

Kyle C. Ryan

CONTACT INFORMATION

Home 1802 2nd Ave.
Nebraska City, NE 68410
402/269-0170
kyler@nwmissouri.edu

EXPERIENCE AND RESPONSIBILITIES

2024 – Present Northwest Missouri State University, Maryville, MO
2024 – Present, Assistant Professor of Health Science and Wellness

2009 - 2024 Peru State College, Peru, Nebraska
2018 – 2024, Professor of Kinesiology
2012 – 2017, Associate Professor of Kinesiology
2009 – 2011, Assistant Professor of Kinesiology
2009 – Present, Strength and Conditioning Consultant
Peru State College, Graduate School of Education, Peru, Nebraska
2018 – 2024t, Professor of Statistical Research Methods
2012 – 2017, Associate Professor of Statistical Research Methods
2009 – 2011, Assistant Professor of Statistical Research Methods
College of St. Mary, Omaha, Nebraska, Graduate Health Professions
2019 – Present, Adjunct Faculty

2013 – 2016 Creighton University, Department of Preventive Medicine and Public Health, Omaha, NE
Adjunct Faculty

2008 – 2009 Front Range Community College, Natural, Applied, and Environmental Sciences, Ft. Collins, CO
Instructor

2007 – 2009 Weld County of Public Health and Environment, Health Education Program, Greeley, CO
Community Health Specialist

2006 – 2007 Utah Department of Health, Health Data and Statistics, Salt Lake City, UT
Policy Analyst

2005 – 2006 The University of Utah, College of Health, Salt Lake City, UT
Visiting Assistant Professor of Sport and Exercise Science
Adjunct Faculty, School of Medicine, Family and Preventive Medicine

2004 – 2005 The University of Michigan, Division of Kinesiology, Ann Arbor, MI
Visiting Assistant Professor of Kinesiology

2003 – 2004 The University of Northern Colorado, Department of Athletics, Greeley, CO
Head Coach, Strength and Conditioning

2003 – 2004 The University of Northern Colorado, College of Natural and Health Sciences, Greeley, CO
Adjunct Faculty

2000 – 2003 The University of Northern Colorado, College of Natural and Health Sciences, Greeley, CO
Graduate Teaching Assistant

1999 – 2000 Humboldt State University, College of Professional Studies, Arcata, CA
Adjunct Faculty

1997 – 2000 Humboldt State University, College of Professional Studies, Arcata, CA
Graduate Teaching Assistant

EDUCATION

- 2000 – 2004** PhD, The University of Northern Colorado, Sport and Exercise Science (major), Statistical Research Methods (minor), Dissertation (under Dr. Melissa Parker): “*What is the Impact of Service-Learning on Students Athletes’ Character Development?*”
- 1997 – 2000** MS, Humboldt State University, Kinesiology, Thesis (under Dr. Richard Stull): “*The Art of War: A Philosophical Approach to Coaching Rugby.*”
- 1992 – 1996** BA, Humboldt State University, Interdisciplinary Studies

CERTIFICATIONS

1. Certified Strength & Conditioning Specialist w/ Distinction – National Strength & Conditioning Association
2. Registered Strength & Conditioning Coach w/ Distinction – National Strength & Conditioning Association
3. Tactical Strength & Conditioning Facilitator – National Strength & Conditioning Association
4. USA Weightlifting Level II Club Coach – USA Weightlifting
5. Reflexive Performance Reset

TEACHING

- HPER 22690** Research Project, Northwest Missouri State University
- HPER 22638** Research Methods in Health, Physical Education, and Recreation, Northwest Missouri State University
- HPER 22632** Exercise Physiology, Northwest Missouri State University
- HPER 22534** Evidence Based Practice, Northwest Missouri State University
- HPER 22512** Socio-Psychology of Human Performance, Northwest Missouri State University
- HPER 22470** Profession Based Experience in Applied Health Science, Northwest Missouri State University
- HPER 22336** Basic Biomechanics, Northwest Missouri State University
- HPER 22332** Physiology of Exercise, Northwest Missouri State University
- COLL 101** College Success, Peru State College
- EDUC 602** Statistical Methods and Data Analysis, Peru State College
- EDUC 601** Study Design and Data Collection
- HP 499** Obesity Intervention and Service Learning in Nebraska City Public Schools
- HP 298** Special Topics in the Honors Program
- HP 101** College Success (Honors), Peru State College
- HPER 499** Independent Study in Health, Physical Education, and Recreation, Peru State College
- HPER 498** Special Topics in Health, Physical Education, and Recreation, Peru State College
- HPER 497** Directed Study in Health, Physical Education, and Recreation, Peru State College
- HPER 433** Applied Exercise Science, Peru State College
- HPER 428** Health and Society, Peru State College
- HPER 420** Mechanical Kinesiology, Peru State College
- HPER 419** Neuromechanics, Peru State College
- HPER 416** Skills and Fitness Assessment, Peru State College
- HPER 415** Motor Learning, Peru State College
- HPER 383** Principles of Community Engagement in Public Health: Service Learning, Community-Based Participatory Research, Leadership, and Civic Engagement, Peru State College
- HPER 382** Sound Mind/Sound Body, Peru State College
- HPER 382** Essentials of Public Health, Peru State College
- HPER 365** Tactical Strength & Conditioning

