

CURRICULUM VITAE
Kent Brown, PhD., M.S., CSCS
Assistant Professor/Chair

Home

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Office

Bellarmine University
Exercise Science Program
Lansing School of Nursing and Health Sciences
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Louisville, Kentucky 40205
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Education and Training

- 2010 PhD – University of Louisville, Louisville, KY
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
- 2005 MS – Exercise Physiology
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
- 2003 BS – Health and Human Performance
Concentration in Exercise Science and Sports Medicine
Minor. – Sport Administration
University of Louisville, Louisville, KY

Professional Experience/Employment History

- 2009 – Present **Bellarmine University**
Assistant Professor
Chair/Program Director - Exercise Science Program
Lansing School Of Nursing and Health Sciences
Director- Bellarmine University Movement Sciences and Human
Performance Laboratory
- 2003 – July 2009 **University of Louisville**
Instructor/ Lecturer; Health and Sports Sciences (HSS)
School of Education

Instruct assigned classes and laboratory sections of:
EXP 501; Applied Exercise Physiology
HSS 386; Structure in the Movement Sciences A&PI
HSS 390; Function in the Movement Sciences A&PII
HSS 387; Kinesiology/Biomechanics, study of human movement
HSS 394; Introduction to Exercise Science
HSS 486; Introduction to Advanced Exercise Physiology
HSS 395; Personal Trainer Workshop
HSS 202; Human Anatomy and Physiology – Lab
HSS 184; Healthy Lifestyles/ Wellness
HSS 100-110; Activity Classes
Nutrition Classes

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

Jan. 2005 – Aug. 2005

Campus Health Initiative

Fitness Coordinator/ Personal Trainer
Health & Fitness Assessments based on ACSM Guidelines
Supervise student interns
Direct Independent Study

Aug. 2003 – Jan. 2005

Graduate Teaching Assistant (GTA)

Responsible for the instruction of college level activity classes each semester; weight training; human nutrition; physical fitness and conditioning, and fitness walking.

Responsible for the development and execution of the syllabus for these classes.

Teaching members of the PACT program (Program designed for the mentally challenged).

Assisting in the University of Louisville Exercise Physiology lab with research projects

Responsible for tutoring student athletes

Summer 2003

Exercise Physiology/Internship, Louisville, KY

Cardiovascular Associates (cardiac rehab)

- Provided strength and stress testing for cardiac patients
- Develop exercise prescriptions for patients
- Responsible for taking pts blood pressure prior to, during, and after exercise
- Completed progress reports at cessation of rehabilitation program
- Provided dietary and nutrition counseling to patients
- Performed entry/exit stress tests for cardiac patients

Jul. 1977 – Apr. 2001

Louisville Gas & Electric Co., Louisville, KY (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

2005– Present Personal Trainer, Certified Strength and Conditioning Specialist (NSCA)
2002– Present Member of the American College Sports Medicine (ACSM)

Invited Articles

Curpier, Anita, **Brown, Kent**. Get your Body Ready for Knee Replacement Surgery. *The Courier – Journal Newspaper*, Healthy Living section. February 14, 2014.

Peer Reviewed Publications

Paul D. Loprinzi, Christy Kane, Seth Sigler, **Kent Brown**, Jerome F. Walker (In Press 2015). Free-Living Physical Activity Characteristics, Activity-Related Air Trapping and Breathlessness, and Utilization of Transtheoretical Constructs in COPD: A Pilot Study. *Physiology & Behavior*.

Paul D. Loprinzi, Christy Kane, Seth Sigler, **Kent Brown**, Jerome F Walker (submitted 2015). Free-Living Physical Activity Characteristics, Utilization of Transtheoretical Constructs, and Exercise-Induced Hyperinflation among COPD: A Pilot Study. *Physiology & Behavior*.

Brown, K., Loprinzi, P., Brosky, J. A., Topp, R. (2014). Prehabilitation influences Exercise-Related Psychological Constructs such as Self-Efficacy and Outcome Expectations to Exercise. *Journal of Strength & Conditioning Research*, 28(1), 201-209.

Urbscheit, N., **Brown, K.** (2013). The Association between Physical Activity and Breast Cancer Recurrence and Survival. *Current Nutrition Reports*, 3:16–21.

Loprinzi, P.D., Maskalick, S., **Brown, K.**, & Gilham, B. (2013). Association between depression and tinnitus in a nationally representative sample of U.S. older adults. *Aging and Mental Health*, 17, 714-717.

