

# Luciana Zuest (Braga), Ph.D., CPH

## Curriculum Vitae

California State University Chico  
Department of Kinesiology

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### EDUCATION

#### **Doctor of Philosophy, May 2014**

West Virginia University. Morgantown, WV.  
Kinesiology, Coaching and Teaching Studies  
Cognate Area: Community Health Promotion

#### **Master of Education, January 2009**

Framingham State University. Framingham, MA.  
International Teaching

#### **Bachelor of Physical Education, March 2001**

Federal University of Rio de Janeiro. Rio de Janeiro, Brazil.  
Licensure in Physical Education

### EMPLOYMENT

#### **California State University Chico, Chico CA**

Assistant Professor in Sport Pedagogy  
August 2016 - present

#### **University of North Florida, Jacksonville FL**

Assistant Professor of Physical Education  
August 2014 – June 2016

#### **West Virginia University, Morgantown WV**

Graduate Teaching Assistant  
August 2011 – May 2014

#### **Our Lady of Mercy School, Rio de Janeiro, Brazil**

K-12 Health and Physical Education Teacher  
February 2002 – June 2011

## CERTIFICATES

### National Board of Public Health Examiners

Certified in Public Health, November 2018

### American College of Sports Medicine

Physical Activity in Public Health Specialist, June 2018

## SCHOLARSHIP

### Peer Reviewed Publications

- Braga, L.** & Zuest, G. (2019). Insights on the recruitment of international students for graduate programs in kinesiology-related departments. *International Journal of Kinesiology in Higher Education*
- Braga, L.**, Taliaferro, A., & Blagrove, J. (2018). Inclusion in the 21<sup>st</sup> century: Considerations for teacher and coach preparation. *Journal of Physical Education, Recreation, and Dance*, 89(6), 42-49.
- Braga, L.** & Elliott, T. (2018). Culturally and Geographically Relevant Content in Secondary Physical Education. *Journal of Physical Education, Recreation, and Dance*, 89(4), 20-26.
- Cho, K., Jones, E.M., Lilly, C., Bulger, S.M., **Braga, L.**, & Elliott, E. (2017). Relationship between adolescent adherence to individual 5-2-1-0 guidelines for obesity prevention and number of PACER laps. *Journal of School Health*, 87(10), 769-775.
- Braga, L.**, Jones, E., Bulger, S., & Elliott, E. (2017). Empowering teachers to implement innovative content in physical education through continuous professional development. *Teacher Development*, 21(2), 288-306.
- Braga, L.** & Liversedge, P. (2017). Challenges and facilitators associated with the implementation of a sport education season: The voices of teacher candidates. *The Physical Educator*, 74(1), 19-40.
- Bulger, S., **Braga, L.**, DiGiacinto, K., & Jones, E. (2016). Student recruitment and retention efforts in PETE: Cloudy Skies or Silver Linings. *Journal of Physical Education, Recreation, and Dance*, 87(8), 34-41.
- Lilly, C.L., **Braga, L.C.**, Jones, E., Bulger, S., Cho, K., & Elliott, E. (2016). Planned missing design in a school-based physical activity intervention for early adolescence. *American Journal of Sports Science and Medicine*, 4(4), 83-93.
- Braga, L.**, Elliott, E., Jones, E., & Bulger, S. (2015). Middle school students' perceptions of culturally and geographically relevant content in physical education. *International Journal of Kinesiology and Sports Sciences*, 3(4), 62-73.
- Braga, L.**, Tracy, J.F., & Taliaferro, A.R. (2015). Physical activity programs in higher education: Modifying net/wall games to include individuals with disabilities. *Journal of Physical Education Recreation and Dance*, 86 (1), 16-22.

**Braga, L. & Jones, E.** (2013). Preparing teacher candidates for preschool physical education. *The Field Experiences Journal*, 11(2), 1-12.

**Braga, L. C., & Alves, M. P.** (2000). Caffeine as an ergogenic aid for endurance exercises. *Revista Brasileira de Ciências e Movimento*, 8(3), 33-37.

### **Editorial Columns in Professional Journals**

**Braga, L.** (2019). Am I able? Is it worth it? Unlocking children's predispositions to be physically active. *Strategies*, 32(2), 45-48.

Liversedge, P. & **Braga, L.** (2018). Managing Transitions and Setup. *Strategies*, 31(5), 42-44.

Curtis, H. & **Braga, L.** (2018). Slacklining in physical education: A nontraditional approach to balancing children's body and mind. *Strategies*, 31(2), 54-56.

