

# **Breleisha A. Gilbert**

## **Assistant Professor, Internship Coordinator**

Department of Kinesiology, Sport, and Leisure Studies

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### **Academic/Professional Background**

#### **A. Educational Background**

##### **Oklahoma State University, College of Education and Human Sciences, Stillwater, Oklahoma**

Doctor of Philosophy in Health, Leisure and Human Performance

July 2022

*Emphasis: Leisure Studies, Aquatics, and Recreational Therapy*

*Dissertation: Assessing African American Women with Preexisting Health Conditions Perception of Aquatic Activity in Rural Communities*

##### **Texas State University, College of Education, San Marcos, Texas**

May 2016

Masters of Science in Recreation and Leisure Studies in Therapeutic Recreation (MSRLS)

##### **Northwestern State University, College of Science, Natchitoches, Louisiana**

May 2012

Bachelor of Science in Biology Biomedical Concentration

#### **B. University Experience**

Assistant Professor/Internship Coordinator

##### **Grambling State University (3,000+ hrs.)**

January 2018-Present

- Coordinate internships for the Kinesiology, Sport, and Leisure Studies department
- Administer departmental comprehensive exam
- Advise senior level students
- Teach courses related to recreation and therapeutic recreation
- Clearance for KSLS majors for graduation

#### **Courses Lectured:**

REC 416- Internship in Recreation

REC 406- Inclusive & Special Recreation

REC 408- Research and Computer Use in Recreation

REC 417- Level Test III (Comprehensive Exam)

REC 498- Senior Comprehensive

REC 410- Legal Liability in Recreation

KNES 411- Level Test III (Comprehensive Exam)

KNES 499-Senior Comprehensive

TREC 412- Trends and Issues in Advancement of Profession

TREC 406- Principles, Techniques and Processes of TR

TREC 414- Advanced Clinical Aspects of TR

TREC 205- Intro to Therapeutic Recreation & History of Leisure

ED 201- Advisee Report

#### **C. Relevant Professional Experience**

Owner/Operator

##### **Therapeutic Possibilities, LLC**

June 2019-Present

- Manage operation of aquatics facilities, activities, swimming programs and department staff.

- Supervise and guide employees and volunteers.
- Manage operations of assigned area within available resources and budget.
- Track and monitor revenue and expenditure to stay within the allotted budget.
- Adhere to aquatic safety standards and guidelines.
- Hire, train, and evaluate aquatic staff and volunteers
- Conduct various aquatic entertainments and activities to attract more customers.
- Provide information about aquatics programs to schools, recreation officials, community service groups, and the general public.
- Assist in maintenance and repair of aquatics facilities and equipment.

#### Certified Therapeutic Recreation Specialist

##### **Texas Initiative Program Inc. (360+ hrs.)**

February 2017-December 2017

- Assess patients' needs through observations, medical records, tests, and talking with other healthcare professionals, patients' families, and patients
- Create treatment plans and programs that meet patients' needs and interests
- Plan and implement interventions to prevent harm to a patient
- Engage patients in therapeutic activities, such as games and field trips
- Help patients learn social skills needed to become or remain independent
- Teach patients about ways to cope with anxiety or depression
- Record and analyze a patient's progress
- Evaluate interventions for effectiveness

#### Certified Therapeutic Recreation Specialist

##### **Rec. Therapy Now (2,640 hrs.)**

August 2016- December 2017

- Assess patients' needs through observations, medical records, tests, and talking with other healthcare professionals, patients' families, and patients
- Create treatment plans and programs that meet patients' needs and interests
- Plan and implement interventions to prevent harm to a patient
- Engage patients in therapeutic activities, such as games and field trips
- Help patients learn social skills needed to become or remain independent
- Teach patients about ways to cope with anxiety or depression
- Record and analyze a patient's progress
- Evaluate interventions for effectiveness
- Improve ROM, flexibility, strength, endurance, coordination and balance through aquatic training

