
Komelski, Matthew F., PhD

Advanced Instructor, Department of Human Development and Family Science
Virginia Polytechnic Institute and State University
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Educational Background

Institution	Degrees	Year	Field of Study
Kansai Foreign Language University, Osaka Japan	Certificate	1998	Japanese Studies
Radford University, Radford VA	BA BA	1999 1999	Philosophy and Religion, <i>Cum Laude</i> ; History, <i>Cum Laude</i> ;
Konan University, Kobe Japan	Certificate	2003	Japanese Studies
University of Hawaii, Honolulu HI	MA	2004	Asian Studies Certificate: Japanese Language
Virginia Polytechnic Institute and State University, Blacksburg VA	MS & PhD	2010	Human Development Graduate Certificate: Gerontology

Current Position and Affiliations

Advanced Instructor, Department of Human Development and Family Science, Virginia Tech
Director, Adaptive Brain and Behavior Minor
First Year Experience Advisor Council
Faculty Affiliate, Center for Gerontology

University Teaching Experience

Department of Human Development and Family Science, Virginia Tech

HD 5984: Writing, Research, and Teaching Across Cultures
HD 5104: Adult Development and Aging I: Individual Development
HD 5514: Research Methods
HD 4714: Senior Capstone Seminar: Program Leadership and Evaluation
HD 3014: Research Methods in Human Development
HD 2984: Ut Prosim Abroad
HD 2974: Service Learning
HD 2336: Principles of Human Services II
HD 2335: Principles of Human Services I
HD 2014: Integrative Practices for Health, Wellbeing, and Resilience
HD 2004: Human Development II: Adulthood and Aging
HD 1004: Human Development I: Childhood and Adolescence

Summer Courses taught for Hanyang University. Seoul, South Korea 2015-2019

ISS 1078: Adulthood and Aging in Korea
ISS 1060: Mind-body Health

Administrative Positions and Committees

2022 Fall	HDFS Department Head Search Committee: Member
2021-Present	First Year Experience Advisory Council
2021-Present	Director Adaptive Brain and Behavior Minor
2019-Present	Registrar's Sub-Committee for Accreditation of International Programs
2017-2022	Destination Area: Adaptive Brain and Behavior Stakeholders Committee and Curriculum Sub-Committee, Curriculum Lead
2019 Spring	Hiring Committee for Director of VT Engage
2015-2019	Co-led Study Abroad to Hanyang University, Seoul South Korea Duties: Recruiting, advising and teaching
2019 Spring	Hiring Committee for Director of First Year Experiences
2016-2017	First Year Experience Advisory Board
2015-Present	Course Developer and Coordinator for HD 2014: Integrative Health Practices Duties: Pathways gen-ed revisions, quality control of course content, teaching support and review of materials
2014-2018	Human Development Undergraduate Curriculum Committee
2014-2015	Dean's Advisory Committee on International Initiatives & Subcommittee for Grants
2013-2020	Course coordinator for HD 2004: Human Development II: Adulthood and Aging Duties: Pathways gen-ed revisions, quality control of course content, teaching support and review of materials
2011 Fall	Coordinator of the Writing, Research & International Teaching (WRIT) Initiative- A special program designed to evaluate and support the needs of graduate students with international backgrounds and interests
2010- Present	Teaching Apprentice Supervisor Duties: Train PhD students in classroom and online pedagogy, familiarize them with course content, train them in lecture design and course management, and evaluate their preparedness to teach online or face-to-face

Local and National Outreach and Service

2016-Present	Coordination of VT Student Service-Learning Projects at multiple sites in NRV
2013-Present	Board Member of New River Integrative Arts Center, Pearisburg, VA
2008-Present	Science Editor for The Center for Taiji and Qigong Studies, New York, NY
2012-2014	Advisory Member of the Education Committee for National Qigong Association
2006-Present	Program organization and leadership for Taiji and Qigong programs in the New River and Roanoke Valleys, including Carilion Clinic, Blacksburg Health and Fitness, Giles Country Wellness Center and Pearisburg Senior Center

Professional Organizations

2012-Present	Coach, Amateur Athletic Union
2011-Present	Professional Member, National Qigong Association
2009-2020	Associate Member, Sigma Xi: Scientific Research Society

