

November 2025

Sandra Kaye Kimbrough, Professor
Department of Health and Human Performance, East Texas A&M University
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Education

August 1990 - December 1994 Texas A&M University (TAMU)
Bachelor of Science – Kinesiology
K – 12 Teacher Certification in Physical Education, Secondary Certification in English

January 1995 - August 1995
Texas A&M University (TAMU)
Master of Science – Kinesiology (Motor Behavior)

January 1997 - May 2000
Texas A&M University (TAMU)
Doctor of Philosophy – Kinesiology (Motor Behavior)
Dissertation: Contextual Dependencies—The Roles of Practice and Attention

Work Experience

August 2011-current
East Texas A&M University Department of Health and Human Performance
Professor (2017-current); Associate Professor (2011-2017); Assistant Professor 2005-2011
Assistant Department Chair (August 2006-2011)
Associate Department Chair (August 2022-July 2024)

Current Supervisor: Dr. Vipa Bernhardt, Department Head

- Coordinating the B. S. in Kinesiology and Sports Studies degree
- Representing the department at a variety of university functions
- Compiling and submitting curriculum changes for all divisions of the department
- Teaching in the undergraduate and graduate Human Performance program
- Teaching a variety of courses in Kinesiology
- Serving on various department, college, and university committees
- Teaching UNCO 1301, *Must Love Dogs*, in the College of Innovation and Design
- Teaching in the undergraduate and graduate Human Performance program; courses include Motor Learning and Control, Motor Development, Teaching Methods I and II, Organization and Administration, Graduate Adapted Kinesiology, Health and Kinesiology for Children, Graduate Sport Psychology, Graduate Critiquing and Conducting Research, Graduate Sport Law, Graduate Supervision in Health and Kinesiology, Environmental Health, Social and Popular Dance, Weight Training, Aerobic Conditioning by Walking and Jogging, Graduate Administration of Recreational Programs, Aerobic Dance, Yoga, Archery, Pickleball, Rock Climbing, Lifetime Fitness, Individual and Dual Sports, Fundamental Rhythms and Dance, Integrated Outdoor Adventure, and Team Sports
- Serving on various department, college, and university committees

January 2008-present
City of Greenville, TX Parks and Recreation, TAMUC Recreation, L-3 Communications, other
Position: Country/Western Dance, Ballroom Dance, and Fitness Instructor

August 2004-May 2005
Eastern Kentucky University Department of Exercise and Sport Science
Position: Associate Professor
Supervisor: Dr. Lonnie Davis, Department Chair

- Teaching in the Exercise and Sport Science program; courses include Fitness and Wellness, Physical Fitness Concepts and Application, Introduction to Physical Education, Graduate Motor Learning and Performance
- Serving on committees: undergraduate curriculum, recruitment

November 2025

Eastern Kentucky University Community Education

Position: Country Western Dance Instructor

Supervisor: Christine Bogie

Eastern Kentucky University, Campus Recreation

Position: Fitness Instructor

Supervisor: Jessica Burk

2005, 2000 - 2002; 1996 - 1997

Aerobics and Fitness Association of America

Continuing Education Specialist

- Present workshops and provide continuing education credits for personal trainers and group exercise instructors on topics including flexibility, muscular strength and endurance, kickboxing, cycling, group exercise, and safety

August 2004-October 2004

Texas A&M Department of Health and Kinesiology, College Station, TX

Position: Clinical Assistant Professor, Kinesiology

Supervisor: Dr. Mike Sagas, Sport Management

- Providing technical and content assistance in the development of an online Sport Psychology course for undergraduate students at Texas A&M University
- Developing course objectives, syllabi, content, evaluation, and presentation materials

August 2001-August 2004

Texas A&M Department of Health and Kinesiology, College Station, TX

Position: Clinical Assistant Professor, Kinesiology

Supervisor: Dr. Carl Gabbard, Chair of Kinesiology Division

- Teaching in the Kinesiology Division and Physical Education Activity Program; courses include Psychology of Sport, Motor Development, Physical and Motor Fitness, Health and Fitness, and Triathlon Training

March 2002-August 2004

Texas A&M Department of Health and Kinesiology, College Station, TX

Position: Director, Camp Aggieland (day camp for 6-12 year olds)

Supervisor: Susan Lowy

- Hiring, training, supervising all camp counselors and support staff
- Marketing and registration
- Handling discipline and communication between campers, parents, and staff
- Budgeting and planning entire camp curriculum
- Implementing an emergency plan

August 2002-June 2004

College Station Parks and Recreation, College Station, TX

Position: Country/Western Dance Instructor

Supervisor: Dana Albrecht, Xtra Education

May 2002-December 2003

USA Fit Marathon Training Program

Position: Ag Fit Organizer and Coach (marathon training program)

Supervisor: Denis Calabrese

- Marketing, planning, and implementing 6-month training program
- Overseeing weekly runs and conducting seminars with 100+ members
- Hiring, training, and supervising a staff of 5 coaches
- Planning and implementing a marketing and budget strategy

August 1995 - August 2001

Texas A&M Department of Health and Kinesiology, College Station, TX

Position: Lecturer and Coordinator of Fitness Activities

Supervisor: Frank Thomas, Chair of Physical Education Activity Program

- Teaching in the PEAP Division; courses include Health and Fitness, Fitness and Conditioning, Resistance Training for Majors, Aerobic Movement for Majors, Aerobic Running, Aerobic Walking,

Step Aerobics, Country Western Dance, Ultimate Frisbee, Conditioning Swimming, Strength Training, Cardiokickboxing

- Enhancing teaching of graduate assistants within the PEAP Division
- Compiling, maintaining, and updating texts and course packets for Ultimate Frisbee, Cardiokickboxing, Step Aerobics, Indoor Cycling, Health and Fitness Activity, and Majors activity classes
- Leading inservice meetings for several fitness activities
- Teaching group exercise clinics for pre-internship students in the exercise technology division (FitLife)
- Presenting workshops at the local, state, and national level
- Facilitating student involvement in local P.E. programs
- Wrote the texts for Fitness and Conditioning and Step Aerobics
- Innovated new courses in the PEAP division: Ultimate Frisbee, Cardiokickboxing, Indoor Cycling, Triathlon Training
- Contributed to the text for Health and Fitness in the areas of cardiovascular and muscular fitness
- Attended numerous local, state, and national meetings and workshops to make presentations and enhance teaching and knowledge

June 2000-April 2003

Aerofit Club and Activity Center

Position: Personal Trainer, Group Exercise Instructor, Dance Instructor, and Wellness Lecturer

Supervisor: Kathy Wagner, Programs Director

- Assess and develop exercise programs for clients and train clients on a regular basis
- Teach cycling and other group exercise classes
- Teach Country-Western dance and Jitterbug classes
- Present programs on exercise and health

