

CAMILLE THOMAS
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EDUCATION

Ph.D. Physical Education, Brigham Young University, August 2006
Major Field of Study: Exercise Science

M.S. Physical Education, Northern Illinois University, DeKalb, IL, August 2000.
Major Field of Study: Exercise Physiology/Fitness Leadership

B.S. Physical Education, Brigham Young University, April 1998.
Major Field of Study: Exercise Physiology

DISSERTATION/THESIS

Doctoral Research, BYU, 9/05-9/06

Title: "A statistical evaluation of selected soccer techniques and tactics of a women's college team." The dissertation develops a notational analysis system to evaluate the performance of four offensive techniques and one defensive tactic and their importance in predicting success in soccer.
Dissertation Advisor: Pat Vehrs, Gil Fellingham

Masters Research, NIU, 2/99-5/00.

Title: "Reliability and validity of the anaerobic speed test and the field anaerobic shuttle test for measuring anaerobic work capacity in soccer players."
Thesis Advisor: Sharon A. Plowman

AREAS OF SPECIALIZATION

- Theory of Coaching/ coaching psychology
 - Learning theories and styles.
 - Motivators for Optimal Performance
 - Coping Strategies
 - Skill Analysis
- Teaching skills for soccer, racquetball, volleyball, weight training, swimming, cycling, and basketball.
- The science of physical activity and exercise for a healthy adults, athletics, and disease prevention.
 - Exercise prescription, including core isolation and balance, nutrition, weight management, and wellness (e.g. depression, anxiety, addictions).
 - Sport-specific conditioning, including nutrition, periodization, speed, agility, and plyometric training.
 - Exercise and special populations (e.g. cancer, elderly, pregnancy, and children)
 - Biomeasurements for health and athletic performance.
- Pathophysiology of cancer, cardiovascular disease, stroke, and diabetes.

ACADEMIC EXPERIENCE

TEACHING EXPERIENCE

Department Chair, Department of Physical Education & Human Performance, SUU, 2/14 – present.
Specific responsibilities and functions are found in SUU Policy 6.2.

Associate Professor, Department of Physical Education & Human Performance, SUU, 8/16-present.

- Lecture on the application of kinesiology, exercise physiology, and wellness.
- Instruct graduate students of the history and philosophy of sport and physical education.
- Supervise graduate student thesis project and undergraduate research projects.
- Advise graduate and undergraduate students for academic success as well as professional success.

Teaching Assignments at Southern Utah University

- PE 1098, Wellness Dynamics (3)
- PE 3060, Biomechanics of Sport and Exercise (3)
- PE 3065, Biomechanics of Sport and Exercise Lab (1)
- PE 4010, Methods of Strength and Conditioning (3)
- PE 4020, Research Methods and Statistics of Exercise Science (3)
- PE 4030, Clinical Applications of Exercise Science (3)
- PE 4040, Exercise Testing and Prescription (3)
- PE 4800, Studies in Exercise Science (3)
- PE 6010, Advanced Techniques in Training (3)
- PE 6020, Special Topics & Issues (3)
- PE 6070, Sport Psychology (3)

Assistant Professor, Department of Physical Education & Human Performance, SUU, 8/11-8/16.

Department Coordinator, Health and Physical Education Department, NSU, 12/09 –8/11.

- Coordinate departmental affairs, such as scheduling, supporting adjunct faculty, facilitating curriculum changes, and supervising graduate assistants.
 - Worked on the curriculum for a Masters in Science in Coaching and Athletic Administration and modifying the curriculum for the BS in Human Performance and Fitness.
- Provide support to the Dean, School of Education.
- Represent the department and University at Northern Bound Days, Freshman registration, and other University-related events.

Assistant Professor, Health and Physical Education Department, NSU, 9/06 – 8/11.

- Lecture on the application of kinesiology, exercise physiology, and motor control.
- Instruct undergraduate students on the cardiovascular, respiratory, muscular, and metabolic systems of the human body. As well as instruct students in anatomical and biomechanical principles influencing physical activity and exercise.
- Instruct graduate students on the application of metabolic profiling, skill analysis, exercise prescription, and sport-specific training for athletes.
- Advise graduate and undergraduate students for academic success as well as professional success.
- Supervised internship and practicum field experiences for undergraduate students majoring in Sports Marketing & Administration and Human Performance & Fitness. In addition, supervised internship experiences for graduate students pursuing a Master's of Science in Education, Health, Physical Education, & Coaching.

