

ELAINE FOSTER, Ph.D.

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Curriculum Vitae

EDUCATION

Doctor of Philosophy in Education, emphasis in Sport Pedagogy and Character Development

University of Idaho, Moscow, Idaho

August 2022

Dissertation Title: Is it just me and the ball? The power of the aesthetic sport experience

Major Professor: Dr. Sharon K. Stoll; Committee Members: Dr. Karen M. Appleby; Dr. Sydney Freeman Jr.; Dr. Jennifer Beller

Master of Physical Education, emphasis in Athletic Administration

August 2010

Idaho State University, Pocatello, Idaho

Bachelor of Science in Physical Education, emphasis in Exercise Science

May 2008

Idaho State University, Pocatello, Idaho

Minor in Coaching

Associate of Science in General Studies, emphasis in Health and Physical Education *April 2005*

Brigham Young University-Idaho, Rexburg, Idaho

PROFESSIONAL EXPERIENCE

Assistant Professor

August 2022- Present

Idaho State University, Department of Human Performance & Sport Studies

Clinical Assistant Professor

August 2021- July 2022

Idaho State University, Department of Human Performance & Sport Studies

Temporary Lecturer

August 2020- May 2021

University of Idaho, Department of Movement Sciences

Volunteer Assistant

August 2018- May 2020

University of Idaho, Center for ETHICS*

Adjunct Instructor

January 2018-May 2018

Idaho State University, Sport Science and Physical Education Department

Clinical Instructor

August 2016-December 2017

Idaho State University, Sport Science and Physical Education Department

Assistant Lecturer

August 2014-August 2016

Idaho State University, Sport Science and Physical Education Department

Coordinator/Equipment Manager

August 2010-August 2016

Idaho State University, Sport Science and Physical Education Department

Remote Adjunct Faculty

August 2014-August 2016

Brigham Young University- Idaho, Online Instruction

Adjunct Instructor

August 2010-August 2014

Idaho State University, Sport Science and Physical Education Department

Graduate Teaching Assistant

August 2009-May 2010

Idaho State University, Sport Science and Physical Education Department

Office Assistant August 2008-May 2009

Idaho State University, Sport Science and Physical Education Department

Assistant Volleyball Coach August-October 2007 & 2008

Marsh Valley High School, Arimo, Idaho

Fitness Attendant and Personal Trainer March 2008-May 2008

Young Men's Christian Association (YMCA), Idaho Falls, Idaho

TEACHING EXPERIENCE

Courses at Idaho State University **Fall 2021- Present**

HPSS 2223 Foundations of Physical Education and Sport

HPSS 2243 Anatomical Foundations of Human Activity

HPSS 3357 Methods of Teaching Elementary Physical Education

HPSS 4437 Methods of Teaching Secondary Physical Education

HPSS 4454 Senior Capstone

HPSS 4494 Adaptive Physical Activity

HPSS 6631 Athletics and the Law

Courses at University of Idaho **Fall 2020- Spring 2021**

MVSC 201 Physical Activity, Wellness, and Behavior Change (online)

PEP 133 Skill and Analysis of Target and Invasion Activities

PEP 350 Elementary Health & Physical Education (online and hyflex)

PEP 412 Elementary Methods in Physical Activity Pedagogy

PEP 413 Foundations and Assessment in Physical Activity Pedagogy

PEP 424 Inclusive Physical Education and Recreation

MVSC 486/586 Healthy Active Lifestyle Assessment and Intervention (co-taught)

Courses as a Volunteer Teaching Assistant, University of Idaho **Fall 2018- December 2019**

ISEM 101 Sport in Society

PEP 275 Moral Reasoning in Sport

REC 260 Foundations of Recreation

Courses at Idaho State University **Fall 2010- May 2018**

PE 2222 First Aid, CPR and Sport Safety

PE 2223 Foundations of Physical Education and Sport

PE 2235 Activity Performance Techniques I

PE 2236 Activity Performance Techniques II

PE 2237 Activity Performance Techniques III

PE 2243 Anatomical Foundations of Human Activity (taught both face-to-face and online)

