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Exercise and Nutritional Sciences
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EDUCATION:

1987 San Diego State University
California Multi-Subject Credential
California Single-Subject Credential, Physical Education

1985 M.A. Degree in Education - GPA: 4.0
Emphasis in Curriculum and Instruction

1983 B.A. Degree in Physical Education – GPA: 3.86
Graduated with Distinction

1981 Southwestern College, Chula Vista, CA
A.A. Degree in General Education, Graduated with Honors

PROFESSIONAL EXPERIENCE:

1998 – Present *San Diego State University, Faculty/Instructor*
Exercise and Nutritional Sciences, ENS 241A and 241B -Elementary Physical Education classes, 1998-2002,
2006-2011, 2014-2019

Feb. 2004 – Present *Kimbrell, Inc., Small business owner and consultant*
Trainer, curriculum writer, state and national conference presenter, video director, consultant

Nov. 2013 – Present *Poway Unified School District, Substitute Teacher, Pre-K through 5th grade*

Dec. 2005 – Present *The Office of Head Start, Master Trainer, “I Am Moving I Am Learning” (IMIL) National Obesity Prevention Initiative; creator of “MVPA – Every Day!”; Trainer of Trainer (IMIL) Facilitator Training, Washington, DC, May 2008; Head Start, Body Start, I Am Moving, 2008-2010*

Nov. 2018 – June 2019 *San Diego Unified School District, Support Teacher, Marston Middle School*

Oct. 2017 – June 2018 *San Diego Unified School District, Pupil Advocate, Marston Middle School*

May 2016 – Nov. 2016 *WestEd, Writer, Transitional Kindergarten Physical Development Modules for the California Preschool Instructional Network*

Nov. 2015 – June 2016 *San Diego Unified School District, Mentor Teacher, Marston Middle School*

Jan. 2015 – May 2015 *Alliant International University, San Diego Campus, Adjunct Faculty/Instructor, Child Development - Child Physical and Motor Development*

April 2014 – 2016 *WestEd, Reviewer, Writer, Consultant, Trainer for California Preschool Learning Foundations and Framework, Physical Development*

Oct. 2013 – 2015 *San Marcos Unified School District, Substitute Teacher, Pre-K through 5th grade*

2000-2005 *College Faculty/Instructor*
Miramar Community College, Elementary teacher lecture and lab, 2005
University of California, San Diego, Elem. teacher prep lecture & lab, 2000-2002

1993 – Feb. 2004 *Sports, Play, and Active Recreation for Kids (S.P.A.R.K.)*
Director, Early Childhood Development - Author, Curriculum Writer, Researcher, Trainer of Trainer
Patricia A. Kimbrell, M.A.

Director, Educational Services - Marketing, Curriculum Writer, Recruiter, Trainer of Trainer

Director, School Interventions - Staff Development Coordinator, Trainer Supervisor,
Conference Presenter, Consultant, Presenter of Staff Development for The S.P.A.R.K. Programs

1992-1993 *Poway Unified School District, Midland Elementary School*
Physical Education Specialist, Part-time, K-6 Level

1987-1992 *San Ysidro School District, Willow Elementary School*
Classroom Teacher – 1st, 1st/2nd, 5th/6th, and 6th grade. District Mentor Teacher, 1991-1992.

1987 *San Diego Unified School District, Sherman Elementary School*
Achievement Goals Program Instructor – Remedial Reading Instructor

1983-1987 *San Diego Diocese, Stella Maris Academy, La Jolla, CA*
Physical Education Specialist (K-8), Classroom Teacher (4th) - English, Spelling, Health and Science

CONFERENCE PRESENTATIONS:

2019

The Office of Head Start, I Am Moving, I Am Learning, White Plains, NY, Mar. 2019

California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies,
Sacramento, CA, Mar. 2019

California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies, Orange
County, CA, Mar. 2019

2018

The Office of Head Start, I Am Moving, I Am Learning, Kansas City, MO, Aug. 2018

The Office of Head Start, I Am Moving, I Am Learning, Dallas, TX, Apr. 2018

California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies, Contra
Costa County, CA, Mar. 2018