Teaching Assignments at Northern State University

PE 250/250L, Applied Human Anatomy and Physiology (4)
PE 350, Exercise Physiology (3)
PE 352, Adapted Physical Education (2) – Team Taught
PE 395, Practicum Experience (3)
PE 400, Exercise Testing and Prescription (3)
PE 410/510, Personal Training (3)
PE 451, Tests and Measurements (2)
PE 452, Motor Learning and Development (3)
PE 454, Biomechanics (3)
PE 482/582, Theory of Strength and Conditioning (3)
PE 495, Internship Experience (3-6)
HLTH 422/522, Nutrition (3)
PE 752, Analysis and Mechanical Principles of Sports Skill (2)
PE 753, Applied Sports Physiology (2)
HPE 794, Internship/ Field-based Research (4)

Director of Laboratory, Nora Staael Evert Human Performance Laboratory, NSU, 9/06-8/11.

- Coordinate and supervise all laboratory experiences integrated into the curriculum for Physical Education and Human Performance and Fitness majors.
- Coordinate and administer exercise tests for NSU athletic teams and community members.
- Maintain and supervise the care of laboratory equipment such as Biodex, Parvo Metabolic Cart, BodPod, Alpha Chamber, and TriFit.
- Supervise research projects that utilize the laboratory equipment including but not limited to high school science fair projects, undergraduate research, and Thesis.
- Provided tours and demonstration of laboratory equipment of the NSE to tours, athletic recruits, members of the Aberdeen Chamber of Commerce, college students, and elementary students.

Teaching Assistant, Department of Exercise Science, BYU, 9/03-9/06.

- Lectured on the theory of coaching for soccer and various styles of coaching and teaching related to soccer.
- Instructed undergraduate students on teaching sport-specific skills in a coaching or physical education setting.
- Taught students the rules and regulations of various sports and the enforcement of those rules.
- Skill instruction in soccer, racquetball, weight training, volleyball, and swimming.

Teaching Assignments at Brigham Young University

ExSc 130, Lifetime Fitness
ExSc 146/147, Beginning/ Intermediate Racquetball
ExSc 156, Beginning Soccer
ExSc 171/172, Beginning/ Intermediate Swimming
ExSc 191, Beginning Weight Training
ExSc 206, Officiating Team Sports
ExSc 230, Sports & Activities
ExSc 234, Team Sport Fundamentals
ExSc 347, Coaching Soccer

Fitness Expert, CT Fitness, Inc., Vail Valley, CO, 9/02-9/03

- Taught classes on proper fitness techniques, including fitness for golf, soccer, skiing, and mountain biking.
- Consulted groups and individuals on nutrition, muscular fitness, and cardiorespiratory fitness, as

well as weight control and behavior modification.

Fitness Expert, ProTrain, LLC., Avon, CO, 12/01-9/02

- Provided personal and group instruction in various strength training and cardiorespiratory fitness programs.

Fitness/Activity Instructor, Department of Kinesiology and Exercise Science, NIU, 9/00-9/01.

- Instructed undergraduate students in basic training principles, training adaptations, and designing training programs for all components of physical fitness.
- Taught Lecture series on carbohydrate, fat, and protein metabolism, contractile and metabolic aspects of skeletal muscle, and mechanical aspects of movement.
- Provided lectures on various health-related topics such as nutrition and exercise, body composition, proper weight loss and weight gain techniques, exercise for special populations (cancer), and stress/relaxation.
- Helped students plan, choreograph, and teach various styles of aerobics (i.e. low-impact, high-impact, step aerobics, kickboxing, and yoga).
- Taught students to design a weight training program based on various goals such as to gain strength, develop endurance, and increase muscular size.