Brown, K., Topp, R., Brosky, J. A., LaJoie, Scott, A. (December, 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.** (Fall 2012) Empirical Examination of Predictors of 2-Mile Time Trial Performance in High School Cross-Country Runners. *Track & Cross Country Journal*. 2(2).

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

Brosky J.A., Finley M., Topp R.V., Killian C., Pariser D.P., **Brown K.** Effects of Pre-habilitation on Pre-operative and Early Post-operative Functional Outcomes Following Total Knee Arthroplasty (under revision), July 2012, to Physiotherapy Theory and Practice.

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

Brown, K., Swank, A.M., Quesada, P.M., Nyland, J., Malkani, A., Topp, R. (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.

Kachelman, J., **Brown, K.**, Topp, R. (July, 2008) Exercise Programming for Individuals using Ambulatory Assistive Devices. Functional U. *ICAA Research Review*. 8(26).

Adams, K.J., DeBeliso, M., Harris, C., Moreillon, J.J., Sevene, P.G., Miller, T., **Brown, K.** Metabolic Comparison Between a One-And Two Handed Identical Lifting Task. *Medicine & Science in Sports & Exercise*. 01/2005, 37 (Supplement): S405

Cindy W. Naeger, **Kent Brown**, Ann M. Swank, Peter M. Quesada, John Nyland, Michael P. Durham. Eight Weeks Pre-habilitation Increases Functional Performance. *Medicine & Science in Sports & Exercise* 01/2005; 37(Supplement):S365.

Refereed/Published Abstracts and Presentations:

Brown, K., Sigler, S., Gilbert, M., Hollingsworth, K., Kane, C., Loprinzi, P., Walker, J. Hyperinflation and dyspnea during Exercise in adult smokers with Chronic Obstructive Pulmonary Disease. Poster presentation: National Strength and Conditioning Association (NSCA) National Conference. Las Vegas, Nevada. July 9-14, 2014.

Brown, K., Topp, R., Brosky, J.A., Pariser, D., Swank, A. Effects of Pre-habilitation on Self-Efficacy for Exercise and Outcome Expectations for Exercise among Patients Before and After Total Knee Arthroplasty. Poster presentation. National Strength and Conditioning Association (NSCA) National Conference. Las Vegas, Nevada. July 8-12, 2012.

Maskalic, S., Loprinzi, P.D., **Brown, K.** Associations between Depression and Tinnitus in a Nationally Representative Sample of Older Adults. Undergraduate Scholarship Week Poster Session, Bellarmine University. April, 2012. Undergraduate Research Fair May, 2012. Butler University Undergraduate Research Conference.

Brown, K., Topp, R., Brosky JA, Pariser, D., Swank, A. Effects of Pre-habilitation on Self-Efficacy for Exercise and Outcome Expectations for Exercise Among Patients Before and After Total Knee Arthroplasty 59th Annual Meeting and 3rd World Congress on Exercise is Medicine of the American College of Sports Medicine San Francisco, California, May 29- June 2, 2012. *Medicine and Science in Sports and Exercise*, June 2012, Volume 44:5 Supplement.

Brosky JA, Topp RV, Finley M, Killian C, Pariser D, **Brown K,** Bloemer G, Stearns Z. Effects of Prehabilitation on Early Rehabilitation Outcomes Following Total Knee Arthroplasty in Patients with Knee Osteoarthritis. Conference: 16th International WCPT Congress June 20-23, 2011 (WPT 2011) Abstract A-210-0067-02595.

Heil, J., Bowles, S., Day, D., **Brown, K.** The Effects of Dynamic Stretching on Vertical Jump Height. Undergraduate Scholarship Week Poster Session. Bellarmine University. April 12, 2011

Brown, K., LaJoie, A.S., Brosky, J.A., Pariser, D., Myers, J.A., Swank, A., and Topp, R. Effects of Prehabilitation on Quality of Life three months following Total Knee Arthroplasty. National Strength and Conditioning Association (NSCA) National Conference. Las Vegas, Nevada. July 6-9, 2011.

Brosky, J., Finley, M., Topp, R., Killian, C., Pariser, D., **Brown, K.,** Bloemer, G., Stearns, Z. Effects of a Partially Supervised Prehabilitation Exercise Program on Functional Performance Tasks Before and After Total Knee Arthroplasty. American Physical Therapy Association (APTA). Combined Sections Meeting 2011 in New Orleans, LA. February 9-12, 2011.

