

CURRICULUM VITAE
KSENIA POWER (BERESTETSKA)

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EDUCATION

<p>Doctor of Philosophy, Kinesiology College of Public Health, Department of Kinesiology Temple University, Philadelphia, PA Concentration: Psychology of Human Movement Dissertation: Disordered eating and compulsive exercise in collegiate athletes Instructor & Teaching Assistant Cumulative GPA: 3.94</p>	<p>Conferred, 05/2020</p>
<p>Master of Science, Education Concentration: Physical Education & Coaching The University of Akron, Akron, OH Thesis: The relationship between perceived coaching behaviors, intrinsic motivation, and scholarship status on NCAA Division I tennis players' sport commitment Instructor & Research Assistant Cumulative GPA: 4.00</p>	<p>Conferred, 08/2016</p>
<p>Bachelor of Arts, Mass Media Communication The University of Akron, Akron, OH Cumulative GPA: 3.96 (Summa Cum Laude) Minor in Piano</p>	<p>Conferred, 05/2014</p>

TEACHING EXPERIENCE

<p>Assistant Professor of Instruction Department of Kinesiology Temple University</p> <p>Courses: KINS 3196 – Psychology of Physical Activity KINS 4242 – Exercise, Nutrition, and Behavior KINS 4396 – Research and Writing in Exercise and Sport Science</p>	<p>08/2022 – Present</p>
<p>Lecturer of Ukrainian Language Department of Russian and East European Studies University of Pennsylvania</p> <p>Courses: UKRN 590-680 – Elementary Ukrainian I UKRN 592-680 – Intermediate Ukrainian I</p>	<p>01/2021 – 05/2022</p>

Adjunct Teaching Assistant Professor

08/2020 – 06/2022

Department of Health Sciences

Jefferson University

Courses: HSCI 100 – Introduction to Health Professions
 HSCI 225 – Applied Statistics for Health Sciences (i.e., Research Methods)
 HSCI 313 – Current Issues in Community Health (i.e., Introduction to Public Health)

Adjunct Assistant Professor

08/2020 – 06/2022

Department of Health & Rehabilitation Sciences

Temple University

Courses: HRPR 3096 – Cultural Competency in Health & Healthcare (Writing Intensive)
 HRPR 4096 – Introduction to the Narrative in Patient-Centered Health Care (WI)

Adjunct Instructor

08/2021 – 05/2022

Department of Kinesiology

Temple University

Course: KINS 1054 – Tennis I

Instructor

08/2019 – 05/2020

Department of Kinesiology

Temple University

Course: KINS 3096 – Cultural Competency in Health & Healthcare (Writing Intensive)

Teaching Assistant

08/2016 – 05/2020

Department of Kinesiology

Temple University

Courses: KINS 3096 – Cultural Competency in Health & Healthcare (Writing Intensive)
 KINS 3296 – The Social-Psychology of Physical Activity (Writing Intensive)

Instructor

08/2014 – 05/2016

Department of Sport Science & Wellness Education

The University of Akron

Courses: Health Education (5570:101) – Personal Health (Lecture Based)
 Physical Education (5540:126) – Fitness and Wellness (Lecture & Activity Based)
 Physical Education (5540:121) – Badminton
 Physical Education (5540:135) – Racquetball
 Physical Education (5540:190) – Weight Training

Departmental duties:

- Plan, organize, and conduct annual UA5K runs for the Department of Sport Science and Wellness Education
- Plan, organize, and conduct Sport Studies Career Conferences for undergraduate students
- Assist faculty members in collecting and analyzing data for exercise science research projects
- Develop and implement tennis programs for youth from Akron public schools

PUBLICATIONS & CURRENT MANUSCRIPTS

Power, K. (2021). Disordered eating, compulsive exercise, and body image concerns in collegiate athletes. *In review*. Funded by the College of Public Health Visionary Research Fund at Temple University.

Bhimla, A., **Power, K.**, Sachs, M., Bermudez, A., Dinh, J., San Juan, N., & Ma, G. X. (2021). Evaluating psychosocial and physical activity outcomes following an intervention among Filipino Americans. *Health Promotion Perspectives, 11*(2), 210-218.