PE 3364 Introduction to Sport Law

PE 4437 Methods of Teaching Secondary Physical Education

PE 4454 Senior Capstone (taught both face-to-face and online)

Courses Online at Brigham Young University-Idaho **Fall 2014-Summer 2016**

HRHP 131 Personal Health and Fitness

Courses as a Graduate Teaching Assistant, Idaho State University **Fall 2009- Spring 2010**

PEAC 131A Beginning Aerobics, Nutrition, and Weight Management

PEAC 132 Individualized PE

PEAC 134A Beginning Weight Training

PEAC 136 TargetFit and Conditioning

PEAC 152A Beginning Badminton

PEAC 157B Intermediate Volleyball

PE 302L Biomechanics Lab

*I have consistently received high marks on student course evaluations. Evaluation summaries are available for review.

Other Instructional Activities

Supervisor for Master's Project

- National Girls and Women in Sports Day. Guide student(s) in planning and directing the celebration of NGWSD at ISU.
 - Kristian Young, MPE-AA student. Start Date: October 2022. Date completed: February 2023.
 - Arianna Lora, MPE-AA student. Start Date: October 2021. Date Completed: March 2022.

Academic Advising

- Currently average 15-20 undergraduate students, most seeking the sport management degree.
- Have advised up to 60 undergraduate students in a year

Professional Development Courses

- Sport Safety: A three-part, asynchronous course offered through the Albion Center in the College of Education at Idaho State University. Offered September 2022-present. Co-authors: Dr. Dani Moffit and Dr. Karla Judge.

SCHOLARSHIP

Dissertation

Foster, E. Is it just me and the ball? The power of the aesthetic sport experience. *University of Idaho*. Committee Approval: June 13, 2022. Published: University of Idaho ProQuest Dissertations Publishing, 2022. 29213851

Scholarly Book Chapters

Appleby, K. M. & Foster, E. (2013). Gender and sport participation. In E. Roper (Ed.). *Gender Relations in Sport*. Rotterdam, Netherlands: Sense Publishing.

Scholarly Book Chapters in Progress

Kirkpatrick, C., Foster, E., & Greaves, K. (final draft submitted). Lifestyle interventions and cardiovascular outcomes.

Peer Reviewed Manuscripts

Foster, E., & Appleby, K. M. (2020). Making the case for women-specific community recreational sports. *Journal of Park and Recreation Administration*. doi:10.18666/JPra-2020-10645

Appleby, K. M., Foster, E., & Kamusoko, S. D. (2016). Full speed ahead: Using a capstone course to facilitate students' professional transition. *Journal of Physical Education, Recreation, and Dance*, 87(3), 16-21.

Foster, E. & Appleby, K. M. (2015). Breaking barriers: Women's centered physical education programming in higher education. *Journal of Physical Education, Recreation, and Dance*, 86(6), 29-33.

Peer Reviewed Manuscripts in Progress

Foster, E., & Stoll, S. (writing underway). Aesthetic, social, and moral meaning of sport uniforms.

Shaw, A., Stoll, S. K., & Foster, E. (writing underway). Perspective-taking: A new way of teaching inclusive physical education to pre-service teachers.

Foster, E. (writing underway; qualitative analysis). The aesthetic experience of movement.

Foster, E. (data collection underway). Teaching the subjective sport experience.

Foster, E. (working on IRB). Somatophobia and kinesiology students.

Mondt, A. B., & **Foster, E.** (working on grant and IRB). Women's perception of sport fitness Twitter media: Examining emotional behaviors and motivation to exercise.

Non-Refereed Manuscripts

Foster, E. (2022, August). SHAPEing future physical educators. *SHAPE Idaho Newsletter*, 12-13.

Appleby, K.M., Kirkpatrick, C., Peterson, T., **Foster, E.**, Moffit, D., & Rider, C. (January, 2021). "Sisterhood" and "Girl Power": Investigating participant motivation in a women-only mass participation cycling event. *Idaho JOHPERD*, 54-64.