Publications

Refereed Publications

- Kimbrough, S. K., Smith, J., & Rosselli, T. (2023). Early predictors of final grades in a freshmen core course: Attendance, early semester grades, cell phone surrender, and instructor contact. *TAHPERD Journal*, Volume 91, No. 2 10-14.
- Kimbrough, S., Culpepper, D., & Varone, N. (2020). Procrastination and posting day on overall course performance. *Journal of Social Science and Humanities*, 7(1), 21-24.
- Romero, Z., & Kimbrough, S. K. (2019). The Impact of Moderate Physical Activity on Weight and Blood Pressure in an Elderly Mexican-American Female Population, *TAHPERD Journal*, Volume 87, No. 3, 8-12.
- Rosselli, A., Kimbrough, S. K., & Crutcher, T. (2018). Let's get fit: Experiencing sense of community in dance fitness. *TAHPERD Journal*, Volume 86, No. 3, 8-14.
- Kimbrough, S., Culpepper, D., & Crutcher, T. (2017). Students' Perception of Cell Phones in the Classroom. *International Journal of Humanities, Social Sciences and Education*, 4(11), 147-152. doi:10.20431/2349-0381.0411016
- Kimbrough, S. K., Rosselli, A., & Crutcher, T. (2017). Use of the Exercise Motives and Gains Inventory in dance fitness. *Physical Activity Review*, 5, 188-195.
- Kimbrough, S. K. (2016). Local classes, global impact. *IDEA Fitness Journal*. Volume 13, Issue 10.
- Kimbrough, S. K., & Crutcher, T. (2016). Why do members love dance fitness? *IDEA Fitness Manager*, Volume 28, No. 2.
- Kimbrough, S. K., & Crutcher, T. (2016). The use of Spanish by physical educators in Texas. *TAHPERD Journal*, Volume 84, No. 2, Summer 2016, 8-13.
- Kimbrough S. K., Tietjen-Smith, T., Block, B., & Blackmon, C. (2014). Use of avatars to depict teacher characteristics in physical education. *Chronicle of Kinesiology in Higher Education*, Volume 25, Issue 3.
- Tietjen-Smith, T., Balkin, R., & Kimbrough, S. K. (2013). Knowledge and Teaching Confidence of Educators about Sexual Health Topics. *National FORUM of Teacher Education Journal – Online*, Volume 23, Number 3.
- Tietjen-Smith, T., Kimbrough, S., & Block, B. A. (2012). Nethnodrama in higher education: Avatars facilitate cultural commentary for professors. *The Global eLearning Journal*, Volume 1, No. 4.
- Kimbrough, S. K., Green, C. (2011). The Scope of Spanish Language Knowledge by Physical Educators in Texas. *TAHPERD Journal*, Volume 80, No. 1, Fall 2011, 8-13.

- Balkin, R. S., Perepiczka, M., Whitely, R., & Kimbrough, S. (2009). The Relationship of Sexual Values and Emotional Awareness to Sexual Activity in Young Adulthood. *Adulthoodspan*, 8 (1), 17-28.
- Kimbrough, S. K., Green, R., & White, M. A. (2008). The effect of an instructor's wheelchair use on communicating muscular endurance concepts to college students. *Palaestra*, 24 (2), 8-10, 15.
- Green, R. J., & Kimbrough, S. K. (2008). Honors Admissions Criteria: How Important are Standardized Tests? *Journal of the National Collegiate Honors Council*, Fall/Winter 2008, 55-58.
- Tietjen-Smith, T., Balkin, R., & Kimbrough, S. K. (2008). Development and Validation of the Sex Education Confidence Scale (SECS). *Journal of Education and Human Development*, 2 (2), 2008.
- Kimbrough, S. K. (2008). May I have this dance? *TAHPERD Journal*, Volume 76, No. 3, Summer 2008, 8-10.
- Kimbrough, S., Davis, J., & Wickersham, L. (2008). The use of video feedback and semi-structured interviews for reflection among pre-service teachers. *Journal of Education and Human Development*, 2 (2), 2008.
- Green, J. S., Peterson, R., Womack, W., Hill, K., Schmitz, R., Brekken, K., Kimbrough, S. K., & Crouse, S. (2007). Perceived versus actual heart disease risk in college health and kinesiology students. *Canadian Journal of Kinesiology*, 1,(2), Fall/Winter 2007, 14-17.
- Kimbrough, S. K., Balkin, R., & Rancich, A. (2007). The Effect of Inverted Yoga Positions on Short-term Memory. *Athletic Insight*, 9 (2).
- Kimbrough, S. K., DeBolt, Louisa, & Balkin, R. (2007). Use of the Athletic Coping Skills Inventory for Prediction of Performance in Collegiate Baseball. *The Sport Journal*, 10 (1), Winter 2007.
- Kimbrough, S. K. (2006). Do physically fit college students perform better academically? A brief review and results of a pilot study. *TAHPERD Journal*, Volume 74, No. 3, Summer 2006, 8-10.
- Kimbrough, S. K. (2006). Do physically fit students perform better academically? Results of a pilot study. *KAHPERD Journal*, Volume 42, Spring 2006, 20-22.
- Kimbrough, S. K. (2006). Let's camp (to be better teachers). *Teaching Elementary Physical Education*, July 2006. 40-44.
- Kimbrough, S. K. (2004). Performing under pressure...can you help? *KAHPERD Journal*, Winter 2004, 23-24.
- Kimbrough, S. K., Wright, D. L., & Shea, C. H. (2001). Reducing the saliency of intentional stimuli results in greater contextual-dependent performance. *Memory*, 9, 133-143.

Books

- Invited Commentary Chapter in Contemporary Sport Psychology, published by Nova Science, 2009. (co-authored with Mary Pritchard)
- Kimbrough, S. K. (2008). Certify Teacher TExES preparation Exam Health EC-12. Simulados Software: Spring, TX.
- Kimbrough, S. K. (2007). Certify Teacher TExES preparation Exam #158, Physical Education EC-12. Simulados Software: Spring, TX.
- Kimbrough, S. K. (2003). Fitness Kickboxing. Champaign, IL: Stipes Publishing.
- Kimbrough, S. K. (2000). Fitness and Conditioning (3rd edition). Champaign, IL: Stipes Publishing.
- Kimbrough, S. K. (2000). Step Aerobics. Champaign, IL: Stipes Publishing.
- Kimbrough, S. K. (1999). Fitness and Conditioning (2nd edition). Champaign, IL: Stipes Publishing.
- Kimbrough, S. K. (1997). Fitness and Conditioning. Champaign, IL: Stipes Publishing.

Research Presentations

- Kimbrough, S. K., Culpepper, D., & Varone, N. (2021, December). Impact of Procrastination and Posting Day on Overall Course Performance. Paper presented at the annual convention of TAHPERD (Texas Association for Health, Physical Education, Recreation, and Dance).
- Crutcher, T., Kimbrough, S. K., & Bernhardt, V. (2018, April). Thermoregulatory and Cardiovascular Response of Structural Firefighters During Clinical Simulated Conditions. Paper presented at the TAMU-Commerce Annual Research Symposium.
- Garner, M., Kimbrough, S. K., and Rosselli, A. (2018, April). Motivations and Barriers of College-Aged Women Using Weight Training as a Mode of Exercise in Their Current Exercise Regimen: A Qualitative Analysis. Paper presented at the TAMU-Commerce Annual Research Symposium.

