

Kyle Bolen M.A. USAW-SPC

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Education

- M.A. **Central Michigan University** (2006-09) Exercise Science.
- B.S. **Central Michigan University** (2001-05) Public Health Education Health Promotion, Exercise Science.

Experience

- Senior Lecturer Michigan Technological University 8/18-Present
- Lecturer University of Northern Colorado 8/14-8/18
- Instructor Central Michigan University 8/8/13-5/8/14
- Lecturer: North Carolina State University 7/2012-7/6/13
- Instructor: Beaufort County Community College 7/2010-7/2012
- Instructor: Central Michigan University 12/2008-8/2010
- Graduate Assistant Instructor: Central Michigan University 8/2006-12/2008
- Strength and Conditioning Coach: Central Michigan University 8/2006-5/2007
- Strength Coach: Altoona Curve (AA affiliate of Pittsburgh Pirates) 1/2006-8/2006
- Intern Strength and Conditioning Coach: Central Michigan University 8/2004-12/2005

Presentations

- Power Development for Sport Multiple 2008-2009
Guest Lecture for Athletic Training candidates: CMU
- Activity and Aging Spring 2012
Lecture for BCCC Faculty

Teaching Experience (only classes taught while full time faculty listed)

- Michigan Technological University** 8/18-Present
- KIP 5700 Graduate Seminar*
- KIP 4400 Strength and Conditioning*
- KIP 4000 Sports Nutrition*

KIP 3200 Personal Training
KIP 3100 Exercise Assessment & Prescription
KIP 2200 Health Promotion

University of Northern Colorado

SES 324 Exercise Physiology II
SES 480 Assessment of Strength and Conditioning
SES 410 Cardiac Rehab
SES 490 Exercise Assessment and Programming
SES 492 Internship Coordinator

8/14-8/18

2013/14

Central Michigan University

HSC 631 Exercise Physiology
HSC 421 Personal Training
HSC 219 Exercise and Conditioning for the Health Fitness Professional
HSC 423 Practicum in Personal Training
HSC 424 Practicum in Health Fitness

North Carolina State University

HES 480 Principles of Exercise Programming
HES 237 Weight Training
HES 221 Intermediate Swimming (conditioning)

2012/13

Spring, Fall and Summer

Beaufort County Community College

HEA 110 Personal Health and Wellness (lecture, hybrid and online sections)
PED 111 Physical Fitness I
PED 112 Weight Training and Conditioning

2010-2012

Central Michigan University

Spring 2010

HSC 220 Basics of Health Fitness
HSC 219 Exercise and Conditioning for the Health Fitness Professional
PED 189 Weight Training and Conditioning
PED 156 Beginning Golf

Spring 2010

<i>PES 304 Fundamentals Youth Sports</i>	Fall 2009
<i>HSC 421 Personal Training (co-taught)</i>	
<i>HSC 219 Exercise and Conditioning for the Health Fitness Professional</i>	
<i>PED 189 Weight Training and Conditioning</i>	
<i>PED 285 Strength Training</i>	
<i>HSC 631 Exercise Physiology (co-taught)</i>	Spring 2009
<i>HSC 420 Health Fitness Assessment (co-taught)</i>	
<i>PES 485 Fundamentals of Strength and Conditioning</i>	
<i>PES 244 Methods of Teaching Tumbling</i>	
<i>PES 304 Fundamentals of Youth Sports</i>	
<i>PED 150 Archery</i>	
<i>PES 244 Methods of Teaching Tumbling</i>	Fall 2008
<i>PED 189 Weight Training and Conditioning</i>	
<i>PED 159 Billiards</i>	
<i>PED 150 Archery</i>	

Research

A Comparative Study Of Activity Levels in Individuals Who Hold Doctoral Degrees To That Of National Adult Norms Examining the correlation between exercise and education	2007-2008
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Certifications and Memberships

United States Weightlifting (USAW) Certified Sports Performance Coach
 CPR, First Aid, AED
 IFTA Indoor Cycling Instructor
 Member of American Alpine Club
 Wilderness Medical Society

Interest

- Academic: endocrine response to stress and activity, strength and conditioning, power development, lipolysis and activity, nutrition, and exercise physiology
- Non-Academic: mountain biking, rock climbing, snow sports, outdoor activities, and Olympic Weightlifting