2006-2020 Full Member, Gerontological Society of America

Credentials and Certifications

2018-Present Teaching Certification for Koru Mindfulness. Evidence-based meditation and mindfulness for college-aged adults. Center for Koru Mindfulness, Durham, NC

2016-Present Teaching Certification for Hunyuan Neigong and Taijiquan. Feng Zhiqiang Hunyuan Taiji Academy. Beijing, China

2012-Present Teaching Certification for Evidence-Based Taiji and Qigong. Center for Taiji and Qigong Studies. New York, NY

Awards and Recognitions

2020 Excellence in Teaching Award- Center for Excellence in Teaching and Learning, VT

2020 VT Engage Faculty Fellow- VT Engage, VT

2019 Learning Systems Innovation and Effectiveness Fellowship (2019)

2018 Faculty Scholar- Virginia Tech Graduate Academy of Teaching Excellence

2017 Teacher of the Week Award- Center for Instructional Design and Educational Research

2016 Favorite Faculty Award- VT Housing and Residence Life

2014 Favorite Faculty Award- VT Housing and Residence Life

2013 Favorite Faculty Award- VT Housing and Residence Life

2012 Excellence in Access and Inclusion Award- Office of Services for Students with Disabilities and the Office for Diversity and Inclusion

2010 Vetra R. & Jay A. Mancini Research Prize- Department of Human Development, VT

2009 S.J. Ritchey Scholarship for Research on Health and Aging: Center for Gerontology, VT

2008 AARP-VT Memorial Fund for Gerontology Scholarship- AARP

2006 Jerry Hulic Serving Spirit Fellowship Award: Department of Human Development, VT

Funded Curriculum Development and Educational Research Grants

2022 Global Partnership Project Grant: College of Liberal Arts and Human Sciences, USD 3,000
Principal Investigators: Komelski M

2022 Pathways Minor Development Grant- Responsible for the development of the Adaptive Brain and Behavior, Destination Area, Pathways Minor. PI- M. Komelski. Funded: \$15,000

2022 First Year Experience Grant- Developed experiential and service learning opportunities within HD 2335: Principles of Human Services- First Year Experience course. PI- M. Komelski. Funded: \$16,000

2021 Pathways Minor Development Grant- Responsible for the development of the Adaptive Brain and Behavior, Destination Area, Pathways Minor. PI- M. Komelski. Funded: \$15,000

2021 First Year Experience Grant- Developed experiential and service learning opportunities within HD 2335: Principles of Human Services- First Year Experience course. PI- M. Komelski. Funded: \$16,000

2020 Pathways Minor Development Grant- Responsible for the development of the Adaptive Brain and Behavior, Destination Area, Pathways Minor. PI- M. Komelski. Funded: \$17,000

2020 First Year Experience Grant- Developed experiential and service learning opportunities within HD 2335: Principles of Human Services- First Year Experience course. PI- M. Komelski. Funded: \$18,000

2019 Pathways Minor Development Grant- Responsible for the development of the Adaptive Brain and Behavior, Destination Area, Pathways Minor. PI- M. Komelski. Funded: \$17,000

2019 First Year Experience Grant- Developed experiential and service learning opportunities within HD 2335: Principles of Human Services- First Year Experience course. PI- M. Komelski. Funded: \$18,000

2018 Pathways Course Development Grant- Responsible for conversion of HD 2014: Integrative Health Practices to Pathways, including curriculum revisions to include issues of equity and identity in the U.S. PI- M. Komelski. Funded: \$10,000