Foster, E. (2020, July 1). Why we cannot cancel physically active play. *Physical and Health Education America*. <http://www.pheamerica.org/2020/why-we-cannot-cancel-physically-active-play/>

Foster, E. (2020, February 16). When sportsmanship means more than shaking hands. *Physical and Health Education America*. <http://www.pheamerica.org/2020/when-sportsmanship-means-more-than-shaking-hands/>

Foster, E. (December 2019). Refocusing sport and recreation. *Idaho JOHPERD*, 2019, 26-29.

Foster, E. (March 2014). Idaho State University celebrates National Girls and Women in Sports Day. IAPHERD Newsletter.

Scholarly Presentations at Professional Meetings/Conferences

Foster, E. (2023, October 5). *Women's narratives of sport uniforms*. [Poster Presentation]. Western Society of Kinesiology and Wellness Conference. Oakland, CA.

Foster, E. & Appleby, K. M. (2023, August). *Navigating the vocational rapids: Career planning for PETE students*. SHAPE Idaho conference. Meridian, ID.

Park, B., Caudill, M., & **Foster, E.** (2023, August). *Building a better garden for students to flourish in physical education*. SHAPE Idaho conference. Meridian, ID.

Foster, E., Stoll, S. K., & Beller, J. (2023, March). *Is it just me and the ball? The power of the aesthetic sport experience*. [Poster Presentation]. SHAPE America conference. Seattle, WA.

Foster, E. (2022, August 3). *The subjective experience of moving: A better way to improve physically active behaviors*. SHAPE Montana/Idaho conference. Missoula, MT.

Foster, E., & Stoll, S. (2022, June 30). *Unlocking purpose, meaning, and motivation through embodiment and the aesthetic sport experience*. Thirteenth International Conference on Sport & Society. Virtual meeting.

Foster, E., & Stoll, S. (2021, October 8). *Aesthetic sport experience: The missing link to an active lifestyle?* Western Society of Kinesiology and Wellness Conference, Virtual Meeting.

Shaw, A. H., **Foster, E.**, & Stoll, S. (2021, June 8). *Want inclusion? Try perspective taking*. International Association for Physical Education in Higher Education Conference, Virtual Meeting.

Foster, E., & Stoll, S. (2020, October 9). *Aesthetic, social, and moral meaning of sport uniforms*.

Western Society of Kinesiology and Wellness Conference, Virtual Meeting.

- Foster, E., & Stoll, S.** (2020, October). *Getting women to coach in your youth sports program*. Idaho Recreation and Park Association Conference, Post Falls, ID, United States. **Did not present due to the COVID-19 Pandemic.
- Appleby, K. M., Kirkpatrick, C., **Foster, E.**, Peterson, T., Moffit, D., & Rider, C. (October 2019). "Sisterhood" & "girl power": Investigating participant motivation in a women-only mass participation cycling event. *Presented at the annual SHAPE Idaho Conference, Pocatello, Idaho.*
- Foster, E.** & Appleby, K. M. (April 2019). Making the case for women-specific programming for community recreation. *Presented at the annual Idaho Recreation and Park Association conference, Boise, ID.*
- Foster, E.** (October 2017). Intercollegiate athletes: Privileged or exploited? *Presented at the annual SHAPE Idaho Conference, Lewiston, ID.*
- Foster, E.,** Rider, C., Appleby, K. M., Kirkpatrick, C., Moffit, D., Peterson, T. (October 2016). Spinderellas, wildflowers, and wonderwomen: Investigating women's motivation to participate in an all-female, non-competitive cycling event. *Presented at the annual Western Society of Kinesiology and Wellness Conference, Reno, NV.*
- Foster, E.,** Rider, C., Appleby, K. M., Kirkpatrick, C., Moffit, D., Peterson, T. (October 2016). Spinderellas, wildflowers, and wonderwomen: Investigating women's motivation to participate in an all-female, non-competitive cycling event. *Presented at the annual SHAPE Idaho Conference, Meridian, ID.*
- Appleby, K. M., Kirkpatrick, C., Moffit, D., **Foster, E.,** Rider, C., Peterson, T. (March 2016). Spinderellas, wildflowers, and wonderwomen: Investigating women's motivation to participate in an all-female, non-competitive cycling event. *Presented at the annual Gender and Sexuality in Everyday Life Conference, Pocatello, ID.*
- Foster, E.** & Appleby, K. M. (January 2016). Making a Case for Women's Centered Physical Education Programming in Higher Education: For the Online Environment. *Invited presentation for Health Science Teaching Group 5, Brigham Young University- Idaho. Online Meeting.*
- Foster, E.** & Appleby, K. M. (March 2015). Making a Case for Women's-Centered Physical Education Programming. *Presented at the annual Gender and Sexuality in Everyday Life Conference, Pocatello, ID.*
- Appleby, K. M., **Foster, E.,** & Kamusoko, S. D. (August 2014). Using a Capstone Course to Facilitate Students' Professional Transition. *Presented at the annual IAHPERD Conference, Twin Falls, ID.*
- Foster, E.** & Appleby, K. M. (October 2013). Barriers Facing Girls and Women in PE: What Are They and How Can We Reduce Them? *Presented at the annual IAHPERD Conference, Moscow, ID.*
- Foster, E.** & Appleby, K. M. (April 2013). Making a Case for Women's Centered Physical Education Programming. *Presented at the annual American Association for Health, Physical Education, Recreation, and Dance (AAHPERD) Conference, Charlotte, NC.*
- Foster, E.** & Cordingley, K. R. (October 2011). Hydrostatic Weighing: The "Gold Standard" of Body Composition Analysis. *Presented at the annual IAHPERD Conference, Pocatello, ID.*
- Appleby, K. M., Williams, S., **Foster, E.,** & Pemberton, C. L. A. (October 2011). National Girls