#### Recreation Therapist Intern

##### **Princess Park (City of Shreveport SPAR)**

January 2016-April 2016

- Provide therapeutic activities through recreation
- Implement and Aide in program planning
- Incorporation of the A.P.I.E process
- Lead group activities for clients with disabilities

#### Swim Instructor

##### **The Swim School**

February 2016-August 2016

- Special Olympics Swim Coach
- Demonstrate swimming technique to children with disabilities
- Encourage and promote water safety to the community
- Provide fun learning environment for aquatics

#### Graduate Instructional/ Teaching Assistant (Personal Fitness and Wellness Instructor)

**Texas State University, San Marcos, TX**

August 2014-December 2015

- Conduct and maintain classroom safety and rules
- Engage and educate on physical fitness
- Manage lesson plans, grades, and assignments
- Participate in recreational sports like tennis, aerobics and badminton

Rehabilitation Technician

**Minden Medical Center, Minden, LA**

June 2013 – August 2014

- Complete departmental papers, records, filing and other clerical duties in timely fashion
- Prepare patient & treatment area for treatment.
- Effectively communicate with patients, staff and other personnel.
- Recognize age specific considerations during treatment process - Neonate, Pediatric, Adolescent, Geriatric
- Participate in activities which promote growth & development

Pool Supervisor (Seasonal)

**Minden Recreational Complex**

May 2013-August 2016

- Maintain safety of swimmers and employees
- Establish schedule for employees
- Teach swimming lessons to children ages 4-17
- Make sure that pool is ran properly and in order

Youth Specialist

**Project Celebration**

August 2012 – July 2013

- Performed duties documented in the plan of care by the Wrap Around Agency for at risk youth
- Mentored young ladies by teaching coping skills, redirecting behavior, and developing a tutoring schedule to improve overall quality of life
- Involved in any extracurricular activities to show involvement and being a good role model for young ladies

D. Oher Professional Experience

• **Recreation Day**

Instructed campus wide recreational activities for the students on college campus March 2018-

• **Special Olympics Indoor Games**

December

2016 Special Olympics Bowling and Basketball Coach for the Northwest Region

• **Special Olympics Camp**

June 2015

Group Leader for Special Olympics Camp held at Princess Park in Shreveport, Louisiana

• **Best Friends for Life**

Spring 2015

Active inclusion leader for weekly planned and implemented activities

• **Camp Kids Unlimited**

October 2014

Camp Counselor for a wheelchair sports camp for children ages 10-18 with a physical disability in Burton, Tx

• **Fun Fish Friday**

December 2014

Volunteer to provide a positive educational fishing experience with students from San Marcos Special Education Programs at the A.E. Wood Fish Hatchery

• **Aquatic Aerobics Class**

Fall 2014-

Instructed aquatic classes for undergraduate students at Texas State University

• **Meadowview Health and Rehab Center, Minden, La**

April 2013

Participated with residents in group activities with the activity director making encouraging cards and aiding with daily games for geriatric population

## **CERTIFICATIONS:**

Certified Therapeutic Recreation Specialist (CTRS)	National Council for Therapeutic Recreation Certification (NCTRC) 68361	2016-Current
First Aid CPR/AED	American Heart Association	6/18-Current
Water Fitness Instructor	United States Certified Aquatic Fitness Instructor	11/2014-Current
Aquatic Therapist	Aquatic Therapy and Rehab Institute Membership	06/2016- Current
Group Fitness Certified	Aerobic and Fitness Association of America	10/2016-Current
Drum Instructor	Drumtastic	04/2018- Current
MANDT training	MANDT System	04/2017- Current
Aquatic Professional	Association of Aquatic Professionals	01/2016-Current
Basic Water Rescue	American Red Cross	08/10/2016- Current
Aquatic Facility Operator	National Park & Recreation Association	07/14/2022- Current
Lifeguard/ CPR/AED/First Aid	American Red Cross	09/28/2023- Current