- Kimbrough, S. K., & Crutcher, T. (2017, April). Nutritional Knowledge of North Texas Hispanic, South Texas Hispanic, and Guatemalan Adults. Paper presented at the TAMU-Commerce Graduate Assistant Research Symposium.
- Kimbrough, S. K., Rosselli, A., & Crutcher, T. (2016, April). Use of the Exercise Motives and Gains Inventory in Dance Fitness. Paper presented at the TAMU-Commerce Graduate Assistant Research Symposium.
- Rodgers, C., Kimbrough, S. K., & Bernhardt, V. (2015, October). The Effects of Various Intensities of Active Recovery Following Cryotherapy as a Post-Game Therapeutic Modality for Baseball Pitchers. Paper presented at the TAMUS Pathways Research Symposium, Corpus Christi, TX.
- Kimbrough, S. K., & Langford, H. (2012, February). Gender, Race, and Appearance of Fitness—Effects on Perception of Person-Job Fit in Physical Education and Athletics. Paper presented at the annual conference of SDAAPERD, Orlando, FL.
- Kimbrough, S. K., & Green, L. C. (2010, February). The Scope of Spanish Language Knowledge by Physical Educators in Texas. Paper presented at the annual conference of SDAAPERD, Myrtle Beach, SC.
- Tietjen-Smith, T., Balkin, R., & Kimbrough, S. K. (2009, December). The Sex Education Confidence Scale (SECS). Paper presented at the annual TAHPERD conference, Arlington, TX.
- Tietjen-Smith, T., Balkin, R., & Kimbrough, S. K. (2009, April). Development and Validation of the Sex Education Confidence Scale (SECS). Paper presented at the Texas A&M Commerce Annual Research Symposium 2009.
- Kimbrough, S. K. (2009, April). Video Feedback and Semi-Structured Interviews for Reflection Among Pre-service Teachers. Paper presented at the annual AAHPERD Convention. Tampa, FL.
- Kimbrough, S. K., Green, R., & White, M. A. (2008, December). The Effect of an Instructor's Wheelchair Use on Communicating Muscular Endurance Concepts to College Students. Paper presented at the annual TAHPERD convention. Corpus Christi, TX.
- Tietjen-Smith, T., & Kimbrough, S. K. (2008, April). Let's Talk about Sex Education. Program presented at the annual AAHPERD convention. Ft. Worth, TX.
- Kimbrough, S. K. (2007, December). Changes in General Self-Efficacy Following Participation in an Outdoor Educational Experience. Paper presented at the annual TAHPERD convention. Galveston, TX.
- Kimbrough, S. K. (2007, April). Changes in General Self-Efficacy Following Participation in an Outdoor Educational Experience. Paper presented at the TAMU-Commerce Sigma Xi Student-Faculty Research Forum, Commerce, TX.
- Tietjen-Smith, T., Kimbrough, S. K., & Balkin, R. (2007, February). How Comfortable Are We? Health and Physical Educators Views on Teaching Sexual Health Topics. Paper presented at the annual conference of the Southern District AAHPERD meeting, Chattanooga, TN.
- Kimbrough, S. K., Rancich, A., & Balkin, R. (2007, March). Effect of Inverted Yoga Positions on Short-term Memory. Paper presented at the annual convention of AAHPERD, Baltimore, MD.
- Rancich, A., & Kimbrough, S. K. (2006, April). The Effect of Inverted Yoga Positions on Short-Term Memory. Paper presented at the TAMU-Commerce Sigma Xi Student-Faculty Research Forum, Commerce, TX.
- Kimbrough, S. K., & Tietjen-Smith, T. (2006, March). Knowledge and Attitudes about Teaching Sexual Health Topics among Health and Physical Education Professionals. Presented at the Educational Research Conference, Beaumont, TX.
- Kimbrough, S. K. (2006, March). The Relationship between Academic Performance and Cardiovascular Fitness among College Students. Presented at the Educational Research Conference, Beaumont, TX.
- Kimbrough, S. K. (2005, December). Changes in Muscular Endurance Following a 9-Week Training Program in Pilates, Step Aerobics, and Fitness Kickboxing. Paper presented at the annual conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Corpus Christi, TX.
- Helbig, C., & Kimbrough, S. K. (2005, December). Naturalistic Observation as a Method of Assessment of Levels of Performance in Children's Basketball. Paper presented at the annual conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Corpus Christi, TX.
- Kimbrough, S. K. (2005, December). The Relationship Between Academic Performance and Cardiovascular Fitness Among College Students. Paper presented at the annual conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Corpus Christi, TX.
- Kimbrough, S. K., Rose, M., Vallee, J., & Nelan, C. (2005). Use of a shortened EMI-2 in assessment of exercise motivations of participants in college campus group exercise. *Research Quarterly for Exercise and Sport*, (76)1: A-101.***

- Kimbrough, S. K., Rose, M., Vallee, J., & Nelan, C. (2005, April). Use of a Shortened EMI-2 in Assessment of Exercise Motivations of Participants in College Campus Group Exercise. Paper presented at the annual conference of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), Chicago, IL.
- Moore, T., Schell, C., Walton, C., Martin, S., Womack, W., Hill, K., Schmitz, R., Brekken-Shea, K., Kimbrough, S. K., Crouse, S. F., & Green, J. S. (2005). Differences in heart disease risk perception in cardiac patients, medical professionals, and college-age adults: A pilot study. *Medicine and Science in Sports and Exercise* 37(5) Supplement: S470-1.***
- Green, J.S., Womack, J.W., Hill, K.L., Crouse, S.F., Schmitz, R., Brekken, K., Kimbrough, S. (2004) Actual and perceived risk in female kinesiology majors taking versus not taking birth control. *Medicine and Science in Sports and Exercise* 36(5) Supplement: S162.***
- Peterson, R., Green, J.S., Womack, J.W., Hill, K.L., Crouse, S.F., Schmitz, R., Brekken, K., Kimbrough, S.(2004) Actual versus perceived heart disease risk in college kinesiology majors. *Medicine and Science in Sports and Exercise* 36(5) Supplement: S162.***
- Kimbrough, S. K., Marrs, L. C., & White, M. W. (2003). Causal attributions in physical fitness testing. *Research Quarterly for Exercise and Sport*, 74(1).***
- Martin, K., Green, J. S., Womack, W., Hill, K., Meyer, K., Crouse, S., Schmitz, R., Brekken, K., & Kimbrough, S. K. (2003). Body fat percentage and heart disease risk perception in college kinesiology majors. *Medicine and Science in Sports and Exercise* 35(5) Supplement: S279.***
- Kimbrough, S. K., Palmarozzi, K. E., & Stewart, C. A. (2003). Why did we win? Sport attributions of professional athletes. *Research Quarterly for Exercise and Sport*, 74(1).***
- Kimbrough, S. K. (December 2003). Triathlon Training as a College Course....What are the Outcomes? Paper presented at the annual conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Galveston, TX.
- Kimbrough, S. K., Palmarozzi, K. E., & Stewart, C. A. (2003, April). Why did we win? Sport Attributions of Professional Athletes. Paper presented at the annual conference of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), Philadelphia, PA, and the Annual Conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Fort Worth, TX (2002, December).
- Kimbrough, S. K., Marrs, L. C., & White, M. W. (2003, April). Causal Attributions in Physical Fitness Testing. Paper presented at the annual conference of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), Philadelphia, PA, and the Annual Conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Fort Worth, TX (2002, December).
- Marrs, L. C., & Kimbrough, S. K. (2002, December). What Went Wrong? A Performance Analysis of Texas A&M at the 2002 Big XII Track and Field Championships. Paper presented at the annual conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Fort Worth, TX.
- Green, J.S., Womack, W., Myer, K., Crouse, S., Schmitz, R., Brekken, K., Kimbrough, S., Hill, K. (2002, December). The perception of heart attack risk is not related to serum lipid cardiac risk markers in college men and women. Paper presented at the annual conference of the Texas Association of Health, Physical Education, Recreation, and Dance (TAHPERD), Fort Worth, TX.
- Kimbrough, S. K., Johnson, J., & Frey, G. (1999, June). Timing Performance by Adults with Mental Retardation Using Auditory or Visual Modeling. Paper presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Clearwater, FL.
- Kimbrough, S. K., & Shea, C. H. (1999, June). Removal of Concurrent Presentation of Music and Timing Ability on a Stepping Task. Paper presented at the Annual Meeting of NASPSPA, Clearwater, FL.
- Kimbrough, S. K., Wright, D. L., & Shea, C. H. (1999, June). Does Spatial S-R Compatibility Really Influence the Degree of Contextual Dependent Behavior? Paper presented at the Annual Meeting of NASPSPA, Clearwater, FL.
- Kimbrough, S. K., Johnson, J., & Frey, G. C. (1999). Timing performance by adults with mental retardation using auditory or visual modeling. *Journal of Sport and Exercise Psychology*, 21, S66.
- Kimbrough, S. K., & Shea, C. H. (1999). Removal of concurrent presentation of music and timing ability on a stepping task. *Journal of Sport and Exercise Psychology*, 21, S66.
- Kimbrough, S. K., Wright, D. L., & Shea, C. H. (1999, June). Does spatial S-R compatibility really influence the degree of contextual dependent behavior? *Journal of Sport and Exercise Psychology*, 21, S66.***
- Kimbrough, S. K., Wright, D. L., & Shea, C. H. (1998, June). Contextual Dependency: Contributions of Spatial S-R Compatibility. Paper presented at the Annual Meeting of NASPSPA, Pleasant Run, IL and the Annual Conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Houston, TX (1998, December).

- Kimbrough, S. K. (1997, December). Physical Fitness Instructors—Importance of Certain Teacher Characteristics According to Students. Paper presented at the Annual Conference of TAAHPERD, Fort Worth, TX.
- Kimbrough, S. K. (1996, December). Health-Risk Behaviors Among Texas Health and Kinesiology Majors. Paper presented at the Annual Conference of TAAHPERD, Corpus Christi, TX.