Lab Instructor, Department of Kinesiology and Exercise Science, NIU, 9/98-9/01

- Instructed and lead lab sessions for undergraduate and graduate students in exercise physiology, stress testing, neuromuscular, and exercise bioenergetics courses.
- Demonstrated the use of laboratory equipment used to evaluate neuromuscular aspects of movement, aerobic and anaerobic assessment, body composition, respiratory function, and cardiac function.
- Worked closely with professors to develop lab schedules, documentation of lab procedures, and grading keys.

Teaching Assignment at Northern Illinois University

KNPE 100, Scientific Basis of Human Movement
KNPE 105, Advanced Weight Training
KNPE 217, Physical Fitness
KNPE 241, Aerobic Fitness
KNPE 363, Exercise Physiology Lab
KNPE 514, Neuromuscular Aspects of Movement Lab
KNPE 652, Exercise Bioenergetics Lab

RESEARCH EXPERIENCE

Primary Investigator, NSU and SUU, 9/08-present

Lead investigator in characterizing and notating women collegiate soccer. The current project consists of the notation of over 60 games for passing, dribbling, first touch, and defensive tactics. It is my hope that we identify performance indicators that lead or predict success during a competitive soccer game; thus, affecting how we coach and recruit.

Research Supervisor, SUU, 1/12-present

Supervising the research of undergraduate and graduate students. Projects include

- The relationship between declarative knowledge and acceleration sprint running.
- Effect of eccentric-only training on jump performance,” examined the effects eccentric-only squat training on jump performance compared to full squat training.
- The relationship between core stability and agility”, examined the relationship between

- core stability and agility performance of the T-test and hexagon test.
- Effect of a four-week resistance training program on ankle stability and proprioception,
- The correlation between ankle mobility and agility,
- The use of essential oils as a treatment for delayed onset of muscle soreness,
- Examining the effectiveness of aerobic exercise and yoga on test anxiety,
- The effectiveness of transcendental meditation on State and Trait Anxiety prior to a sports competition,
- Prevalence of injuries with fore-foot striking versus rear-foot striking while running.

Research Supervisor, NSU, 9/08-7/11

Supervised research performed by undergraduate students and local high and junior high students.

Projects included

- effects of Collegiate volleyball season on body composition, maximal oxygen consumption, and resting metabolic rate,
- examining the effects of whey protein supplementation on body composition and weight loss,
- validity and reliability of the VDOT tables on predicting lactate threshold pace in trained subjects'.

Co-investigator, NSU, 9/10-7/11.

Co-investigator in examining the effect of integrating a resiliency training program into a college wellness course. Integrated resiliency training, based on the Resiliency Theory by Glen Richardson, into Wellness Labs. Measured the psychological well-being, habitual physical activity, depression, anxiety, and stress of students taking Wellness Labs with resiliency training.

Research Assistant, BYU, 1/06-5/06

Aided in the review of literature search for a self-efficacy and body image assessment instrument to be used in explaining motivational intentions among physical education students and teachers. In addition, assisted in the data collection for determining the motivation of physical education teachers.

Advisor: Carol A. Wilkinson

Research Supervisor, BYU, 6/05-12/05

Supervised the research of an undergraduate ORCA grant. The research is examining the effects of multiple modes of training in trained cyclists.

Research Assistant, BYU, 1/04-9/04.

Collected, analyzed, and evaluated data for an ongoing diet study. Helped in the writing the report on the effects of the CHIP diet after 6-weeks and 6-months. Also, I wrote a research paper on the Vitamin D axis and the effects of the CHIP diet.

Advisor: Steve Aldana

Research Assistant, NIU, 9/98-5/00.

Collected, analyzed, and wrote reports on data for ongoing research in the Human Performance Lab at Northern Illinois University. Reports included examining the validity and reliability of the metabolic equations used by the Free Climber® computer. In addition, examine the effects of a creatine supplementation on various aspects of human performance.