Brown, K., Brosky, J.A., Pariser, D., Bloemer, G.F., Sterns, Z.R., Topp, R., Swank, A. Effects of Pre-habilitation on Early Functioning Following Total Knee Arthroplasty. American College of Sports Medicine National Conference. June 1-5, 2010. Baltimore, Maryland.

Topp, R., Brosky, J.A., **Brown, K.** and Pariser, D. Effects of Prehabilitation on Early Rehabilitation of Patients Following Total Knee Arthroplasty. TheraBand Research Advisory Council, Cancun, Mexico, July 23-30, 2009.

Brown, K., Swank, A.M., Topp, R., Quesada, P.M., Kackelman, J., Nyland, J., Malkani, A. Prehabilitation vs. Usual Care before Knee Arthroplasty: A case study comparing outcomes within the same individual. American College of Sports Medicine National Conference. Oral presentation. May 27-30, 2009. Seattle, WA.

Brown, K., Swank, A.M., Topp, R., Kachelman, J., Quesada, P.M., Nyland, J., Malkani, A., Effects of an 8 week prehabilitation program on strength among patients scheduled for total knee arthroplasty. Research!Louisville, October 21, 2008. Louisville, KY.

Brown, K., Kachelman, J., Swank, A.M., Quesada, P.M., Nyland, J., Malkani, A., Topp, R. Effects of an 8 week prehabilitation program on strength among patients scheduled for total knee arthroplasty. NSCA National Conference: July 8-12, 2008. Las Vegas, NV.

Brown, K., Swank, A.M., Topp, R., Quesada, P.M., Kackelman, J., Nyland, J., Malkani, A. Predictors of functional ability among patients scheduled for total knee arthroplasty. American College of Sports Medicine National Conference. May 28-31, 2008. Indianapolis, IN

Brown, K., Kachelman, J., Swank, A.M., Quesada, P.M., Nyland, J., Malkani, A., Topp, R. Predictors of functional ability among patients scheduled for total knee arthroplasty. Research!Louisville 2007, Louisville, KY. October 16-19, 2007.

Naeger, C.W., **Brown, K.**, Swank, A.M., Quesada, P.M., Nyland, J., Durham, M.P. & Topp, R. Eight Weeks Pre-habilitation Increases Functional Performance: Case-control Comparison of Two Patients with Total Knee Arthroplasty. ACSM National Convention, Nashville, TN. May 25-June 3, 2005.

Professional Presentations

Invited Speaker Presentations

Presented at Bellarmine University for monthly employee health spotlight program. Topic included planning exercise for the busy lifestyle.

Presented at University of Louisville Health and Wellness classes in the Exercise Science Program.

Presented to local high school with talks on the benefits of strength training, physical fitness, wellness and nutrition, risks of child and adult obesity.

Presented at University of Louisville and Bellarmine University for Freshman Orientation into the Exercise Science Programs.

Presented at Bellarmine University program for Freshman Family Review Days Orientation into Exercise Science Programs.

Grants and Contracts Funded

2016- Co-Principal Investigator , Dr. Chelsey Franz & Co-Principal Investigator: **Kent Brown**. “Exercise and Recovery Program Adherence and Health Outcomes in Homeless Men,” (\$3000 grant funded by Bellarmine University Faculty Development Fellowships).

2016- Co-Principal Investigator , Dr. Chelsey Franz & Co-Principal Investigator: **Kent Brown**. “Exercise and Recovery Program Adherence and Health Outcomes in Homeless Men,” (\$1800.00 from the Louisville Rotary Club.)

2013 - Principal Investigator: Paul D. Loprinzi, Ph.D., Department of Exercise Science, Bellarmine University. Co-Principal Investigator: **Kent Brown**, PhD, Department of Exercise Science, Bellarmine University. “Theoretical predictors of daily physical activity and hyperinflation in adult smokers.” (\$1,500 grant funded by Bellarmine University)

2011 - Principal Investigator: Paul D. Loprinzi, Ph.D., Department of Exercise Science, Bellarmine University. Co-Principal Investigator: **Kent Brown**, PhD, Department of Exercise Science, Bellarmine University. “Preschool Children's Physical Activity Behavior during Outdoor Play.”