HPER 360	Physiology of Exercise, Peru State College
HPER 298	Essentials of Personal Training, Peru State College
HPER 290	Research Opportunities in Kinesiology, Peru State College
HPER 262	Nutrition and Health, Peru State College
HPER 222	Structural Kinesiology, Peru State College
HPER 219	Techniques of the Olympic Lifts
HPER 199	First Year Seminar in Kinesiology, Peru State College
KES 454	Biomechanics, College of St. Mary
KES 495	Senior Research, College of St. Mary
KES 501	Research Methods, College of St. Mary
KES 590	Graduate Seminar, College of St. Mary
KES 595	Practicum, College of St. Mary
KES 600	Graduate Exercise Testing and Prescription, College of St. Mary
MPH 604	Social and Behavioral Aspects of Public Health, Creighton University
SOC 395	Principles of Community Engagement in Public Health: Service Learning, Community-Based Participatory Research, Leadership, and Civic Engagement, Peru State College

PEER-REVIEWED PUBLICATIONS: PUBLISHED, IN PRESS, AND IN REVIEW

1. **Ryan, K.**, & Maquaire, L. (2025). Female triad for the general population. *Personal Training Quarterly*.
2. **Ryan, K.**, Kouba, V., & Wells, L. (2025). Undergraduate stay interviews: Examining retention efforts at a rural State College. (Submitted, under review). *Educational Research: Theory and Practice*.
3. Shim A., Eldridge, A., Cesar, G., **Ryan, K.**, & Fiaud, V. (2022). Does proprioceptive training intervention improve balance scores in collegiate women's basketball players within six weeks? *European College of Sport Science (abstract submission)*.
4. Kruse, J., Shim, A., Morgan, V., & **Ryan, K.** (2021). Does Pull-Up Grip Performance Influence Sprint Times in High School Female Swimmers? *Journal of Swimming Research*, 28(1), 55-62.
5. Dinkel, D., Warehime, S., Zurek, J., Welch, O., Leininger, K., McNeil, K., Rech, J.P., **Ryan, K.** (2021). Student Perceptions of a Service-Learning Course in a Rural Setting. *Educational Research: Theory and Practice*, 32(3), 31-37.
6. **Ryan, K.**, Leininger, K., McNeil, K., Welch, O., & Zurek, K. (2019). Design Thinking, ethnography and the Red Team approach to involving undergraduate students in research. *Educational Research: Theory and Practice*, 31(1), 78-80.
7. **Ryan, K.**, Kuhlman, B., Stevelinck, & Zurek, J. (2019). Increasing Research Opportunities for Females in the Undergraduate Kinesiology Curriculum, *Educational Research: Theory and Practice*, 30(1), 72-75.
8. **Ryan, K.**, Grotirian, S., Gill, K., Kerwin, S., Temme, N., & Worthy, D. (2019). Seeking to achieve inclusiveness and equity in an afterschool activity program, *Educational Research: Theory and Practice*, 30(1), 38-41.
9. Grotirian-Ryan, S., & **Ryan, K.** (2017). The importance of mentoring with grit and the growth mindset. *Lilly Conference on Evidence-Based Teaching and Learning Conference Proceedings*.
10. **Ryan, K.**, & Grotirian-Ryan, S. (2016). Fostering grit and the growth mindset through high-impact practices. *Educational Research: Theory and Practice*, 28(2), 50-51.
11. **Ryan, K.**, & West, R. (2016). Reexamining the approach to training by investigating the sub-disciplines of kinesiology. *NSCA Coach*, 3(2), 52-53.
12. Grotirian-Ryan, S., & **Ryan, K.** (2016). Exploring the Link Between Mentoring Functions and Transformative Education. *Lilly Conference on Evidence-Based Teaching and Learning Conference Proceedings*.

13. Grotrian-Ryan, S. A., **Ryan, K.**, & Jackson, A. (2016, January). Instilling service learning to undergraduate business students: A case study approach to understanding business-related concepts with the use of Kiva. *Journal of Education and Learning*, 5(1), 104-113.
14. **Ryan, K.**, & Grotrian-Ryan, S. A., Henry, R., Beethe, K., Sunneberg, P. Theye, J. (2015, March). Portraiture and Ethnography: Student Voices Painting the Picture. *Scholarship of Teaching and Learning Conference Proceedings*.
15. Grotrian-Ryan, S., & **Ryan, K.** (2014, September). Investigating the perceived value of service learning. *Marketing Management Association Educators' Conference Proceedings*.
16. Grotrian-Ryan, S. A., Jackson, A., Marron-Grotsky, T., & Ryan, K. (2014, September). Successfully using Open Educational Resources (OER). *Marketing Management Association Educators' Conference Proceedings*.
17. **Ryan, K.**, Grotrian-Ryan, S., Buesing, A., Cleek, A. J., Arnold, R., & Sunneberg, P. (2014, April). Yin and Yang: Finding balance while mentoring undergraduate students throughout a service-learning endeavor. *Continuums of Service Conference Proceedings*.
18. Oldfield, T., & **Ryan, K.** (2014). Should personal trainers also be a registered dietitian or obtain a nutrition certification? *Personal Training Quarterly*, 1(1), 14-15.
19. Grotrian-Ryan, S., **Ryan, K.**, Arnold, R., Buesing, A., & Cleek, A. (2013, October). Examining the application of mentoring with service learning. *Institute of Behavioral and Applied Management Conference Proceedings*.
20. Grotrian-Ryan, S., & **Ryan, K.** (2013, September). Using mentoring with service learning to develop civic leaders. *Marketing Management Association Educators' Conference Proceedings*.
21. Grotrian-Ryan, S. A., & **Ryan, K.** (2012, September). Using service learning in a pilot study to introduce social norms marketing. *Marketing Management Association Educators' Conference Proceedings*.
22. Aurand, T., Grotrian-Ryan, S. A., **Ryan, K.**, & Toomey, D. (2012, September). Interdisciplinary instruction: Reaching across business disciplines. *Marketing Management Association Educators' Conference Proceedings*.
23. **Ryan, K.**, & Grotrian-Ryan, S. A. (2012, March). Linking empathy to character via a service-learning endeavor. *Journal of Civic Commitment*, 18.
24. Grotrian-Ryan, S. A., **Ryan, H. K.**, & Jackson, A. (2011, October). Utilizing Kiva as a means for incorporating service learning in the classroom. *Institute of Behavioral and Applied Management Conference Proceedings*.
25. **Ryan, K.** (2011, July). Chronic effect of supramaximal loading on the 1-RM bench press in collegiate football players. *National Strength and Conditioning Association Conference Proceedings*.
26. Grotrian-Ryan, S. A., & **Ryan, K.** (2011, September). Using social norms marketing as an obesity intervention through service learning. *Marketing Management Association Educators' Conference Proceedings*.
27. Grotrian, S. A., & **Ryan, K.** (2010, October). Transforming a community service project into a service-learning experience: A single case study approach. *Institute of Behavioral and Applied Management Conference Proceedings*.
28. Gardner, K., Goebel-Lundholm, M., Grotrian, J., Grotrian, S., Jackson, A., **Ryan, K.**, & Kunkel, E. (2010, October). Inspiring student engagement in the virtual and campus classroom. *Institute of Behavioral and Applied Management Conference Proceedings*.