Advisor: Sharon A. Plowman

COACHING EXPERIENCE

- **Volunteer Soccer Coach, Soccer Academy, Cedar City, UT, 2014.**

- **Volunteer Assistant Soccer Coach**, SUU, Cedar City, UT, 1/12 – 8/14.
- **Forza Goalkeeper Coach**, Cedar City, UT, 9/11-4/12
- **Goalkeeper Camp Soccer Coach**, Phoenix Football Club, Omaha, NE, 7/08
- **Sports Camp Soccer Coach**, BYU, Provo, UT, 7/04-8/04, 7/05-8/05, 7/06-8/06, 6/07-7/07.
- **Assistant Soccer Coach**, BYU, Provo, UT, 8/05-9/06
- **Soccer Coach**, Celtic Storm Soccer Club, Orem, UT, 8/03-9/06.
- **Head Soccer Coach**, Utah Soccer Association, Salt Lake City, UT, 5/05-7/05.
- **Assistant Soccer Coach**, Utah Valley State College, Orem, UT, 8/04-5/05.
- **Assistant Soccer Coach**, Orem High School, Orem, UT, 8/03-10/03.
- **Soccer Coach**, Self-employed, Chicagoland, IL, 4/98-8/01.

SCHOLARLY ACTIVITY

PEER-REVIEWED PUBLICATIONS

Taylor, J., **Thomas, C.**, & Manning, J. (Under Review). Impact of wheel size (26 inch vs 29 inch) on energy expenditure during mountain bike trail riding. *Journal of Sports Science*.

Lyons, B., Mayo, J., **Thomas, C.**, Wax, B., & Smith, C. (2015). Bench press variations: Considerations for teachers and coaches. *MAHPERD Journal*, 3, 20-38.

Heiner, M., Fellingham, G. W., & **Thomas, C.** (2014). Skill important in women's soccer. *Journal of Quantitative Analysis in Sports*. Retrieved from <http://www.degruyter.com/view/j/jqas.ahead-of-print/jqas-2013-0119/jqas-2013-0119.xml>

Thomas, C., Fellingham, G., & Vehrs, P. (2009). Development of a notational analysis system for selected soccer skills of a women's college team. *Measurement and Evaluation of Physical Education and Sport*, 13, 108-121.

Aldana, S., Greenlaw, R., Diehl, H., Slaberg, A., Merrill, R., Ohmine, S., & **Thomas, C.** (2006). The behavioral and clinical effects of therapeutic lifestyle change on middle-aged adults. *Preventing Chronic Disease*, 3(1), A05.

Aldana, S., Greenlaw, R., Diehl, H., Salberg, A., Merrill, R., Ohmine, S., & **Thomas, C.** (2005). The effects of an intensive lifestyle modification program on adult health risks, *Journal of American Dietary Association*, 105(3), 371-81.

Thomas, C., Plowman, S.A., & Looney, M. (2002). Reliability and validity of the anaerobic speed test and the field anaerobic shuttle test for measuring anaerobic work capacity in soccer players. *Measurement in Physical Education and Exercise Science*, 6, 187-205.

OTHER PUBLICATIONS

Thomas, C. (2010). Importance of Deviations. *Aberdeen Chamber of Commerce Progress*. March/April

Thomas, C. (2010). Tuning down. *Aberdeen Chamber of Commerce Progress*, January/February.

Thomas, C. (2009). To know thyself and be thyself. *Aberdeen Chamber of Commerce Progress*, November/December.

Thomas, C. (2009). Being well. *Aberdeen Chamber of Commerce Progress*, September/October.

Thomas, C. (2007). The great competition. *Aberdeen Chamber of Commerce Progress*, May/June.

PRESENTATIONS

Thomas, C., Manning, J., & Taylor, J. (2016). Energy expenditure during recreational mountain bike trail riding does not differ based on wheel size (26 inch vs 29 inch). Southwest Chapter of the American College of Sports Medicine 35th Annual Meeting, Costa Mesa, CA.

Bodell, N. G., Tanner, E., Montes, J., MacDonald, G. A., **Thomas, C.,** Manning, J. W., Taylor, J., & Navalta, J. W. (2016). Excess post-exercise oxygen consumption following bouts of moderate and vigorous climbing. Southwest Chapter of the American College of Sports Medicine 35th Annual Meeting, Costa Mesa, CA.

Taylor, J. E., Manning, J. W., & **Thomas, C.** (2016). Impact of wheel size (26 vs. 29 inch) on energy during mountain bike trail riding. American College of Sports Medicine 63rd Annual Meeting, Boston, MA.

Thomas, C. (2015). Skill importance in women's soccer. 27th Euro Conference on Operational Research. Glasgow, Scotland, UK.