### **Peer Reviewed Conference Presentations**

#### **International Conferences**

**Braga, L. & Fan, X.** (July, 2018). Doing our own thing: College students' perceptions of a volleyball sport education season. Presented at the 2018 AIESEP World Congress, Edinburgh, Scotland.

Fan, X., Patton, K., Buchner, C., **Braga, L.**, & Himberg, C. (July, 2018). There was never enough to learn: The role of professional conference attendance on teacher candidates' development. Presented at the 2018 AIESEP World Congress, Edinburgh, Scotland.

**Braga, L.**, Elliott, E., Jones, & E., Bulger, S. (June, 2016). Mountain biking, archery, slacklining in physical Education: Students' perceptions of culturally relevant content in the curriculum. Presented at the 2016 AIESEP World Congress, Laramie, WY

**Braga, L.**, Elliott, E., Jones, E., Bulger, S., Lilly, C., & Cho, K. (June, 2016). Greenbrier CHOICES: The story of a three-year school-based health intervention. Presented at the 2016 AIESEP World Congress, Laramie, WY.

**Braga, L.** (November, 2000). Psychomotor development and capoeira: An experience within pre-school children. Poster presented at the 2000 Congress of physical education and sports sciences of the Portuguese speaking countries, Lisbon, Portugal

#### **National Conferences**

**Braga, L.** (April 2019). How I move: Girls' physical activity experiences in their daily lives. Presented at the 2019 SHAPE America National Convention, Tampa, FL.

- Braga, L.** & Lapolli, B. (April 2019). Physical Activity Inequities: Does it matter for teacher educators? Presented at the 2019 SHAPE America National Convention, Tampa, FL.
- Braga, L.**, Lilly, C., & Elliott, E. (June 2017). Adolescents' BMI and predispositions to be physically active. Presented at the 9<sup>th</sup> Biennial Obesity Conference, San Diego, CA.
- Braga, L.** & Elliott, E. (January, 2017). Culturally and geographically relevant content in secondary physical education. Presented at the 2017 NAKHE Congress, Orlando, FL.
- Braga, L.** & Elliott, E. (January, 2017). Perspectives of a 3-year action-research in physical education curriculum development process. Presented at the 2017 NAKHE Congress, Orlando, FL.
- Braga, L.** & Liversedge, P. (April, 2016). Implementing a sport education season: The voices of teacher candidates. Presented at the 2016 SHAPE America National Convention, Minneapolis, MN.
- Jones, E., Bulger, S., **Braga, L.**, Cho, K., Lilly, C., Neal, W., & Elliott, E. (April, 2016). Initial findings of a multi-component school-based PEP grant intervention: Greenbrier CHOICES. Poster presented at the 2016 SHAPE America National Convention, Minneapolis, MN.
- Braga, L.** & Taliaferro, A. (October, 2015). Physical educators and inclusion in the 21st century: tips, strategies, and ideas for teacher preparation. Presented at the 2015 PETE/HETE I Conference, Atlanta, GA.
- Bulger, S., **Braga, L.**, Jones, E., DiGiacinto, K. (October, 2015). Student recruitment efforts in PETE programs: Lost causes or silver linings? Presented at the 2015 PETE/HETE Conference, Atlanta, GA.
- Liversedge, P. & **Braga, L.** (June, 2015). Using developmentally appropriate competition to engage children in youth sports: A soccer example. Presented at the 2015 National Coaching Conference, Morgantown, WV.
- Cho, K., Jones, E., Lilly, C., Bulger, S., Neal, W., **Braga, L.**, & Elliott, E. (June, 2015). The Relationship between PACER and 5-2-1-0 Guidelines in Adolescents. Poster presented at 8th Biennial Childhood Obesity Conference, San Diego, CA.
- Cho, K., Jones, E., Lilly, C., Bulger, S., Neal, W., **Braga, L.**, & Elliott, E. (June, 2015). The effect of desired PACER goal on physical activity and nutrition in adolescents. Poster presented at 8th Biennial Childhood Obesity Conference, San Diego, CA.
- Braga, L.**, Elliott, E., Jones, E., & Bulger, S. (April, 2015). Mountain biking, archery, slacklining in physical Education: Students' perceptions of culturally relevant content in the curriculum. Presented at the 2015 Scholars Transforming Academic Symposium at University of North Florida, Jacksonville, FL
- Braga, L.** & Elliott, E. (March, 2015). Middle school students and culturally relevant units in physical education. Presented at the 2015 SHAPE America National Convention, Seattle, WA
- Taliaferro, A., & **Braga, L.** (January, 2015). Preparing teachers to include individuals with disabilities in school-based physical education, sports, and recreation programs. Presented at the NAKHE Congress, Clearwater, FL.

