CURRICULUM VITAE

**Kent Brown, PhD., M.S., CSCS**

Assistant Professor/Chair

**Home** **Office**

3503 Hardwood Forest Drive Bellarmine University

Louisville, KY. 40214 Exercise Science Program

Cell # (502) 523-4107 Lansing School of Nursing and Health Sciences

2001 Newburg Road

Louisville, Kentucky 40205

E-mail: [kbrown@bellarmine.edu](mailto:kbrown@bellarmine.edu)

Office phone: (502) 272-8391

**Education and Training**

PhD. – University of Louisville, Louisville, KY. 2010

Health Promotion and Behavioral Sciences Department

School of Public Health and Information Science

Doctoral Dissertation: Comparing Pre and Post- Surgical

Self-efficacy Behavior Changes by Introducing Prehabilitation Exercise

Dissertation Chairperson: Dr. Scott LaJoie

M.S. – Exercise Physiology 2005

University of Louisville, Louisville, KY.

Clinical Coursework: *Applied Exercise Physiology;*

*Lab Methods in Exercise Physiology; Human Physiology;*

*Applied Statistics; Principles in Exercise Testing and Prescription;*

*Physiology of Exercise; Advanced Topics;*

*Seminar in Exercise Physiology. Health and Wellness/ Nutrition*

B, S. – Health and Human Performance 2003

*Concentration in Exercise Science and Sports Medicine*

University of Louisville, Louisville, Ky.

**Professional Experience/Employment History**

**Bellarmine University**

Assistant Professor 2009 – Present

Chair/Program Director- Exercise Science Program

Lansing School Of Nursing and Health Sciences

Director- Bellarmine University Movement Sciences and Human Performance Laboratory

### University of Louisville 2003 – July, 2009

Instructor/ Lecturer; Health and Sports Sciences (HSS)

School of Education

*Elizabethtown Community & Technical College*

Adjunct Instructor – Biology 130, 139 (A & P I & II with Lab)

*Jefferson Community & Technical College*

Adjunct Instructor – Biology 137 & 139 (A & P I & II with Lab)

*Indiana Wesleyan University*

Adjunct Instructor – Concepts of Health and Wellness - PHE 140

*World Instructor Training Schools* (WITS) Instructor- Personal Training

## University of Louisville Louisville, KY

***Campus Health Initiative*** Jan. 2005- August 2005

Fitness Coordinator/ Personal Trainer

Health & Fitness Assessments based on ACSM Guidelines

Supervise student interns

Direct Independent Study

**Graduate Teaching Assistant (GTA)** Aug. 2003-Jan.2005

Responsible for the instruction of college level activity classes

each semester; weight training; human nutrition; physical fitness

and conditioning, and fitness walking.

### Louisville Gas & Electric Co. Louisville, KY 07/1977- 04/2001 (retired)

Operator / Supervisor

Supervised 40 employees

Designed work-study materials for new employees

Developed Wellness Department at LG&E

Maintained CPR and First Aid Standards as per OSHA

Active member of the Safety Committee

Developed Wellness Department (CHI) at U of L

**CERTIFICATIONS/MEMBERSHIPS**

Personal Trainer, Certified Strength and Conditioning Specialist (NSCA) 2005- Present

Member of the American College Sports Medicine (ACSM) 2002- Present

**AWARDS and HONORS**

President McGowan’s Meritorious Merit Award 2012

Bellarmine Faculty Development Award 2010

U of L Student Mentor award multiple times 2001 -2009

Awarded Faculty Favorite by U of L student body multiple times 2001 -2009

Honorary Faculty Guest Coach Men’s & women’s Basketball 2008 & 2009

University of Louisville Dean’s Scholar (4.0 GPA) 2001-2003

University of Louisville Dean’s List (3.5 GPA) multiple times 2001 -2005

National NPC Bodybuilding Judge 1990-present

***KY Bodybuilding Champion*** 1986

National Bodybuilding Competitor, 1987-1990 (Won Mid-USA title)

#### PEER REVIEWED PUBLICATIONS

Urbscheit, N., **Brown, K**. (In Press, Fall 2013) The Association between Physical Activity and Breast Cancer Recurrence and Survival.*Current Nutrition Reports*.

**Brown, K**., Loprinzi, P., Brosky, J. A., Topp, R. (In Press, 2013) Prehabilitation influences Exercise-Related Psychological Constructs such as Self-Efficacy and Outcome Expectations to Exercise. Journal of Strength & Conditioning Research.

**Brown, K**.,Topp, R., Brosky, J. A., LaJoie, Scott, A. (2012) Prehabilitation and quality of life three months after total knee arthroplasty: a pilot study. *Journal of Perceptual and Motor Skills: Physical Development & Measurement*. 115, (3), 1-10.

Loprinzi, P., **Brown, K.** (2012) Empirical Examination of Predictors of 2-Mile Time Trial Performance in High School Cross-Country Runners. *Track & Cross Country Journal.* Vol. 2 (2).

Loprinzi, P., **Brown, K**., Gilham, B. (2012) High Homocysteine Levels May Increase Hearing Loss. *The Hearing Journal*. Vol 65 (7).

**Brown, K.,** J. A. Brosky, D. Pariser, R. Topp. (2010).Preoperative Exercise Boosts Total Knee Arthroplasty (TKA) Outcomes. *Lower Extremity Review.* 2 (1), 53 – 61.

**Brown, K**., A. M. Swank, , P.M. Quesada,  J. Nyland,  A. Malkani, R. Topp. (August, 2010). Prehabilitation vs. Usual Care before Knee Arthroplasty: A case report comparing outcomes within the same individual. *Physiotherapy Theory and Practice: An International Journal of Physiotherapy.* 26(6): 399- 410.

**Brown, K**., Kachelman, J., Swank, A., Quesada, P., Nyland, J., Malkani, A., et al. (2009). Predictors of functional task performance among patients scheduled for total knee arthroplasty. *Journal of Strength & Conditioning Research, 23*(2), 436-443.

### Joe Kachelman, Kent Brown, M.S., Robert Topp, RN, PhD. Exercise Programming for

Individuals using Ambulatory Assistive Devices. Functional U. ICAA Research Review: July 2008, Volume 8, No. 26