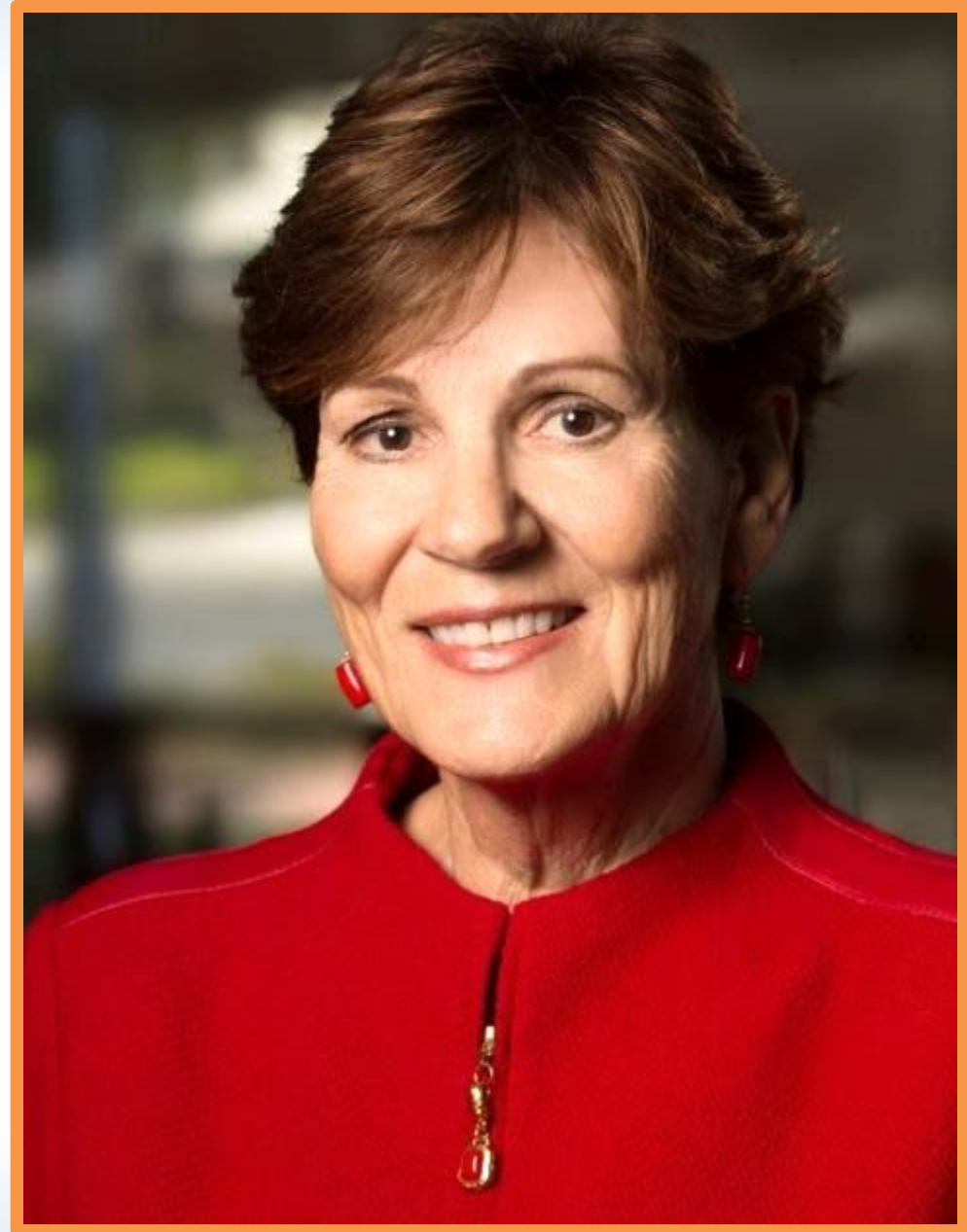




CALIFORNIA STATE UNIVERSITY
FULLERTON

Dr. C. Jessie Jones
Gerokinesiology
Health Science
Gerontology





Jessie was born and raised in Santa Clara, CA. In high school she was voted **most athletic** in her senior year and was a **cheerleader**.