Power, K., Kovacs, S., Butcher-Poffley, L., Wu, J., & Sarwer, D. (2020). Disordered eating and compulsive exercise in collegiate athletes: Applications for sport and research. *The Sport Journal, 21*, 1-18.

Berestetska, K. (2019). The relationship between perceived coaching behaviors, intrinsic motivation, and scholarship status on NCAA Division I tennis players' sport commitment. *Journal of Sport Behavior, 42*(3), 277-304.

Berestetska, K., & Sachs, M. (2018). Hooked on exercise: The relationship between exercise addiction and healthy adherence in NCAA Division I student-athletes. *Journal of Physical Activity Research, 3*(2), 102-108.

REVIEWER

Reviewer for the following journals and conferences:

Sleep Health: Journal of the National Sleep Foundation

October, 2021

Impact factor 4.45

Research area: eating disorders and sleep dysfunction

APHA, American Public Health Association

March, 2021

Research areas: food and nutrition research

APHA's 2021 Annual Meeting and Expo

Denver, CO (Oct. 24 – 27, 2021)

CommonHealth

February, 2021

Journal of the College of Public Health, Temple University

Research area: eating disorders

APHA, American Public Health Association

March, 2020

Research areas: physical activity and public health research

APHA's 2020 Annual Meeting and Expo

San Francisco, CA (Oct. 24 – 28, 2020)

CONFERENCE PRESENTATIONS/ INVITED TALKS/ GUEST LECTURES

Power, K. (April, 2021). Disordered eating and compulsive exercise in collegiate athletes. Presented at the 22nd Annual Northeast Atlantic Sport Psychology Regional Conference (NASP), West Chester, PA.

Power, K. (February, 2021). Psychology of physical activity. Online Guest Lecture. Department of Kinesiology at Temple University, Philadelphia, PA.

Power, K. (January, 2021). Cultural competency and bona fide accommodations in healthcare. Online Guest Speaker. Department of Health Sciences at Thomas Jefferson University, Philadelphia, PA.

Power, K. (September, 2020). Psychology of physical activity. Online Guest Lecture. Department of Kinesiology at Temple University, Philadelphia, PA.

Power, K. (September, 2020). Cultural competency and bona fide accommodations in healthcare. Online Guest Speaker. Department of Health Sciences at Thomas Jefferson University, Philadelphia, PA.

Power, K. (April, 2020). Disordered eating and compulsive exercise in collegiate athletes. Presented online at the 2020 College of Public Health Research Day. Temple University, Philadelphia, PA.

Power, K. (February, 2020). Mental training skills for life. Guest Lecture. Department of Psychology at Temple University, Philadelphia, PA.

Power, K. (February, 2020). Psychology and sociology of physical activity. Invited Talk. Department of Kinesiology at Temple University, Philadelphia, PA.

Power, K. (January, 2020). Maintaining a work/life balance without sacrificing your mental health. Invited Talk at the APS Conference for Undergraduate Women in Physics at Temple University, Philadelphia, PA.

Power, K. (November, 2019). History and philosophy of Kinesiology. Two Guest Lectures. Department of Kinesiology at Temple University, Philadelphia, PA.

Bhimla, A., & **Berestetska, K.** (November, 2019). Evaluation of GET PHIT: A physical activity community program to enhance participation among Filipino Americans in the Greater Philadelphia Area. Presented at the American Public Health Association (APHA) 2019 Annual Meeting and Expo, Philadelphia, PA.

Power, K. (October, 2019). Overview of eating disorders, compulsive exercise, and exercise addiction in athlete populations. Guest Lecture at West Chester University, West Chester, PA.

Bhimla, A., & **Berestetska, K.** (April, 2019). Evaluation of GET PHIT: A physical activity community program to enhance participation among Filipino Americans in the Greater Philadelphia Area. Presented at the 2019 College of Public Health Research Day. Temple University, Philadelphia, PA.

Bhimla, A., & **Berestetska, K.** (March, 2019). Evaluation of GET PHIT: A physical activity community program to enhance participation among Filipino Americans in the Greater Philadelphia Area. Presented at the 2019 Northeast Atlantic Sport Psychology Regional Conference (NASP), Philadelphia, PA.