2010 - **Brown K**, Brosky A, and Pariser D:”Effects of Prehabilitation on Early Rehabilitation of Patients Following Total Knee Arthroplasty.” (\$3000 grant funded by Bellarmine University Faculty Development Fellowships).

2010 - LaJoie, S, A, **Brown, K**. “The Effect of Exercise on Prevention of Total Knee Arthroplasty.” Applied, not funded - NIH (Announcement # PA-10-067).

2009 - R. Topp, J.A. Brosky Jr. **K. Brown** & D. Pariser. “Effects of Prehabilitation on Quality of Life Three Months Following Total Knee Arthroplasty.” (\$500 grant funded by the Hygenic Research Fund at the University of Louisville Foundation).

AWARDS and HONORS

2016	Bellarmine Faculty Development Award
2012	President McGowan’s Meritorious Merit Award
2010	Bellarmine Faculty Development Award
2001 – 2009	University of Louisville Student Mentor Award (Multiple Times)
2001 – 2009	Awarded Faculty Favorite by University of Louisville Student Body (Multiple Times)
2008 & 2009	Honorary Faculty Guest Coach Men’s & Women’s Basketball
2001 – 2003	University of Louisville Dean’s Scholar (4.0 GPA)
2001 – 2005	University of Louisville Dean’s List (3.5 GPA) (Multiple Times)
1990 – Present	National NPC Bodybuilding Judge
1986	Kentucky Bodybuilding Champion
1987 – 1990	National Bodybuilding Competitor (Won Mid-USA Title)

2015 Masters National Bodybuilding top 5 placement in the USA

Current Courses Taught (August 2009 to present)

Instruct assigned classes and laboratory sections of:

Prefix/Number	Credit Hours	Course Title
EXSC 240	4	Advanced Exercise Physiology
EXSC 325	4	Kinesiology/Biomechanics
EXSC 346	3	Special Topics
EXSC 415	3	Community Wellness
EXSC 444	3	Internship/Practicum

Service to the Department/School

2014	Gilbert, M., Hollingsworth, K., Sigler, S., Kane, C., Loprinzi, P., Brown, K. , Walker, J. <u>Hyperinflation and breathlessness during activity in chronic obstructive pulmonary disease patients.</u> Poster presentation at the undergraduate research poster event at Bellarmine University.
April, 2014	Sigler, S., Gilbert, M., Hollingsworth, K., Loprinzi, P., Walker, J., Kane, C., Brown, K. <u>Accelerometer-Determined Physical Activity Levels and Utility of the Transtheoretical Model among Individuals with Chronic Obstructive Pulmonary Disease.</u> Undergraduate Scholarship Week Poster Session, Bellarmine University.
2013	Lansing School of Nursing and Health Sciences/Exercise Science Faculty Search Committee Member
2013	Lansing School of Nursing and Health Sciences Dean Search Committee Member
2013	Exercise Science Program BU Undergraduate Research Week Poster Competition Judge
2009 – Present	Chair and Program Director of the Exercise Science Program/Department
2010 – 2014	Exercise Science Program –Faculty Search Committee (Chair)
2009 & 2010	Participated in Pro Bono Exercise Science Health Fair
2009 – Present	Undergraduate Academic Affairs Committee
2009 – 2011	Bellarmino University: Academic Sponsor of Exercise Science Club

Service to the University

2012 - 2013	Bellarmino Dean's Search Committee
2011 - 2013 & 2014 - 2016	Bellarmino Faculty Council Committee
2014 - 2016	Bellarmino Faculty Council Board of Trustees Facilities Committee
2011 - 2013	Faculty Council Handbook Committee
2010 - 2013	Lifetime Recreation Building Committee
2011 - 2012	Leadership Team Member Bellarmino Program Transition to New Flynn Building, (A 15,372-square-foot building at 1916 Bishops Lane)

Service to the Community

2009 - 2012	Lansing School of Nursing and Health Sciences Representative to the Norton Audubon Acute Care for the Elderly (ACE) Committee
1990 - Present	NPC National & Kentucky State Bodybuilding Judge/Advisor
2009 - Present	Presented to Local High School with Talks on the Benefits of Strength Training, Physical Fitness, Wellness and Nutrition, Risks of Child and Adult Obesity.
2009 - Present	Presented to Local Area High Schools for Freshman Recruitment into the Bellarmino University's Exercise Science Program. Hosted On-Site Visitations from Local High Schools at the Flynn Building.

Revised April 8, 2015