***Presentation accompanied by abstract publication in listed journal.

Other research, service, and teaching publications

- Kimbrough, S. K. (2017). Teaching Dance for EVERYbody (a 6-hour professional development course for teachers). *PECentral.org/ssww.teachable.com*.
- Kimbrough, S. K. (2016). Geronimo fitness warm-up dance. *PECentral.org*.
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132739#.V4B0FUaFPrc>
- Kimbrough, S. K. (2016). Better When I'm Dancin' dance. *PECentral.org*.
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132907#.V4B0ukaFPrc>
- Kimbrough, S. K. (2007). Promoting self-efficacy through play. *Parks and Recreation*, October 2007, 24-29.
- Kimbrough, S. K., & Copeland, J. (2006). The Latest on Collegiate Recruiting: What Qualities are Important to Coaches? *PowerBasketball.com*, Fall 2006.
- Kimbrough, S. K. (2006). Working down to bone—How a body changes with exercise. *American Fitness*, July/August 2006, 14-16.
- Kimbrough, S. K. (2006). Pregnant and pedaling. *Triathlete*, 265, May 2006, 38-40.
- Kimbrough, S. K. (2005). The Half-Moon Rises. *American Fitness*, July/August 2005, 43.
- Kimbrough, S. K. (2005). Rainy day walking. *PE Digest.com*.
- Kimbrough, S. K. (2003). Choking...How to Prevent It. *Traditional Bowhunters of Texas* (18).
- Kimbrough, S. (contributor) Godfrey, K. (2003). Fit for life. *Insite Magazine*. May 2003.

Recent Teaching Presentations

- Kimbrough, S. K., Frisbie, K., & Campbell, P. (June 2025). It's Game Time (for everyone)....Creating Environments for Recreation and Play that Include EVERYbody..Lessons from Community Pickleball. Program presented at the annual summer conference of TAAHPERD, Waco, TX.
- Kimbrough, S. K., Swinden, T, Featherston, K., Carano, S., Frisbie, K., & Campbell, P. (December 2024). Building Connections, Collaboration, and the Next Generation. Program presented at the annual convention of TAAHPERD, Corpus Christi, TX.
- Kimbrough, S. K. (December 2024). REST....As Important as Sleep, Exercise, and Food. Program presented at the annual convention of TAAHPERD, Corpus Christi, TX.
- Kimbrough, S. K. (December 2024). Pass it On...Dance Til You Drop. Program presented at the annual summer convent of TAAHPERD, Corpus Christi, TX.
- Kimbrough, S. K. (July 2024). REST...Learn About it and Pass it On! Program presented at the annual summer conference of TAAHPERD, Frisco, TX.
- Kimbrough, S. K. & Ates, Ivy. (July 2024). Pass on Dance and Leadership to Your Students. Program presented at the annual summer conference of TAAHPERD, Frisco, TX.
- Kimbrough, S. K., Featherston, K., Perkins, L, Banks, K., Campbell, P, & Frisbie, K. (July 2024). Leisure Games after Hours. Program presented at the annual summer conference of TAAHPERD, Frisco, TX.
- Hertlein, M. Kimbrough, S. K., & Woods, E. (November, 2023.) TRoFE is 26! (TAAHPERD Race-on-Foot Expedition). Program presented at the annual convention of TAAHPERD, Fort Worth, TX.
- Kimbrough, S. K., Rest....What it is and why you need it (November 2023.) Program presented at the annual convention of TAAHPERD, Fort Worth, TX.
- Kimbrough, S. K, Krepps, J., & Ates, I. (November, 2023). Aim High with Dance and Drums...Juli, Sandy, and Ivy. Program presented at the annual convention of TAAHPERD, Fort Worth, TX.
- Hertlein, M., Kimbrough, S. K., & Woods, E. (July, 2023). TRoFE Is 25!!! (TAAHPERD Race-on-Foot Expedition) Program presented at the annual summer conference of TAAHPERD, San Marcos, TX.
- Kimbrough, S. K. (July, 2023). Rest...What it is and why you need it. (July, 2023). Program presented at the annual summer conference of TAAHPERD, San Marcos, TX.
- Kimbrough, S. K. Aim High; Believe your kids can create dance together. (July, 2023). Program presented at the annual summer conference of TAAHPERD, San Marcos, TX.
- Hertlein, M., Kimbrough, S. K., & Woods, E. TRoFE Is 24!!! (TAAHPERD Race-on-Foot Expedition) (December, 2022). Program presented at the annual convention of TAAHPERD, Corpus Christi, TX.

- Kaufman, R., Kimbrough, S. K., & Krepps, J. (December, 2022). Drum, Dance, Move & Groove with Cardio Drumming! Program presented at the annual convention of TAHPERD, Corpus Christi, TX.
- Kimbrough, S. K. (October, 2022). Rest...What It is and why you need it. Program presented at TAMU-Commerce Professional Development Day
- Kimbrough, S. K. (September, 2022). Low Tech Adventure Racing for All. Program presented at the annual conference of TOEA, Hunt, TX.
- Kimbrough, S. K., & TOEA Board of Directors (September, 2022). Pickleball. Program presented at the annual conference of TOEA, Hunt, TX.
- Kaufman, R., Kimbrough, S. K., & Krepps, J. (July, 2022). Don't Stop Believing (you can lead your kids in dance). Program presented at the annual summer conference of TAHPERD, Frisco, TX.
- Hertlein, M., Kimbrough, S. K., & Woods, E. (July, 2022). TRoFE is 23!!! (TAHPERD Race-on-Foot Expedition). Program presented at the annual summer conference of TAHPERD, Frisco, TX.
- Kimbrough, S. K. (December, 2021). TRoFE is 22! (TAHPERD Race-on-Foot Expedition). Program presented at the annual convention of TAHPERD, Arlington, TX.
- Kimbrough, S. K., & Krepps, J. (December, 2021). Kardio with Juli and Sandy. Program presented at the annual convention of TAHPERD, Arlington, TX.
- Kimbrough, S. K. (October, 2021). Low Tech Adventure Racing. Program presented at the annual convention of TOEA, Hunt, TX.
- Kimbrough, S. K. (September, 2021). Physical Education Professional Development, Alice ISD (3-hour workshop), Alice, TX.
- Kimbrough, S. K. (December, 2019). Scholarship, Students, or Service? YES. Program presented at the annual convention of TAHPERD, Arlington, TX. (TAHPERD Scholar presentation)
- Kimbrough, S. K. (December, 2019). TRoFE Turns 21! Program presented at the annual convention of TAHPERD, Arlington, TX.
- Kimbrough, S. K. (December, 2019). Create a Pathway! Make a Dance! Program presented at the annual convention of TAHPERD, Arlington, TX.
- Cuccia, J., & Kimbrough, S. (September, 2019). Comet Ball and Kan Jam. Program presented at the annual conference of TOEA, Leakey, TX.
- Kimbrough, S. K. (July, 2019). Make a New Pathway; Make a New Dance. Program presented at the annual summer conference of TAHPERD, San Marcos, TX.
- Kimbrough, S. K. (July, 2019). TRoFE turns 20!!! (TAHPERD Race on Foot Expedition). Program presented at the annual summer conference of TAHPERD, San Marcos, TX.
- Kimbrough, S. K., Munsell, M., & Vaughn, D. (November, 2018). Jump Rope for Heart Celebration Gala. Program presented at the annual conference of TAHPERD, Galveston, TX.
- Cox, G., & Kimbrough, S. K. (November, 2018). Zoom into Online Teaching. Program presented at the annual conference of TAHPERD, Galveston, TX.
- Kimbrough, S. K. (November, 2018). TRoFE (TAHPERD Race-on-Foot Expedition) XIX. Program presented at the annual conference of TAHPERD, Galveston, TX.
- Kimbrough, S. K. (September, 2018). All-Camp Meet 'n' Greet. Program presented at the annual conference of TOEA, Leakey, TX.
- Kimbrough, S. K., Chastain, R., & Silvius, E. (July, 2018). TRoFE (TAHPERD Race-on-Foot Expedition) XVIII....1990's style!!! Program presented at the annual summer conference of TAHPERD, Frisco, TX.
- Kimbrough, S. K. (June, 2018). Rhythm, Music, and Movement. Program presented at the TAHPERD Area 6&7 Workshop, Arlington, TX.
- Cox, G., Kimbrough, S. K., & Peak, K. (December, 2017). Creating Innovative and Interesting Proposals. Program presented at the annual conference of TAHPERD, Fort Worth, TX.
- Kimbrough, S. K. (December, 2017). TRoFE (TAHPERD Race-on-Foot Expedition). Program presented at the annual conference of TAHPERD, Fort Worth, TX.
- Kimbrough, S., Elliott, T., & Cox, G. (July, 2017). Yogance (Yoga + Dance). Program presented at the annual summer conference of TAHPERD, San Marcos, TX.
- Kimbrough, S. K., Hapshie, T. J., & Romero, Z. (July, 2017). TRoFE (TAHPERD Race-on-Foot Expedition) XI 80's edition. Program presented at the annual summer conference of TAHPERD, San Marcos, TX.
- Kimbrough, S. K. (2016, December). TRoFE (TAHPERD Race-on-Foot Expedition) XV (AKA DÉJÀ VU). Program presented at the annual convention of TAHPERD, Galveston, TX.
- Kimbrough, S. K., & Elliott, T. (2016, December). Together We Can.....Rock this Party. Program presented at the annual convention of TAHPERD, Galveston, TX.
- Kimbrough, S. K. (2016, July). Physical Education, Geography, and Science....a Winning Combination!!!! Program presented at the 2016 National PE Institute, Asheville, NC.