and Women in Sports Day: Planning, Organizing, and Celebrating at Your School!
Presented at the annual IAHPERD Conference, Pocatello, ID.

Appleby, K. M., Pemberton, C. L. A., Faure, C., **Foster, E.**, & Turk, T. (March 2010). Learning Through Serving: National Girls and Women in Sports Day. *Presented at the annual AAHPERD Conference, Indianapolis, IN.*

Turk, T. L., **Foster, E.**, Sparrow, C., & Cook, L. J. (October 2009). Idaho State University SHEPERD Club. *Presented at the annual IAHPERD Conference, Moscow, ID.*

Scholarly Presentations at Professional Meetings/Conferences in Progress

Shaw, A., Stoll, S. K., Beller, J. & **Foster, E.** (submitted for consideration). Theoretical framework of SSB perspective taking instrument [research presentation]. SHAPE America.

Non-Refereed/Invited/Service Presentations

Foster, E. (2023, September 19). *Aesthetic sport experiences*. [Invited presentation] for HPSS 2223-02, Idaho State University, Pocatello, ID.

Foster, E. (2023, April 20). *How to create a research line as a PhD student*. [Invited presentation] for ED 680, University of Idaho, Virtual Meeting.

Foster, E. (2022, April 14). *How to create a research line as a PhD student*. [Invited presentation] for ED 680, University of Idaho, Virtual Meeting.

Foster, E. (April 1, 2022). *The aesthetic sport experience*. [Invited presentation] for College of Education Lunch and Learn Research Seminar, Idaho State University, Pocatello, ID.

Foster, E. (2022, February 24). *Ethics in the workplace*. [Invited presentation] for HPSS 4454, Idaho State University, Pocatello, ID.

Foster, E. (2021, February). *The aesthetic sport experience*. [Invited presentation] for HPSS 2223, Idaho State University, Pocatello, ID.

Foster, E. & Appleby, K. M. (2016, January). *Making a case for women's centered physical education programming in Higher Education: For the online environment* [Invited presentation] for Health Science Teaching Group 5, Brigham Young University- Idaho, Virtual Meeting.

Foster, E. (February 2014). *Hydrostatic Weighing*. Invited presentation for NTD 4439, Sports Nutrition. Pocatello, ID.

Foster, E. & Appleby, K. M. (June 2013). *Fitting Exercise and Nutrition into Your (Already) Busy Life*. Invited presentation for LDS 5th Ward Relief Society. Pocatello, ID.

