

I. Academic/Professional Background

A. Name: Janet R. Bezner, PT, DPT, PhD, FAPTA Title: Associate Professor

B. Educational Background

<i>Degree</i>	<i>Year</i>	<i>University</i>	<i>Major</i>	<i>Thesis/Dissertation</i>
DPT, Doctor of Physical Therapy	2014	Rocky Mountain University	Physical Therapy	
PhD, Health Educ	1995	The University of Texas	Health Education	The Exploration of Physical Health as a Component of Wellness
MS, Physical Therapy	1988	Texas Woman’s University	Physical Therapy	
BS, Physical Therapy	1981	UTMB – Galveston	Physical Therapy	

C. University Experience

<i>Position</i>	<i>University</i>	<i>Dates</i>
Associate Professor	Texas State University Department of Physical Therapy	2014 –present
Professor	Rocky Mountain University of Health Professions School of Rehabilitation Sciences	2002-present
Associate Professor	Southwest Texas State University Department of Physical Therapy	2001-2002
Assistant Professor	Southwest Texas State University Department of Physical Therapy	1995-2001
Research Assistant	The University of Texas Department of Kinesiology and Health Education	1992-1994

D. Relevant Professional Experience

<i>Position</i>	<i>Entity</i>	<i>Dates</i>
Vice President, Education and Governance & Administration Units	American Physical Therapy Association	2012-2014
Vice President,	American Physical Therapy Association	2011-2012

Education

Deputy Executive Director	American Physical Therapy Association	2007-2012
Senior Vice President	American Physical Therapy Association	2005-2007
Senior Vice President	PeakCare, Inc.	2001-2005
Consultant, Ergonomics and Wellness programming	Motorola, Inc.	1993-1994
Staff Physical Therapist	Rehability Corporation	1992-1995
Director, Department of Physical Therapy	UT Medical Branch Hospitals	1987-1992
Staff Physical Therapist/CCCE, Department of Physical Therapy	Houston Northwest Medical Center	1983-1987
Staff Physical Therapist, Department of Physical Therapist	Baylor Medical Center	1981-1983

E. Other Professional Credentials (licensure, certification, etc.)

Physical Therapy License – Virginia #2305204415 (issued 8/9/2005 by Virginia Department of Health Professions), Texas #1028538 (issued September 1, 1981 by Texas Board of Physical Therapy Examiners) Certified Health and Wellness Coach (October 31, 2016 – October 31, 2019) through Wellcoaches, Inc. National Board Certified Health & Wellness Coach (NBC-HWC) (July 2018-June 2021)

II. TEACHING

A. Teaching Honors and Awards:

Commencement Speaker, Rocky Mountain University of Health Professions, Department of Physical Therapy, December 12, 2014.

Commencement Speaker, Northwestern University, Feinberg School of Medicine, Department of Physical Therapy and Human Movement Sciences, December 5, 2009.

Commencement Speaker, University of Texas Medical Branch School of Allied Health Sciences, Winter Commencement, December 12, 2003.

Alpha Chi "Favorite Professor," Southwest Texas State University, 1996.

B. Courses Taught:

Clinical Decision Making I, PT 7125, Fall 2018
Research V, PT 7187, Texas State University, Fall 2018

Management Issues, PT 7474, Texas State University, Summer 2018
Professional Issues, PT 7114, Texas State University, Summer 2018
Research IV, PT 7177, Texas State University, Summer 2018
Structural Anatomy (Health Promotion & Wellness), PT 7311, Summer 2018

Body Systems II, PT 7333, Texas State University, Spring 2018
Research VI, PT 7197, Texas State University, Spring 2018
Research III, PT 7167, Texas State University, Spring 2018
Special Topics, PT 7294, Texas State University, Spring 2018

Therapeutic Interventions, PT 7428, Texas State University, Fall 2017
Research V, PT 7187, Texas State University, Fall 2017

Management Issues, PT 7474, Texas State University, Summer 2017
Professional Issues, PT 7114, Texas State University, Summer 2017
Research IV, PT 7177, Texas State University, Summer 2017

Body Systems II: Cardiopulmonary Systems, PT 7333, Texas State University, Spring 2017
Research VI, PT 7197, Texas State University, Spring 2017
Research III, PT 7167, Texas State University, Spring 2017

Therapeutic Interventions, PT 7428, Texas State University, Fall 2016
Research V, PT 7187, Texas State University, Fall 2016

Management Issues, PT 7474, Texas State University, Summer 2016
Professional Issues, PT 7114, Texas State University, Summer 2016
Research IV, PT 7177, Texas State University, Summer 2016

Body Systems II: Cardiopulmonary Systems, PT 7333, Texas State University, Spring 2016
Research VI, PT 7197, Texas State University, Spring 2016
Research III, PT 7167, Texas State University, Spring 2016

Therapeutic Interventions, PT 7428, Texas State University, Fall 2015

Management Issues, PT 7474, Professional Issues, PT 7114, Texas State University, Summer 2015

Body Systems II: Cardiopulmonary Systems, PT 7333, Texas State University, Spring 2015

Therapeutic Interventions, PT 7428, Texas State University, Fall 2014

Introduction to Health Promotion and Wellness, Rocky Mountain University of Health Professions, DPT program, Fall 2011, 2012, 2013, 2014, 2015, 2016, 2017

Cultural Competency in Wellness Practice, Rocky Mountain University of Health Professions, DSc in Health Promotion and Wellness Program, 2011, 2012, 2013, 2014

Theories of Behavior Change, Rocky Mountain University of Health Professions, DSc in Health Promotion and Wellness, 2011, 2012, 2013, 2014, 2016, 2017, 2018

C. Graduate Theses/Dissertations, Honors Theses, or Exit Committees (if supervisor, please indicate):

Randa, Jacqueline. Do the coping strategies used by physical therapists' working in acute care influence their experience of Burnout Syndrome? Doctor of Science in Health Promotion and Wellness, Rocky Mountain University of Health Professions- Provo, UT. Janet R Bezner (Member). Start Date April 2015.