- Kimbrough, S. K., & Elliott, T. (July, 2016). Together We Can Dance. Program presented at the annual summer conference of TAHPERD, Frisco, TX.
- Kimbrough, S. K., & Walter, S. (July, 2016). TRoFE (TAHPERD Race-on-Foot Expedition) XIV....throwback style! Program presented at the annual summer conference of TAHPERD, Frisco, TX.
- Kimbrough, S. K., & Longino, J. (December, 2015). TAKE a CHANCE....DANCE!!! (with an exclamation SPARK!!) Program presented at the annual convention of TAHPERD, Dallas, TX.
- Kimbrough, S. K., & Walter, S. (December, 2015). TRoFE (TAHPERD Race-on-Foot Expedition) XIII. Program presented at the annual convention of TAHPERD, Dallas, TX.
- Kimbrough, S. K. (October, 2015). Safety Superheroes (not Human Hazards). Program presented at the annual RECON convention, Addison, TX.
- Kimbrough, S. K. (September, 2015). Warm-Up, Cool-Down, Have FUN. Training program presented to Mesquite ISD, Mesquite, TX.
- Kimbrough, S. K. (August, 2015). PE/Health-Innovative Strategies to Address Objectives: The WHY and HOW of Teaching Physical Education. Two-day training program presented to Irving ISD, Irving, TX.
- Kimbrough, S. K., & Longino, J. (July, 2015). Rock San Marcos! Program presented at the annual summer conference of TAHPERD, San Marcos, TX.
- Kimbrough, S. K., & Walter, S. (July, 2015). TRoFE (TAHPERD Race-on-Foot Expedition) XII. Program presented at the annual summer conference of TAHPERD, San Marcos, TX.
- Kimbrough, S. K. (December, 2014). I am TAHPERD, and I Like to Move It. Program presented at the annual convention of TAHPERD, Galveston, TX.
- Kimbrough, S. K. (December, 2014). TRoFE XI. Program presented at the annual convention of TAHPERD, Galveston, TX.
- Kimbrough, S. K. (October, 2014). Crazy Dance in the Outdoors. Program presented at the annual Texas Outdoor Education Agency workshop, Leakey, TX.
- Kimbrough, S. K., & Timber, L. (October, 2014). Terrific Race on Foot Expedition- TOEA Style. Program presented at the annual Texas Outdoor Education Agency workshop, Leakey, TX.
- Donaldson, P. & Kimbrough, S. K. (October, 2014). Orienteering. Program presented at the annual Texas Outdoor Education Agency workshop, Leakey, TX.
- Kimbrough, S. K. (2014, August). Healthy Movin' and Groovin' in PE. Half-day workshop presented to Forney ISD.
- Kimbrough, S. K. (2014, August). Healthy Movin' and Groovin' in PE. Two-day workshop presented to Forney ISD.
- Kimbrough, S. K., Walter, S., & Dickey, S. (2014, July). TRoFE (TAHPERD Race-on-Foot Expedition) X. Program presented at the annual summer convention of TAHPERD, Frisco, TX.
- Kimbrough, S. K. (2013, December). TRoFE (TAHPERD Race-on-Foot Expedition), Volume 9. Program presented at the annual convention of TAHPERD, Dallas, TX.
- Kimbrough, S. K. (2013, December). Let Your Body Rock. Program presented at the annual convention of TAHPERD, Dallas, TX.
- Kimbrough, S. K. (2013, July). TROFE 2013-San Marcos. Program presented at the annual summer convention of TAHPERD, San Marcos, TX.
- Kimbrough, S. K. (2013, July). Shake It, Baby! Program presented at the annual summer convention of TAHPERD, San Marcos, TX.
- Kimbrough, S. K. & Harsin, W. (2013, June). Play Games and Hip Hop Til You Drop. Invited Area 6/7 TAHPERD Workshop, Arlington, TX.
- Kimbrough, S. K. (2013, June). Physical Education In-service training, elementary and secondary physical education. Brenham ISD, Brenham, TX.
- Kimbrough, S. K., & Sanderson, B. (2013, April). TROFE (Terrific Race on Foot Expedition)...Charlotte! Program presented at the annual convention of AAHPERD, Charlotte, NC.
- Kimbrough, S. K. (2012, December). Crazy Cardio Choreography. Program presented at the annual convention of TAHPERD, Galveston, TX.
- Kimbrough, S. K. (2012, December). TRoFE, Act 7. Program presented at the annual convention of TAHPERD, Galveston, TX.
- Kimbrough, S. K. (2012, November). Keeping the FUN in Physical Education. Invited pre-conference workshop for Arkansas AHPERD, Little Rock, AR.
- Kimbrough, S. K. (2012, June). Physical Education In-service training, elementary and secondary physical education. Presented to Brenham ISD, Brenham, TX.
- Kimbrough, S. K., & Allen, R. (2012, February). Crazy Cardio Dance. Program presented at the annual convention of SDAHPERD, Orlando, FL.