Huber, R., & **Thomas, C.** (2014). Effect of a Four-Week Resistance Training Program on Ankle Stability and Proprioception. Southwest Chapter of American College of Sports Medicine 33rd Annual Meeting, Costa Mesa, CA.

Larson, A., & **Thomas, C.** (2014). Studying blood lactate threshold concepts using handheld analyzers and sample field tests. SUU Festival of Excellence, Cedar City, UT.

Thomas, C. (2014). Predicting Success in Soccer: Who will win the World Cup? SUU Festival of Excellence, Cedar City, UT.

Thomas, C. (2013). Emotional intelligence: A means to improve your coaching. American Alliance of Health, Physical Education, Recreation, and Dance 2013 National Convention, Charlotte, NC. Approximately 33% acceptance rate.

Thomas, C. (2013). Emotional intelligence and communication. SUU Festival of Excellence, Cedar City, UT.

Thomas, C. & Lyons, B. (2012). Lessons learned from teaching undergraduate and graduate exercise science courses online. A 30-minute presentation at the NAKPEHE National Conference in San Diego, CA.

Lyons, B. & **Thomas, C.** (2012). Meeting student wants and needs with a Human Performance management degree. A 30-minute presentation at the NAKPEHE National Conference in San Diego, CA.

Thomas, C. & Olsen, J. (2011). Integrating resiliency training into a college wellness course. A 35-minute presentation at the 2011 AAHE/AAHPERD National Convention in San Diego, CA.

Thomas, C (2010). Determinants of Success in Women's Division I NCAA Soccer. Spring Faculty Development at Northern State University in Aberdeen, SD.

Thomas, C (2009). Senior fitness challenge. A 30-minute presentation on May 21, 2009, at the Aberdeen Senior Center in Aberdeen, SD.

Thomas, C. (2009). A healthier you. An invited 60-minute presentation on May 8, 2009, at the Culminating Seminar for Student Teachers at Northern State University, Aberdeen, SD.

Thomas, C. (2009). Combating childhood obesity. An invited 90-minute presentation on April 4, 2009, at the South Dakota State PTA Meeting in Aberdeen, SD.

Thomas, C. (2008). A healthy faculty. A 60-minute presentation on August 26, 2009, at the NSU Faculty In-service in Aberdeen, SD.

Arns, J., Westphal, C., & **Thomas, C.** (2008). Physical fitness levels of South Dakota Physical Educators. A poster presentation at the Student Research Poster Session on February 20, 2008, at the State Capitol in Pierre, SD.

Thomas, C. (2007). Modeling good habits. A 30-minute keynote presentation at the closing general session at the 2007 South Dakota Alliance of Health, Physical Education, Recreation, and Dance Annual Convention in Aberdeen, SD.

Thomas, C. (2007). How fit are you? A 45-minute oral presentation and scheduled individual fitness testing for members of SDAHPERD at the 2007 South Dakota Alliance of Health, Physical Education, Recreation, and Dance Annual Convention in Aberdeen, SD.

Thomas, C. & Daw, J. (2007). Partnering for health and fitness special focus: Childhood obesity. A 90-minute oral presentation at the 2007 South Dakota Parks and Recreation Association Conference in Aberdeen, SD.

Thomas, C. (2007). Using performance analysis to improve practice planning in soccer. A 60-minute oral presentation at the 2007 National Convention of the American Alliance of Health, Physical Education, Recreation, and Dance in Baltimore, MD.

Thomas, C. (2006). A practical approach to hydration in team sports. A 60-minute oral presentation at the 2006 South Dakota Alliance of Health, Physical Education, Recreation and Dance Annual Convention in Sioux Falls, SD.

Thomas, C., Plowman, S.A., & Looney, M. (2001). Reliability and validity of the anaerobic speed test and the field anaerobic shuttle test for measuring anaerobic work capacity in soccer players. Poster Presentation at the 2001 National Conference of the American College of Sports Medicine in Baltimore, MD.