PAPER PRESENTATIONS AND INVITED SEMINARS

1. **Ryan, K.** (2025). An analysis of mentoring functions found useful with National Strength and Conditioning Association Registered Strength and Conditioning Coaches. *National Strength & Conditioning Association National Conference, Kansas City, MO*.
2. **Ryan, K.**, Christiansen, K., Fredrickson, J., Kempf, L., & Quinn, C. (2025). Comparative NAIA Athletic Director opinions regarding certification in the Collegiate Strength and Conditioning

- setting from 2019 to 2024. *National Strength & Conditioning Association National Conference, Kansas City, MO.*
3. Brown, C., Clary, H., Donahey, C., DeGroot, Q., Shim, A. & **Ryan, K.** (2023). Relationship between Q angles and lower body power among elderly women. *Sports Medicine Australia, Queensland, Australia.*
 4. Pfeifer, L., Shim, A., **Ryan, K.**, & Ratlaff, K. (2023). Does ankle inversion and eversion peak torque relate to vertical jump in women college athletes? *Sports Medicine Australia, Queensland, Australia.*
 5. **Ryan, K.**, Grotirian, S., Kouba, V., & Wells, L. (2023). Undergraduate stay interviews: Examining retention efforts at a rural State College. *Northern Rocky Mountain Educational Research Association National Conference. Omaha, NE*
 6. **Ryan, K.** (2023). Plasticity and athletic development. *National Strength & Conditioning Association North Central Regional Conference, Cedar Falls, IA.*
 7. Worthington, S., Shim, A., Garafalo-Peterson, J., **Ryan, K.** (2022). Does BMI influence foot reaction time and balance scores in elderly women? *Sports Medicine Australia, Gold Coast, Australia.*
 8. **Ryan, K.**, & Seay, G. (2022). The graduate student as consumer: Design thinking and curriculum design in a graduate program. *Northern Rocky Mountain Educational Research Association National Conference. Billings, MT.*
 9. Eldridge, A., Shim, A., **Ryan, K.**, Cesar, G., & Fiaud, V. (2022). Does proprioceptive training intervention improve balance scores in collegiate women's basketball players within six weeks? *European Congress of Sport Science, Seville, Spain.*
 10. **Ryan, K.**, Wilke, M., Cendejas, A., Dominguez, J., & Mendez-Yepes, R. (2021). Design Thinking and the Collegiate Student-Athlete. *Northern Rocky Mountain Educational Research Association National Conference. Ketchum, ID.*
 11. Kruse, J., Shim, A., Morgan, V., & **Ryan, K.** (2021). Does Pull Up Grip Performance Influence Sprint Times in High School Female Swimmers? *Sports Medicine Australia Conference. Melbourne, Australia.*
 12. Grotirian, S., & **Ryan, K.** (2020). Confirming the Value of Mentoring by Examining Research Data from Two Distinctly Different Populations. *Institute of Behavioral and Applied Management Conference (virtual).*
 13. **Ryan, K.**, Jackson, A., Robinson, K., & Soto, D. (2019). Community Engagement and Mission Realignment Via Design Thinking. *Campus Compact of the Great Plains Service-Learning Workshop. Lincoln, NE.*
 14. **Ryan, K.**, Buettgenback, T., Del Hoyo, J., Kuhlmann, B., Petersen, B., Silva, G., & Tichy, A. (2019). How Strength Coaches Can Mentor Young Athletes for Lifelong Growth. *National Strength & Conditioning Association's Nebraska State Clinic. Omaha, NE.*
 15. **Ryan, K.** (2019). Developing Resilience Through Self-Assessment. *The Nebraska State College System Leadership Conference. Peru, NE.*
 16. **Ryan, K.**, Zurek, K. Leininger, K., McNeil, K., & Welch, O. (2019). Design Thinking, Ethnography, and the Red Team Approach to Involving Undergraduate Students in Research. *Northern Rocky Mountain Educational Research Association National Conference. Denver, CO.*
 17. **Ryan, K.**, Dinkel, D., Warehime, S., Welch, O., Zurek, J., Leininger, K. & McNeil, K. (2019). Student Perceptions of a Service-Learning Course. *Northern Rocky Mountain Educational Research Association National Conference. Denver, CO.*
 18. **Ryan, K.**, & Stevelinck, S. (2019). NAIA Athletic Director Opinions Regarding Certification When Working with Student-Athletes in Strength and Conditioning. *National Strength & Conditioning Association National Conference, Washington, D.C.*
 19. Worthey, D., Brown, E., Horak, S., Hansen, G., Lynott, F., & **Ryan, K.** (2019). The Impact of Sports Specialization on a Child's Future Physical Activity. *The 2019 Children's Hospital & Medical Center/University of Nebraska Medical Center Pediatric Research Forum. Omaha, NE.*