Barenholtz, Theodora. Implementing a modified Otago exercise program for fall prevention using the Health Belief Model for community dwelling seniors in the senior center setting. Doctor of Science in Health Promotion and Wellness, Rocky Mountain University of Health Professions- Provo, UT. Janet R Bezner (Chair) (August 2014 – December 2018).

Rambo, Lindsey. Building a Workplace Culture of Health in a University Setting: Improving the Food Environment at Meetings and Events. Master of Science in Nutrition and Foods, Texas State University, San Marcos, TX. Janet R Bezner (Member) (November 2016 – May 2018).

Forester, Katherine. The efficacy of university worksite wellness programs. Master of Science in Exercise Science, Texas State University, San Marcos, TX. Janet R Bezner and Lisa Lloyd (Co-chairs). (September 2015 – May 2016).

Ingman, MarySue. The association between physical activity and quality of life in adults after bariatric surgery. Doctor of Science in Health Promotion and Wellness, Rocky Mountain University of Health Professions- Provo, UT. Janet Bezner (Member) (April 2008-August 2011).

D. Courses Prepared and Curriculum Development:

Therapeutic Interventions, PT 7428, Texas State University, Fall 2014
Health Promotion and Wellness I, PT 7311, Texas State University, Summer 2018

E. Funded External Teaching Grants and Contracts:

F. Submitted, but not Funded, External Teaching Grants and Contracts:

G. Funded Internal Teaching Grants and Contracts:

H. Submitted, but not Funded, Internal Teaching Grants and Contracts:

I. Other:

III. SCHOLARLY/CREATIVE

A. Works in Print (including works accepted, forthcoming, in press)

1. Books (if not refereed, please indicate)

a. Scholarly Monographs

b. Textbooks:

Bezner, J, Rogers, H: "Physical Therapy Protocols," Therapy Skill Builders, Inc., Tucson, Arizona, 1991.

Bezner, J: "Adult Exercise Instruction Sheets," Therapy Skill Builders, Inc., Tucson, Arizona, 1989.

c. Edited Books:

d. Chapters in Books:

Black, B & Bezner, J: Promoting Health and Wellness. In O'Sullivan, S, Schmitz & Fulk, G, Editors: Physical Rehabilitation, 7th Edition, F.A. Davis Company, 2019 [peer reviewed].

Lefever S, van Duijn AJ, Bezner J, Shamus E: Cycling. In Shamus E, Shamus J, Editors: Sports Injury Prevention & Rehabilitation, 2nd Edition, McGraw Hill, New York, NY, 2017 [peer reviewed].

Bezner, J: Prevention and the Promotion of Health, Wellness, and Fitness. In Thein-Brody, L & Hall, C, Therapeutic Exercise: Moving Toward Function, 4th Edition, Wolters Kluwer, Philadelphia, PA, 2018 [peer reviewed].

Black, B & Bezner, J: Promoting Health and Wellness. In O'Sullivan, S, Schmitz & Fulk, G, Editors: Physical Rehabilitation, 6th Edition, F.A. Davis Company, 2013 [peer reviewed].

Bezner, J: Health and Wellness: The Beginning of the Paradigm. In Umphred, DA, Lazaro RT, Roller, ML & Burton, GU, Umphred's Neurological Rehabilitation, 6thth Edition, Mosby, Inc., 2013 [peer reviewed].

Bezner, J: Prevention and the Promotion of Health, Wellness and Fitness. In Hall, C & Thein-Brody, L, Therapeutic Exercise: Moving Toward Function, 2nd Edition, Lippincott, Williams & Wilkins, Baltimore, Maryland, 2011 [peer reviewed].

Bezner, J: A Health and Wellness Perspective in Primary Care. In Boissonnault, W, Primary Care, 2nd Edition, Elsevier, 2010 [peer reviewed].

Bezner, J: Health and Wellness: The Beginning of the Paradigm. In Umphred, DA, Roller, M & Lazaro, R, Neurological Rehabilitation, 5thth Edition, Mosby, Inc., 2007 [peer reviewed].

Bezner, J: Prevention and the Promotion of Health, Wellness and Fitness. In Hall, C & Thein-Brody, L, Therapeutic Exercise: Moving Toward Function, Lippincott, Williams & Wilkins, Baltimore, Maryland, 2004 [peer reviewed].

Bezner, J: Impaired Aerobic Capacity. In Hall, C & Thein-Brody, L, Therapeutic Exercise: Moving Toward Function, Lippincott, Williams & Wilkins, Baltimore, Maryland, 2004 [peer reviewed].

Bezner, J: Principles of Aerobic Conditioning. In Bandy, W & Sanders, B, Therapeutic Exercise: Techniques for Intervention, Lippincott, Williams & Wilkins, Baltimore, Maryland, 2001 [peer reviewed].

e. Creative Books:

2. Articles

a. Refereed Journal Articles:

Rambo LD, Crixell S, Hu J, Bezner JR, Lloyd LK, Burke T. Influences on catered event ordering in a university workplace: development and validation of the understanding food ordering (UFO) Survey. *American Journal of Health Promotion*, October, 2018, <https://doi.org/10.1177/0890117118807217> .

Bezner, JR, Franklin, KA, Lloyd, LK, & Crixell, SH. (2018) Effect of group health behaviour change coaching on psychosocial constructs associated with physical activity among university employees, *International Journal of Sport and Exercise Psychology*, DOI: [10.1080/1612197X.2018.1462232](https://doi.org/10.1080/1612197X.2018.1462232).