- Kimbrough, S. K., Adolf, S., & Triolet, C. (2012, February). Terrific Race on Foot Expedition (TRoFE)...Orlando! Program presented at the annual convention of SDAAPERD, Orlando, FL.
- Kimbrough, S. K., & Triolet, C. (2011, December). Crazy Dance with Dr. K. and Mr. T. Program presented at the annual convention of TAHPERD, Dallas, TX.
- Kimbrough, S. K. (2011, December). TRoFE, Act 5. Program presented at the annual convention of TAHPERD, Dallas, TX.
- Kimbrough, S. K. (2011, October). Geocaching. Program presented at the annual TAHPERD Outdoor Workshop, Nacogdoches, TX.
- Kimbrough, S. K. (2011, October). The Great Race. Program presented at the annual TAHPERD Outdoor Workshop, Nacogdoches, TX.
- Kimbrough, S. K. (2011, July). TRoFE (TAHPERD Race-on-Foot Expedition), Act 4. Program presented at the annual summer convention of TAHPERD, San Marcos, TX.
- Kimbrough, S. K. (2011, July). Cardio Salsa SHAKE with Dr. K. Program presented at the annual summer convention of TAHPERD, San Marcos, TX.
- Kimbrough, S. K. (2011, February). Cardio Salsa SHAKE with Dr. K. Program presented at the annual convention of SDAAPERD, Greensboro, NC.
- Kimbrough, S. K. (2010, December). Cardio Salsa SHAKE with Dr. K. Program presented at the annual convention of TAHPERD, Galveston, TX.
- Kimbrough, S. K. (2010, December). TRoFE (TAHPERD Race on Foot Expedition) Act 3. Program presented at the annual convention of TAHPERD, Galveston, TX.
- Kimbrough, S. K., Palacios, Y., & Rohe, K. (2010, July). Let's Luau. Program presented at the annual summer convention of TAHPERD, Frisco, TX.
- Kimbrough, S. K., & Duran, E. (2010, July). My Maria, a Dance for Your Students. Program presented at the annual summer convention of TAHPERD, Frisco, TX.
- Kimbrough, S. K. (2010, July). TRoFE (TAHPERD Race-on-Foot Expedition) Take 2. Program presented at the annual summer convention of TAHPERD, Frisco, TX.
- Kimbrough, S. K. (2010, May). Zumba for Kids. Program presented at HEButt Foundation camp for Sterling City ISD, Leakey, TX.
- Kimbrough, S. K. (2010, May). Cooperative Games for Kids. Program presented at HEButt Foundation camp for Sterling City ISD, Leakey, TX.
- Kimbrough, S. K. (2009, December). Walk This Way. Program presented at the annual convention of TAHPERD, Arlington, TX.
- Kimbrough, S. K. (2009, December). TRoFE (TAHPERD Race-on-Foot Expedition). Program presented at the annual convention of TAHPERD, Arlington, TX.
- Kimbrough, S. K. (2009, July). Walk This Way. Program presented at the annual summer convention of TAHPERD, San Antonio, TX.
- Kimbrough, S. K., Guevara, R., & Plunk, J. R. (2008, December). Survival Spanish for Elementary Physical Education. Program presented at the annual convention of TAHPERD, Corpus Christi, TX.
- Plunk, J. R., & Kimbrough, S. K. Personal Training: Feast or Famine (2008, December). Program presented at the annual convention of TAHPERD, Corpus Christi, TX.
- Kimbrough, S. K. (2008, September). Gobs of Groovy Games for Groups...Part 1. Program presented at the annual South Carolina Recreation and Parks Association meeting, Greenville, SC.
- Kimbrough, S. K. (2008, September). Gobs of Groovy Games for Groups...Part 2. Program presented at the annual South Carolina Recreation and Parks Association meeting, Greenville, SC.
- Kimbrough, S. K. (2008, September). Adventure Racing 101. Program presented at the annual South Carolina Recreation and Parks Association meeting, Greenville, SC.
- Kimbrough, S. K. (2008, April). Geocaching. Program presented at the TAHPERD Outdoor Education Workshop, Commerce, TX.
- Kimbrough, S. K. (2008, April). Adventure Racing. Program presented at the TAHPERD Outdoor Education Workshop, Commerce, TX.
- Kimbrough, S. K. (2008, February). Dance with Dr. K.....Texas Style! Program presented at the Edith Upchurch Innovative Programming Forum, National Recreation and Parks Association, Eatonton, GA.
- Kimbrough, S. K. (2008, February). Gobs of Groovy Games for Groups. Program presented at the Edith Upchurch Innovative Programming Forum, National Recreation and Parks Association, Eatonton, GA.
- Kimbrough, S. K. (2008, February). Fighting Fat with Fantastic Fun. Opening keynote session delivered at the Edith Upchurch Innovative Programming Forum, National Recreation and Parks Association, Eatonton, GA.
- Kimbrough, S. K., & Grimes, R. (2007, December). Texas Two-Step and East Coast Swing. Program presented at the annual convention of TAHPERD, Galveston, TX.

- Kimbrough, S. K. (2007, October). Fitness Fun with Your Kids. Presented as part of the L-3 Stress Seminar Series. Greenville, TX.
- Kimbrough, S. K. (2007, August). Team Building and Cooperative Games. Program presented as part of Lift Up, Greenville Christian School Athletics. Greenville, TX.
- Kimbrough, S. K., & Grimes, R. (2007, July). Jitterbug 101. Program presented at the annual summer conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Austin, TX.
- Kimbrough, S. K. (2007, August). East Coast Swing. Program presented to the Chinese Youth Camp, Texas A&M University-Commerce, Commerce, TX.
- Kimbrough, S. K., & Plunk, J. R. (2007, March). Adventure Racing 101. Program presented at the TAHPERD Outdoor Education Workshop, Uvalde, TX.
- Kimbrough, S. K., & Snell, M. (2007, March). Cowboy Cha-Cha for EveryBODY. Program presented at the annual convention of AAHPERD, Baltimore, MD.
- Kimbrough, S. K. (2007, February). Off to the Races. Program presented at the Edith Upchurch Innovative Programming Forum, National Recreation and Parks Association, Eatonton, GA.
- Kimbrough, S. K. (2007, February). Icebreakers. Program session presented at the Commerce Sport and Physical Education Conference, Commerce, TX.
- Kimbrough, S. K. (2007, February). YOU Can Teach Dance. Program session presented at the Commerce Sport and Physical Education Conference, Commerce, TX.
- Kimbrough, S. K. (2006, February). Physical Education....Innovations and Strategies. Program presented as part of HEB ISD teacher in-service training. Hurst, TX.
- Kimbrough, S. K. (2006, December). Tinikling-The Philippine Bamboo Dance. Program presented at the annual convention of TAHPERD, Fort Worth, TX.
- Kimbrough, S. K. (2006, December). Role Model or Rolls of Fat? Program presented at the annual convention of TAHPERD, Fort Worth, TX.
- Kimbrough, S. K. (2006, July). The LIST Workout...and 9 more lists. Program presented at the annual summer conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Waco, TX.
- Kimbrough, S. K. (2006, July). Ten-Step Polka and Cowboy Cha-Cha. Program presented at the annual summer conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Waco, TX.
- Kimbrough, S. K. (2006, July). Ballroom Basics. Program presented at the Chinese Youth Camp, Texas A&M University Commerce, Commerce, TX.
- Kimbrough, S. K. (2006, March). In the Deep...Not Your Grandma's Workout. Presented at the annual meeting of the National Aquatic Council, Austin, TX.
- Kimbrough, S. K. (2006, March). Tinikling Demonstration for Sulphur Bluff ISD with HHP students. Commerce, TX.
- Kimbrough, S. K., & Wagner, S. (2005, December). Kids, Camp, and College. Program presented at the annual conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Corpus Christi, TX.
- Kimbrough, S. K., & Thornton, M. (2005, December). Assessment 101. Program presented at the annual conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Corpus Christi, TX.
- Alastuey, L., & Kimbrough, S. K. (2005, December). Forget Fancy Choreography—An Aerobics Class for Kids. Program presented at the annual conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Corpus Christi, TX.
- Helbig, C., & Kimbrough, S. K. (2005, December). Do...and Understand---Real-Life Assignments to Promote Understanding in College HPERD Classes. Program presented at the annual conference of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), Corpus Christi, TX.
- Kimbrough, S. K. (2005, November). Strategies and Techniques for Teaching Kickboxing. Program presented at the Morris Recreation Center, Texas A&M University-Commerce, Commerce, TX.
- Kimbrough, S. K. (2005, August). Functional Fitness. Program presented at the Student Life Center of Baylor University, Waco, TX.
- Kimbrough, S. K. (2005, March). FUNctional Fitness. Program presented at the Eastern Kentucky University's Fitness and Wellness Center, Richmond, KY.
- Kimbrough, S. K. (2005, January). Deep Water Running Workouts. Program presented at the Kentucky Track and Cross Country Coaches Association workshop, Richmond, KY.
- Kimbrough, S. K. (2004, October). Working Out at Work. Program presented at the Teaching and Learning Center, Eastern Kentucky University, Richmond, KY.