INVITED SPEECHES AND LECTURES

- **“The Preventative Powers of Physical Activity,”** Invited Speaker, TFit Education Series, March 2016.
- **“Active for Life,”** Invited Speaker, AARP Real Possibilities University, October 2015.
- **“How to play Team Handball,”** Invited Instructor, SUU PE 1870, Fundamentals of Individual,

- Dual & Team Sports II, April-May 2014, 2015 and 2016.
- **“Marriage of Exercise and Diet,”** Invited Speaker, SUU T-Fit Lunch and Learn, September 2014.
 - **“The Four Skills of Emotional Intelligence,”** Invited Speaker, SUU Student Services, Aug 2014
 - **“Rest and Recovery for Soccer,”** Invited Speaker, SUU Soccer Camps, June 2014
 - **“Emotional Intelligence and Leadership,”** Invited Speaker, SUU Dean’s Council, Feb 2014.
 - **“Exercise Physiologists,”** Invited Speaker, SWATC, Sep 2013
 - **“Emotional Intelligence and Coaching,”** Invited Speaker, SUU Soccer Camp Coaches Dinner, June 2013.
 - **“Emotional Intelligence and Communication,”** Guest Lecture, SUU PE 4070, Organization & Administration of Activity Based Programs, April 2013.
 - **“Exercise and Weight Loss,”** Invited Speaker, SUU T-FIT’s Weight and Lifestyle Management Group, March 2013.
 - **“Aging and Physical Activity,”** Guest Lecture, NSU Sociology 205, Introduction to Aging, 11/08.
 - **“A Healthier You,”** Guest Lecture, NSU Interdisciplinary Studies for Business and Fine Arts, 9/08 and 10/08, respectively.
 - **“Faculty Wellness,”** Guest Lecture, NSU In-Service Meetings, 8/08
 - **“Exercise Scientist,”** Guest Lecture, 2008 Women in Science Conference, 3/08
 - **“Setting Goals,”** Keynote Speaker, Church of Jesus Christ of Latter-day Saints, 11/07
 - **“Self-Image: Seeing Yourself as the Lord Sees You,”** Guest Lecture, Church of Jesus Christ of Latter-day Saints, 10/07
 - **“Advice to New Faculty,”** Guest Lecture, NSU New Faculty Orientation, 8/07
 - **“Resiliency and Physical Fitness,”** Keynote Speaker, Rotary Club of Aberdeen, 5/07
 - **“Shape up for Summer,”** Guest Lecture, NSU Student Life, 5/07
 - **“Exercise Ideas for Dorm Life.”** Guest Lecture, NSU Student Life, 10/06.
 - **“Avoiding the Freshman 15.”** Guest Lecture, NSU Student Life, 9/06.
 - **“Incorporating Wellness into Everyday Lives.”** Utah Family Services, 5/05.
 - **“Living the Word of Wisdom,”** Church of Jesus Christ of Latter-day Saints, 2/04.
 - **“To Run and Not Be Weary: Being Physically Prepared,”** Women’s Conference, Church of Jesus Christ of Latter-day Saints, 2/03.
 - **“Diet and Exercise in a Busy World,”** Church of Jesus Christ of Latter-day Saints, 6/02.
 - **“Exercise for a Better Life,”** Church of Jesus Christ of Latter-day Saints, 3/99.
 - **Student Gala,** American Alliance of Health, PE, Recreation and Dance, 4/98.

EXTRAMURAL GRANTS/FUNDING

Author, William T. Grant Foundation, 2010

Funding for research on resiliency training in college wellness courses.
Funding not received.

INTRAMURAL GRANTS/FUNDING

Author, Health and Physical Education Department, NSU 2009

Funding for completing research over the summer.
Funded \$3500

Co-Author, Aberdeen Area Running Club, Aberdeen, SD, 2008

Funding for marketing the Dakotas Junior Olympics held June 14, 1008.
Funded \$512

Author, Health and Physical Education Department, NSU, 2007

Funding to initiate a Community Outreach Program through the NSE Human Performance Laboratory.
Funded \$200

Co-Author, Department of Exercise Science, BYU, 2004.
A Course Development Proposal to the Center for Instructional Design.
Funded \$50,000.