Following high school she spent two years working in a **factory** until her boss said, *"You're too smart to work in a factory. **Go to college.**"* So off she went.



Jessie received her B.S. in health and physical education from **Cal Poly Pomona**.

Her M.S. in exercise science from **Cal State Long Beach**.

And her Ph.D. in sport psychology, with minors in health and counseling psychology, from **The Ohio State University**.



Jessie in her teaching
and coaching days



With her surfboard
named *Sweet Lady*

Before teaching at the university level, Jessie was a **physical education teacher** and **coach** for 6 years at Northview High School in Covina.

During this same time in her life she was also a **competitive surfer** and **marathon runner**.



Jessie's first university teaching position was at the **University of New Orleans** (UNO) from 1987 to 1992. She founded and directed the Graduate Gerontology Program at UNO.

She specialized her research at UNO in the areas of health and fitness issues for older adults. In addition, she developed the first known **Gerokinesiology** specialization in the country.



Jessie joined the faculty in Kinesiology and Health Promotion at **Cal State Fullerton** in 1992. She was hired to teach health science courses and develop a new Gerokinesiology track.

She was also hired to be Director of the university Gerontology academic programs.



Welcome to KNES 454 - Physical Dimensions on Aging

Jessie taught numerous courses including:

- Physical Dimensions of Aging
- Women's Health
- Health Issues and Aging
- Alternative Healing Therapies
- Stress Management
- Measurement and Statistics



*International Curriculum
Guidelines for Preparing
Physical Activity Instructors of
Older Adults in Collaboration
With the Aging and Life Course,
World Health Organization*



World Health Organization
Aging and Life Course

ICAPA
INTERNATIONAL CURRICULUM GUIDELINES FOR PREPARING
PHYSICAL ACTIVITY INSTRUCTORS OF OLDER ADULTS

Jessie developed the curriculum for the gerokinesiology track at Cal State Fullerton. But in addition, she was also the **driving force** behind the development of the **International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults** in collaboration with the World Health Organization.

Jones, C. J., Rakovski, C., Rutledge, D. N., & Gutierrez, A. (2014). A comparison of women with **fibromyalgia** syndrome to criterion fitness standards: A pilot study. *Journal of Physical Activity and Aging*.

Rikli, R. & Jones, C.J. (2013). Development and validation of criterion-referenced, clinical relevant **fitness standards** for maintaining physical independence in later years. *The Gerontologist*, (53), 255-267.

Jones, C.J., & Rikli, R.E. (2002). Measuring **functional fitness** of older adults. *International Journal of Active Aging*, 1, 25-30.

Rikli, R.E., & Jones, C.J. (1999). The development and validation of a **functional fitness test** for community-residing **older adults**. *Journal of Aging and Physical Activity*, 7, 129-161.

Jones, C.J., & Clark, J. (1998). National **curriculum standards** for preparing senior fitness specialists. *Journal of Aging and Physical Activity*, 6, 207-221.