Berestetska, K. (December, 2018). Hooked on exercise: The relationship between exercise addiction and healthy adherence in NCCA Division I student-athletes. Guest Lecture at West Chester University, West Chester, PA.

Berestetska, K. (November, 2018). Hooked on exercise: The relationship between exercise addiction and healthy adherence in NCCA Division I student-athletes. Invited talk at Mid-Atlantic Regional Chapter of the American College of Sports Medicine (ACSM), Harrisburg, PA.

Berestetska, K. (March, 2018). Hooked on exercise: The relationship between exercise addiction and healthy adherence in NCCA Division I student-athletes. Presented at the 2018 Northeast Atlantic Sport Psychology Regional Conference, Philadelphia, PA.

Berestetska, K. (March, 2017). The relationship between perceived coaching behaviors, intrinsic motivation, and scholarship status on NCAA Division I tennis players' sport commitment. Presented at the 2017 Northeast Atlantic Sport Psychology Regional Conference (NASP), Philadelphia, PA.

Sachs, M. L., Barlow, M., & **Berestetska, K.** (March, 2017). Athletic identity to exercise identity. Presented at the Academic Consortium of the American Athletic Conference, Philadelphia, PA.

Berestetska, K. (November, 2016). The relationship between perceived coaching behaviors, intrinsic motivation, and scholarship status on NCAA Division I tennis players' sport commitment. Presented at The Eleventh Annual Global Temple Conference, Philadelphia, PA.

GRANT – FUNDED RESEARCH & OTHER GRANTS

Bhimla, A., **Power, K.**, Sachs, M., Bermudez, A., Dinh, J., San Juan, N., & Ma, G. X. (2021). Evaluating psychosocial and physical activity outcomes following an intervention among Filipino Americans. *Health Promotion Perspectives*, 11(2), 210-218. Research funded by the Association for Applied Sport Psychology (AASP): Community Outreach Grant. Temple University, Philadelphia, PA.

Power, K. (2020). Disordered eating and compulsive exercise in collegiate athletes. Dissertation study funded by the College of Public Health Visionary Research Fund. Temple University, Philadelphia, PA.

Berestetska, K., Bhimla, A., Ciaccio J., & Sachs, M. (2019). Funding provided for the 2019 Northeast Atlantic Sport Psychology Conference & AASP Regional Conference. Funded by the Association for Applied Sport Psychology Regional Conference Grant. Temple University, Philadelphia, PA.

RELATED EXPERIENCE/ PROFESSIONAL SERVICE

Volunteer Assistant Women's Tennis Coach	08/2016-Present
Temple University Philadelphia, PA	

- Assist head coaches in implementing practice plans
- Assist team players as a hitting partner
- Travel and mentor players during away matches
- Provide players with moral support during matches
- Help players to develop effective tactics and strategies during matches

Tennis Coach	10/2018-06/2019
Legacy Youth Tennis & Education Philadelphia, PA	

- Develop and implement personal practice plans
- Serve as a coach and a hitting partner for youth players
- Travel and mentor players during national and international tournaments
- Provide players with technical and tactical knowledge as well as moral support during matches
- Help players develop effective tactics and strategies during matches

Psychological Skills Trainer	
Temple University Women's Fencing Team	Fall, 2018
Temple University Women's Field Hockey Team	Spring, 2019

- Work with the team and individual team members to enhance athletic performance and overall student-athlete experience
- Help athletes master the following skills for performance enhancement: goal setting, arousal control, confidence, increasing awareness, team building, focus/concentration, imagery, self-talk, and stress management

Volunteer Assistant Women's Tennis Coach	08/2014-05/2015
The University of Akron	

- Assist head coaches in organizing and implementing practice plans and off-court workouts

- Assist players as a hitting partner
- Travel and mentor players during away matches
- Provide players with moral support during matches
- Help players develop effective tactics & strategies during matches
- Organize practice plans and conduct individual/team practices
- Transport players to/from campus for practices and matches