California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies,
Sacramento, CA, Mar. 2018

California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies, San
Bernardino, CA, Feb. 2018

2017

Because Children Matter Early Childhood and Education Conference, Birth to Three - Enhancing Movement
Opportunities that Builds a Successful Foundation and Strategize to Maximize Movement Success for Preschool,
Long Beach, CA, Oct. 2017

California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies,
Sacramento, CA, Sept. 2016

The Office of Head Start, I Am Moving, I Am Learning, Boston, MA, Aug. 2017

The Office of Head Start, I Am Moving, I Am Learning, Kansas City, KC, May 2017

California Head Start Health Institute, Champions of Health – Best Practices to Maximize Motor Development and
Prevent Childhood Obesity, San Diego, CA, Apr. 2017

California Region IX STEM Conference, Strengthen the Power of Math Through Movement!, Reno, NV, Mar. 2017

Because Children Matter Early Childhood and Education Conference, Moving and Learning: Play-Based
Strategies to Support School Readiness Skills, Anaheim, CA, Mar. 2017

California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies, San
Bernardino, CA, Feb. 2017

California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies,
Sacramento, CA, Feb. 2017

California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies, Irvine, CA,
Jan. 2017

2016

The Office of Head Start, I Am Moving, I Am Learning, Altoona, PA, Sept. 2016

The Office of Head Start, I Am Moving, I Am Learning, Denver, CO, GA, Aug. 2016

The Office of Head Start, I Am Moving, I Am Learning, Atlanta, GA, May 2016
California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies, Los Angeles, CA, Apr. 2016
California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies, Tulare, CA, Mar. 2016
California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies, San Diego, CA, Mar. 2016
Child Start, Inc., Early Childhood Staff Development, I Am Moving, I Am Learning – Head Start Overview, Fairfield, CA, Jan. 2016
California SHINE Preschool Forums, California Department of Education, Active Minds, Active Bodies, Sacramento, CA, Jan. 2016

1987- 2015 (Available upon request)

STAFF DEVELOPMENT PRESENTATIONS:

2019

Children's Preschool Instructional Network, Region 2, Tehema County Office of Education and Glenn County Office of Education, Integrating Active Physical Play Throughout the Day, Red Bluff, CA, Feb. 2019

2018

Imperial County Office of Education, Math, Music and Motion, El Centro, CA, Oct. 2018

2017

Mexican American Opportunities Foundation HS, Home Based Strategies to Increase PA and School Readiness Skills and PA – They Go Together, Huntington Park, CA, Dec. 2017
AKA Head Start, I'm Moving, I'm Learning, El Cajon, CA, Nov. 2017
University of California San Francisco - School of Nursing, NIH Grant, Physical Activity at Child Care, San Francisco, CA, Nov. 2017
Children's Council of San Francisco, More Moving and Learning, San Francisco, CA, Sept. 2017
Children's Council of San Francisco, Moving and Learning – The Importance of Physical Activity in the Early Years, San Francisco, CA, July 2017
Foundation for Early Childhood Education, School Readiness and PA They Go Together, El Monte, CA, Mar. 2017

2016

Healthy For Life, St. Joseph's Hospital, Preschool Physical Development Year Two, Napa, CA, Oct. 2016
Sacramento County Office of Education, Transitional Kindergarten Physical Activity Training Module, Sacramento, CA, Oct. 2016
South Central Human Resources Agency, I Am Moving, I Am Learning, Fayetteville, TN, July 2016
Children's Council of San Francisco, Moving and Learning – The Importance of Physical Activity in the Early Years, San Francisco, CA, July 2016
Community Action Partnership of Madera County Head Start and Migrant Head Start, I Am Moving, I Am Learning, Madera, CA, May 2016
Volunteers of America Head Start, I Am Moving, I Am Learning, Los Angeles, CA, Feb. 2016
Healthy For Life, St. Joseph's Hospital, Preschool Physical Development Year Two, Napa, CA, Jan. 2016

1987 – 2015 (Available upon request)

RESEARCH PROJECTS:

Oct. 2017 – Present *Healthy Children & Environments Study (HCES)*, UCSF School of Nursing California Childcare Health Program (CCHP) and UC Berkeley Center for Environmental Research and Children's Health (CERCH). Physical Activity Expert. Principal Investigator: Abbey Alkon, UCSF Professor, HCES.