- Braga, L.**, Tracy, J. F., & Taliaferro, A. R. (April, 2014). The mod squad: Modifying net/wall games to promote inclusion. Presented at the 2014 AAHPERD National Convention, St. Louis, MO
- Elliott, E., Belcher, D., & **Braga, L.** (April, 2014). Active Academics. Presented at the 2014 AAHPERD National Convention, St. Louis, MO
- Braga, L.**, Jones, E., Bulger, S., & Elliott, E. (January, 2014). Teacher engagement in continuing professional development regarding the integration of culturally relevant content in school physical education. Presented at the 2014 NAKHE Congress, San Diego, CA
- Braga, L.**, Liversedge, P., & Wiegand, R. (April, 2013). Teaching team – A modeling approach to field experience supervision. Presented at the 2013 National Student Teaching and Supervision Conference, Slippery Rock, PA
- Flett, R., Wayda, W., & **Braga, L.** (April, 2013). Sport coaching education through service-learning and internationalization: WVU and Brazil. Presented at the 2013 AAHPERD National Convention, Charlotte, NC
- Jones, E.M., Bulger, S.M., Elliott, E., & **Braga, L.** (October, 2012). Greenbrier CHOICES: Promoting health across school, community, and healthcare settings. Presented at the 2012 NASPE PETE Conference, Las Vegas, NV
- Braga, L.**, Equerme, A., & Katz, N. (April, 2012). Preschool physical education: Are we ready? Presented at the 2012 National Student Teaching and Supervision Conference, Slippery Rock, PA
- Elliott, E., Palmer, S., Ice, C., Belcher, D. & **Braga, L.** (March, 2011). Physical activity and nutrition: What 5th graders know and say. Poster accepted for presentation at the 2012 AAHPERD National Convention, Boston, MA
- Braga, L.** (November 2000). Playing with *capoeira*: an experience within kindergarten children. Poster presented at the II Latin-American Congress of motor education/ III Brazilian Congress of motor Education, Natal, Brazil

### Regional and State Conferences

- Braga, L.** (February, 2018). Implementing Sport Education in College Physical Activity Course. Presented at the 2018 California Alliance for Health, physical Education, and Dance (CAPHERD), Oakland, CA.
- Fan, X., Lee, S. & **Braga, L.** (October, 2017). Visual methodologies as decolonizing research practice in kinesiology. Presented at the 2017 Western Society for Physical Education of College Woman (WSPECW) Conference, Pacific Groove, CA.
- Braga, L.** (October, 2015). “Am I able?” “Is it worth it?” – Designing successful, enjoyable, and meaningful movement experiences in physical education. Presented at the 2015 SHAPE FL Conference, St. Petersburg, FL.

- Braga, L. & Liversedge, P.** (October, 2014). Becoming a complete player. teaching sportsmanship in physical education. Presented at the 2014 WVAHPERD Convention, Flatwoods, WV
- Braga, L.** (October, 2013). Predisposing factors of youth physical activity behavior. Presented at the 2013 WVAHPERD Convention, Daniels, WV
- Braga, L.** (October, 2013). Using playing cards to teach motor skills and fitness activities in physical education. Presented at the 2013 WVAHPERD Convention, Daniels, WV
- Braga, L.** (October, 2012). Hindrances and possibilities for excellence in PK-12 physical education teaching. Presented at the 2012 WVAHPERD Convention, Bridgeport, WV
- Braga, L.** (October, 2012). Tinikling: Integrating world culture, rhythm, and physical fitness in physical education. Presented at the 2012 WVAHPERD Convention, Bridgeport, WV