Foster, E. (March 2013). *Hydrostatic Weighing*. Invited presentation for HE 2220, Promoting Wellness. Pocatello, ID.

Cordingley, K. R. & **Foster, E.** (October 2012). *Fitness for Life*. Invited presentation for the New Knowledge Adventure group. Pocatello, ID.

Foster, E. (August 2012). *Weight Bearing Exercise and Women Over 50*. Invited presentation for Midlife Madness: A Celebration of Good Health for Women who are 50+. Pocatello, ID.

Foster, E. (October 2011 and March, 2012). *Applying Targitfit Knowledge to the Weight Room*. Invited Presentation for PEAC 1136, TargitFit and Conditioning. Pocatello, ID.

Foster, E. (October 2011; March, 2014; May, 2014). *Body Composition Testing*. Invited Presentation for PE 2223, Foundations of Physical Education and Sport course, Pocatello, ID.

Foster, E. (April 2011). *Warming Up, Conditioning, and Cooling Down for Health and Sport*

Benefit. Invited Presentation for the Silver Sage Girl Scout Troop, Pocatello, ID.

Foster, E. (November 2009). *Risk Management for the Pocatello Kid's Triathlon.* Invited Presentation for PE 3364, Introduction to Sport Law Course, Pocatello, ID.

Grants

Foster, E. (January 2023). *2023 SHAPE Idaho conference travel for students and faculty.* Dean's Excellence Fund, Idaho State University, College of Education. \$3,621 requested. **Fully funded.**

Foster, E. (March 2022). *2022 SHAPE Idaho/Montana conference travel for students and faculty.* Dean's Excellence Fund, Idaho State University, College of Education. \$3,650 requested. **Fully funded.**

Foster, E., & Faure, C. E. (January 2022). *Funding for the Center for Sport Studies.* Dean's Excellence Fund, Idaho State University, College of Education. \$156,000 requested. **Fully funded.**

Sung, J., & **Foster, E.** (November 2021). *Undergraduate Research Presentations at the 2022 National Conference on Undergraduate Research.* Dean's Excellence Fund, Idaho State University, College of Education. \$3,858 requested. **Fully funded.**

Appleby, K. M., Moffit, D., **Foster, E.,** & Cordingley, K. R. (January, 2013). *Assessing the Impact of a National Girls and Women in Sports Day Event on Participants' Continued Engagement in Sport and Physical Activity.* National Association for Girls and Women in Sports Research Initiative. \$1,652 Requested. **Unfunded.**

Other Research Engagements

- *Facilitator* Fitnessgram Testing for 100 Mile Club grant, Gate City Elementary, Pocatello, ID (October 2013, November, 2014, October 2015). Supervisor: Dr. Carol Kirkpatrick
- *Facilitator* BMI testing, Southeast Idaho schools for Idaho activity study. Supervisor: Dr. Mike Lester

SERVICE

Reviewer for Professional, Peer-Reviewed Journals & Conferences

- *Conference Proposal Reviewer*, Western Society of Kinesiology and Wellness (WSKW), (July 2022- present).
- *Manuscript Reviewer*, Women in Sport and Physical Activity Journal (WSPAJ) (Fall 2016).

Professional Organizations

SHAPE Idaho (Formerly IAHPERD)

- *Co-Past President* (August 2022-August 2023)
 - 2023 Conference co-coordinator
- *Professional Consultant* (October 2020- August 2022)
- *Past President* (October 2018- October 2020)
 - 2020 Grant committee chair
 - 2019 Conference coordinator
- *President* (October 2017- October 2018)
 - 2018 Grant committee chair
- *President-Elect* (October 2016-October 2017)
 - 2017 Awards committee chair
- *Conference Planning Committee* (August 2015)
- *Journal Editor* Idaho JOHPERD (October 2013-October 2016)

- *District V Representative* (October 2011-October 2013)
- *Conference Planning Committee* (October 2011)

University, College, and Department

University Committees

- *Member* Faculty Senate, Idaho State University, August 2023- present

College Committees

- *Member* Faculty Review Committee, College of Education, Idaho State University, September 2022-Present