## **HONORS**

Tri Beta Honor Society	Northwestern State University	9/2010
NSU Certified Peer Educator	Northwestern State University	10/2008
Purple Jackets Honor Society	Northwestern State University	10/2011
Alpha Epsilon Delta Honor Society	Northwestern State University	09/2009
Phi Epsilon Kappa Honor Society	Grambling State University	11/2019

## **E. Other**

2017	<u>Attendee.</u> (April) Gulf Coast Therapeutic Recreation Symposium, Hattiesburg. Mississippi Hattiesburg Train Station
2017	<u>Attendee.</u> (November) Therapeutic Recreation Symposium for the Southwest, Dallas, Texas Scottish Rite Hospital
2017	<u>Attendee.</u> (November) Aquatic Therapy Seminar, Pisces Aquatic Services, Houston, Texas, Holiday Inn Westway Park
2018	<u>Attendee.</u> (April) Gulf Coast Therapeutic Recreation Symposium, Hattiesburg. Mississippi Hattiesburg Train Station
2018	<u>Attendee.</u> (September) National Recreation and Park Association Conference, Indianapolis, Indiana, Indiana Convention Center
2018	<u>Attendee.</u> (November) Therapeutic Recreation Symposium for the Southwest, Dallas, Texas Scottish Rite Hospital
2019	<u>Attendee.</u> (April) Gulf Coast Therapeutic Recreation Symposium, Gulf Port, Alabama.

- 2019 *Attendee.* (September) American Therapeutic Recreation Association Conference. Reno, Nevada.
- 2019 *Attendee.* (November) Therapeutic Recreation Symposium for the Southwest, Dallas, Texas  
Scottish Rite Hospital.
- 2020 *Attendee.* (February) Association of Aquatic Professionals Conference. Frisco, Texas
- 2022 *Attendee.* (September) National Recreation and Park Association. Birmingham, Alabama  
(virtual)
- 2023 *Attendee* (April) Gulf Coast Therapeutic Recreation Symposium, Hattiesburg. Mississippi
- 2023 *Presenter.* (November) Therapeutic Recreation Symposium for the Southwest, Dallas, Texas  
Scottish Rite Hospital

## F. Scholarly/ Creative

### 1. Publications/ Papers/Presentations at Professional Meetings

**Gilbert, B.** (2021, April). *Water Safety: Know Before You GO.* Shreveport Public Assembly and Recreation (Therapeutic Division). Shreveport, La.

**Gilbert, B.** (2022, July). *Assessing African American Women with Preexisting Health Conditions Perception of Aquatic Activity in Rural Communities.* ProQuest Publishing Company. Ann Arbor, MI.

**Gilbert, B.** (2023, February). *Assessing African American Women with Preexisting Health Conditions Perception of Aquatic Activity in Rural Communities.* University of Education in Winneba Conference. Kumasi, Ghana.

**Gilbert, B.,** Sidney, A., Mattox, T., Banks, H., Garner, D. (2023, March). *Trends and Issues of Kinesiology, Sport, and Leisure Studies.* University of Ghana Health Physical Education and Recreation Conference. Accra, Ghana.

**Gilbert, B.** (2023, March). *Assessing African American Women with Preexisting Health Conditions Perception of Aquatic Activity in Rural Communities.* University of Ghana Health Physical Education and Recreation Conference. Accra, Ghana.

**Gilbert, B.** (2023, July). *Assessing African American Women with Preexisting Health Conditions Perception of Aquatic Activity in Rural Communities.* Educational Justice Conference, Athens, Greece.

**Gilbert, B.** (2023, July). *Internship- Trends and Issues of a Modern-day clinical practicum.* Educational Justice Conference, Athens, Greece.

**Gilbert, B.,** Proctor, L., (2023, August). *Promoting Wellness, Balance, and Positive Morale.* Strategic Advance. College of Education. Grambling State University.