### **Grant Activity**

- Braga, L.** Continuous professional development and changes in teachers' decision making. Submitted to the California State University Chico 2019-2020 Research, Scholarship, and Creative Activity Competition (\$5,934) (funded)
- Braga, L. & Patton, K.** How I move: Girls' movement experiences in their daily lives. Submitted to the 2016-17 SHAPE America Early Career Research Grant (\$3,178.35) (funded)
- Braga, L. & Gregg, L.** Effects of a technology-infused course on pre-service teachers' attitudes and competencies towards incorporating physical activity in the classroom. Submitted to the Faculty Development Grants Program at University of North Florida (\$20,000.00) (funded)
- Braga, L.** Challenges and opportunities for quality physical education in Duval County. Submitted to the College of Education and Human Services Faculty Supporting Grants at University of North Florida (\$1,000.00) (funded)
- Braga, L.** Theory and Practice in Coaching: Course Redesign through a Blended Approach. Submitted to the Center for Instruction & Research Technology at University of North Florida (\$1,000) (funded)
- Braga, L. & Elliott, E.** Middle School Students Perceptions of the Physical Education Component of a Comprehensive School Physical Activity Program. Submitted to the College of Physical Activity and Sports Sciences at West Virginia University (\$1,570.96) (funded)
- Braga, L., Jones, E., Bulger, S. & Elliott, E.** Descriptive Analysis of Teacher Engagement in Continuing Professional Development Regarding the Integration of Culturally Relevant Content in School Physical Education. Submitted to the College of Physical Activity and Sports Sciences at West Virginia University (\$692.00) (funded)

## **Work in Progress**

Jones, E., **Braga, L.**, Lilly, C., Cho, K., Bulger, S., & Elliott, E. (under review). Initial findings of a multi-component school-based intervention focused on adolescent health: The Greenbrier CHOICES project. *Health Education and Behavior*.

**Braga, L.** How I move: Girls movement experiences in their daily lives. (in preparation). *Planned submission to Qualitative Research and Sport, Exercise, and Health*

**Braga, L.**, Lilly, C., Jones, E., Cho, K., & Elliott, E. (in preparation). Relationship between adolescents' BMI and predispositions to be physically active. *Planned submission to Health Education & Behavior*.

## **HONORS AND AWARDS**

- 2018 President's Educational Equity Scholarship- Western Society for Physical Education of College Women
- 2016 Young Scholar Award- International Association for Physical Education in Higher Education (AIESEP)
- 2014 Physical Education Teacher Education Outstanding Graduate Student – College of Physical Activity and Sports Sciences, West Virginia University
- 2013 Physical Education Teacher Education Outstanding Graduate Student – College of Physical Activity and Sports Sciences, West Virginia University
- 2012 Student Teaching Memorable Moment Essay Contest – 1st place. 2012 National Student Teaching and Field Experience Conference, Slippery Rock, PA
- 2011 Honored Teacher Award. Our Lady of Mercy School, Rio de Janeiro, Brazil
- 2006 Honored Teacher Award. Our Lady of Mercy School, Rio de Janeiro, Brazil

## **HIGHER EDUCATION TEACHING, STUDENT MENTORSHIP, AND ADVISING**

### **California State University Chico**

Assistant Professor in Sport Pedagogy

### **Courses Taught**

- KINE 661 Current Trends, Issues, and Problems in Kinesiology
- KINE 621 Research in Teaching and Learning in Physical Education
- KINE 430 Administration of Fitness and Sports Programs
- KINE 411 Assessment in Physical Education
- KINE 309 Developmentally Appropriate Physical Education for Children
- KINE 306 Net Games and Self-Defense for Teachers
- KINE 302 Foundations of Childhood Physical Education

### **Thesis Committees**

- Chair: Bruno Lapolli, Department of Kinesiology (S 2019- present)
- Member: Gardenia Juarez, Department of Kinesiology (S 2017- S2019)
- Member: Xiaoping Fan, Department of Kinesiology (F 2016- F 2017)

### **Comprehensive Exam Committees**

- Chair: Jessica Bynum, Department of Kinesiology (F 2017- S2018)
- Chair: Zachary Brazil, Department of Kinesiology (S 2019- present)

### **Student Advising**

- Physical Education Teacher Education Advisor (S 2017- present)

### **University of North Florida, Jacksonville, FL**

Assistant Professor of Physical Education

### **Courses Taught**

PET 4945 Student Teaching Seminar and Supervision  
PET 4411 Administration of Physical Education and Sports  
PET 3641 Curriculum and Methods in K-12 and Adapted Physical Education  
HSC 3301 Health & Movement in the Elementary School Setting  
PEO 3106 Fitness Education for Children and Adolescents  
PET 3311 Kinesiology and Motor Behavior  
PEO 2004 Theory and Practice in Coaching