Graduate Defenses

- *Graduate Committee Member*, Master of Physical Education- Athletic Administration
 - Tiffany DeFrance, December 2022
 - Kegan Luker, December 2022
 - Ariana Lora, May 2022
 - Lauren Avecilla, May 2022
 - Shawn Bryan, May 2017
- *Graduate Faculty Representative*
 - Candice Larsen, Secondary Education, December 2022

Promotion and Tenure Reviews

- *Member* Promotion and Tenure Committee for Carol Kirkpatrick, Kasiska Division of Health Sciences (Fall 2016)
- *Member* Promotion Committee for Shu-Yuan Lin, College of Education (Fall 2016)

Search Committees

- *Chair* HPSS Sport Management Professor (October 2022-March 2023)
- *Member* Student Recreation Center Coordinator (June 2017)
- *Chair* SSPE Lab Coordinator/ Equipment Manager (August- December 2017)
- *Member* Outdoor Adventure Center Recreation Coordinator (May 2016)

Accreditation and Program Review

- *Coordinator* HPSS Five Year Program Review (June-December 2023)
- *Coordinator* Accreditation for Physical Education Teacher Education Program, College of Education, Idaho State University (August 2022-Present)
- *Coordinator* SSPE Five Year Program Review (June-December 2017)
- *Member* Accreditation Committee, Physical Education Teacher Education Program, Department of Movement Sciences, University of Idaho (September-November 2020)
- *Assistant* NATA Self Study, Idaho State University's Master of Science in Athletic Training Program (October 2013)

Department Committees

- *Chair* Scholarship Committee, Department of Movement Sciences, University of Idaho (December 2020-March 2021)
- *Team Planning Committee Member* ISU National Girls and Women in Sports Day (2012, 2013, 2014, 2015, 2016, 2022, 2023)

Department Activities

- *Volunteer* Bengal Triathlon (April 2022)
- *Coordinator* SSPE Department Website (August 2014-May 2017)
- *Consultant* Potential incoming freshman/ transfer students interested in the HPSS department (Ongoing)
- *Coordinator* SSPE Research Fair (November 2014, 2015, 2016, & 2017)
- *Facilitator* Experience ISU with prospective SSPE students (October 2015)

- *Consultant* ISU Majors & Minors Fair (October 2015)
- *Instructor* CPR and First Aid Re-certification class, held each semester for graduating SSPE students (Spring 2011-Fall 2017)
- *Event Advisor* Santa Claws Fun Run (December 2012)
- *Facilitator* Body composition testing for students PE and PEAC (Fall 2010- Spring 2014)
- *Assistant* Recruitment and retention efforts in the SSPE department (Fall 2010-Fall 2017)
- *Facilitator* Laboratory experience with early college students (Fall 2010- Spring 2014)

Mentorship

- *Mentor/Supervisor* HPSS Graduate Teaching Assistant
 - Dylan Bohne (2023-2024); Focus on Center for Sport Studies
 - Dallin Fryar (2022-2023); Focus on Physical Education Teaching
- *Mentor* Bengal Connect Program, Idaho State University (August 2021-Present)
- *Mentor* HPSS Graduate Student Dallin Fryar (August 2022-May 2023)
- *Advisor* ISU Ultimate Frisbee Club (November 2011- May 2012)

Supervision

- Career Path Student Interns, Idaho State University
 - Student Assistant Coach, Chandler Collins (December 2022- March 2023)
 - Student Assistant in SSPE Equipment Room (August 2014- June 2015; August 2015- June 2016)
 - Post-Secondary Transition (VOICE) Program Student Interns in SSPE Equipment Room (September, 2014- December, 2014; September 2013-May 2014; September 2012-May 2013)

Events

- *Volunteer* College of Education Drive Through Graduation Celebration (December 2021)
- *Volunteer* College of Education Welcome Back Barbeque (August 2012)
- *Volunteer* College of Education Graduate Fair (April 2012)
- *Volunteer* Indian Hills Elementary Field Day at ISU (March 2009; April, 2010, 2011, 2012, 2014, 2023)
- *Volunteer* National Girls and Women in Sports Day (February 2006, 2009, 2010, 2011)
- *Volunteer* “Communiversities”, activities from the SSPE department (March 2011)