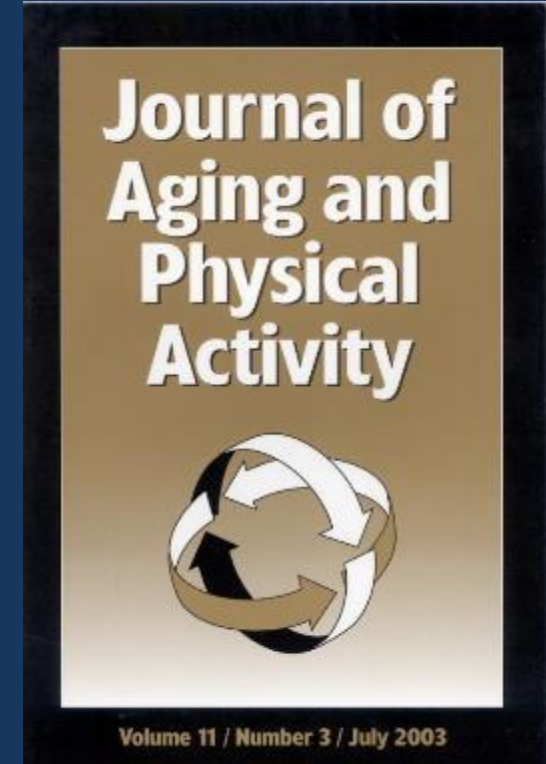
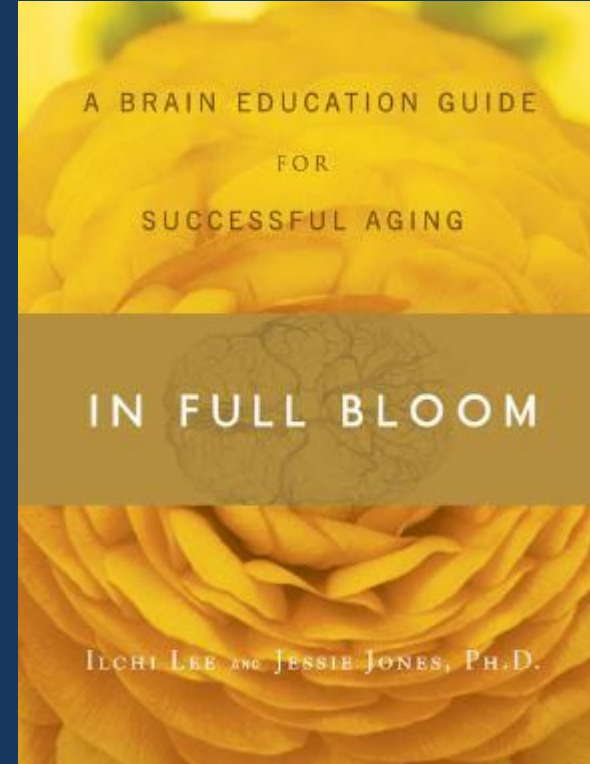
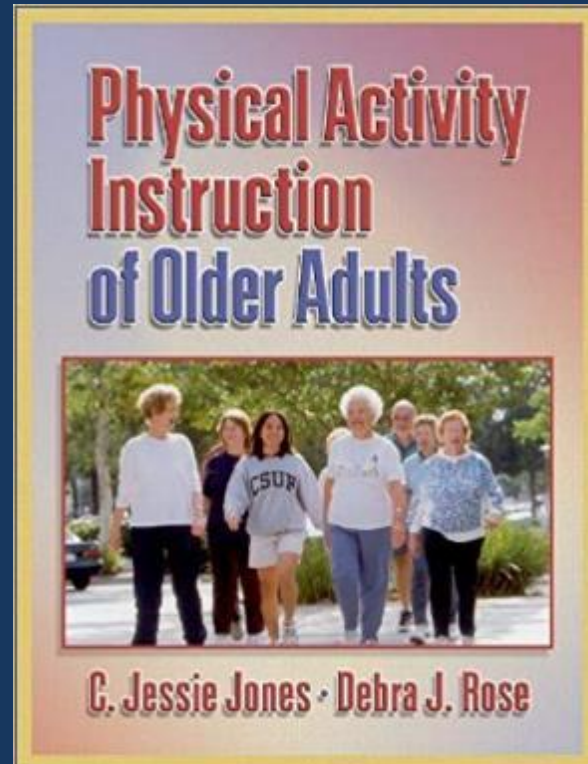
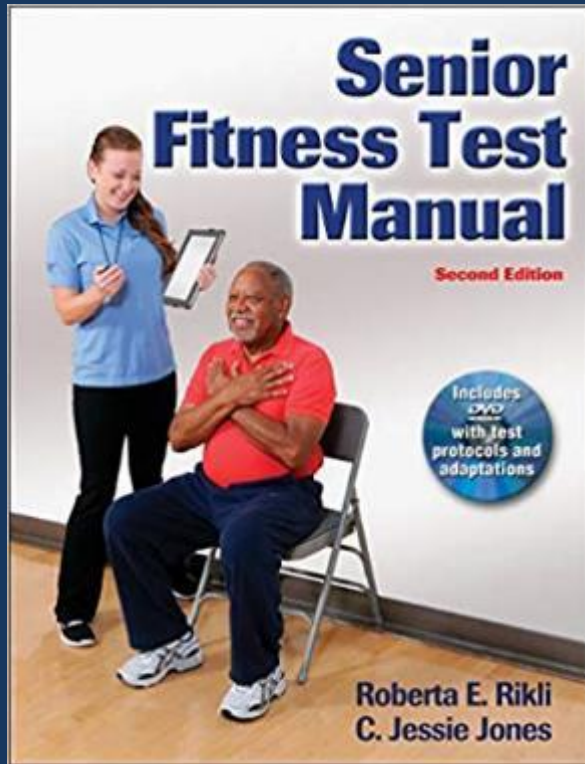
Jessie is known in the field of exercise science and aging for her **research**, **program design**, and **curriculum development**. Her work has been published in numerous national and international journals and cited in over a hundred newspapers and magazines. A small sample of her publications is shown above.