20. Worthey, D., Brown, E., Horak, S., Hansen, G., Lynott, F., & **Ryan, K.** (2019). The Impact of Sports Specialization on a Child's Future Physical Activity. *Nebraska Healthy Kids Summit, Lincoln, NE.*
21. **Ryan, K.** (2019). Mentoring Functions Found Useful with NSCA Registered Strength & Conditioning Coaches. *National Strength & Conditioning Association North Central Regional Conference Keynote Presentation, Cedar Falls, IA.*
22. Dinkel, D., Warehime, S., Grotrian, S., & **Ryan, K.** (2019). Perceptions of a Service-Learning Course to Increase Physical Activity in Rural Afterschool Programs. *Society of Behavioral Medicine, Washington, D.C.*
23. **Ryan, K.**, Gill, K., Kerwin, S., Temme, N., Worthey, D., & Grotrian, S. (2018). Seeking to Achieve Inclusiveness and Equity in an Afterschool Activity Program. *Northern Rocky Mountain Educational Research Association National Conference, Salt Lake City, UT.*
24. **Ryan, K.**, Kuhlmann, B., Stevelinck, & Zurek, J. (2018). Exploring Equity in the Classroom: Increasing Research Opportunities for Females in the Undergraduate Kinesiology Curriculum. *Northern Rocky Mountain Educational Research Association National Conference, Salt Lake City, UT.*
25. Grotrian, S., & **Ryan, K.** (2018). Your Future, Your Choice. *Phi Beta Lambda National Leadership Conference, Baltimore, MD.*
26. Fattig, M., **Ryan, K.**, Ramos, A., & Karst, G. (2018). Healthy Rural America: A panel with rural healthcare experts. *Rural Innovation Hub, Auburn, NE*
27. Grotrian-Ryan, S., & **Ryan, K.** (2017). Making sense of College wellness. *Phi Beta Lambda National Fall Leadership Conference, New Orleans, LA.*
28. **Ryan, K.**, & Grotrian-Ryan, S. (2017). Obstacle or opportunity? Changing how one looks at strategic planning while on the path to promotion and tenure. *Northern Rocky Mountain Educational Research Association, Boulder, CO.*
29. Grotrian-Ryan, S., & **Ryan, K.** (2017). Leading with high-impact practices. *Phi Beta Lambda National Leadership Conference, Anaheim, CA.*
30. Grotrian-Ryan, S., & **Ryan, K.** (2017). The importance of mentoring with grit and the growth mindset. *Evidence-Based Teaching and Learning Conference, Anaheim, CA.*
31. **Ryan, K.**, & Grotrian-Ryan, S. (2016) Understanding mentoring for personal and professional development. *National Strength & Conditioning Association Nebraska State Clinic, Omaha, NE.*
32. Grotrian-Ryan, S., & **Ryan, K.** (2016). Embracing leadership development. *Phi Beta Lambda National Fall Leadership Conference, Dallas, TX.*
33. Grotrian-Ryan, S., & **Ryan, K.** (2016). Seeking out leadership opportunities at the undergraduate level. *Nebraska State College System Student Leadership Conference, Peru, NE.*
34. **Ryan, K.** (2016). Principles of community engagement in public health. *Rural Futures Institute Regional Forum, West Point, NE.*
35. **Ryan, K.**, & Grotrian-Ryan, S. (2016). Fostering grit and the growth mindset through high-impact practices. *Northern Rocky Mountain Educational Research Association, Reno, NV.*
36. Grotrian-Ryan, S., & **Ryan, K.** (2016). Transformation through the growth mindset. *Phi Beta Lambda National Leadership Conference, Atlanta, GA*
37. Grotrian-Ryan, S., & **Ryan, K.** (2016). Exploring the link between mentoring functions and transformative education. *Lilly Conference on Evidence-Based Teaching and Learning, Newport Beach, CA.*
38. Grotrian-Ryan, S., **Ryan, K.** (2015). Connecting with mentoring. *Phi Beta Lambda National Fall Leadership Conference, Omaha, NE.*
39. **Ryan, K.** (2015). Know thyself: How academic institutions can facilitate change in the local environment. *Rural Futures Institute Conference, Lincoln, NE.*
40. **Ryan, K.**, & Grotrian-Ryan, S. A. (2015). Transformative learning as a means of student retention. *Northern Rocky Mountain Educational Research Association, Boise, ID.*