Professionally Related Community Service

- *Volunteer* Health Fair at Orofino Elementary School (June 2022)
- *Volunteer* Bald Mountain Triathlon (August 2020)
- *Instructor* Alameda LDS stake Young Women Volleyball Program (February 2013, 2014, 2015, 2016, & 2017)
- *Volunteer* Pocatello Cross Country Ski Foundation Work Day (October 2012)
- *Volunteer* Pocatello Pedal Fest (June 2010)
- *Volunteer* Tax Day Road Bike Race (April 2010)
- *Volunteer* Garden Creek Gap Road Bike Race (May 2010)
- *Volunteer* Santa Claws Fun Run (December 2009)
- *Volunteer* Grace Lutheran School Volleyball Tournament (October 2005)
- *Volunteer* Volleyball Coach, Madison Jr. High (August- September 2003)

AWARDS & HONORS

- *Graduate Faculty Status*, College of Education, ISU, Awarded *October 2022*
- *Distinguished Service Award*, SHAPE Idaho, *August 2022*

- *Allied Graduate Faculty Status*, College of Education, ISU, Awarded November 2021
- *Conference Travel Funding Award*, University of Idaho Graduate Professional Student Organization, April 2020
- *2017 Twenty Under 40 Award Recipient*, Idaho State Business Journal, April 2017
- *Allied Graduate Faculty Status*, College of Education, ISU, Awarded April 2017
- *Customer Service Provider of the Year Honorable Mention* Idaho State University, January 2016
- *Staff Scholarship Award Recipient* Idaho State University, February 2013
- *Conference Travel Funding Award for Graduate Students* Idaho State University, February 2010
- *Student of the Month*, Sport Science and Physical Education Department, November 2009
- *Dean's List*, College of Education, May 2007 & 2008; December 2007 & 2008
- *Full Academic Scholarship*, Brigham Young University Idaho, August- April 2003-2005
- *Most Valuable Player Award*, Competitive Intramural Women's Basketball, BYU-Idaho, April 2005
- *Coaches Award*, Competitive Intramural Women's Basketball, BYU-Idaho, April 2004

CERTIFICATIONS

- *RESPOND Certified* Partnering for Campus Mental Health (September 23, 2022)
- *First Aid and CPR Certified Instructor* National Safety Council (October 2013- September 2018)
- *First Aid, CPR and AED Certified* (April 2004-Present)
- *Certified Personal Trainer* American Council on Exercise (May 2008-May 2022)

PROFESSIONAL CITIZENSHIP

Current Professional and Academic Association Memberships

- Western Society of Kinesiology and Wellness (WSKW), Professional Member
- Society of Health and Physical Educators (SHAPE) America, Professional Member
- Society of Health and Physical Educators (SHAPE) Idaho, Professional Member

Former Professional and Academic Association Memberships

- North American Society for Sport Management (NASSM), Professional Member
- National Association for Girls and Women in Sports (NAGWS, Professional Member)
- National Association for Sport and Physical Education (NASPE, Professional Member)

Professional Development

- Respectful Workplace Training, ISU (Annually)
- SHAPE Idaho Conference, Meridian, ID (August 2023)
- SHAPE America Conference, Seattle, WA (March 2023)
- RESPOND Training- responding to suicide (September 22-23, 2022)
- Disability Services Training for Faculty and Staff (August 23, 2022)
- SHAPE Montana/Idaho Conference, Missoula, MT (August 2022)
- North American Society for Sport Management Conference, Atlanta, GA (June 2022)
- International Sport in Society Conference, Virtual Meeting (June 2022)
- Tucker Center Distinguished Lecture, Virtual Meeting (October 29, 2021)
- Academic Freedom Panel Discussion, Idaho State University, Zoom Meeting (November 12, 2021)
- Western Society for Kinesiology and Wellness Annual Conference, Virtual Meeting (October 2021)
- College of Education Lunch and Learn Research Seminar (September 24, 2021; December 3, 2021; April 1, 2022)