Bezner JR (RA), Lloyd LK, Crixell SH, Burke TJ. The health care provider's role in supporting positive health behavior change: Developing an effective and supportive communication approach. *Medical Research Archives*, [S.l.], v. 5, n. Issue 9, sep. 2017. ISSN 2375-1924. Available at: <<http://journals.ke-i.org/index.php/mra/article/view/1523>>. Date accessed: 22 sep. 2017.

Lloyd LK, Crixell SH, Bezner JR (RA), Forester K, Swearingen C. Genesis of an employee wellness program at a large university. *Health Promot Pract.* 2017;18(6): 879-894.

Bezner JR (RA). Promoting health and wellness: implications for physical therapist practice. *Phys Ther.* 2015;95:1433-1444.

Williams, BR, Bezner, JR (RA), Chesbro SB, Leavitt R. The relationship between achievement of walking goals and exercise self-efficacy in postmenopausal african american women. *Topics in Geriatric Rehabilitation*. 2008;24(4):305-314.

Williams, BR, Bezner, J (RA), Chesbro SB, Leavitt R. The effect of a walking program on perceived benefits and barriers to exercise in postmenopausal african american women. *Journal of Geriatric Physical Therapy*. 2006;29(2):43-49.

Williams, BR, Bezner, J (RA), Chesbro SB, Leavitt R. The effect of a behavioral contract on adherence to a walking program in postmenopausal african american women. *Topics in Geriatric Rehabilitation*. 2005;21(4):332-342.

Bezner, J (RA), Boucher, B (TX). The influence of personality type on decision making in the physical therapy admission process. *Journal of Allied Health*. 2001;30:83-91.

Bezner, J (RA), Hunter, D. Wellness perceptions in persons following traumatic brain injury and its relation to functional independence. *Archives of Physical Medicine and Rehabilitation*, 2001;82:787-92.

Adams, T, Bezner, J, Drabbs, M, Zambarano, R, Steinhardt, M. Conceptualization and measurement of the spiritual and psychological dimensions of wellness in a college population. *Journal of American College Health*, Volume 48, January 2000.

Bezner, J, Adams, T, Whistler, L. The relationship between physical activity level and indicators of perceived wellness. *American Journal of Health Studies*, Volume 14, No. 3, 1999.

Steinhardt, M, Bezner, J, Adams, T. Outcomes of a traditional weight control program and a nondiet alternative: A one-year comparison. *Journal of Psychology*, Volume 133 (5), 1999.

Adams, T, Bezner, J, Garner, L, Woodruff, S. Construct validation of the perceived wellness survey. *American Journal of Health Studies*, Volume 14, No. 4, 1998.

Bezner, J, Adams, T, Steinhardt, M. The relationship of body dissatisfaction to physical health and wellness. *American Journal of Health Behavior*, Volume 21, No. 2, March/April, 1997.

Adams, T, Bezner, J, Steinhardt, M. The conceptualization and measurement of perceived wellness: integrating balance across and within dimensions. *American Journal of Health Promotion*, Volume 11, No. 3, January/February, 1997.

Adams, T, Bezner, J, Steinhardt, M. Principle-centeredness: A values clarification approach to wellness. *Measurement and Evaluation in Counseling and Development*, Volume 28, No. 3, October, 1995.

Baker, J, McPhail, S, Bezner J. A comparison of psychological needs of clinical instructors and physical therapy students: Implications for communication while on affiliation. *Journal of Physical Therapy Education*, May, 1991.

b. Non-refereed Articles:

3. Conference Proceedings:

a. Refereed Conference Proceedings:

b. Non-refereed:

4. Abstracts:

Bezner J, Lloyd L, Crixell S, Franklin K. Health behaviour change coaching in physical therapy: improving physical fitness and related psychological constructs of employees in a university setting. *European Journal of Physiotherapy*. 2017;19:sup1, 1-2.

Williams, B, Bezner, J, Chesbro, SB, Leavitt, R: The effect of a behavioral contract on adherence to a walking program in postmenopausal black women. *Journal of Geriatric Physical Therapy*. 2004;27:109.

Johnson, B, Mabey R, Bezner J, Jenos S. Comparison of work injuries for younger versus older workers in the health care industry. *Journal of Geriatric Physical Therapy*. 2003;26:37.

5. Reports:

6. Book/Manuscript Reviews:

Manuscript Review, Coaching and prompting for remote physical activity promotion: study protocol of a three-armed randomized controlled trial (Movingcall), *International Journal of Environmental Research and Public Health*, December 25, 2018.

Manuscript Review, An intervention enhances resilience in entry-level physical therapy students: A preliminary randomized controlled trial, *Journal of Physical Therapy Education*, December 23, 2018.

Manuscript Review, What is the effect of health coaching delivered by physical therapists? A systematic review of randomized controlled trials, *PTJ*, November and December, 2018 (two reviews).

Manuscript Review, Leadership in physiotherapy – experiences of leaders of physiotherapy professional organizations, *BMJ Leader*, October and November, 2018 (two reviews).

Manuscript Review, Adopting population health frameworks in physical therapist practice, *Physical Therapy*, April 9, 2018.

Manuscript Review, The assessment and measurement of wellness in the clinical medical setting: a systematic review, *Applied Psychology: Health and Well-being*, January 14, 2018.

Manuscript Review, Preparing entry-level rehabilitation therapists as health promotion practitioners: A call to action, *International Journal of Environmental Research and Public Health*, December 20, 2017.

Manuscript Review, Beyond the Individual: Population health and physical therapy, *Physiotherapy Theory and Practice*, October 3, 2017.