41. Grottrian-Ryan, S., & **Ryan, K.** (2015). What is service learning worth? Benefits – costs = value. *Phi Beta Lambda National Leadership Conference, Chicago, IL.*
42. **Ryan, K.**, & Grottrian-Ryan, S. A., Henry, R., Beethe, K., Sunneberg, P. Theye, J. (2015). Portraiture and ethnography: Student voices painting the picture. *Scholarship of Teaching and Learning Conference, Savannah, GA.*
43. Beaudoin, R., Harrop, D., Kassmeier, M., Losey, A., Lovelady, T., **Ryan, K.**, Simmons, S., & Stefek, D. (2014). Perspectives of childhood obesity: Teens and medical providers. *Public Health Association of Nebraska Annual Conference, Grand Island, NE.*
44. **Ryan, K.**, Grottrian-Ryan, S., Buesing, A., & Henry, R. (2014). The power of N: Evaluating the success of a campus service learning program. *Campus Compact Heartland Conference, Lincoln, NE.*
45. **Ryan, K.** (2014). Peru State College regional programs. *Rural Futures Institute 2014 Eastern Regional Forum, Nebraska City, NE.*
46. Grottrian-Ryan, S., & **Ryan, K.** (2014). Investigating the perceived value of service learning. *Marketing Management Association Educators' Conference, San Antonio, TX.*
47. Grottrian-Ryan, S. A., Jackson, A., Marron-Grodsky, T., & **Ryan, K.** (2014). Successfully using Open Educational Resources (OER). *Marketing Management Association Educators' Conference, San Antonio, TX.*
48. Grottrian-Ryan, S., & **Ryan, K.** (2014). Realizing the value of mentoring functions for leaders. *Phi Beta Lambda National Leadership Conference, Nashville, TN.*
49. **Ryan, K.**, Grottrian-Ryan, S., Buesing, A., Cleek, A. J., Arnold, R., & Sunneberg, P. (2014). Yin and Yang: Finding balance while mentoring undergraduates throughout a service-learning endeavor. A B.O.B. (Burst of Brilliance) Talk. *Continuums of Service Conference, Honolulu, HI.*
50. **Ryan, K.**, Karlen, J., Major, L., Moody, L., & Stirtz, G. (2013). The essential conversation: Linking communities and higher education. *Rural Futures Institute Conference, Lincoln, NE.*
51. Buesing, A., Toman, L., Sunneberg, P., **Ryan, K.**, & Grottrian-Ryan, S. (2013). Nemaha County welcomes the CHANCE. *Rural Futures Institute Conference, Lincoln, NE.*
52. Buesing, A., Toman, L., **Ryan, K.**, & Grottrian-Ryan, S. (2013). A CHANCE to step. *The Nebraska Association for Health, Physical Education, Recreation and Dance Conference, Lincoln, NE.*
53. Grottrian-Ryan, S., **Ryan, K.**, Arnold, R., Buesing, A., & Cleek, A. (2013). Examining the application of mentoring with service learning. *Institute of Behavioral and Applied Management Conference, San Diego, CA.*
54. Grottrian-Ryan, S., **Ryan, K.** (2013). Using mentoring with service learning to develop civic leaders. *Marketing Management Association Educators' Conference, New Orleans, LA.*
55. **Ryan, K.**, Grottrian-Ryan, S. A., Theye, J., Martin, M., Henry, R., & Buesing, A. (2013). Linking service-learning and mentoring. *Phi Beta Lambda National Leadership Conference, Anaheim, CA.*
56. Buesing, A., **Ryan, K.**, & Grottrian-Ryan, S. (2013). A CHANCE to Serve and Learn. *Nebraska Campus Compact Symposium. Lincoln, NE.*
57. **Ryan, K.**, & Grottrian-Ryan, S. A. (2012). Examining the initial phases of a longitudinal service-learning study: The CHANCE initiative. *Continuums of Service Conference, Portland, OR.*
58. **Ryan, K.**, Grottrian-Ryan, S. A., & Kraft, N. (2012). The CHANCE initiative: A service-learning approach to combating obesity. *The Nebraska Association for Health, Physical education, Recreation and Dance, Omaha, NE.*
59. Grottrian-Ryan, S. A., & **Ryan, K.** (2012). Using service learning in a pilot study to introduce social norms marketing. *Marketing Management Association Educators' Conference, Minneapolis, MN.*
60. Aurand, T., Grottrian-Ryan, S. A., **Ryan, K.**, & Toomey, D. (2012). Interdisciplinary instruction: Reaching across business disciplines. *Marketing Management Association Educators' Conference, Minneapolis, MN.*

61. Martin, M., Theye, J., **Ryan, K.**, & Grotrian-Ryan, S. A. (2012). Introducing social norms marketing through a service-learning pilot study: the CHANCE initiative. *Nebraska Campus Compact Symposium, Lincoln, NE.*
62. **Ryan, K.**, & Grotrian-Ryan, S. A. (2012). Interdisciplinary community engagement: A how-to workshop. *Phi Beta Lambda National Leadership Conference, San Antonio, TX.*
63. Donovan, K., Novak, S., & **Ryan, K.** (2012). Examination of the feasibility of a student-run campus recreation facility. *NAHPERD Student Conference, Omaha, NE.*
64. Beethe, K., Kraft, N., **Ryan, K.**, & Grotrian-Ryan, S. A. (2012). Introducing the CHANCE initiative to a rural population. *NAHPERD Student Conference, Omaha, NE.*
65. Grotrian-Ryan, S. A., **Ryan, K.**, & Jackson, A. (2011). Utilizing Kiva as a means for incorporating service learning in the classroom. *Institute of Behavioral and Applied Management Conference, Orlando, FL.*
66. Grotrian-Ryan, S. A. & **Ryan, K.** (2011). Using social norms marketing as an obesity intervention through service learning. *Marketing Management Association Educators' Conference, St. Louis, MO.*
67. **Ryan, K.** (2011). Chronic effect of supramaximal loading on the 1-RM bench press in collegiate football players. *National Strength and Conditioning Conference, Las Vegas, NV.*
68. **Ryan, K.** (2011). Transforming community service into service learning: The integration of service learning into the academic setting. *Phi Beta Lambda National Leadership Conference, Orlando, FL.*
69. Grotrian, S. A., **Ryan, K.**, & Lempka, M. (2010). Transforming a community service project into a service-learning experience: A single case study approach. *Institute of Behavioral and Applied Management Conference, San Diego, CA.*
70. **Ryan, K.** (2006). Privacy and security solutions for interoperable information exchange. *Research Triangle Institute Regional Meeting, Snowbird, UT.*
71. **Ryan, K.** (2005). The impact of service learning on university student-athlete's character development. *American Alliance for Health, Physical Education, Recreation and Dance Conference, Chicago, IL.*
72. Lewis, C. A., **Ryan, K.**, Larabee, C., & Brown, S. H. (2005). Wellness 101: A pilot program for undergraduate kinesiology students and adults with disabilities. *University of Michigan Initiative on Disability Studies Conference, Ann Arbor, MI.*
73. **Ryan, K.** (2004). Strength and conditioning for the competitive swimmer. *Nike Swim Camp, University of Northern Colorado, Greeley, CO.*
74. Lahman, M., Baker, J., Galvan, C., **Ryan, K.**, & Vanek, B. (2002). A team educational ethnography of hope: Teaching, researching, collaborating. *Annual Advances in Qualitative Methods, Banff, Alberta.*
75. **Ryan, K.** (2001). Six steps to success. *USA Rugby Under-19 Youth Development Camp, Greeley, CO.*