Nov. 2015 – 2017 *FEED & SEED - ChoosyKids - Farm To Belly Pilot Project*, a collaborative, fresh produce project in conjunction with CHOOSY Kids, Greenville Health Systems, FEED & SEED Co-Founder - foundational support of Clemson University Public Health Sciences. Classroom and family memo writer. Project Director: Mike McGirr, Pilot Investigator: Kerry McKenzie.

2014-2016 *Healthy for Life Project*, Saint Joseph Health Queen of the Valley and Child Start, Inc. Preschool classrooms. Coordinator: Jeff Kresge.

2005-2011 *TEAM Play Childhood Obesity Prevention*, University of Tennessee Memphis, Department of Preventative Medicine, National Institutes of Health. Principal Investigator: Grant Somes, Ph.D, Marion Hare M.D., Phyllis Richey, Ph.D.

2006-2007 *Aventuras Para Niños*, Center for Behavioral and Community Health, San Diego State University Research Foundation. Principal Investigator: John Elder, Ph.D., Nadia Campbell, MPH, Project Manager.

2000-2004 *SPARK Early Childhood Physical Activity Curricula*, University of Tennessee Memphis, Department of Preventative Medicine, The Children's Fund and Memphis City Schools. Principal Investigator: Phyllis Richey, Ph.D.

2003-2004 NIH Grant with Bassett Healthcare Research Institute in Cobleskill, NY. Work with Head Start preschool teachers to deliver the SPARK Physical Activity Program. Coordinator: Dr. Barbara Dennison.

2002-2003 San Diego County Grant with Neighborhood House and MAAC Project. Work with 8 Head Start sites to deliver the SPARK Physical Activity Program. Coordinator: Elaine Hiel.

2002 San Benito County First Five Project. Work with public and private preschools to deliver the SPARK Physical Activity Program in San Benito County. Prop 10 funded. Coordinator: Laura Reed.

2002-2003 California Fit WIC Project. Create, design, and write a program for CA WIC agencies - Fit Families Play: Hands-On Physical Activity With Children Using Home-Made Toys. Coordinator: Pat Crawford, Poppy Strode.

1999-2000 University of Reno, Nevada, *HOPSCOTCH* grant, NIH. Consultant. Principal Investigator: Dr. Sach de Jours.

PUBLICATIONS:

Choosy Kids, LLC, Move and Learn with Choosy, Contributing Author, First Edition (2018).

University of California, San Francisco School of Nursing's California Childcare Health Program (CCHP) with support from the United States Department of Agriculture (USDA) through the California Department of Public Health, Nutrition and Physical Activity in Early Care and Education *A Primer for California*, Advisory Committee (2018).

California Department of Education, Desired Results Developmental Profile-Revised 2 Preschool (DRDP-R@ PS) to the California Preschool Learning Foundations in Physical Development (2010).

California Department of Education, Preschool Learning Foundations Vol. 2, Physical Development (2010).

Kimbrell, P., Kiefer, M.J., Talbot, S. (2009). Contra Costa County Community Services Department, California WIC, and First 5 Contra Costa Children and Families Commission, *52 Weeks of Fun!* Preschool physical activity and nutrition calendar of activities, San Diego, CA.

