Equity and Cultural Diversity.* [\$4,689]

Innovation for Reasoning, Motion Effort and Quality: The Smart E-Motion Chair Study (2009-2010). National Science Foundation. Grant #08-611. [\$506,351]. **Role: Data Coordinator.**

Submitted

Kirby, J.B. & Lindsay, K. (2019). Mountain lions on the move: Exploring basic psychological need satisfaction, motivational factors, and student wellbeing in the Fitness Buddies campus recreation physical activity program. *NIRSA Foundation, in review.*

Dawes, J., **Kirby, J.B.** & Lindsay, K. (2017). Live Stronger: Life Skills Curriculum for Freshman Student-Athletes. National Collegiate Athletic Association Innovations in Research and Practice Grant. Project Coordinator.

TEACHING EXPERIENCE

University of Colorado Colorado Springs: Health Sciences

<i>Applied Exercise and Sport Psychology (HSCI 3310)</i>	2019
<i>Gateway Program Seminar: Live Stronger (GPS 1010; Lead Instructor; team teaching)</i>	
Student-athlete specific curriculum development	2018

Submitted NCAA grant to develop curriculum for student-athletes	2016
New course development	2014
<i>Internship in Health Sciences (HSCI 4620- supervise undergraduate interns)</i>	
Rocky Mountain State & Senior Games	2014-present
Exercise is Medicine	2016-present
Group Fitness Instruction	2011-2013
<i>Culture and Health (HSCI 3630- traditional, one-week intensive weekend university)</i>	
Compass Curriculum Writing Intensive course proposal	2017
Engaged students in visiting global teleportal (Iraq)	2017
Lecture revisions: current intersecting political issues	2015, 2018
Compass Curriculum Navigate and Inclusiveness course proposal	2013
Course revision of lectures and tests with new edition text	2013
<i>Concepts of Health and Disease (HSCI 4590- online)</i>	
Piloted Writing Fellow program	2014
Compass Curriculum Writing Intensive course proposal	2013
<i>Health Behavior Change (HSCI 3201- traditional & online)</i>	
Undergraduate (face-to-face; online; weekend university)	
Lecture and assignment revisions to complement curriculum changes	2018
Course revision and Blackboard reformatting with new edition text	2013
<i>Health Communication (HSCI 3520- traditional, online, weekend university)</i>	
Major assignment revisions to focus on media & technology	2016
Course revision with new edition text	2015
Submitted course description revision	2013
Created new course procedures to incorporate new camera technology	2013
Created, formatted and piloted the online version with Jackie Crouch	2012
<i>Personal Fitness and Wellness (HSCI 1020- one week intensive; CU platinum)</i>	
Tailored as a hybrid course for District 20 CU Succeed Program	2015-2016
Submitted course description revision	2013
<i>Program Planning and Implementation (HSCI 4640- traditional)</i>	
Battle of the Departments food drive: stocking Clyde's Cupboard with food and hygiene products for the entire academic year.	2014-2016
Peer facilitation of the Poverty Simulation	2015-2016
Course revision for new edition text and revised learning outcomes	2014
<i>Pilates (HSCI 1130- activity course)</i>	2012
<i>Biomedical Aging (HSCI 2800- online)</i>	2010
University of Northern Colorado: Sport and Exercise Science	
<i>Fitness and Conditioning (SES 149- online; graduate assistant)</i>	
Developed course; piloted first online physical activity courses	2017-2018
<i>Sport for Children and Youth Athletes (SES 336- co-taught)</i>	
Assisted in development of new course preparation	2018
<i>Psychological Analysis of Sport, Exercise & Physical Activity (SES 333- online; co-taught)</i>	

AWARDS & RECOGNITIONS

UNC Graduate Commencement Welcome Speaker	2019
UNC Graduate School Research Evening Research Travel Award	2016
UNC Graduate Teaching and Research Assistantship	2017-2019

Exercise is Medicine at UCCS: Gold Level National Recognition	2015-2019
UCCS Housing Student Selected Faculty of the Term	2013
Graduate Assistantship: Palisades at Broadmoor Park	2008-2010
Outstanding Undergraduate Student for Health Sciences	2008

