

RANDALL W. CRIST
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Education

- Ed.D. 1994 University of Kentucky, Lexington, KY 40506
Kinesiology and Health Promotion
- M.A. 1984 Georgetown College, Georgetown, KY 40324
Education
- B.S. 1978 Taylor University, Upland, IN 46989
Health and Physical Education, minors in Biology and Physical Science

Professional Experience

- 2011 University of Kentucky, Lexington, KY 40506
Kinesiology and Health Promotion
- 2000-2010 Eastern Kentucky University, Richmond, KY 40475
Exercise and Sport Science
- 1996-2000 Murray State University, Murray, KY 42071
Physical Education and Health
- 1979-95 Anderson Middle School, Lawrenceburg, KY 40342
Science
- 1978-79 Dayton Christian Schools, Dayton, OH 45405
Junior High Science

Publications

Crist, R., Milkman, M. (2001). The Kentucky Cardiovascular Health Project. Research Quarterly for Exercise and Sport, 72 (1), Supplement A-27.

Church, J.B., Wiggins, M., Moode, F.M., Crist, R. (2001). Effect of Warm-Up and Flexibility Treatments on Vertical Jump Performance. The Journal of Strength and Conditioning Research, 15 (3), 332-336.

Hicks, M., Wiggins, M., Moode, F.M., Crist, R. (2001). Sex Differences in Grade Three Students' Attitudes Towards Physical Activity. Perceptual and Motor Skills, 93, 97-102.

Wiggins, M.S., Crist, R.W., Beam, L., & Hicks, M.K. (2001). Physical Education Student's Attitudes Towards Physical Activity. KAHPERD Journal, 37(2), 35-38.

Crist, R. (1999). The effects of directed fitness activities and free-play time on the self-concept and classroom performance of sixth-grade students. In M. Guddemi, T. Jambor, & A. Skrupskelis (Eds.), Play in a Changing Society (pp. 59-61). Little Rock: Southern Early Childhood Association.

Crist, R. (1997). Activity level and fitness development in children engaged in directed aerobic activities and free-play time. Kentucky Association for Health, Physical Education, Recreation and Dance Journal, 22 (2).

Crist, R. (1996). Life in the middle of the pack. Scholastic Coach and Athletic Director, 66 (2).

National Refereed Presentations

Making Fitness Fun. Presented at the Southern District American Alliance for Health, Physical Education, Recreation & Dance Conference, Greensboro, NC, 1999.

The effects of directed fitness activities and free-play time on the self-concept and classroom performance of sixth grade students. International Play Association / USA Triennial National Conference, Longmont, CO, 1998.

Cross Country for the Masses. Southern District American Alliance for Health, Physical Education, Recreation & Dance Conference, Biloxi, MS, 1998.

Improving Self-Concept, Conduct and Academic Performance Through Aerobic Fitness. American Alliance for Health, Physical Education, Recreation & Dance National Conference, St. Louis, MO, 1997.

The Effects of Aerobic Exercise on the Development of Positive Self-Concept. Sharing the Wealth in Physical Education Annual Conference, Jekyll Island, GA, 1996.

The Effects of Aerobic Exercise and Free-Play Time on the Self-Concept and Classroom Performance of Sixth Grade Students. National Middle School Conference, New Orleans, LA, 1995.

State Refereed Presentations

Folk & Nolvety Dances that Anyone Can Teach. Kentucky Association of Health, Physical Education, Recreation & Dance State Conference, Lexington, KY, 1999.

Making Fitness Fun. Kentucky Association of Health, Physical Education, Recreation & Dance State Conference, Louisville, KY, 1997.

Differences in Leg Power and Maximal Oxygen Uptake in Male High School 800 Meter Runners. Kentucky Association for Health, Physical Education, Recreation & Dance State Conference, Louisville, KY, 1986.

Selected Invited Presentations

Testified before the House of Representatives Education Committee about the benefits and need for increased physical activity and the epidemic of childhood obesity. March 15, 2004

Do's and Don'ts of Assessing Health and Fitness Status. Kentucky Department of Education's Practical Living Academy. July 2001

Strategies and Mental Preparation for Racing Distance Events. Kentucky Track & Cross Country Coaches Association Annual Clinic, Frankfort, KY, 1998.

Selected Inservice Presentations

Differentiating Instruction in the Performing Arts. Professional development program presented at Sharpe Elementary School as part of the Model School Development grant. 1999

Making Fitness Fun. Six hour workshop presented to area Physical Education teachers for the West Kentucky Educational Cooperative, 1999

Pre-school Fitness and Motor Development. Presented to area day-care providers for the Purchase Area District Development agency and the Purchase Area Health Department. 1998.

Liven Up Your Physical Education Program. Professional development for the West Kentucky Educational Cooperative, 1996 & 1997.

Grants

Kentucky Department of Education Cardiovascular Health Project - 1999 Co-P.I.	\$260,000
Inquiry-Based Learning in a Multi-Scale Hydro-Mechanical Lab - 1999 Co-PI/PD	\$59,989
Technology Trust Fund Grant - 1999	\$490
MSU Institutional Studies and Research – 1999	\$200
Transformational Robotics – 1998 Co-P.I.	\$1,873
Pepsi ONE Training & Fitness Program – 1998	\$500
MSU Institutional Studies and Research – 1998	\$200
Aquafina/Diet Pepsi Training & Fitness Challenge - 1997	\$1900

Thesis Committees

Brian Church, “Effect of flexibility treatments on subsequent vertical jump performance” (completion date, August, 1999).

Melisa Hicks, “Third grade students’ attitudes towards physical activity” (completion date, December, 1999).

Benji Sloan, “Motivational differences between collegiate and professional football players” (completion date, August, 1999).

Professional Certifications

Kentucky Teacher Internship Program

Professional Association Memberships

American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)

National Association for Sport and Physical Education (NASPE)

Kentucky Association for Health, Physical Education, Recreation & Dance (KAHPERD)

Kentucky Track & Cross Country Coaches Association (KTCCCA)

Professional Service

KAHPERD President	2005
KTCCCA President	2004-05
KAHPERD Convention Manager	2003
NASPE Coaches Council	1999-2001

Honors

Jessamine County Coach of the Year Award	2003, 2005, 2006, 2008
KAHPERD Distinguished Service Award	2002
Kentucky Track & Cross Country Coaches Association Hall of Fame	1998
Scholastic Coach National High School Coaching Award	1989
Kentucky Girls Cross Country State Coach of the Year	1983
Regional Coach of the Year	21 times