Manuscript Review, A survey of physicians and physiotherapists on physical activity promotion in Nigeria, *Archives of Physiotherapy*, January 22, 2017.

Manuscript Review, Alcohol use during pregnancy: An application of the theory of planned behavior, *Journal of Applied Social Psychology*, July 22, 2010.

7. Other Works in Print:

Boughton, B. Smoking & Knee OA: From Clinical Controversy to Therapeutic Possibility (cover story). Bezner J, Reznik A, Leung K, Mnatzagainian G, Felson D, Dube C, Sechrist F (contributors). *Lower Extremity Review Magazine* (LER), May 2016. Available at: <http://lermagazine.com/ler-archives/may-2016>

Mastrocola, K. Ask America's Ultimate Experts: Help! My back is killing me! Sinel MS, Sinett T, Bezner J, Panagos A. *Woman's World* magazine, September 14, 2015.

Contributor, Community Health Inclusion Sustainability Planning Guide. An addendum to A Sustainability Planning Guide for Healthy Communities. Rimmer JH. The National Center on Health, Physical Activity and Disability (NCHPAD), 2005.

Bezner, J. The exploration of physical health as a component of wellness, Doctoral Dissertation, The University of Texas, May, 1995.

B. Works not in Print

1. Papers Presented at Professional Meetings:

Why Words Matter: Facilitating Behavior Change with Health Coaching. Siengsukon, Bezner, Ingman. Academy of Physical Therapy Education pre-conference course, Combined Sections Meeting, Washington D.C., January 23, 2019.

Health Coaching to Promote Physical Activity Post-Stroke: A Case Series. Cariker, Hale, Bezner. Poster presented at the Texas Physical Therapy Association Annual Conference, San Antonio Texas, October 26, 2018.

Physical Therapy Evaluation Take Home Template Motivational Interviewing. Keep Calm and Treat Pain – From Research to Clinical Practice. Orthopaedic Section pre-conference course, Combined Sections Meeting, New Orleans, LA, February 22-14, 2018.

Health Behavior Change Coaching in Physical Therapy: Improving Physical Fitness and Related Psychological Constructs of Employees in a University Setting; Bezner, Black, Ingman. World Confederation of Physical Therapy Conference, July 2, 2017, Cape Town, South Africa.

Health Behavior Change Coaching: An Emerging Role for the Physical Therapist; Bezner. World Confederation of Physical Therapy Conference, July 2, 2017, Cape Town, South Africa.

Making the Healthy Choice the Easy Choice: Creating a Culture of Health in a University Setting; Lloyd, Bezner, Crixell. 42nd Annual National Wellness Conference, June 20, 2017, St. Paul, MN.

Implementing a Cost-Effective, Comprehensive Employee Wellness Program in a University Setting; Lloyd, Crixell, Bezner. Building Healthy Academic Communities Summit, April 7, 2017, Gainesville, FL.

The Impact of Group Behavior Change Coaching on Physical Fitness and Related Psychological Outcomes; Bezner, Lloyd, Crixell. Building Healthy Academic Communities Summit, April 6, 2017, Gainesville, FL.

Beyond Physical Therapy: Incorporating Health Promotion into Your Practice to Help Your Patients Move Better, Feel Better, Live Better, March 24, 2017, Savannah, GA.

Mind Over Matter: Promoting Long-term Adherence to Physical Activity Post-Stroke; Bezner, Hale, Szot. American Physical Therapy Association, Combined Sections Meeting, February 17, 2017, San Antonio, TX.

Sleepless in San Antonio: Guiding Patients to Better Sleep & Wellbeing; Siengsukon, Bezner. American Physical Therapy Association, Combined Sections Meeting, February 16, 2017, San Antonio, TX.

Prevention and Health Promotion in Physical Therapist Practice: The Time is NOW!; Berglund, Garber, Gamboa, Jewell, Patel, Berner, Siengsukon, Bezner, Ingman. American Physical Therapy Association, Combined Sections Meeting Preconference Course, February 15, 2017, San Antonio, TX.

Leadership Training: Leading Emotionally is NOT Emotional; Communicate and Negotiate Effectively; Leading Through Change and Innovation; Ignite, Engage and Empower High Performance Teams, Green-Wilson, Bezner, Moore. Barney RM Poole Leadership Academy, Physical Therapy Association of Georgia, September 30 and October 1, 2016, Chattanooga, TN.

Health Behavior Coaching Skills for PTs and PTAs, Part 1; Bezner, Black, Ingman. American Physical Therapy Association, NEXT 2016 Conference and Exposition, June 10, 2016, Nashville, TN.

Health Behavior Coaching Skills for PTs and PTAs, Part 2; Bezner, Black, Ingman. American Physical Therapy Association, NEXT 2016 Conference and Exposition, June 10, 2016, Nashville, TN.

Implementing a Low-cost, High-quality Employee Wellness Program in a University Setting: How, When, Where, and Why; Lloyd, Bezner, Crixell, Swearingen. Case Study Abstract presented at: The 26th Annual Art & Science of Health Promotion Conference; April 28-29, 2016; Orlando, FL.

Disruptive Change in the Classroom, The Clinic, and Our Profession, Bezner, Wong, Yung, American Physical Therapy Association, Combined Sections Meeting, February 20, 2016, Anaheim, CA.

Developing Respectful Relationships for Women and Men in Leadership, Wilson, Gorman, Bezner, American Physical Therapy Association, Combined Sections Meeting, February 20, 2016, Anaheim, CA.

Transforming Practice: Prevention and Health, Wellness and Fitness Programs, Bezner, Hakim, Pease, Ross, American Physical Therapy Association, Combined Sections Meeting, February 5, 2015, Indianapolis, IN.