2018	First Year Experience Grant- Developed experiential and service learning opportunities within HD 2335: Principles of Human Services- First Year Experience course. PI- M. Komelski. Funded: \$18,000
2017	Pathways Course Development Grant: Responsible for conversion of HD 2004: HD II: Adulthood and Aging to Pathways, including revision of course content to include more emphasis on global and intercultural issues. PI- M. Komelski. Funded: \$10,000
2017	First Year Experience Grant- Collaborated with the Office of First Year Experience to develop and implement Peer-Mentoring Training within HD 2335: Principles of Human Services- First Year Experience. PI- M. Komelski. Funded: \$18,000
2016	First Year Experience Grant- Responsible for revision HD 2335 Principles of Human Services to meet the requirements of a First Year Experience program. PI- M. Komelski. Funded: \$18,000
2012	Institute for Distance and Distributed Learning, Enterprise Fund- Responsible for development of online course materials and technology for HD 4984: Special Study: Integrative Health Practices. PI: M. Komelski with I. Bukvic. Funded: \$8000
2011	Diversity Funding Award for College of Liberal Arts and Human Sciences- Responsible for course development and teaching HD 5984, Special Study: Professional Development Seminar, designed to increase intercultural experiences between US and International Graduate Students. PI- M. Benson, with M. Komelski, K. Beisecker, & S. Jarrott. Funded: \$9,200
2011	Institute for Distance and Distributed Learning's Enterprise Fund- Assisted in the development of Stage I of an interactive interface for learning mindbody practices online. PI- I. Bukvic with M. Komelski. Funded: \$2500
2011	Center for Instructional Design and Educational Research, Instructional Enhancement Grant- Curricular development of HD 4984: Special Study: Mindbody Health. PI- M. Komelski with S. Jarrott. Funded: \$2000

Research Experience

2019-2022	<i>Understanding Student's Perceptions of Contemplative Practices Learned in Higher Education Classes.</i> PI- Matthew Komelski with Katherine Allen. Department of Human Development and Family Science, Virginia Tech.
2017-2020	<i>Mechanisms of Innate Immune Responses to Mindfulness Meditation.</i> Responsible for development and implementation of moving meditation protocol. PI- Jon Ritchie with Matthew Komelski, Departments of Psychology and Human Development and Family Science. Virginia Tech.
2017-2018	<i>Active Vets Program.</i> Developed and implemented Taiji, Qigong and Mindful Walking protocol for this trial. PI- Shannon Munroe with Matthew Komelski and Brian Lutkins, Salem VA Medical Center. Salem, VA.
2009 – 2016	<i>Taiji Symposium Research Survey.</i> Responsible for IRB, survey design, recruitment, data collection, storage and data analysis. PI- Matthew Komelski with Rosemary Blieszner and Yasuo Miyazaki. Department of Human Development and School of Education. Virginia Tech.
2009 – 2010	<i>Taiji Self-Care.</i> Responsible for protocol development and implementation. Salem VA Medical Center. PI- Kye Kim. MD. Director, Dementia Unit and Memory Disorders Clinic, SVAMC. Professor, Department of Psychiatry, Virginia Tech-Carilion School of Medicine with Matthew Komelski. Department of Human Development, Virginia Tech.
2006 - 2007	<i>Living History Project.</i> Research Assistant; supported protocol development, implementation and training of volunteer staff. PI- Dr. Shannon Jarrott, Department of Human Development and Adult Day Services, Virginia Tech.

Peer Reviewed and Professional Publications

- Komelski, M. F., Shankar, M., Allen, K. R., Janac, B. R., (2022) Challenges, Adaptation, and Learning in an Immersive Mindfulness-Based Practices Course: College Student Perspectives. *Educational Review*. DOI: <https://doi.org/10.1080/00131911.2022.2146056>
- Munro, S., Komelski, M., Lutgens, B., Lagoy, J. and Detweiler, M., 2019. Improving the Health of Veterans Though Moving Meditation Practices: A Mixed-Methods Pilot Study. *Journal of Veterans Studies*, 5(1), pp.16–23. DOI: <http://doi.org/10.21061/jvs.v5i1.128>
- Richey, J. A., Sullivan-Toole, H., Strege, M., Carlton, C., McDaniel, D., Komelski, M., Epperley, A., Zhu, H., Allen, I. C. Precision Implementation of Minimal Erythema Dose (MED) Testing to Assess Individual Variation in Human Inflammatory Response. *J. Vis. Exp.* (152), e59813, doi:10.3791/59813 (2019).
- Komelski, M. F., Blieszner, R., & Miyazaki, Y. (2016). Curriculum, practice and diet predict health among experienced Taiji and Qigong practitioners. *Journal of Alternative and Complementary Medicine*, 22, 154-159. doi:10.1089/acm.2015.0071.
- Komelski, M. F., Blieszner, R., & Miyazaki, Y. (2012). Comparing the health status of US Taijiquan and qigong practitioners to a national survey sample across ages. *Journal of Alternative and Complementary Medicine*, 18, 281–286. doi:10.1089/acm.2011.0008
- Komelski, M. F., & Kim, K. Y. (2012). Taiji self-care: Program development for extended care nursing staff at a local Veterans Affairs Medical Center. *Federal Practitioner*, 29, 9-14.
- Komelski, M. F. (2010). *The role of Taijiquan in supporting adaptive development in adulthood*. (Doctoral dissertation: Virginia Polytechnic Institute and State University, 2010). <http://scholar.lib.vt.edu.ezproxy.lib.vt.edu:8080/theses/available/etd-04142010-182009/>
- Yang, Y., Grubisich, S., & Komelski, M. F. (2008). *The essentials of Taiji training for older adults*. American College of Sports Medicine's Fit Society Page: http://www.acsm.org/AM/Template.cfm?Section=ACSM_Fit_Society_Page&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=11231