### **West Virginia University, Morgantown, WV**

Graduate Teaching Assistant

### **Courses Taught**

PET 488 Student Teaching Supervision  
PET 477 Special Physical Education Practicum (supervision)  
PET 379 Teaching 3-6 Physical Education  
PET 369 Teaching K-2 Physical Education  
PET 354 Teaching Archery and Bowling  
PET 350 Teaching Primary Physical Education  
PET 339 Teaching Volleyball  
PET 228 Curriculum in Physical Education  
PE 170 Basic Instruction Program: Volleyball (supervision)  
PE 164 Basic Instruction Program: Weight Training  
PE 159 Basic Instruction Program: Soccer  
PE 133 Basic Instruction Program: Archery (supervision)  
PE 131 Basic Instruction Program: Frisbee  
PE 124 Basic Instruction Program: Fitness Walking (web based)  
PE 124 Basic Instruction Program: Fitness Walking

### **SERVICE**

### **Editorial Boards**

- Editor: Florida Association for Teacher Educators Journal (2015 –2016)



- Member: Strategies Editorial Board (2017- present)
- Member: International Journal of Kinesiology in Higher Education Review Board (2016 – present)
- Reviewer: European Physical Education Review (2017- present)
- Reviewer: Journal of Physical Education, Recreation, and Dance (2015 – present)
- Reviewer: Physical Educator (2015 – present)
- Reviewer: Strategies (2015 – present)
- Reviewer: Women in Sport and Physical Activity Journal (2019-present)
- Reviewer: Journal of Physical Activity and Health (2019-present)
- Reviewer: International Journal of Health Promotion and Education (2019-present)

## **University**

### **California State University Chico**

- Chair: Kinesiology Department Diversity Committee (August 2017-September 2018)
- Member: Kinesiology Department Graduate Committee (August 2018-present)
- Member: Kinesiology Department Scholarship Committee (August 2018-present)
- Member: Kinesiology Department Curriculum Committee (August 2017-present)
- Member: Kinesiology Department Diversity Committee (August 2016-present)
- Member: Liberal Studies Curriculum Advisory Board (August 2017-present)

### **University of North Florida**

- Chair: Foundations and Secondary Education Curriculum Committee (September 2015-present)
- Member: Healthy Osprey Advisory Board (December 2014 – June 2016)
- Member: President's Commission of Diversity and Inclusion (August 2015 – June 2016)
- Member: College of Education and Human Services Curriculum Committee (August 2015 – June 2016)
- Member: Foundations and Secondary Education Curriculum Committee (September 2014-June 2016)
- Member: Foundations and Secondary Education Curriculum Committee Development Committee - Member (September 2014-June 2016)
- Member: Foundations and Secondary Education Curriculum Committee Search Committee – Member (September 2014-February 2015)
- Reviewer: Faculty Development Grants (October 2014)

### **West Virginia University**

- Member: Dean's Student Advisory Board, West Virginia University (August 2012 – May 2013)
- Member: Dean's Summer Grant Writing Program Committee, West Virginia University (Spring 2013)
- Mentor: International graduate assistants, Office of Graduate Education, West Virginia University (August 2012, August 2013)
- Mentor: Health Sciences and Technology Academy, West Virginia University (July 2013)
- Safety Officer: WVU Triathlon Club, West Virginia University (August 2012 – May 2014)

## **Professional Organizations**

### **California Physical Education and Health Project**

- Principal Investigator: North State Physical Education and Health Project at Chico (May 2017-present)

### **American Public Health Association**

- Member: Research Committee- Physical Activity Section (December 2018- present)
- Member: Policy Committee- Physical Activity Section (December 2018- present)
- Reviewer: 2019

#### **Florida Association of Teacher Educators**

- Member: Executive Board (September 2015 – June 2016)

#### **Society of Health and Physical Education Florida**

- Chair: Adapted Physical Education Council (October 2015 – June 2016)
- Chair: Higher Education Section Council (October 2014 – October 2015)

#### **West Virginia Alliance for Health Physical Education, Recreation, and Dance**

- Chair Dance Section (October 2013 – October 2014)

#### **Community Organizations**

##### **Duval County Public Schools- Jacksonville, FL**

- Member: School Health Advisory Council (September 2015-June 2016)

#### **PROFESSIONAL AFFILIATIONS**

- American Public Health Association (APHA)
- International Association for Physical Education in Higher Education (AIESEP)
- National Association for Kinesiology in Higher Education (NAKHE)
- National Physical Activity Society (NPAS)
- Society of Health and Physical Educators of America (SHAPE)
- Western Society for Physical Education of College Women (WSPECW)