Transforming and Optimizing: How to Live the New APTA Vision. Dale, Arundale, Guobadia, Bezner, MacIlveen, McGehee, Moore, Nwigwe, Saladin. American Physical Therapy Association, Combined Sections Meeting, February 5, 2015, Indianapolis, IN.

Continuing Competence: The Nuts, Bolts and Implications for Physical Therapists and Physical Therapist Assistants, American Physical Therapy Association of New Jersey, April 28, 2012, Robbinsville, NJ.

Interviewing Skills Essential for Your Success, American Physical Therapy Association, National Student Conclave, October 21, 2011, Minneapolis, MN.

Health Promotion and Wellness: Expanding Your Practice Paradigm, Bezner J, Black B, American Physical Therapy Association, May 14-15, 2011.

Health Promotion and Wellness, Utah Physical Therapy Association Spring Conference, April 9, 2011.

Forum on Continuing Competence, American Physical Therapy Association Combined Sections Meeting, New Orleans, LA, February 10, 2011.

Continuing Competence: Ideas, Perspectives, and Realities, American Physical Therapy Association Annual Conference & Exposition, Boston, MA, June 8, 2010.

Approaching Old Problems with New Thinking: Entrepreneurship and Innovation, Wisconsin Physical Therapy Association, April 8, 2010.

The Role of the Physical Therapist and Physical Therapist Assistant in Health Promotion and Wellness: Proven Strategies for Health-related Behavior Change, Wisconsin Physical Therapy Association, April 7, 2010.

Incubating Innovation, American Physical Therapy Association Combined Sections Meeting, San Diego, CA, February 19, 2010.

How to Build Your Business by Getting Your Employees to Think More Like an Entrepreneur, Bezner J, Green-Wilson J. PPS Annual Conference & Exposition, November 13, 2009.

Health Promotion and Wellness: Expanding Your Practice Paradigm, Bezner J, Ingman MS, American Physical Therapy Association, July 25-26, 2009.

Building E-Thinking, Bezner J, Green-Wilson J. American Physical Therapy Association Combined Sections Meeting, Las Vegas, NV, February 11, 2009.

Revvig Your Leadership Engine, Bezner J, Green-Wilson J. American Physical Therapy Association Combined Sections Meeting, Las Vegas, NV, February 10, 2009.

Getting to Yes, Fostering Service for Component Leadership, American Physical Therapy Association Combined Sections Meeting, Las Vegas, NV, February 10, 2009.

Fitness, Health Promotion, and Wellness Plenary Session: Physical Fitness: Promoting Health and Wellness in all Patient/Client Populations, Humphrey R, Bezner J, Chiarello J, Tepper S, Scarborough P, Moffat M, American Physical Therapy Association, Annual Conference, June 28, 2007.

2. Invited Talks, Lectures, and Presentations:

Bezner J. Health Behavior Coaching Skills for Physical Therapists and Physical Therapist Assistants. North Texas District, Texas Physical Therapy Association. Dallas, Texas, April 17, 2018.

Bezner J. Health Promotion and Wellness in Acute Care Practice. Baylor University Medical Center, Dallas, Texas, 2017 Browning Seminar, September 23, 2017.

Jack of All Trades vs. Master of One? The 10th Annual Oxford Debate; Bezner, Euype, Dewitt, Frost, Gilbert, Soper, American Physical Therapy Association, NEXT 2017 Conference and Exposition, Boston, MA, June 23, 2017.

Health Behavior Change Coaching Skills for Physical Therapists and Physical Therapist Assistants; Bezner. Panhandle District of the Texas Physical Therapy Association, April 20, 2017, Amarillo, TX.

Let's Get Moving!; Bezner, Bero. Texas Women in Higher Education Conference, April 4, 2017, San Marcos, TX.

Bezner J. The Science of Behavior Change: How to Help Your Patients/Clients Help Themselves. Healing Pain Podcast, Dr. Joe Tatta, Recorded August 16, 2016. Available at: <http://www.drjoetatta.com/dr-janet-bezner-the-science-of-behavior-change/>.

Bezner J, Ingman MS, Black B. Health Behavior Change Coaching Skills for Physical Therapists. Texas Physical Therapy Association, Annual Conference, Arlington, TX, October 25, 2015.

Bezner J. Seizing Your Opportunities. Keynote Speaker at Texas Physical Therapy Association Student Conclave, Arlington, TX, October 23, 2015.

Bezner J, Ingman MS, Black B. Health Behavior Change Coaching Skills for Physical Therapists. Michigan Physical Therapy Association, Fall Conference, October, 16, 2015.

Bezner J, Sanders B. Educating physical therapists for the 21st century: the state of physical therapist education in the U.S. Third International Congress of Physiotherapy 2015, Puebla, Mexico, September 25, 2015

Bezner J. Health behavior change and coaching for healthcare professionals. St. Catherine University, DPT Program, Annual Continuing Education event, Minneapolis, MN, September 19, 2015.

Bezner J. What's My Color...and What's Yours? Physical Therapy New Faculty Development Workshop, George Fox University, Portland, OR, June 9, 2015.

Bezner J. Health Promotion and Wellness: Expanding your Practice Paradigm. Texas Physical Therapy Association, Practice Committee Webinar, April 30, 2015.

Bezner J, Ingman MS, Black B. Health Behavior Change Coaching Skills for Physical Therapists. Minnesota Physical Therapy Association, Spring Conference, St. Paul, MN, April 24, 2015.

Bezner J. Health promotion and wellness. Florida Physical Therapy Association, 2015 Spring Conference, Orlando, FL, March 28, 2015.