Invited Lectures, Reviewed Presentations and Academic Workshops

- Komelski, M.F. (2022, August) *Increasing Students' Engagement Through Service Learning* (Invited Workshop). Catholic University of Lublin. Lublin, Poland.
- Komelski, M. F., & Cianelli, E. (2019, March) *The Koru Capstone Experience*. (Paper Presentation) Contemplative Practices for Higher Education Conference. James Madison University, Harrisonburg, VA.
- Komelski, M. F. (2018, September). *Taiji and Qigong for Chronic Pain Management*. Invited Lecture Workshop- Carilion Clinic, The Science of Integrative Pain Management Symposium. Roanoke, VA.
- Komelski, M. F. (2018, September). Panel Discussion: *Improving Provider Well Being*. Invited Panelist. Workshop- Carilion Clinic, Health Analytics Symposium: Transforming Healthcare with Data. Roanoke, VA.
- Komelski, M. F. (2018, June). *Active and contemplative teaching in higher education classrooms*. Invited lectures- Jinan University Colleges of Engineering, Computer Science & Medicine. Shandong, China.
- Fu, Z., Komelski, M. F., & Aakshay, K. (2018, June). *Physically active diabetics report lower rates of impaired cognitive function: Findings from the 2010 National Health Interview Survey*. Poster presented at the 78th National Diabetes Association Annual Conference. Orlando, FL.
- Komelski, M.F. (2018, May) *Taiji and Qigong in the Management of Parkinson's Disease*. Invited lecture, Roanoke Area Parkinson's Support Group. Roanoke, VA.
- Komelski, M. F. (2018, February). *Contemplative practices in higher education*. Invited lecture, Virginia Tech Language and Culture Institute. Blacksburg, VA.
- Komelski, M. F. (2018, March). *Qigong for centering and revitalizing*. Invited workshop, Contemplative Practices in 21st Century Higher Education Conference. University of North Carolina. Chapel Hill, NC.
- Komelski, M. F. (2017, December). *Using role-play and case studies to assess peer-mentor preparedness*. Presentation, First Year Experience Winter Camp. Virginia Tech. Blacksburg, VA.
- Komelski, M. F. (2016, December). *East-West symposium: Re-envisioning age through emerging research on taijiquan*. Research Symposium Chair, annual meeting of the Gerontological Society of America. New Orleans, LA.

