

Curriculum Vitae

KENDRA DELGADO

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EDUCATION

- 2016** **Master of Science, Kinesiology**
Kansas State University, Manhattan, KS
- 2014** **Bachelor of Science, Kinesiology**
Emphasis: Exercise Physiology
Coaching Endorsement
Kansas State University, Manhattan, KS

CERTIFICATIONS & TRAINING

- 2024** **Heads Up! Concussion in Youth Sports**
Centers for Disease Control and Prevention
- 2024** **Safe Sport Core**
U.S. Center for Safe Sport
- 2022-P** **Hazardous Waste Awareness & Hazard Communication**
Kansas State University Environmental Safety
- 2018-P** **Youth Exercise Specialist**
National Academy of Sports Medicine
- 2014-P** **Certified Exercise Physiologist**
American College of Sports Medicine

TEACHING & ADVISING

- 2019-P** **Instructor**
School of Health Sciences: Kinesiology Program
Kansas State University
- Anatomy and Physiology Lab Coordinator and Instructor (8)
 - Anatomy & Physiology I Lab Coordinator and Instructor (4)
 - Anatomy & Physiology II Lab Coordinator and Instructor (4)
 - Pediatric Physical Activity, Exercise, and Sport (3)
 - Certifications in Health & Fitness (3)
 - Mind & Body (1)

- Academic Advisor for ~200 undergraduates until transition to 100% instruction in Spring of 2023

- 2017-19** **Instructor of Health & Human Performance**
Department of Health, Physical Education, and Recreation Department
Emporia State University
 - Critical Health Issues & Decisions in Society (3)
 - Health/Fitness Instructor Leadership (3)
 - Technology in Health, Physical Education, and Recreation (3)
 - Walking and Jogging (1)
 - Health Promotion Practicum I (1)
 - Yoga (1)

- 2016** **Adjunct Instructor**
Cloud County Community College (Junction City Campus)
 - Anatomy & Physiology (lecture/lab) (4)

- 2016** **Adjunct Instructor**
Highland County Community College (Wamego Campus)
 - College Biology (lecture/lab) (4)

- 2016** **Graduate Research Assistant**
Leasure Tutoring Center, Kansas State University
 - Supervised tutors and students within center, facilitated student-led critiquing of assignments and projects

- 2014-15** **Graduate Teaching Assistant**
Department of Kinesiology, Kansas State University
 - Biobehavioral Bases of Physical Activity Lab (1)
 - Exercise Physiology Lab (1)

- 2014-15** **Graduate Assistant**
Department of Kinesiology: Undergraduate Advising, Kansas State University
 - Assisted at recruiting and enrollment events for department, managed student advising folders and undergraduate listserv, improved and prepared materials for meetings and presentations such as the K-State Majors Fair and K-State Open House

- 2014** **Tutor**
Kansas State University Athletics
 - Guided study sessions pertaining to undergraduate Kinesiology courses

SERVICE

2025	Health Promoting University – Physical Activity Subcommittee Kansas State University
2019-P	American College of Sports Medicine (ACSM) Exercise is Medicine on Campus (EIMOC): Kineisology Program Kansas State University ▪ GOLD Campus 2025, SILVER Campus 2019-2023, COVID Conqueror Badge 2021
2023-2024	Center for Child Development Advisory Board Kansas State University
2023-2024	Move MHK Steering Committee City of Manhattan Parks & Recreation Manhattan, KS
2022	Department of Kinesiology Search Committee Kansas State University Student Services Coordinator and Academic Advisor
2019-23	Department of Kinesiology Social Media & Marketing Committee Kansas State University ▪ Chair
2021-2022	Department of Kinesiology LIFE Committee Kansas State University
2021	Department of Kinesiology Search Committee Kansas State University Student Services Coordinator and Academic Advisor
2019-2021	Department of Kinesiology Events Committee Kansas State University
2019-2020	Department of Kinesiology Lab Supply Coordinator Kansas State University ▪ Inventory and order supplies for all undergraduate teaching labs
2018-19	American College of Sports Medicine: Exercise is Medicine On Campus Emporia State University ▪ Faculty Advisor, GOLD Campus, 2018

2018-19	Health, Physical Education, & Recreation Promotions Committee Emporia State University
2017-19	Health, Physical Education, & Recreation Undergraduate Committee Emporia State University

INDUSTRY EXPERIENCE

2011-15 2018, 2024	Coach Manhattan Gymnastics Academy, Manhattan, KS - Developed and carried out lesson plans for boys & girls recreational gymnastics, Developmental Team, Xcel Team & private lessons - Evaluated ~40 skills for gymnasts aged 4-12 years old - Demonstrated and spotted movements at each event, led stretching & conditioning
2016-17	Recreation Coordinator City of Wamego, KS Coordinated youth and adult activities, arts and crafts, sports, swimming pool, and recreation complex operations, supervised and trained seasonal and part-time employees
2014	Coach Wamego Middle School Track & Field, Wamego, KS Provided drills and direction specific to athletes in the long jump and triple jump, recorded and tracked performances, traveled with, and helped supervise the team
2013	Volunteer Coach Manhattan Cross Country Club, Manhattan, KS Co-led assigned running group through time trials, relay games, pace, pack, tempo, and trail running, helped facilitate the School Fitness Challenge Fun Run
2013	Exercise Specialist Intern Rebound Sports Performance, Topeka, KS Observed and conducted supervised training sessions, participated in execution of musculoskeletal, sport performance, and cardio-respiratory evaluations, gave research presentation to Exercise Specialist staff

TECHNICAL SKILLS

Activity leadership	Canvas LMS + apps
Obtaining vital signs	Small mammal dissection
Client risk assessment	Online course design
Exercise testing procedures + equipment	Chemical/hazardous waste management
Skill progressions + cueing	Pear Deck interactive lectures

TEACHING INTERESTS

Physical Activity Readiness
Health & Well-being Coaching

Pediatric Physical Activity
Anatomy & Physiology

GRANTS & PRESENTATIONS

- 2025 Invited Speaker: Zeta Tau Alpha Women’s Membership Retreat on Women Navigating College Life
- 1 hour “Health and Happiness” workshop
- 2025 Summer Health Professions Program (College of Health & Human Sciences)
Kansas State University
- Blood Typing hands-on activity session (2)
 - Lead Contact & Presenter
- 2022-24 Summer Health Professions Program (College of Health & Human Sciences)
Kansas State University
- Blood Typing hands-on activity session (2)
 - Lead Contact & Presenter
 - Health & Human Performance Metrics hands-on activity session (2)
 - Lead Contact & Presenter
- 2023 Wichita Southeast Pre-Med Student Group
Kansas State University
- Handgrip Strength & Mortality (handgrip dynamometer activity)
 - Middle ear identification exploration (digital otoscope activity)
 - Illness & Inflammation impacts on Special Senses (anatomical models activity)
- 2021 Global Campus Course Development Grant (\$9,000)
Kansas State University
- PI
 - KIN 386: Pediatric Physical Activity, Exercise, and Sport (3 credits)
- 2019 Global Campus Course Development Grant (\$15,422)
Kansas State University
- Co-PI
 - KIN 361 & 362: Anatomy & Physiology I & II (4 credits each)