Bezner J. Physical Therapy and Healthcare. Texas Woman's University Doctor of Physical Therapy Students and Houston Community College Physical Therapist Assistant Students, Houston, Texas, November 12, 2014

Bezner J, Green Wilson J. Recognizing your leadership capacity: WIIFY?. Keynote at the American Physical Therapy Association, National Student Conclave, November 1, 2014, Milwaukee, WI

Bezner J, Green Wilson J. Unleashing your leadership potential to transform your path. American Physical Therapy Association, National Student Conclave, November 1, 2014, Milwaukee, WI

Bezner J. What's My Color...and What's Yours? Physical Therapy New Faculty Development Workshop, Ithaca College, Ithaca, NY, June 17, 2014.

Bezner J. Interviewing Skills Essential for Your Success, American Physical Therapy Association, National Student Conclave, October 25, 2013, Lexington, KY.

Bezner J. Tom Waugh Leadership Development Program Annual Meeting, Keynote Speaker, October 24, 2013, Arlington, TX.

Bezner J. Where should the profession go and how should it get there? ACEND Forum, Academy of Nutrition and Dietetics Food & Nutrition Conference and Expo, October 20, 2013, Houston, TX.

Bezner J, Green-Wilson J, Moore C. Building Your Leadership Capacity, Physical Therapy Association of Georgia, July 19 – 21. 2013, Atlanta, GA.

Bezner J. What's My Color...and What's Yours? Physical Therapy New Faculty Development Workshop, Hardin Simmons University, Abilene, TX, July 16, 2013.

Bezner J. Health Promotion and Wellness. The George Washington University, Washington, DC, November 14, 2012.

Bezner J. Interviewing Skills Essential for Your Success, American Physical Therapy Association, National Student Conclave, November 3, 2012, Arlington, VA.

Bezner J. Current Update on APTA Priorities and Health Promotion and Wellness, The University of Texas MD Anderson Cancer Center, October 20, 2012.

Bezner J, Green-Wilson J, Moore C. Building Your Leadership Capacity, Physical Therapy Association of Georgia, July 13-15, 2012, Atlanta, GA.

Physical Therapist's Role in Health Promotion and Wellness, Physical Therapy Association of Washington, May 2, 2012, Seattle, WA.

Bezner J. Wellness and Prevention, Chatham University, March 19, 2012.

Bezner J. The Physical Activity Imperative: The Role of the Physical Therapist in the Health of Society, Texas Woman's University, November 30 (Dallas campus) and December 1, 2011 (Houston campus).

Bezner J. Change Management, Capstone Course DPT Program, The George Washington University, Washington, DC, November 17, 2011.

Bezner J. What's My Color...and What's Yours? Physical Therapy New Faculty Development Workshop, Ithaca College, NY, July 19, 2011.

Bezner J. Change Management, Capstone Course DPT Program, The George Washington University, Washington, DC, November 29, 2010.

Bezner J. Health Promotion and Wellness. The Eighth Annual Scholarship Day, The Physical Therapy & Rehabilitation Sciences Department, Drexel University, April 6, 2010.

Bezner J, Black B, Ingman MS. Health Promotion and Wellness: Expanding Your Practice Paradigm, American Physical Therapy Association, February 24-25, July 21-22, and September 8-9, 2007.

Bezner J, Black B, Ingman MS. Health Promotion and Wellness: Expanding Your Practice Paradigm, American Physical Therapy Association, May 6-7, June 20-21, and September 9-10, 2006.

Bezner J. Health Promotion and Wellness: Expanding Your Practice Paradigm, California Private Practice Special Interest Group, July 13, 2006.

3. Consultancies:

4. Workshops:

5. Other Works not in Print:

- a. Works “submitted” or “under review”
- b. Works “in progress”
- c. Other works not in print

Bezner J, The Basics of Inflammation. Texas State University, Employee Wellness Program, Lunch and Learn Seminar, October 17, 2018.

Bezner J and Oliver J, Metabolism 101. Texas State University, Employee Wellness Program, Lunch and Learn Seminar, September 12, 2018.

Bezner J, Building a Culture of Health in Your Work Unit – Considerations Beyond the Individual. Texas State University, Employee Wellness Program, Lunch and Learn Seminar, June 6, 2018.

Bezner J, Living Well with Diabetes. Texas State University, Employee Wellness Program Lunch and Learn Seminar, December 6, 2017.

Bezner J, Hale, J. Holistic Brain Health. Texas State University, Employee Wellness Program Lunch and Learn Seminar, August 3, 2017.

Bezner J. Office Ergonomics. Texas State University, Employee Wellness Program Lunch and Learn Seminar, July 20, 2017.

Bezner J. Managing Chronic Disease. Texas State University, Employee Wellness Program Lunch and Learn Seminar, October 6, 2016.

Bezner J. Healthy Joints Carry Some Weight: Strategies to Protect, Improve, and Preserve your Weight Bearing Joints. Texas State University, Employee Wellness Program Lunch and Learn Seminar, August 4, 2016.

Bezner J. Health Behavior Change Coaching: Achieving Your Wellness Vision and Goals. Texas State University, HR Bulletin, June 2016.

Bezner J. Osteoarthritis Deconstructed. Texas State University, HR Bulletin, May 2016.

Bezner J. But I Don't Have Time to Exercise!!! Getting a Handle on Time Management. Texas State University, HR Bulletin, February 2016.

Bezner J. Getting and Keeping the Motivation to Practice Healthy Habits. Texas State University, Employee Wellness Program Lunch and Learn Seminar, January 22, 2016.

Bezner J. Physical Activity Myths: The Truth about Movement. Texas State University, HR Bulletin, November 2015.

Bezner J. Oh, My Aching Knees. Texas State University, Employee Wellness Program Lunch and Learn Seminar, October 14, 2015.