INSTRUCTIONAL SEMINARS

1. **Ryan, K.** (2024). Foundations of Coaching Lifts. *National Strength & Conditioning Association's Nebraska State Clinic, Omaha, NE.*
2. **Ryan, K.** (2023). Foundations of Coaching Lifts. *National Strength & Conditioning Association's Nebraska State Clinic, Omaha, NE.*
3. Epley, B., Nitka, M., Klapprodt, K., **Ryan, K.**, & Newman, T. (2022). 10 Power Principles Series: Building Balanced Strength Programs. *Matrix Training & Conditioning Virtual Seminar.*
4. **Ryan, K.** (2022). Foundations of Coaching Lifts. *National Strength & Conditioning Association's North Central Regional Conference, Omaha, NE.*
5. **Ryan, K.** (2021). Foundations of Coaching Lifts. *National Strength & Conditioning Association Nebraska State Clinic. Omaha, NE.*

6. **Ryan, K.** & Grotrian, S. (2018). Making Sense of College Wellness. Morgan Hall Discovery LLC Residents, Peru, NE.
7. Ruskamp, J., Grotrian, S., & **Ryan, K.** (2018). Developing a Research Agenda. Peru State Faculty Professional Development Series, Peru, NE.
8. **Ryan, K.**, & Grotrian, S. (2018). Peru State RA Wellness Training. Peru State College Resident Assistants, Peru, NE.
9. **Ryan, K.**, & Grotrian, S. (2018). Balancing College Wellness. Morgan Hall RA Wellness LLC Programming, Peru, NE.
10. Grotrian-Ryan, S., & **Ryan, K.** (2018). Current experiences with AmeriCorps and Rural Futures Institute: Updates and student success. The Bill Snyder Growing Ideas Faculty Discussion Series, Peru, NE.
11. **Ryan, K.** (2018). Sound Mind/Sound Body. Professional Staff Senate, Peru, NE.
12. **Ryan, K.**, & Grotrian-Ryan, S. (2016). Transformative education through grit and the growth mindset. Peru State College. The Bill Snyder Growing Ideas Faculty Discussion Series, Peru, NE.
13. Grotrian-Ryan, S. & **Ryan, K.** (2015). How do we collaborate to keep students enrolled in higher education? Rural Futures Institute Conference, Lincoln, NE.
14. **Ryan, K.**, & Grotrian-Ryan, S. (2014). Meaningful research with a small sample size. Peru State College. The Bill Snyder Growing Ideas Faculty Discussion Series, Peru, NE.
15. **Ryan, K.** (2014). Techniques of the Olympic lifts. Peru State College, Peru, NE.
16. **Ryan, K.** (2014). Nutrition periodization for athletes. Peru State College, Peru, NE.
17. **Ryan, K.** (2012). Nutrition periodization for athletes. Peru State College, Peru, NE.
18. **Ryan, K.**, & Grotrian-Ryan, S. A. (2012). Public scholarship as research: Lessons learned from the CHANCE Initiative. Peru State College. The Bill Snyder Growing Ideas Faculty Discussion Series, Peru, NE.
19. **Ryan, K.** (2012). Techniques of the Olympic lifts. Peru State College, Peru, NE.
20. **Ryan, K.** (2012). The Weight of the Nation. Peru State College, Peru, NE.
21. **Ryan, K.** (2011). Incorporating service learning while maintaining academic rigor in the classroom. Peru State College. The Bill Snyder Growing Ideas Faculty Discussion Series, Peru, NE.
22. **Ryan, K.** (2010). Empathy, character, and character education. Peru State College. The Bill Snyder Growing Ideas Faculty Discussion Series, Peru, NE.

CONSULTING

1. **Ryan, K.** (2014). *Data Compilation and Analysis for the Omaha Northwest Obesity Prevention Initiative*. Evaluation of collected data by the Omaha Northwest High School Youth Health Advisory Council and Building Healthy Futures. \$2000.00
2. **Ryan, K.** (2005). *Program Evaluation for the Thayne Center Learn and Serve Program*. Evaluation of existing service-learning academic program conducted by the Thayne Center at Salt Lake Community College. \$6000.00

GRANTS FUNDED

1. **Ryan, K.** (2022). Student Engagement Enhancement Grant. Human Performance Lab Teaching Enhancement. \$3500
2. **Ryan, K.** (2018). Student Engagement Enhancement Grant. Exploring Equity in the Classroom: Undergraduate Kinesiology Curriculum. \$3600
3. **Ryan, K.** (2018). Student Engagement Enhancement Grant. Inclusiveness and Equity in an Afterschool Activity Program. \$3600
4. **Ryan, K.**, & Grotrian-Ryan, S. (2017). AmeriCorps/ServeNebraska. The Children's Health, Activity, and Nutrition Community Engagement (CHANCE) Initiative. \$57,272.00