PROFESSIONAL & ACADEMIC AFFILIATIONS/ CERTIFICATIONS

<p>CPR/AED & First Aid (adult, child, infant) Certified by the National Health & Safety Association</p>	Completed, 10/2021
<p>Certificate in Global Quality Maternal and Newborn Care Course completed via Coursera and authorized by Yale University</p>	Completed, 11/2020
<p>Certificate in Online Teaching Training College of Public Health, Temple University</p>	Completed, 11/2020
<p>Certificate of Teaching in Higher Education Center for the Advancement of Teaching, Temple University</p>	Completed, 05/2020
<p>USPTA, Certified Professional Tennis Coach United States Professional Tennis Association</p>	06/2016-Present
<p>NASP Northeast Atlantic Sport Psychology Conference & AASP Regional Conference Conference Chair Temple University</p>	08/2018-05/2019
<p>Owl ExSPRCS President & Member Temple University Exercise and Sport Psychology Research and Consultation Society Graduate Student Association</p>	08/2016-05/2019
<p>NCAA National Collegiate Athletic Association The University of Akron – Passed Division I NCAA rules and regulations test</p>	08/2014-05/2015
<p>ZTV, Member & Producer – The University of Akron student television station – Direct the Jingle Jazz concert (2012) for Western Reserve PBS – Film sports commercials and short movies</p>	08/2012-05/2014

- Produce “ZTV Sports Report”
- Direct and edit shows and sports packages
- Organize and create media content for “ZTV Sports Report”

Varsity Student-Athlete

08/2010-05/2014

The University of Akron & Stephen F. Austin State University

- Participate in 20 hours of tennis (including weightlifting and high-performance fitness) per week over the 16-week competitive season.
- MAC Conference tennis champion (2012)
- Tennis team captain (2012-2014)
- Full scholarship for high tennis achievements (2011-2014)
- SFA Fall Invitational champion (2010)
- Gold Draw finalist at the TJC Apache Invitational (2010)
- Back-to-back Flight C champion at Michigan State University (2011-2012)
- NCAA team participant (2012)

LANGUAGES

- Native level of proficiency in English, Ukrainian, and Russian

HONORS & AWARDS

- Recipient of the CPH Visionary Research Fund at Temple University (2019-2020)
- Full Teaching Assistantship at Temple University (2016-2020)
- Full Teaching Assistantship at The University of Akron (2014-2016)
- MAC Tennis Player of the Week (2014)
- Academic Excellence Award for success in academics and athletics (2014)
- Most Valuable Player (2013-2014)
- Academic All-MAC Team (2013-2014)
- ITA Scholar Athlete (2013)
- Most Improved Player (2012-2013)
- Dean’s List (2011-2014)
- Full scholarship for high tennis achievements at The University of Akron (2011-2014)
- Academic excellence scholarship at Stephen F. Austin State University (2010-2011)
- Full athletic scholarship at Stephen F. Austin State University (2010-2011)

COMMUNITY INVOLVEMENT

Temple University COVID-2019 Vaccination Efforts

02/2021-03/2021

Registration Desk Volunteer at the Vaux Clinic
Philadelphia, PA

- Register people from the local community for their COVID-2019 vaccine
- Follow the protocol to determine individuals' eligibility for the COVID-2019 vaccine

Physical Education for Youth

08/2014-05/2015

Volunteer Physical Education and Tennis Coach
Akron, OH

- Organize, plan, and conduct tennis lessons for Akron public schools
- Create and implement physical education lessons aimed to promote exercise adherence in youth

Physical Activity Program for Children with Special Needs

08/2014-12/2014

Volunteer Tennis Coach
The University of Akron

- Volunteer to coach children with special needs
- Assist youth with special needs in learning the basics of tennis and related physical activity

Student-Athlete Peer Mentor

08/2012-05/2013

Volunteer for the Student-Athlete Advisory Committee (SAAC)
The University of Akron

- Represent women's tennis team
- Discuss community service projects and fund-raising opportunities with varsity teams
- Guide and supervise freshman student-athletes in their academic progress
- Mentor and assist student-athletes in completion of their group projects
- Group project winner of \$1,000 for Safe Landing Youth Shelter