### 2. Invited Talk/Lectures

**Gilbert, B.** (2023. February). Speaker. American Therapeutic Recreation Association Podcast. African Americans within the Recreational Therapy Field. Virtual.

## G. Grants

Jacobs, T., Simmons, O., **Gilbert, B.**, (2022). *Special Olympics Unified Champion Grant*. Louisiana Special Olympics. The grant provides resources to promote social inclusion by bringing together students with and without intellectual disabilities through sports and other activities. Students who “Play Unified” become better at helping others, standing up for each other, and sharing responsibility. **Funded Grant.**

Lincoln, T., **Gilbert, B.** (2023). *HBCU Swimming Grant*. USA Swimming. The grant s aim to revitalize aquatic programming within these diverse communities throughout the country. These grants support three main focal areas: HBCUs interested in starting youth water safety lessons; HBCUs with existing university-based clubs; and HBCUs interested in starting university-based swim clubs. HBCU Grants are utilized for things such as youth learn-to-swim programming, club travel expenses, technology and equipment, and administrative support. **Funded Grant.**

Ellis, R., **Gilbert, B.**, Forbes, J., et.al. (2023). *COVID Grant*. As a working member of the grant my responsibility was to provide community swim lesson to children ages 5-17 years old to promote water safety and demonstrate proper swim strokes and techniques to all attendees. **Funded Grant.**

Jackson, T., **Gilbert, B.**, Monroe, M., Winzer, T., et. al. (2023). *Title III Grant: Innovation to Support Student Achievement in Teacher Education*. College of Education. Responsible for resources to promote passing of certification exam and assist with P.A.L. (Professional Ally and Leader). **Funded Grant.**

## H. Service

### A. Institutional

#### 1. University

2020            Faculty Judge, Undergraduate Research Symposium. Grambling State University.

2020-Current    Member. University Curriculum Committee. College of Education. Kinesiology, Sport, and Leisure Studies Department. Grambling State University. Grambling, Louisiana.

2022-Current    Member. University Library and Learning Resources Committee. College of Education. Kinesiology, Sport, and Leisure Studies Department. Grambling State University. Grambling, Louisiana.

2019-2021       Faculty Co-Advisor. Phi Epsilon Kappa Honors Fraternity. Grambling State University. Grambling, Louisiana

2021- Current    Facility Advisor. Gamma Sigma Sigma Sorority. Grambling State University. Grambling, Louisiana.

2022- Current    Faculty Advisor. Grambling State University Tiger Sharks. Grambling, Louisiana.

2023            Proxy Faculty Representative. Faculty Senate. Grambling State University. Grambling, Louisiana.

#### 2. College

2021-Current    Member. Faculty Administrative Council. College of Education, Department of Kinesiology, Sport, and Leisure Studies. Grambling State University. Grambling, Louisiana.

### 3. Department/School

- 2018 Team Leader. United Way of Northeast Louisiana Campaign. Grambling State University
- 2018-2019 Committee Member. Admissions. Department of Kinesiology, Sport, and Leisure Studies. Grambling, Louisiana.
- 2018-2019 Committee Member. Student Appeals. Department of Kinesiology, Sport, and Leisure Studies. Grambling, Louisiana.
- 2018-2019 Committee Member. Low Completer. Department of Kinesiology, Sport, and Leisure Studies. Grambling, Louisiana.
- 2020-2021 Committee Chair. Admissions. Department of Kinesiology, Sport, and Leisure Studies. Grambling, Louisiana.
- 2020-2021 Committee Chair. Examinations. Department of Kinesiology, Sport, and Leisure Studies. Grambling, Louisiana.
- 2020-2021 Committee Member. Curriculum. Department of Kinesiology, Sport, and Leisure Studies. Grambling, Louisiana.
- 2020-2021 Committee Member. Low-Completer. Department of Kinesiology, Sport, and Leisure Studies. Grambling, Louisiana.
- 2022-Current Program Coordinator. KSLS Experiential Sports Leadership Program. Department of Kinesiology, Sport, and Leisure Studies. Grambling State University. Grambling, Louisiana.
- 2022 Committee Member. Athletic Advisor. Search Committee, Department of Intercollegiate Athletics. Grambling State University. Grambling, Louisiana.
- 2022 Committee Member. Assistant Professor of Sport Administration. Search Committee, Department of Kinesiology, Sport, and Leisure Studies. Grambling State University. Grambling, Louisiana.
- 2022 Committee Member. Assistant Professor of Leisure Studies. Search Committee, Department of Kinesiology, Sport, and Leisure Studies. Grambling State University. Grambling, Louisiana.