5. Dinkel, D., **Ryan, K.**, & Grotrian-Ryan, S. (2017). Rural Futures Institute Teaching & Engagement Grant. Obesity Intervention and Service Learning in Nebraska City Public Schools. \$20,000.00
6. **Ryan, K.** (2017). The Richard P. Kimmel and Laurine Kimmel Charitable Foundation. Board of Directors Discretionary Funding. \$10,000.00
7. **Ryan, K.** (2017). Student Engagement Enhancement Initiative. Halo Sport Bihemispheric Transcranial Stimulation. \$2,996.00
8. **Ryan, K.**, Grotrian-Ryan, S. (2016). AmeriCorps/ServeNebraska Planning Grant. The Children's Health, Activity & Nutrition Community Engagement (CHANCE) Initiative. \$13,589.17
9. **Ryan, K.** (2016). Student Engagement Enhancement Initiative. Heart rate evaluation in NAIA Division I basketball and volleyball athletes. \$3000.00
10. **Ryan, K.** (2016). Student Engagement Enhancement Initiative. National Strength and Conditioning Association – National Conference. \$4234.00
11. **Ryan, K.**, & Johansson, P. (2014). Rural Futures Institute Teaching & Engagement Grant. Principles of Community Engagement in Public Health: Service Learning, Community-based Participatory Research, Leadership, and Civic Engagement. \$25,000.00
12. **Ryan, K.** (2013). Active Schools Acceleration Project. 100 Mile Club. \$1000.00
13. **Ryan, K.** (2013). Blue Cross/Blue Shield of Nebraska Wellness Grants. The Children's Health, Activity, & Nutrition Community Engagement (CHANCE) Initiative. \$10,000.00
14. **Ryan, K.** (2013). Student Engagement Enhancement Initiative. The Peru State personal trainer program. \$3242.27
15. Grotrian-Ryan, S. A., & **Ryan, K.** (2013). Student Engagement Enhancement Initiative. Increasing the prominence and CHANCE of success. \$9000.00
16. Johansson, P., Russell, S., Mack, J., **Ryan, K.**, Abels, P., & Peitz, D. (2012). Rural Futures Institute (Co-Investigator). The rural public health undergraduate student research project. \$25,000.00
17. **Ryan, K.**, & Grotrian-Ryan, S. A. (2012). Youth Serve America (Co-Investigator). Social-norming and pediatric obesity intervention. \$1000.00
18. Grotrian-Ryan, S. A., & **Ryan, K.** (2012). ServeNebraska (Co-Investigator). Global Youth Service Day – The CHANCE Initiative Community Culminating Event. \$250.00
19. **Ryan, K.** (2012). Student Engagement Enhancement Initiative. Analysis of human movement via high speed motion capture. \$900.00
20. **Ryan, K.** (2012). Student Engagement Enhancement Initiative. Laboratory instruction of blood lactate accumulation. \$600.00
21. **Ryan, K.**, & Grotrian-Ryan, S.A. (2011). Youth Serve America (Principal Investigator). Social-norming and pediatric obesity intervention. \$1000.00
22. Fritz, R., & **Ryan, K.** (2007). Alternatives to Violence Prevention Project (Co-Investigator). Domestic violence prevention project designed to reduce dating and domestic violence in Larimer County, Colorado. \$47,379.00
23. **Ryan, K.**, & Mihalopoulos, N. (2006). Lowell Bennion Civically Engaged Scholar, University of Utah (Principal Investigator). Obesity research and prevention in lower socio-economic and minority communities. \$4904.00
24. Kaufman, J., Barbanell, E., Liese, H., Cahill, C., Senbel, M., Diener, M., Garrott, L., Musolino, G., **Ryan, K.** & Basinger, M. (2005) Civically Engaged Scholar Cohort, University of Utah (Co-Investigator). Funding for the creation of multidisciplinary text by 10 University of Utah faculty members. \$5000.00
25. **Ryan, K.** (2005). Lecturers' Professional Development Grant, University of Michigan. Poster presentation of doctoral dissertation, *What is the Impact of Service-Learning on Student-Athletes Character Development?* \$2000.00

26. **Ryan, K.** (2005). Edward Ginsberg Center for Community Service and Learning, University of Michigan. AAHPERD Poster presentation of doctoral dissertation, *What is the Impact of Service-Learning on Student-Athletes Character Development?* \$300.00
27. **Ryan, K.** (2004). University of Northern Colorado Technology Grant. Biomechanical analysis of sprinting technique utilizing two Panasonic PV GS50 – S digital recorders and Speedtrap II wireless timing system. \$2485.00

AWARDS

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|-------------|--|
| 2021 – 2022 | Barb Lewellen Scroll of Service (finalist), Peru State College |
| 2018 – 2019 | Tom Ediger Award, Peru State College (Phi Epsilon Kappa – club advisor) |
| 2017 – 2018 | Barb Lewellen Scroll of Service, Peru State College |
| 2016 – 2017 | Rural Futures Institute Fellowship, The University of Nebraska |
| 2015 – 2016 | Excellence in Community-Based Teaching and Scholarship, Nebraska Campus Compact |
| 2015 – 2016 | E-Learning Innovator in Education, University of Nebraska Medical Center |
| 2013 – 2014 | Great Plains Public Health Leadership Institute Scholar, Year Nine, University of Nebraska Medical Center College of Public Health |
| 2013 – 2014 | Excellence in Teaching, Peru State College |
| 2013 – 2014 | Outstanding Community and Campus Collaboration Award, Nebraska Campus Compact |
| 2013 – 2014 | Youth Development Award, Auburn Chamber of Commerce |
| 2012 – 2013 | Professional Health Educator Award, Nebraska Alliance for Health, Physical Education, Recreation and Dance |
| 2005 – 2006 | Frontiers in Research Award, University of Utah |
| 2005 – 2006 | Civically Engaged Scholarship Initiative, University of Utah |