Bezner J. Tracking the Body: Tools and Apps You Can Use. Texas State University, Employee Wellness Program Lunch and Learn Seminar, July 8, 2015.

Bezner J. Physical Activity Myths – The Truth about Movement. Texas State University, Employee Wellness Program Lunch and Learn Seminar, January 27, 2015.

Bezner J. Tracking Devices and Apps. Texas State University, College of Health Professions, WELLCHPs Seminar, November 13, 2014

C. Grants and Contracts

1. Funded External Grants and Contracts:

Bezner J (PI), Lloyd L, Swearingen C. Overpowering Osteoarthritis: Helping a Community Walk With Ease. Osteoarthritis Action Alliance, Raleigh, North Carolina, April 1, 2017 – March 31, 2018, \$6753.00.

Bezner J (PI), Lloyd L, Crixell S. Enhancing physical activity programming for employee well-being at Texas State University; Osteoarthritis Action Alliance, Raleigh, North Carolina, October 1, 2015 – September 30, 2016, \$24,830.

Bezner, J (PI). Worksite Wellness Program Development at Motorola; Motorola, Inc.; Austin, Texas, September 1, 2001 – April 30, 2002, \$24,455.00.

Bezner, J (PI). Worksite Wellness Program Development at Motorola; Motorola, Inc.; Austin, Texas, July 10, 2000 - May 18, 2001, \$46,162.00.

Bezner, J (CO-PI)(TX), Boucher, B (CO-PI)(TX). The Effects of Myofascial Release Thoracic Techniques on Pulmonary Function Measures, SWT Research Enhancement Grant, January 14, 2000 - August 31, 2000, \$15,619.00.

Bezner, J (PI)(TX). Validation of the True Colors Personality Type Indicator. SWT Research Enhancement Grant, January 1, 1999 – August 31, 1999, \$6,504.29.

Bezner, J (CO-PI)(TX), Hunter, D (TX). Measuring Wellness Perceptions in Persons After Traumatic Brain Injury and the Relationship to Functional Independence. SWT Research Enhancement Grant, September 1996 - August 1997, \$4,848.00.

2. Submitted, but not Funded, External Grants and Contracts:

Bezner J, Gorman I, Reese N, Resnik C, Soper S. An Exploration of Non-Cognitive Factors in Doctor of Physical Therapy Students and Their Relationship to Student Learning Outcomes. Academy of Physical Therapy Education, Research Grant program, Submitted October 1, 2018, \$10,000.

Parker-Raley J (PI), Bezner JR (Co-PI), Mohan R (Co-PI), Benavente V (Co-PI). Team HEART: A Novel Social Ecological Approach for Cardiac Rehabilitation in Older Adults and Their Caregivers. National Institutes of Health, R01, Tailoring Cardiac Rehabilitation to Enhance Participation of Older Adults, Washington DC, Submitted November 8, 2017, \$700,000.

Bezner J (PI), Lloyd L, Crixell SH. Building a Workplace Culture of Health in Academic Settings: One Supervisor at a Time (BUILDING AwCOH). Letter of Intent. Robert Wood Johnson Foundation. 2016, \$391,270.85.

Bezner, J (Co-PI), Ingman, M (Co-PI), Black, B (Co-PI). Health Behavior Coaching Skills for Physical Therapists. Submitted to American Physical Therapy Association, Physical Activity Grant Program, November 2014 – December 2016, \$26,400. (This grant was funded for \$9,850 to Ingman and Black)

3. Funded Internal Grants and Contracts:

4. Submitted, but not Funded, Internal Grants and Contracts:

Bezner J, Mayberry, A. An Exploration of Non-Cognitive Factors in Doctor of Physical Therapy Students and Their Relationship to Student Learning Outcomes. Texas State University, Research Enhancement Program grant, 2018, \$16,000.

Hu, Y, Bezner J. Building a Culture of Health in University Workplaces. Texas State University, Research Enhancement Program Grant, 2017, \$16,000.

Lloyd LK, Crixell SH, Bezner J, Hu Y. Making Healthy Choices the Easy Choices: A Framework for Building a Culture of Health in University Settings. Texas State University, MIRG, 2017. \$21,427.

Lloyd, LK, Crixell SH, Bezner J, Biediger-Friedman L. Making the Healthy Choice the Easy Choice: A Framework for Building a Culture of Health in University Settings. Texas State University, MIRG, 2016. \$26,453.

Bezner J, Clay C. Establishing a Culture of Health in San Marcos Consolidated Independent School District. Texas State University, Research Enhancement Grant, 2015, \$16,000.

D. Fellowships, Awards, Honors:

Texas Physical Therapy Association, Outstanding Physical Therapy Researcher Award, October 2018.

College Achievement Award for Scholarly/Creative Activities, College of Health Professions, Texas State University, 2017

Catherine Worthingham Fellow of the American Physical Therapy Association, June, 2017.

American Society of Allied Health Professions, Outstanding Poster Presentation, 1998.

Faculty Excellence Award for Research, School of Health Professions, Southwest Texas State University, 1996-97.

Texas Physical Therapy Association, Outstanding Poster Presentation, 1989.