#### B. Professional

- 2018-2019 Program Committee. Therapeutic Recreation Symposium for the Southwest (TRSSW).
- 2019 Co-Leader. (November). ATRA Higher Education Task Force, Focus Group, Student Volunteer Group, Therapeutic Recreation Symposium for the Southwest, Dallas, Texas.
- 2017 - Current Member. American Therapeutic Recreation Association (ATRA). Higher Education, Diversity, AND Student Development Committee
- 2017 - Current Member. Louisiana Recreation and Park Association (LRPA).
- 2016 - Current Member. National Recreation and Park Association (NRPA).
- 2019 Program Committee. Gulf Coast Therapeutic Recreation Symposium. Hattiesburg, MS
- 2016 - Current Member. Aerobics and Fitness Association of America (AFAA).

2018- Current Member. Association for Aquatic Professionals.  
 2019- Current Member. Aquatic Exercise Association (AEA).  
 2023 Reviewer/Delegate. Educational Justice Journal  
 2023 Secretary, Louisiana Therapeutic Recreation Association

### C. Community

2008-Current Mentor/Step Master. Phi Delta Kappa Epsilon Rho Xinos and Kudos. Minden, Louisiana.

2020- Current Corresponding Secretary. Minden Alumnae Chapter Delta Sigma Theta Sorority, Inc. Minden  
Chair, Economic Development Committee  
Co-Chair- Cotillion Committee  
Chair, Parades Committee  
Member, Social Action Committee

2020 Member. Class of 2020 Top 15 under 40 Professionals in Webster Parish. Greater Minden Chamber. Minden, Louisiana.

2019- Current Planning Committee. Martin Luther King Celebration Committee. Minden, Louisiana  
Chair, Youth Leadership Award

2022-Current Planning Committee. Juneteenth Community Committee. Minden, Louisiana.

2019-Current Volunteer. (November). Soup for the Soul Ruston, Louisiana.

2018- Current Planning Committee. (November). Minden Medical Center Turkey Adventure Race. *Note*: Assisted in coordination of community group in planning and implementation of race and promotion as well as race day preparation. November, Minden, Louisiana.

2018-Current Coordinator. Adaptive Aquatics, *Note*: added summer program of aquatic activities for all grade levels K-12 in the Webster Parish School System and the Grambling Community to help to develop an aquatics program utilizing goal driven aquatics activities. Minden Recreational Center and GSS Intramural Center, Minden & Grambling, Louisiana.

2019-Current Coordinator. After School Program. Lead in establishing after school therapeutic program for Webster Parish School System K-12. Goal is to provide therapeutic activities for students that will allow Grambling State University Leisure Studies majors the opportunities for field base experience in program planning and group interventions. Minden Recreational Center. Minden, Louisiana.

2022 Organizer. Where Heaven Meets Earth. Event where a variety of topics such as mental health, dating, marriage, education, and more were discussed. Gamma Sigma Sigma had the opportunity to volunteer. Minden Cultural Crossroads. Minden, Louisiana

## REFERENCES

Dr. Jan Hodges- Associate Professor and Coordinator, Master of Recreation and Leisure Studies  
 Texas State University



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