PROFESSIONAL SOCIETIES

1. The Rural Futures Institute
2. Nebraska Campus Compact
3. National Strength & Conditioning Association
4. USA Weightlifting

PUBLIC AND PROFESSIONAL SERVICE

1. Court Appointed Special Advocate (CASA), Otoe County
2. National Strength & Conditioning Association
Member, NSCA College Coaches Professional Development Group Executive Council
3. National Strength & Conditioning Association Foundation
Grant Committee, (Past Chair)
4. National Strength & Conditioning Association
Peer Reviewer, Council on Accreditation of Strength and Conditioning Education (CASCE)

5. Head Coach, Nebraska City Elite 11U, Little League Baseball
6. Den Leader, Cub Scout Pack 346, Boy Scouts of America
7. Nebraska State Advisory Committee, National Strength & Conditioning Association
8. Richard P. Kimmel & Laurine Kimmel Charitable Foundation, Inc.,
Member, Board of Directors
9. Northern Rocky Mountain Educational Research Association, Proposal Reviewer
10. Nebraska City Rotary
11. Coordinated School Health Impact Team for the State Health Improvement Plan (SHIP),
Nebraska Department of Health & Human Services
Member, Advisory Board
12. International Association for Research and Community Engagement, Proposal Reviewer
13. Nebraska Campus Compact
Strategic Plan Steering Committee
Past Chair, Advisory Committee
14. Peer Reviewer/Referee
Michigan Journal of Community Service Learning
Child Development
The Journal of Character Education
15. Past AmeriCorps Service-Learning Coordinator, Peru State College
16. Past AmeriCorps Service-Learning Host Site Supervisor, Peru State College
17. Partners N' Health, Department of Health & Human Services
Past Member, Advisory Board
18. Institute of Behavioral and Applied Management
Past Co-chair, Management Education and Pedagogy
19. Abstract Reviewer
American Alliance for Health, Physical Education, Recreation and Dance
(AAHPERD) National Conference, 2006 – 2007
Institute of Behavioral and Applied Management (IBAM), 2009 – 2014
20. Textbook Reviewer
Connolly, D. (2012). Basic and applied sports kinesiology. Philadelphia, PA: Lippincott Williams & Wilkins
Kotecki, J. E. (2011). Physical activity & health: An interactive approach (3rd ed.). Sudbury, MA: Jones & Bartlett Learning.
Corbin, C., Welk, G., Corbin, W., & Welk, K. (2010). Concepts of fitness & wellness: A comprehensive lifestyle approach (9th ed.). New York, NY: McGraw-Hill.

INSTITUTIONAL SERVICE

1. 2025 – Present *Faculty Advisor, Rugby Football Club*. Northwest Missouri State University.
2. 2022 – 2024 *Faculty Advisor, Wellness Living Learning Community*. Peru State College.
3. 2019 – 2020 *Committee Member, Rank Promotion, and Tenure*. Peru State College.
4. 2016 – 2020 *Committee Member, Athletic Advisory Committee*. Peru State College.
5. 2016 – 2021 *Committee Member, Strategic Planning Committee*. Peru State College.
6. 2016 – 2020 *Director, Honors Program*. Peru State College.
7. 2016 – 2020 *Faculty Advisor, Honors Living Learning Community*. Peru State College
8. 2016 – 2020 *Committee Member, First Year Experience*. Peru State College.
9. 2016 – 2020 *Committee Member, College 101*. Peru State College.
10. 2016 – 2017 *Chair, Faculty Senate*. Peru State College.
11. 2016 – 2017 *Committee Member, Veteran's Day Committee*.
12. 2015 – 2016 *Co-chair, Higher Learning Commission Assurance Argument Steering Committee*.
Peru State College.

13. 2015 – 2016 *Co-chair, Higher Learning Commission Assurance Argument, Criterion Three*. Peru State College
14. 2015 – 2016 *Chair, Academics & Curriculum*. Peru State College
15. 2013 – 2014 *Committee Member, Rank Promotion, and Tenure*. Peru State College.
16. 2012 – 2013 *Chair, Faculty Senate*. Peru State College.
17. 2012 – 2013 *Chair, Institutional Review Board*. Peru State College.
18. Fall, 2012 *Interim Chair, Rank Promotion, and Tenure*. Peru State College.
19. 2011 – 2012 *Chair, Academics & Curriculum*. Peru State College.
20. 2011 – 2012 *Ex-officio, Assessment Committee*. Peru State College.
21. 2011 – 2016 *Coordinator, Public Health Early Admissions Student Track*. Peru State College.
22. 2011 – 2013 *Committee Member, Distinguished Speaker Series*. Peru State College.
23. 2010 – Present *Advisor, Phi Epsilon Kappa*. Peru State College.
24. 2010 – 2011 *Committee Member, Academics & Curriculum*. Peru State College.
25. 2010 – 2011 *Chair, Higher Learning Commission Sub-committee/Charting the Future*. Peru State College.
26. 2010 – 2011 *Committee Member, Strategic Planning Committee* . Peru State College.
27. 2010 – 2011 *Committee Member, Boxley Scholarship*. Peru State College.
28. 2010 – 2011 *Committee Member, Rank Promotion and Tenure Peer-Review*. Peru State College.
29. 2009 – 2024 *Coordinator, Human Performance Lab*. Peru State College.