IV. SERVICE

A. Institutional

1. University:

Vice Chair of the Faculty Senate, 2017-2018

Faculty Senator, College of Health Professions, 2016-2019

Non Tenure Faculty Committee, Chair, September 2017 to present

WellCats, Employee Wellness Program Committee, September 2014 to present

Faculty Senate Liaison, College of Health Professions 2015-2016

7 Habits of Highly Effective People Facilitator for University Professional Development, 2015, 2016, 2017, 2018

The 5 Choices Facilitator for University Professional Development, 2016, 2017

Summer Graduation, Graduate School Marshall, August 19, 2015

Spring Graduation, Mace Bearer, May 12, 2017

Bobcat Days, College of Health Professions Representative, April 11, 2015

2. College:

College Council, Representative from Faculty Senate, 2016-2019
Research Enhancement Grant Review Committee, 2017-2018
WELLCHPs Committee, September 2014 to present
Personnel Committee, Communication Disorders, 2014-2015

3. Department/School:

Outcomes Assessment Committee, Chair, September 2014 to present
Admissions Committee, Co-Chair, September 2014 to present
Personnel Committee, September 2014 to present
Department of Physical Therapy Faculty Search Committee, 2015, 2016, 2017

B. Professional:

World Confederation of Physical Therapy

Governance Review Working Group, 2017 to present; Co-chair, January 2018 to present

American Physical Therapy Association

Member, 1977 to present

Special Committee to Review House Documents, 2017 to present

Founding member and Steering Committee member, Council on Prevention, Health Promotion, and Wellness, 2017 to present

Media Corps, 2011 to present

Guest Host, Student Assembly Twitter Chat, April 21, 2015, "House of Delegates"

PTNow Editorial Board, 2013 to 2014

Vice President, 2003-2005

Executive Committee, 2003-2005

Board of Directors, 1999-2005

Chair, Board Oversight Committee, Practice Applications Project, 2003-2005

Task Force on Governance, 2001-2003

Task Force on Benchmarking, 2000-2001

Trustee, Foundation for Physical Therapy, 1998-2000

Vice President, Foundation for Physical Therapy, 2003-2005

On-Site Evaluator, Commission on Accreditation in Physical Therapy Education, 1997-1998

Task Force on Practice Privileges, 1990-1991

Cardiopulmonary, Education, Geriatric, Orthopedic, Health Policy and Administration Sections
1981-2005

Cardiopulmonary, Education, Health Policy and Administration Sections 2015

American Council of Academic Physical Therapy

Chair, Leadership Development Oversight Committee, 2016 to present

Texas Physical Therapy Association, Capital Area District

Member 1977 to 2005 and 2014 to Present

Delegate, 1990-1995, 2014 to present

Chair, Key Contact Program, 2015-2018

Chief Delegate, 1993-1999, 2015-present

Executive Director Search Committee, 1998, 2015, 2017

President, 1993-1996

Past President, 1996-1997

Alternate Chief Delegate, 1992-1993

President-Elect, 1992-1993
Chair, Task Force on Restructuring, 1991-1993
Board of Directors, 1989-1999, 2015-present
Speaker of the House, 1989-1992
Chair, Conference Steering Committee, 1989-1992
Second Vice-Chair, Southeastern District, 1987-1989
External reviewer, Texas Physical Therapy Education and Research Foundation, 1997, 1998, 1999, 2000, 2002.

Veteran's Administration Physical Therapy Education Committee
Advisory Board, October 2015 to present

Accreditation Council for Education in Nutrition and Dietetics (ACEND)
Expanded Standards Committee, January 2013 to May 2015
Public member, Board of Directors, June 2015 to present

National Wellness Association
Member since 1995

Wellness Council of America (WELCOA)
Member since 1993

The University of Texas Medical Branch School of Allied Health Sciences Alumni Association
Life Member (member since 1982)
Distinguished Alumni Selection Committee 1996-2000
External Fundraising Committee, 1989-1993
President, 1987-1993
Board of Directors, 1985-1993

ASAE & The Center for Association Leadership
Member 2005-2015

American Association of Cardiovascular and Pulmonary Rehabilitation
Member, 1987-2005
Chair, Public Education Committee, 1990-1993
Health Risk Screening Sub-committee of Public Education Committee, 1990-1992

C. Community:

Ambassador, *Conspirare*, Austin, Texas, 2018 to present.

Strategic Planning Facilitator, *Conspirare*, Austin, Texas, 2017.

Member, Partnership for Healthier Alexandria, 2009 to 2014.
Vice Chair, Steering Committee, Partnership for Healthier Alexandria, 2011 to 2014.

Community free lunch program volunteer, Christ Church, Alexandria, VA, 2013-2014.

Election Officer, City of Alexandria, VA, General and Special Election, November 2, 2010, November 6, 2012.

Member, Leadership Alexandria, Class of 2009.

Volunteer, Kinkos Classic Golf Tournament, Austin, TX, May 2004.

Volunteer, Motorola Marathon, Austin, TX, February 15, 2004.

H.O.S.T.S. Program Volunteer, San Marcos School District, August 2001 – 2002.

D. Service Honors and Awards:

College Achievement Award, Excellence in Service, College of Health Professions, Texas State University, August 2018.

Presidential Distinction Award for Excellence in Service, College of Health Professions, August 2018.

Faculty Excellence Award for Service, College of Health Professions, Texas State University, 2017.

Honorary Fellow, Tom Waugh Leadership Development Program, Texas Physical Therapy Association, October, 2013.

Robert C. Bartlett Award, Foundation for Physical Therapy, September 9, 2013.

Most Outstanding Alumni Honor, University of Texas Medical Branch School of Allied Health, November 15, 2008.

Lucy Blair Service Award, American Physical Therapy Association, June, 2006.

College of Health Professions nominee for Presidential Award for Service, Southwest Texas State University, 1999-2000.

Jeanette Winfree Service Award, Texas Physical Therapy Association, October, 1997.

University of Texas Medical Branch –School of Allied Health Sciences, Distinguished Alumnus, 1995.

E. Service Grants and Contracts

1. Funded External Service Grants and Contracts:

2. Submitted, but not Funded, External Service Grants and Contracts:

3. Funded Internal Service Grants and Contracts:

4. Submitted, but not Funded, Internal Service Grants and Contracts