SERVICE

ACADEMIC SERVICE

- **Department Chair**, Department of PE & Human Performance, Feb 2015-present
- **College Curriculum Committee**, SUU, 2016-present
- **Department Curriculum Chair**, SUU, 2013-present.
- **SUU Bookstore Advisory Committee**, SUU, 2011-present.
- **Graduate Committee Member**, SUU, 2011-present.
 - **Chair**, 19
 - **Committee Member**, 21
- **Met with prospective students and athletic recruits**, SUU, 2015-present.
 - **Prospective Students**: 11
 - **Athletic Recruits**: 5
- **Faculty Publication Award and Student Scholarship Award Committee**, SUU, 2012 – 2015.
- **Reader for the Utah Champions Award Banquet**, SUU, June 2015.
- **General Education Committee member**, SUU, 2012-2015.
- **Interim Faculty-Athletic Representative**, Fall 2013
- **Search Committee Chair**, SUU, May –July 2012.
- **Search Committee Member**,
 - Dean of COEHD, June 2015 – present.
 - Administrative Assistant, COEHD, April 2015.
 - Non-Tenure track ORPT position, May-July 2014.
 - Tenure-track Physical Education, April-June, 2014.
 - Tenure-track Athletic Training position, May – July 2013 and Jan-Feb 2015.
 - Non-Tenure track Athletic Training position, May – July 2013.
- **Graduate Program NCATE Work Group**, NSU, 2010-2011
- **Health, Physical Education, and Recreation Discipline Council member**, South Dakota Board of Regents, 2009-2011.
- **Faculty Senate member**, NSU, 2009-2011.
 - Secretary (2010-2011)
- **Graduate Council**, NSU, 2009-2011.
- **School of Education Graduate Curriculum Taskforce**, Co-chair, NSU, 2009-2011.
- **NCATE Accreditation Taskforce**, Graduate Committee, 2009-2011.
- **Gerontology Faculty Committee**, NSU, 2008-2011.
- **Academic Advisor**, NSU, 2007-2011
 - Currently advisor over 75 undergraduate and graduate students.
- **Internship Supervisor**, NSU, 2007-2011
- **Graduate Committee Member**, NSU, 2007-2011
 - **Chair**, 10
 - **Second Member**, 6
 - **Third Member**, 2

- **Faculty Advisor** for the **PHIT club** (HPE Majors and Minors Club), 2006- 2011.
- **NSU Head Basketball Coach Search Committee**, NSU, 2010
- **School of Education Accreditation and Assessment Officer Search Committee**, NSU, 2010
- **Director, Office of Grants and Research Search Committee**, NSU, 2009
- **Health and Physical Education Department Faculty Search Committee**, NSU, 2009.
- **School of Education Technology Taskforce**, NSU, 2008–2009.
- **Faculty Travel and Sabbatical Committee**, NSU, 2007.
- **Desire-2-Learn Implementation Team**, NSU, 2007-2008.
- **Software and Technology Committee**, NSU, 2007-2008.
- **Member of Organizing Committee**, NSU, 2007 SDAHPERD Annual Committee
- **South Dakota Delegate** at NASPE Delegate Meeting, NSU, 2007
- **NCAA Certification/Self-study Steering Committee Member**, BYU, 1997-1998

- **Student-Athlete Academic Council**, BYU, 1996-98
 - Executive President, 1997-98
 - Committee Chair, 1996-97

COURSE/CURRICULUM DEVELOPMENT

- Developed the following courses:
 - PE 3065, Biomechanics Lab, SUU
 - Online Wel 100, Wellness for Life, NSU
 - PE 250/250L, Applied Human Anatomy and Physiology, NSU
 - HLTH 422, Nutrition, NSU
 - PE 486, Physical Education Capstone, NSU
 - ExSc 105, Healthy Living, BYU
- Helped with the redesign of the following programs:
 - Masters in Athletic Training, SUU, New Program
 - Exercise Science (BS), SUU
 - Sports Leadership and Administration (MSed), NSU, New program
 - Educational Leadership (MSed), NSU
 - Sports Marketing and Administration (BS), NSU
 - Gerontology (AS), NSU

