

**Jill A. Day, Ed.D.**  
**University of Kentucky**  
**Department of Kinesiology and Health Promotion**  
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EDUCATION

- 2005-2009 University of Kentucky Lexington, KY  
Ed.D. Kinesiology and Health Promotion  
Dissertation: "Physical Activity, Body Composition, and Academic Achievement/Performance in Rural Eastern Kentucky Children"
- 2004-2005 Eastern Kentucky University Richmond, KY  
M.S. Physical Education  
Thesis: "The Effect of Gender and Sport on Coping Mechanisms of Sports Injuries"
- 1998-2002 Eastern Kentucky University Richmond, KY  
B.S. Physical Education  
Magna Cum Laude

PROFESSIONAL EXPERIENCE

- August 2013 University of Kentucky Lexington, KY  
Department of Kinesiology and Health Promotion  
Position: Lecturer
- Courses Taught:
- History and Philosophy of Physical Education and Sport
  - Psychology and Sociology of Sport
- 2007-2013 Campbellsville University Campbellsville, KY  
Department of Human Performance  
Position: Assistant Professor 2007-2012  
Promoted to Associate Professor, May 2012  
Awarded Tenure, May 2013
- Courses Taught:
- Adapted Physical Education
  - Beginning Tennis
  - Coaching Theory of Tennis
  - Current Issues and Trends in Sports
  - Gender and Diversity Issues in Sports
  - Healthful Living

- History and Philosophy of Physical Education
- Motor Learning
- Psychology and Sociology of Sport
- School Health, Physical Education, and Recreation (P-5)
- Sport Law
- Strength Training and Conditioning
- Teaching Health and Physical Education (P-12)
- Teaching Sports Skills I—Individual Sports
- Teaching Sports Skills II—Team Sports
- Strength Training and Conditioning

2005-2007      University of Kentucky      Lexington, KY  
 Department of Kinesiology and Health Promotion  
 Position: Doctoral Teaching Assistant

Courses Taught:

- Aerobic Running
- Aerobic Walking
- Beginning Tennis
- Intermediate Tennis
- Psychology and Sociology of Sport
- Weight Training

Doctoral Teaching Assistant for:

- Individual Sports: Badminton, Golf, and Tennis
- Physical Education in the Elementary School
- Physical Education in the Secondary School

2004-2005      Eastern Kentucky University      Richmond, KY  
 Department of Exercise and Sports Science  
 Position: Graduate Teaching Assistant

Courses Taught:

- Aerobic Walking
- Beginning Tennis
- Intermediate Tennis
- Lifetime Fitness and Wellness

2003      Eastern Kentucky University      Richmond, KY  
 Department of Exercise and Sports Science  
 Position: Part-time Instructor

Course Taught:

- Lifetime Fitness and Wellness

## RESEARCH EXPERIENCE

- 2008-2009 Principle Investigator for Dissertation  
Collected data related to physical activity, body composition, and academic performance of 4<sup>th</sup> and 5<sup>th</sup> grade rural children
- 2005-2007 Assisted Dr. Jody Clasey, Associate Professor of Kinesiology and Health Promotion at the University of Kentucky, with data collection and data entry for research studies concerning obesity in children
- 2005-2006 Assisted Dr. Melody Noland, Chairperson of the Department of Kinesiology and Health Promotion at the University of Kentucky, with data collection and data entry for research study concerning smoking behaviors of teenagers in Fayette County Public Schools
- 2004-2005 Principle Investigator for Master's Thesis  
Collected data related to how athletes coped following a sports injury

## PUBLICATIONS

- Day, J., Beighle, A., Riggs, R., Allen, D., Hall, J., & Clasey, J.L. (2011). Body composition and physical activity levels of young Appalachian children. [Abstract] Appalachian Health Summit: Focus on Obesity.
- Day, J., Beighle, A., Riggs, R., Hall, J., Clasey, J. (2010) Physical activity in rural children [Abstract] *Research Quarterly for Exercise Science Supplement*, 81(1), A-15.
- Clasey, J.L., Day, J.A., Stone, J.L., Easley, E., & Long, D.E. (2009). BMI for age and sex percentiles vs. body composition measures in young children. *Obesity Society Abstract*.
- Day, J. (2009). Physical activity, body composition, and academic achievement/performance in rural children living in eastern Kentucky. Unpublished dissertation, University of Kentucky, Lexington, KY.
- Day, J. (2005). The effect of gender and sport on coping mechanisms of sports injuries Master's thesis, Eastern Kentucky University, Richmond, KY.
- Day, J. (2005). The effect of gender and sport on coping mechanisms of sports injuries [Abstract] *Kinesiology Publications*, University of Oregon.