- Kimbrough, S. K. (2004, October). Jitterbug, Cowboy Cha-Cha, and 10-Step Polka. Program presented at the Annual Summer Conference of KAHPERD, Ft. Mitchell, KY.
- Kimbrough, S. K. (2004, July). Fine Motor Skills, Part 2. Program presented at the Annual Summer Conference of TAHPERD, Waco, TX.
- Kimbrough, S. K. (2004, July). Get 'Em Talking—Facilitating Interaction and Fun. Program presented at the Annual Summer Conference of TAHPERD, Waco, TX.
- Kimbrough, S. K. (2004, July). Weight Room Alternatives. Program presented at Texas A&M University's Recreation Center as part of the Healthy Living Lecture Series, College Station, TX.
- Kimbrough, S. K. (2004, March). Exercise Myths. Program presented as part of the Power of Prevention Collaboration, Brazos County Health Department, Bryan, TX.
- Kimbrough, S. K. (2003, December). Want To Tri? Program presented at the Annual Conference of TAHPERD, Galveston, TX.
- Kimbrough, S. K. (2003, December). Fine Motor Skills 101...What Can You Do? Program presented at the Annual Conference of TAHPERD, Galveston, TX.
- Kimbrough, S. K. (2003, July). Have a Ball. Program presented at the Annual Summer Conference of TAHPERD, San Antonio, TX.
- Kimbrough, S. K. (2003, July). Just Tri It. Program presented at the Annual Summer Conference of TAHPERD, San Antonio, TX.
- Kimbrough, S. K. (2002, December). Ten-Step Polka to El Paso. Program presented at the Annual Conference of TAHPERD, Fort Worth, TX.
- Kimbrough, S. K. (2002, December). Stable on the Ball. Program presented at the Annual Conference of TAHPERD, Fort Worth, TX.
- Kimbrough, S. K. (2002, October). Appropriate Physical Fitness Activities for Children. Presentation made for SMART BODIES: A Collaborative Project for Obesity Prevention and Intervention among Low-Income Children in Dallas, Texas.
- Kimbrough, S. K. (2002, March). Body, Ball, and Bar. AFAA Continuing Education Workshop. Bryan, TX.
- Kimbrough, S. K. (2001, August). Cycle, Recycle. AFAA Continuing Education Workshop presented at Gold's Gym, Bryan, TX.
- Kimbrough, S. K. (2001, June). Kick, Punch, Ouch. AFAA Continuing Education Workshop presented at Gold's Gym, Bryan, TX.
- Kimbrough, S. K. (2001, May). Low Back Exercises. Wellness lecture presented at Aerofit, Bryan, TX.
- Kimbrough, S. K. (2001, March). Body Basics. AFAA Continuing Education workshop presented at Aerofit, Bryan, TX.
- Kimbrough, S. K. (2000, November). Low Back Pain and Injury Prevention. Wellness Lecture presented at Aerofit, Bryan, TX.
- Kimbrough, S. K. (2000, September). How to Get Started in Exercise. Wellness Lecture presented at Aerofit, Bryan, TX.
- Kimbrough, S. K. (2000, June). Walk This Way—How to Get More out of Your Walk. Program presented at the Annual Conference of All Well, San Marcos, TX.
- Kimbrough, S. K. (1999, December). G. I. Jabb. Program presented at the Annual Conference of TAHPERD, Austin, TX.
- Kimbrough, S. K. (1999, July). Boot Camp Basics. Program presented at the Annual Summer Conference of TAHPERD, Wichita Falls, TX.
- Kimbrough, S. K. (1999, July). Jump, Jab, and Jive. Program presented at the Annual Summer Conference of TAHPERD, Wichita Falls, TX.
- Kimbrough, S. K., & Nelms, J. T. (1998, December). Ultimate Skills and Drills. Program presented at the Annual Conference of TAHPERD, Houston, TX.
- Kimbrough, S. K., & Brekken Shea, K. B. (1998, December). Cardio-kickboxing II. Program presented at the Annual Conference of TAHPERD, Houston, TX.
- Kimbrough, S. K. (1998, July). Cardio-kickboxing I. Program presented at the Annual Summer Conference of TAHPERD, Waco, TX.
- Kimbrough, S. K., & Wenzel, T. (1998, April). Cardioboxing. Program presented at the Annual Conference of the American Alliance for Health, Physical Education, Recreation, and Dance. (AAHPERD), Reno, NV.
- Kimbrough, S. K., & Johnson, J. (1997, December). Ultimate Frisbee. Program presented at the Annual Conference of TAHPERD, Fort Worth, TX.
- Kimbrough, S. K., & Brekken Shea, K. B. (1997, December). Cardioboxing: Punch and Power. Program presented at the Annual Conference of TAHPERD, Fort Worth, TX.

November 2025

- Thomas, F., Brekken Shea, K. B., & Kimbrough, S. K. (1995, December). Racewalking: An Individualized Analysis. Program presented at the Annual Conference of TAAHPERD, Dallas, TX.

Professional Service

- Instructor, Meaningful Rest, Work, and Us, Investing in Us course for ETAMU Faculty and Staff, Fall 2025.
- Organizer and Host, Unified Pickleball Tournament, May 2025.
- Organizer and Host, Roll 'n' Shoot Wheelchair Basketball Tournament, April 2025 (benefiting Hunt County Special Olympics).
- Guest dance instructor, Lakes Regional Community Center, April 2025, August 2025.
- Host, Special Olympics Skills Competition with Region 10 ESC, 2025, 2024, 2023. Over 65 children at each event participated in a cooperative skills tournament including Commerce ISD, Quinlan ISD, Cooper ISD, Wolfe City ISD, Como Pickton ISD, Farmersville ISD, and Royse City ISD.
- Organizer and Host, Glow in the Dark Christmas Party and Dance and Glow in the Dark Pickleball, December 2025.
- Organizer and Host, Halloween Howl Pickleball Tournament, October 2024 (benefitting Special Olympics Texas).
- Organizer and Host, Halloween Carnival for our Friends, October 2024
- Organizer and Host, Unified Pickleball Tournament, November 2024.
- Organizer, Pickleball Party for Pups, tournament benefitting St. Clouds Rescue, May 2024.
- Organizer and Host, Unified Pickleball Tournament, November 2024.
- Organizer, TAMUC Health and Human Performance Department Pickleball Tournament, May 2024.
- TAMUC Annual Research Symposium Judge, April 2023, April 2024.
- Mental Health and Your Dog (with Tucker Kimbrough), presentation at TAMUC Student Health Fair, April 2024.
- Member, Academic Misconduct Pilot Project Committee, TAMUC College of Education and Human Services, 2024
- Instructor, Drums and Deltoids Fitness, Spring 2024.
- Instructor, Community Dance Fitness, Spring 2024.
- Choreographer, first general session, TAAHPERD convention, November 2023.
- Organizer, Turkey Pickleball Tournament, fundraiser pickleball tournament benefitting Commerce Food Pantry. November 2023.
- Instructor, Country Western Dance and Line Dance, Fall 2023.
- Externship participant/soccer camp assistant. Boys and Girls Club of Northeast Texas, Commerce, Texas. July 2023.
- Organizer, Pickleball Party for Pups, fundraiser pickleball tournament benefitting Legacy Humane Society, May 2023. Raised: \$1100 worth of new items from LHS's wish list.
- TAAHPERD Past-President, 2023.
- TAAHPERD President, 2022.
- Host, TAMU Commerce Pickleball Open Gym (April 2022-current).
- TAAHPERD President-Elect, 2021.
- TAAHPERD summer conference coordinator, 2021.
- Program moderator and facilitator, TAAHPERD summer conference, 2020.
- Physical Education TEKS Review Work Groups, 2019-2020.
- Member, Dance Committee, TAAHPERD, 2019-2021.
- Member, College Committee, TAAHPERD, 2018-2020.
- Choreographer, third general session, TAAHPERD convention, December 2019.
- Past Vice-President of the General Division, TAAHPERD, 2019-2020.
- Past-President, Texas Outdoor Education Association, 2019-2020.
- Organizer and Host, Texas Outdoor Education Association Paddling Trip, 2019.
- Faculty adviser, TAMU Commerce International Justice Mission Chapter, 2018-2020
- President, Texas Outdoor Education Association, 2018-2019.
- Webmaster, Texas Outdoor Education Association, 2017-2019.
- Vice-President of the General Division, TAAHPERD, 2019.