COMMUNITY SERVICE

- **Judge**, Thunderbird Awards, SUU, Cedar City, UT, March 2015 and 2016
- **Participated in the Graphic Design Club's Lip Sync Fundraiser**, SUU, Cedar City, November 2015.
- **Volunteer Coach**, Soccer Academy, Cedar City, UT, September 2014.
- **Committee Member, CHOOSE**, Iron County School District, Cedar City, UT, 2012 – present.
- **Volunteer Assistant Soccer Coach**, SUU, 2012-present.
- **Goalkeeper Coach for Forza Soccer Club**, Cedar City, 2011-2012.
- **Vice President of the Aberdeen Area Running Club**, Aberdeen, SD., 2007 – 2011.
- **Wylie Coyote Trail Board Member**, Aberdeen, SD., 2010-2011
- **Co-Captain of the Community Activation Committee**, Aberdeen, SD., 2008-2009
- **Activate Aberdeen Advisory Committee Member**, Aberdeen, SD., 2007-2009
- **Co-Director of the STEPS FOR SHEP 5K run / 1-mile walk**, Aberdeen, SD., 2007, 2008, 2009, 2010
- **Co-Director of the Wolves Sprint Triathlon and Pup Tri**, Aberdeen, SD., 2009, 2010
- **Race Volunteer**, Aberdeen, SD.:
 - Library BOOoo...k Fun Run, 2009

- Brown County Marathon, 2009
- Warner Wobble Gobble, 2009
- Primrose – American Cancer Society 5K, 2009
- **Co-Organizer of the USA Track & Field Dakotas Junior Olympics**, Aberdeen, SD., 2008
- **Aberdeen Dash 5K/10K race** committee member, Aberdeen, SD., 2007, 2008, 2009
- **Warner School Foundation Scholarship** selection committee member, 2007, 2008, 2010
- **Red Cross Volunteer**, 2007

PROFESSIONAL AFFILIATIONS

- **American College of Sports Medicine**, 2000-present.
- **Society of Health and Physical Educators**, 1996-98, 2006-present.
National Student President, 1997-98.
- **National Strength and Conditioning Association**, 2001-2005, 2006-present.

LICENSURE

- **Certified Prozone Performance Analysis (Level 1)**, 2014
- **Certified Strength and Conditioning Coach**, NSCA, 2010
- **USA Track & Field Certified Official**, 2008
- **US Soccer Federation Coaching D-license**, 2004
- **Certified Health/Fitness Instructor**, ACSM, 2000

OTHER AFFILIATIONS

- **USA Triathlete**, 2004-2014.
- **United States Master's Swim Association**, 2002-04, 2006-2011.
- **United States Soccer Federation**, 2005-2007
- **National Soccer Coaches of America Association**, 2005-2006.

HONORS

- **Recognition of Tenure**, SUU, July 2016
- **Rank Advancement**, SUU, July 2016
- **Extraordinary Educator**, SUU, August 2013
- **Nora Staael Evert Research Award**, Northern State University, August 2009.
- **Graduate Valedictorian**, Brigham Young University, August 2006. Awarded to the graduate student with the highest grade point average for that graduating class.
- **Lela Traeger Scholarship**, 1999. An academic scholarship for undergraduate/ graduate women majoring in kinesiology or physical education. Funded \$500.
- **Stroup-Dunn Scholarship**, 1999. An academic scholarship for graduate students majoring in physical education with an area of interest exercise physiology. The scholarship was awarded on character, professional promise, and scholarship. Funded \$500.
- **Dale R. McCann Team Spirit Award**, 1998. Given to the BYU athlete whose participation best exemplifies the true spirit of sport in athletics and life.
- **West Region Soccer All-American**, 1997. Awarded to outstanding soccer athletes in the West Region of the NCAA.
- **Scholar-Athlete**, 1995, 1996, and 1997. Awarded to BYU athletes that participated in varsity sports and maintained a 3.2 or higher GPA.

COMPETITIVE ATHLETIC EXPERIENCE

- **Member of the North Carolina Team Handball Club**, Chapel Hill, NC, 2010 - 2014
- **Member of the USA Women's Team Handball**, United States of American Team Handball, 2008-2009.
- **Chicago Cobra's**, United States Independent Soccer League, Chicago, IL, 1998-2000.
- **NCAA Women's Soccer**, Brigham Young University, Provo, UT, 1995-1998
- **NSCAA Extramural Soccer**, Brigham Young University, Provo, UT, 1993-1994.