PROFESSIONAL ORGANIZATIONS

Association for Applied Sport Psychology	2018 - 2019
North American Society for the Psychology of Sport and Physical Activity	2018
Colorado Senior Sports Development Council: Board Member	2010-Present
American Council on Exercise: Certified Group Fitness Instructor	2008-2016
Zumba & Aqua Zumba: Licensed Instructor	2011-2016
American Society on Aging	2011

PROFESSIONAL SERVICE

UCCS Center for the Critical Sport Studies (CCSS)

Assistant Director	2017-present
<i>Ethics of E-Sports</i> – organizing committee	2018
<i>Unite & Ignite Sportswomen Power Summit</i> – Co-Chair	2018
<i>Just Talk: Protest in Sport</i> – lead coordinator	2017
<i>Ethics in Youth Sport</i> – tech assistant/live audience polling	2017
<i>Sport Ethics Speaker Series</i> – assisted organizing/marketing	2017

Exercise is Medicine at UCCS Faculty Advisor & Leadership Team	2014-present
Supervised student-driven creation and management of Fitness Buddies	2017-present
Expanded Fitness Buddies to faculty and staff	2018

UCCS Annual Trek the Trail 5k Walk/Run: Co-Director	2014-present
Secure community sponsorships and internal grant funding, supervise all student volunteers, coordinate marketing, course logistics & safety, support event's no-trace ethics	
Partnered with UCCS Homecoming	2016-present
First trail race held on UCCS campus	2014
Established new Beth-El Scholarship Fund	2014

UCCS Compass Curriculum

Inclusiveness Committee Chair	2015-2016
Leadership Team	2015-2016
Consulting for Pikes Peak Community College	2016
Assessment Task Force	2015-2016
Navigate & Inclusiveness Committee Member	2014-2016

Guest Lectures

HSCI 7020: Research Methods - Introduction to Qualitative Research	2018
HSCI 6040: Health Behavior Change and Theory – Exercise is Medicine	2015
HSCI 5020: Qualitative Research - Focus Groups	2014
COMM 3280: Cultural Communications – Culture & Health	2008-2017

Health Sciences Department Curriculum Committee Member	2015-present
Journal of Physical Activity and Aging – Reviewer	2019
Health Promotion Curriculum Task Force	2014-2017
Health Sciences Department Student Awards Coordinator	2014-present
Rec Center Fitness Coordinator Search Committee- Chair	2017
UCCS Freshman Summer Bridge Program- Faculty Mentor	2017-2018
College Assembly- Secretary	2016-2017
Annals of Leisure- Reviewer	2015-2016
Health Promotion Faculty Search Committee Member	2015, 2017
Recreation Coordinator Search Committee Member	2016
American Heart Association Heart Walk Planning Committee	2015
Mentor for new instructor	2014-2015
Nursing and Health Sciences Scholarship Committee	2014
UCCS M.O.S.A.I.C Mentor	2013-2018
CU President’s Teaching & Learning Collaborative Scholar	2011-2013

Rocky Mountain State Games Operation Manager	2019
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Rocky Mountain Senior Games Rocky Mountain State Games Liaison & Senior Sport Coordinator	2017-present
National Senior Games Colorado Director	2018
Event & Data Coordinator	2008-present
Volleyball Tournament Director	2016-present

Warrior Games Service Learning Coordinator for GPS 1010 students	2014
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PROFESSIONAL DEVELOPMENT

National and Regional Conferences

Association for Applied Sport Psychology Annual Conference	2018, 2019
Self-Determination Theory Conference	2019
National Character and Leadership Symposium	2019
National Senior Games Association Annual Meeting	2018
Colorado Learning and Teaching with Technology (CU)	2016, 2018
American College of Sports Medicine Annual Meeting	2017
American Society on Aging Annual Conference	2011
Rocky Mountain Chapter ACSM Annual Meeting	2009

Other

Health Science Teaching Round Table	2017
UCCS Mindful Leadership Seminar	2017
CU Diversity Summit	2016
Reading Across the Curriculum Seminar	2016
Knapsack Institute	2014
Inclusiveness Engagement in Learning Series	2012
President’s Teaching & Learning Collaborative seminars	2011-2013