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- Komelski, M. F., & Nguyen, A. (2014, November). *Self-reported mental and physical health benefits of experienced taiji and qigong practitioners*. Paper presented at the annual meeting of the Gerontological Society of America. Washington, DC.
- Komelski, M. F. (2012, November). *Cultivating health, wellbeing, and resilience through Tai Chi and Qigong: An overview of research findings and self-reports*. Invited lecture, Psychiatry Grand Rounds, Salem Veteran's Affairs Medical Center. Salem, VA.
- Komelski, M. F. (2012, September) *Integrative health, wellbeing, and resilience: Course design and lessons learned*. Presentation, HNFE Graduate Seminar. Virginia Tech. Blacksburg, VA.
- Komelski, M. F. (2011, November). *Understanding the evidence base for mind-body practices: Comparing clinical Taiji and Qigong protocol to the regimens of regular practitioners*. Invited lecture, Carilion Clinic's Psychiatry Grand Rounds Live Activity. Roanoke, VA.
- Komelski, M. F., Blieszner, R., & Miyazaki, Y. (2011, November). *Comparing the health status of US Taijiquan and Qigong practitioners to a national survey sample across ages*. Paper presented at the annual meeting of the Gerontological Society of America. Boston, MA.
- Komelski, M. F., Blieszner, R., & Miyazaki, Y. (2011, June). *Predicting optimal health-related quality of life in US adult Taijiquan (Tai Chi) practitioners*. Poster presented at the International ^{21st} Annual Puijo Symposium. Kuopio, Finland.
- Komelski, M. F., Blieszner, R., & Miyazaki, Y. (2010, November). *Predicting optimal health-related quality of life in US adult Taijiquan (Tai Chi) practitioners*. Paper presented at the annual meeting of the Gerontological Society of America. New Orleans, LA.
- Komelski, M. F. (2009, July). *Essential Taijiquan practices and age-related declines: Does curriculum matter?* Paper presented at the International Tai Chi Chuan Symposium. Vanderbilt University School of Medicine. Nashville, TN.
- Komelski, M. F. (2009, February). *Taiji: The use of mental skills in negotiating age related declines*. Guest lecture and workshop, EDCI 5784: Graduate Seminar in Mind-Body Practices for Health and Wellness, Virginia Polytechnic Institute and State University, Blacksburg, VA.
- Komelski, M. F. (2008, February). *Taiji: Issues in researching a multidimensional intervention*. Paper presented at the Southeastern Symposium on Child and Family Development, Auburn, AL.
- Jarrott, S. E., Komelski, M. F., & Weintraub, A. P. C., (2007, November). *Living history: Integrating intergenerational relationships at a middle school*. Poster presented at the Annual Meeting of the Gerontological Society of America, San Francisco, CA.
- Jarrott, S. E., Komelski, M. F., & Weintraub, A. P. C. (2007, July). *Living history: Connecting middle schoolers and adult day services clients*. Paper presented at the Biannual Meeting of Generations United, Washington, DC.
- Komelski, M. F. (2007, February). *Potential impacts of Taiji exercise on cognition*. Roundtable discussion presented at the Southeastern Symposium on Child and Family Development, Blacksburg, VA.

Outreach Presentations and Workshops

- Komelski, M. F., (April, 2019) *An Introduction to Mindfulness in Self-Care*. Key Note Address for Keep Calm and Teach On- VT PEAP Annual Recruitment and Advising Event.
- Komelski, M. F., (October, 2019) *Tai Chi and Cognition*. Komelski, M. F., Presentation for Brain Boosters: Fads, Facts and Fundamentals (Podcast) a partnership with University of Florida/IFAS Extension, Virginia Cooperative Extension and North Dakota State University Extension <https://vimeo.com/366600049>
- Komelski, M. F. (2018, May). *Research findings on Taiji and Parkinson's disease*. Invited talk and workshop-Roanoke Area Parkinson's Support Group. Roanoke, VA.
- Komelski, M. F. (2015, September). *Optimizing health across the lifespan*. Invited talk, VT-AARP Lifelong Learning Institute's LivingWell@50+ conference. Virginia Tech. Blacksburg, VA.

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- Komelski, M. F. (2015, September). *Taiji for everyone*. Invited workshop, VT-AARP Lifelong Learning Institute's LivingWell@50+ conference. Virginia Tech. Blacksburg, VA.
- Komelski, M. F. (2015, March). *Simple exercises for managing stress and anxiety*. Hokie Day at Achievable Dream Academy. Newport News, VA.
- Komelski, M. F. (2013, September). *Laying the foundation for an intergenerational Taiji practice*. Invited workshop, The Betty J. Queen Community Center. Louisa, VA.
- Komelski, M. F. (2013, July). *Laying the foundation for an intergenerational Taiji practice*. Invited workshop, Jefferson Areas Board on Aging. Charlottesville, VA.
- Komelski, M.F. (2012, October). *Energywork: Managing and mastering our day-to-day energy levels*. Invited workshop, Hokie Wellness: Finding Balance Conference. Virginia Tech. Blacksburg, VA.
- Komelski, M. F. (2008, December). *Taiji: History and essential practices*. Presentation, Blacksburg Public Library's Natural Healthcare Series. Blacksburg, VA.