Jessie has conducted over 200 **professional presentations** at conferences across the United States and around the world, including Brazil, Canada, China, France, Germany, Japan, Scotland, Spain, and Taiwan.



For her scholarly work, Jessie was elected as **Fellow** in both the National Academy of Kinesiology and the American College of Sports Medicine.



Jessie co-authored **three books** and authored numerous **book chapters**. She was **co-editor-in-chief** for an international journal – the *Journal of Aging and Physical Activity*.



Throughout her career at Cal State Fullerton, Jessie's **effort** and **passion** drove her to individually develop or co-develop three very successful and influential **centers / programs**:

- Center for Successful Aging
(formally known as LifeSpan Wellness Clinic)
- Fibromyalgia Research and Education Center
- Center for Healthy Neighborhoods





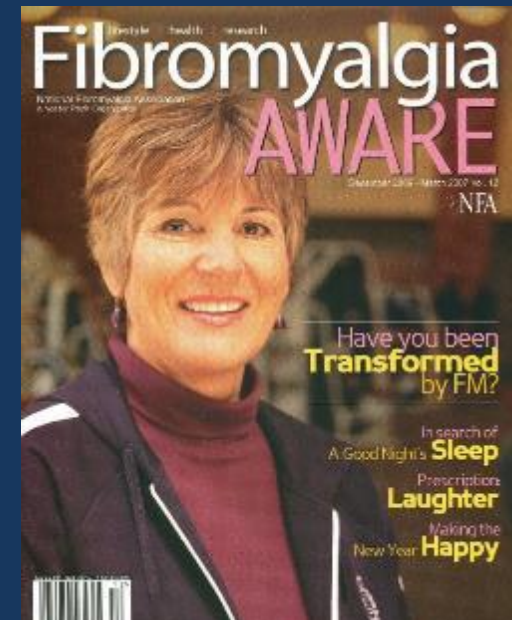
The **Center for Successful Aging** (CSA), formerly known as the LifeSpan Wellness Clinic, was co-developed with Dr. Roberta Rikli in 1994, and is still actively operating today.



The CSA has received national and international recognition as a **Center of Excellence**.



In 2007, Jessie developed the **Fibromyalgia and Chronic Pain Center**, and with a team of several researchers from across campus conducted numerous studies and educational workshops on non-pharmacological approaches to **pain management**.





Jessie's newest project is the **Center for Healthy Neighborhoods**. The Center, located within the city of Fullerton, serves especially vulnerable Spanish-speaking families.

The Center provides bilingual and bicultural programs and services:

- To address disparities in health and education;
- To revitalize neighborhoods; and
- To reduce cycles of poverty.





Jessie **served** her department, college and university over the duration of her career at Cal State Fullerton. She was:

Chair of the Department of Health Science;

Interim Dean of the College of Health and Human Development; and

Assistant Vice President for Academic and Community Partnerships



Jessie was asked once for her **keys to success**, some of which included the following:

- Tie your research to community partnerships, student learning, and professional service.
- Focus your research on an area that makes a difference and that you are passionate about.
- Team up with someone who complements your skills and is supportive in finishing projects.
- Maintain personal and professional integrity – be morally and ethically strong, do things for the “right reason,” and follow through.



Jessie **does not intend to retire.** She believes there are too many things left for her to do that will continue to make the world more just and equitable for all.

Her favorite quote is:

*“What we **do for ourselves** dies with us. What we **do for others and the world** remains and is immortal.”* Albert Pike

C. Jessie Jones, Ph.D.

**Professor and Chair of Health Science, Emerita
CSUF 1992 - 2016**