Kimbrell, P., Richey, P., Rosengard, P., McKenzie, T., & Short, K. (2001). Author, S.P.A.R.K. Early Childhood Program - Preschool, San Diego, CA: SDSU

Rosengard, P., McKenzie, T. (2000). Special Contribution, S.P.A.R.K. 3-6 Physical Education, San Diego, CA: SDSU

Rosengard, P., McKenzie, T., & Short, K., Strelow, J. (2000). Special Contribution, S.P.A.R.K. Active Recreation, Ages 5-14, San Diego, CA: SDSU

Rosengard, P., McKenzie, T., & Short, K. (1995). Contributing co-author, S.P.A.R.K. K-2 Physical Education, San Diego, CA: SDSU

VIDEO PROJECTS:

WestEd and California Department of Education, Development and Consultation of California Preschool Instructional Network (CPIN) Physical Development videos for the California Preschool Learning Foundations and Framework, Volume 2, San Diego, CA, May 2014.

Fresno City College and California Department of Education, Development and Consultation of "*Healthy and Active Preschoolers*" on the Nutrition Education Website Resource for The Fresno City College, Physical Activity Module, Fresno, CA, Spring 2011
<http://www.healthypreschoolers.com/>

San Diego County Office of Education, "*Let's Go Learning Adventures*", Preschool Website, Early Childhood Consultant, Motor Development and School Readiness, Feb. 2011
http://letsgo4preschool.sdcoe.net/content/eng_home.asp

Contra Costa County WIC Program, Physical Activity Video Director and Writer, "*Feel the Love, Feel the Power, Make Healthy Choices*" DVD, February 2009

Contra Costa County WIC Program, Physical Activity Video Director and Writer, "*Get Real*" DVD, June 2008

The Office of Head Start, Region III, "*Best Practices Overview: I Am Moving, I Am Learning*", DVD, Winter 2006

First Five Commission of Contra Costa County and WIC, Physical Activity Video Director and Designer, "*Have Fun and Be Active*", Spring 2004

UC Berkeley Cooperative Extension, Physical Activity Video for WIC, "*Let's Get Moving*", CA, Sept. 2002

United Learning Video Productions, Consultant, "*Being Active at Child Care*", Evanston, IL, Fall 2002

ACHIEVEMENTS/CERTIFICATIONS:

2018 Crosscultural, Language and Academic Development Certificate (CLAD through CTCL)

2003 System for Observing Fitness Instruction Time (SOFIT) Training, Certified Observer

1994 SPARK Certified Physical Education Instructor and Consultant

1982 Mentor Teacher for San Ysidro School District

1988 Trainer - San Francisco. Conflict resolution manager

ADDITIONAL INVOLVEMENT:

Early Childhood Education Primer for California Health Professional Nutrition and Physical Activity, Expert Committee Member, UCSF, 2017-2018

San Diego State University, Liberal Studies Club, Integrating Academics and Physical Activity, Guest Speaker, AY 2014-2017

The Office of Head Start, National Training Team, I Am Moving, I Am Learning, The Administration for Children and Families (ACF) Assistant Secretary's 2006 Partnering for HHS Excellence Award), 2006-2009, 2015

Turtleback Elementary Volunteer, Classroom and P. E., 1999 to 2008, 2013 to 2016

California Obesity Conference, Early Childhood Track Committee, Physical Activity Expert, 2012

Let's Move! Child Care, Physical Activity Trainer, 2011

Palomar/Pomerado Hospital, Running Clubs, Chair, 2005-2009

San Diego County Childhood Obesity Action Plan, Domain Leader for Early Childhood, 2006-2007

Coalition on Children and Weight San Diego, Chair, Early Childhood Workgroup (2006-2007) and Child Care and After School Workgroup, member since 2003

Palomar/Pomerado Hospital, Health Care Advisory Committee, member since 2005

California Association for the Education of Young Children (CAEYC), member since 2004

National Association for the Education of Young Children (NAEYC), member since 2004

California Association for Health, Physical Education, Recreation and Dance (CAHPERD), member since 1995

California Kindergarten Conference, member since 1998

Poway Unified School District, School Wellness Policy Task Force, 2005 to 2007

Monterey Ridge Elementary School, Family Fitness Night Coordinator, 2008 to 2010

Turtleback Elementary School, Family Fitness Night Coordinator and Presenter (2005 to 2012), School Site Council (2005 to 2008), Preschool Co-op, Parent volunteer and classroom assistant (1997-1998)