



Faculty Affiliations

2022 Women and Gender Studies

2019-present Ogden Honors College

Courses Taught (LSU)

2018 -present Comprehensive Stress Management

Principles of Physical Conditioning

Individual Wellness and Public Health (Online and Lecture)

Healthy Aging Process

Human Sexuality

Community and Public Health

Health Promotion

Independent Studies

2010- 2011 Motor Development

2000-2006 Introduction to Personal Health

Human Sexuality

Motor Development

Stress Management

Courses Taught (NKU)

1996-1997 Introduction to Health Education

& 2006-2009 Introduction to Personal Health

Community Health

Drug and Alcohol Education

Sexual Health Education

Motor Development

Independent Studies

Courses (BRCC)

2015 - Kinesiology

International Courses Taught



1997 Community Center, Bloomington, IN  
**Recreational Leader**, TRIO program, Northern Kentucky University,  
Highland Heights, KY

1994 – 1995 **Editor**, Health and Fitness Newspaper, published by the Downtowner,  
Cincinnati, Oh

**Professional Consultation**

2010 - 2011 **Research and Development**, Baton Rouge Community College, Baton  
Rouge, LA  
Health and Fitness Program curriculum for the Allied Health and Nursing  
department

**CERTIFICATIONS AND LICENSURES**

**Certified Health Education Specialist** – National Commission for Health Education  
Credentialing

**Instructor - Basic Life Support/BFA/ and O2** -American Red Cross

**Certified Pool Operator** – National Swimming Pool Foundation

**Foundations of Group Exercise Instructor** – American Council on Exercise

**Water Safety Instructor** – American Red Cross

**GRANT FUNDING**

2019 **Recipient:** C-Cell Service-Learning Grant

2018 **Recipient:** *Diabetes Prevention Enhance0 Tc 0 T6c)-H/2 (o5TT6c)-H/2 (o5TT2Nr )T/2 (o5T*

2006 - 2009 American Alliance for Health, Physical Education, Recreation and Dance  
Education  
2002 – 2003 Society for Neuroscience  
1997 – 1998 Society of Professional Health Educators  
1995 – 1996 American College Health Association  
1995 American Public Health Association

**PROFESSIONAL SERVICE**

2021 Vice President-Elect of Health Louisiana Association for Health, Physical  
Education, Recreation and Dance  
2022 Health and Literacy Summit, Oklahoma City, OK  
2020 Health and Literacy Summit, Birmingham, AL

**LOUISIANA STATE UNIVERSITY SERVICE**

2023 Faculty Advisor: Stop Overdose Student Organization  
2019 Integrative Learning Core Beta Test Participant  
2019-2021 Lighthouse Advocate

## **PUBLICATIONS**

### Book

**Grodesky, J. M.** (2008). *Somebody Needs to Light a Firecracker under Me!  
Understanding How Older Adults Make Decisions about Being Active.*

*leadership: Analyzing discursive practices.* Paper presentation at the National Association for Kinesiology and Physical Education in Higher Education national meeting, Albuquerque, NM.

Morgan, T., Piazza, W., & Grodesky, J. M., (2008, January). *Recruiting future leaders: An empirical-based approach.*

Highland Heights, KY.

**Grodesky, J. M.** (2007, October). *Pre- postnatal yoga: No place like “Ohm” for baby.*  
Lecture for Fit for the Future Fitness Education Convention, Mason, OH.

**Grodesky, J. M.** (2007, September). *Lower extremity postural analysis.*  
Presentation at the American Massage Therapy Kentucky monthly meeting,  
Erlanger, KY.

**Grodesky, J. M. & Palmer, T.** (2007, March). *Making a connection through teaching:  
Integrating the learner, client and you.* Presentation at the American Massage  
Therapy Association conference, Louisville, KY.