## PRESENTATIONS

- Day, J. (2012). *The Importance of Physical Activity and Physical Activity Professions*. Presented to Mr. Lynn Kearney's Career Services class, Taylor County High School, Campbellsville, KY
- Day, J. (2012). *The Importance of Physical Activity*. Presented to Campbellsville Elementary students, Campbellsville, KY
- Day, J. (2011). *Components of Quality Physical Education*. Presented to Clay County Public Schools Professional Development Workshop, Manchester, KY.
- Day, J., Beighle, A., Riggs, R., Allen, D., Hall, J., & Clasey, J.L. (April 2011). *Body Composition and Physical Activity Levels of Young Appalachian Children*. Oral Presentation at the Appalachian Health Summit: Focus on Obesity
- Day, J. (2010). *Movement in the Classroom*. Presented to Campbellsville University Pre-Professional Development Program.
- Day, J., Beighle, A., Riggs, R., Hall, J. & Clasey, J. (June 2010). *Body Composition and Physical Activity Levels of Young Rural Children* Submitted as a poster presentation to American College of Sports Medicine 2010 Convention, Baltimore, Maryland.
- Day, J., Beighle, A., Riggs, R., Hall, J. & Clasey, J. (March 2010). *Physical Activity in Rural Children*. Research symposium poster presentation at the American Alliance for Health, Physical Education, Recreation, and Dance Conference, Indianapolis, Indiana.
- Day, J. (2009). *Physical Activity, Body Composition, and Academic Achievement/Performance in Rural Children Living in Eastern Kentucky*. Research Colloquium, Campbellsville University, Campbellsville, KY.
- Day, J. (2009). *Silent Epidemic: The Growing Trend of Obesity in Children and What Educators Can Do to Stop It*. Presented to Clay County Public Schools Professional Development Workshop, Manchester, KY.
- Day, J. (2005-2006). *Tennis in Physical Education: How a Non-Tennis Playing PE Teacher Can Implement Tennis into the Classroom*. Presented to the Student Health and Physical Education (SHAPE) Institute Workshop, Manchester, KY.
- Day, J. (2005). *Psychological and Emotional Effects of Sports Injuries*. Presented to the Student Health and Physical Education (SHAPE) Institute workshop, Manchester, KY.
- Day, J. (2004-2006). *Coping with Sports Injuries*. Presented to Dr. Heather Adams-Blair's Psychology of Coaching class, Eastern Kentucky University.

## COMMITTEE MEMBERSHIPS

2012

SACS Faculty Committee  
Campbellsville University

2010-2013

General Education Committee  
Campbellsville University

2007-2013

Teacher Education Committee  
Campbellsville University

2011-2012

Curriculum Committee  
Campbellsville University

2007-2010

Wellness Committee  
Campbellsville University

## CONSULTING EXPERIENCE

Physical Education Consultant for Clay County Public Schools 2005-Present

Quoted in Washington Post Article, "Kentucky town of Manchester Illustrates National Obesity Crisis"; Published July 12, 2010 by Wil Haygood July 2010

## NON-ACADEMIC EXPERIENCE

Volunteer assistant tennis coach, Campbellsville University's women's tennis team 2007-2013

Director of local tennis clinic, Manchester Kentucky 2010-2012

Activities Director for Countywide Vacation Bible School, Manchester, KY 2008-2011

Assisted with Upward Soccer evaluations 2009-2013

Activities Director for Manchester Baptist Church Vacation Bible School 2009

Conducted tennis lessons and clinics for local children 2004-2009

Upward Basketball Coach 2007

Fellowship of Christian Athletes Tennis Camp Huddle Leader 2004-2005

Tennis Instructor and Bible Study Leader for Crosspoint Christian Sports Camps 2000

## MEMBERSHIPS

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

American College of Sports Medicine (ACSM)

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

National Council on Strength Fitness (NCSF)

National Association of Sport and Physical Education (NASPE)

National Association of Girls and Women in Sport (NAGWS)

United States Tennis Association (USTA)