- International Association for Physical Education in Higher Education Conference, Virtual Meeting (June 2021)
- Western Society for Kinesiology and Wellness Annual Conference, Virtual Meeting (October 2020)
- Idaho Recreation and Park Association Conference, Post Falls, ID (May 2020- Cancelled due to the COVID-19 pandemic)
- SHAPE Idaho Annual Conference, Pocatello, ID (October 2019)
- Idaho Recreation and Park Association Conference, Boise, ID (April 2019)
- SHAPE America Western States Conference, Boise, ID (June 2018)
- SHAPE Idaho Annual Conference, Lewiston, ID (October 2017)
- SHAPE America National Convention, Boston, MA (March 2017)
- Western Society for Kinesiology and Wellness Annual Conference, Reno, NV (October 2016)
- SHAPE Idaho Annual Conference, Meridian, ID (October 2016)
- Gender and Sexuality in Everyday Life Conference, Pocatello, ID (March 2016)
- IAHPERD Annual Conference, Pocatello, ID (August 2015)
- Applied Sport Psychology Southwest Regional Conference, Salt Lake City, UT (April 2015)
- Gender and Sexuality in Everyday Life Conference, Pocatello, ID (March 2015)
- IAHPERD Annual Conference, Twin Falls, ID (August 2014)
- IAHPERD Annual Conference, Moscow, ID (October 2013)
- AAHPERD Annual Convention & Expo, Charlotte, NC (April 2013)
- IAHPERD Annual Conference, Boise, ID (October 2012)
- IAHPERD Annual Conference, Pocatello, ID (October 2011)
- NASPE Pipeline workshop, *Instructional Practices: K-12 Physical Education*, Pocatello, ID (April 2011)
- AAHPERD Annual Convention & Expo, San Diego, CA (March 2011)
- IAHPERD Annual Conference, Boise, ID (October 2010)
- NAPSE Pipeline workshop, *Assessment Strategies: K-12 Physical Education*, Pocatello, ID (April 2010)
- AAHPERD Annual Convention & Expo, Indianapolis, IN (March 2010)
- IAHPERD Annual Conference, Moscow, ID (October 2009)

PHYSICAL ACTIVITY/ATHLETIC INVOLVEMENT AND ACHIEVEMENTS

- Regular participant in recreational hiking, backpacking, cross country skiing, snowshoeing, swimming, jogging, biking, weight training, volleyball, basketball, badminton, and lake kayaking.
- 3rd Place team division, Bengal Triathlon, April 2023
- 2nd Place in women's division Bald Mountain Triathlon, Weippe, ID, August 2022
- 3rd Place team division, Bengal Triathlon, April 2022
- Participant Rivaura Fun Run, Julietta, ID, May 2022
- Participant Beast Spartan Race, Flathead Lake, MT, May 2021
- Participant Sprint Spartan Race, Boise, ID, June 2019 & June 2018
- 3rd Place in women's volleyball league, Cottonwood, ID, March 2019
- 2nd Place in women's division Lumberjack Fun Run, Orofino, ID, September 2018
- Participant Santa Claws Fun Run December 2009- 2016
- Participant Alta Vista Cross Country Ski Race, February 2016
- Participant Pocatello Triathlon August 2015
- 8th Overall Female, Bengal Spring Sprint Triathlon, Pocatello, ID, April 2014
- Participant Scout Mountain Ultra Trail Run, 25 mile, Pocatello, ID, June 2012
- 2nd Place in Age Division, 5th Overall Female, Rush Triathlon, Rexburg, ID, August 2012

- 3rd Place in Age Division, 7th Overall Female, Bengal Spring Sprint Triathlon, Pocatello, ID, April 2012
- 4th Place in Age Division, 11th Overall Female, Bengal Spring Sprint Triathlon, Pocatello, ID, April 2011
- 1st Place, Women's Competitive Basketball League, Pocatello, ID, March 2008 & 2009
- 1st Place, Women's Competitive Volleyball League, Pocatello, ID, October 2007 & 2008
- Competitive Intramural Women's Basketball, BYU-Idaho, Rexburg, ID, April 2005
- Competitive Intramural Women's Basketball, BYU-Idaho, Rexburg, ID, April 2004