- Presidential Youth Fitness Program trainer, Texas. 2017-2018.
- President-Elect, Texas Outdoor Education Association, 2017-2018.
- Vice-President-Elect of the General Division, TAAHPERD, 2018.
- Member, Recreation Committee, TAAHPERD, 2018.
- Faculty advisor, Sophomore Year Experience, 2017-2018. Education Reform Across the Globe.
- Co-coordinator and host, Shake Your Asana for Guatemala, fundraiser for the Miguel Angel Asturias Academy in Quetzaltenango, Guatemala. May 2017.
- Faculty advisor, Sophomore Year Experience, 2016-2017. Educating Girls and Women—Turning Oppression into Opportunity for Women.
- Coordinator and host, Fitness for Freedom, dance fitness fundraiser for International Justice Mission, April 2016 and 2019.
- Coordinator and host, Move it for Morocco, dance fitness fundraiser for the Children's Haven in Morocco, October 2015.
- REFIT community fitness instructor (free weekly community class), Greenville, TX, 2015-2016.
- Panel member, TAMUS Chancellor's Summit on Teacher Education, September 2015.
- Host, Presidential Youth Fitness Program Workshop, Commerce, TX, May 2015.
- Organizer and Host, Roll 'n' Shoot Wheelchair Basketball Tournament, Commerce, TX, March 2015.
- Standard Setting consultant, Oak Hill Technologies and ETS, Austin, TX, July 2014. (Three-day work session).
- Editorial Board, *TAAHPERD Journal*, 2014-2016, 2006-2010.
- Vice-President of the College Division, TAAHPERD, 2013-2015.
- Vice President, Sport and Leisure Division, SDAAHPERD, 2011-2013.
- TAAHPERD committees: Personnel, Nominating, Scholar, Recreation, 2008-2011.
- Vice-President of Recreation, TAAHPERD, 2009-2011.
- Planner and host for the Fall 2010 and Spring 2008 TAAHPERD Outdoor Education Workshops, Commerce, TX.
- Associate editor: *Athletic Insight*, 2007-2010.
- Textbook reviewer: *Fit and Well*, Benjamin Cummings, 2007.
- Faculty advisor, Phi Pi Delta majors club, Texas A&M Commerce, 2005-2007
- AAHPERD Annual Convention Program Reviewer for NASPE, 2007.
- Planner and Facilitator for Teambuilding, Health and Human Performance Faculty and Staff retreat, August 2007.
- Volunteer Official, Lone Star Conference Track and Field Championships, May 2007.
- Chair, Adventure Education section, TAAHPERD, 2006-2008.
- Program provider at the Northeast Texas Children's Museum, 2005-2009.
- Texas A&M University Commerce committees: Faculty Development (2006-2011), University Research and Creative Activities (2006-2009), University Honors Council (2006-present), TEARAC (Teacher Education Admission, Retention & Appeals Committee) (2007-2017), Facilities Advisory Committee (2009-2010), Curriculum Committee (2014-).
- Texas A&M University Commerce College of Education and Human Services committees: COEHS Advising Council (2006-2009).
- TAMU-C Health and Human Performance committees: Strategic Planning, Technology, Kinesiology and Sports Studies, Graduate Program, TExES, Fitness and Recreational Activities.
- Peer reviewer: *Athletic Insight*, 2004-2010.
- Committee memberships at department, college, and university level, 1995-2004.
- Chair-elect for Exercise Science section of KAAHPERD, 2004.
- Faculty Advisor: ESSA (majors club, Eastern Kentucky University), 2004-2005.
- Faculty Advisor: Aggie Alliance (HLKN majors club, Texas A&M University) 2002-2004.
- Huddle Coach for the TAMU Chapter of the Fellowship of Christian Athletes, 2002-2004.
- Member, Grace Kids Advisory Board (Grace Bible Church); consultant in teacher training, 2003-2004.
- Consultant, guest instructor for TAMU Applied Exercise Physiology program, 1995-2004.
- Consultant for local homeschooling groups (Lamplighters and BCS Heart Network) (provide quarterly workshops on physical education), 2001-2004.
- Coordinator for the Adopt-an-Aggie program at Grace Bible Church, 2003-2004.
- Facilitator for KINE student visits at the Bluebonnet House (senior assisted living), 2003-2004.

November 2025

- Dance instructor for TAMU's Study Abroad Program socials, 2003.
- ATMentor (faculty mentor), 2001-2003.
- Judge for Student Research Week, TAMU 2002, 2003.

Graduate/Honors Committees

- Chair of undergraduate honors thesis committee, Millie Allgood, graduated 2025.
- Member of committee, Darla Meek, Ed. D. graduation pending 2025.
- Member of undergraduate honors thesis committee, Lainey Whittle, graduated 2022.
- Member of committee, Rene Sawatsky, Ed. D., graduated 2020.
- Member of committee, Nicole Varone, M. S., graduated 2020.
- Chair of undergraduate honors thesis committee, Macy Garner, graduated May 2018.
- Member of committee, Tyler Skidmore, Ed. D. graduated December 2018.
- Member of committee, Yangmi Kang, M. S. graduated August 2017.
- Member of committee, Christopher Sataray, M. S., graduated May 2016.
- Member of committee, Tanner Crutcher, M. S.
- Member of undergraduate honors thesis committee, Laura Heron, graduated May 2016.
- Chair of undergraduate honors thesis committee, Collin Rodgers, graduated December 2015.
- Member of committee, Moira Johnson, Ed. D., graduated December 2014.
- Member of undergraduate honors thesis committee, Taylor Phelps, graduated May 2015.
- Member of undergraduate honors thesis committee, Sarah Montgomery, graduated May 2013.
- Member of undergraduate honors thesis committee, Morgan Saxon, graduated May 2013.
- Chair of undergraduate honors thesis committee, Alex Kimp, graduated May 2013.
- Member of undergraduate honors thesis committee, Haley Richburg, graduated May 2013.
- Member of committee, Ron Cochran, M. S., graduated 2011.
- Chair of undergraduate honors thesis committee, Taylor Cabler, graduated May 2011.
- Member of undergraduate honors thesis committee, Heather Bowshier, graduated May 2011.
- Member of committee, Wade Zimmerman, Ed. D., graduated August 2010.
- Member of committee, Kendra Ingram, Ph. D., graduated August 2008.
- Member of committee, Michele Perepiczka, Ph. D., graduated 2008.
- Member of committee, Marty Crawford, Ed. D., graduated December 2006.
- Member of committee, Debbie Ansel, M. S., graduated May 2006.

Awards/Nominations

- David K. Brace Award winner, TAAHPERD, 2024.
- TAMU-Commerce, Humfeld Service Award, 2023.
- TAMU-Commerce Professional Excellence in Research "Unfettered Thought" Award, 2021.
- TAMU-Commerce COEHS CLASS Award, 2021.
- TAAHPERD Scholar of the Year, 2018.
- Nominee for Humfeld Service Award, 2018.
- TAMU-Commerce, Global Fellow, 2016.
- TAAHPERD University Physical Educator of the Year Award, 2016.
- TAAHPERD Honor Award, 2015.
- Member, Chancellor's Academy of Teacher Educators (TAMUS), 2015.
- Nominee for Paul W. Barrus Award for Excellence in Teaching, 2013.
- Nominee for Faculty Senate Recognition Award for Professional Excellence in Technology, 2013.
- Nominee, Chancellor's Academy of Teacher Educators (TAMUS), 2012.
- Southern District AHAHPERD Recreation Professional of the Year Award, 2010.
- TAAHPERD Recreation Professional of the Year, 2008.
- Nominee for Minnie Stevens Piper Teaching Award, 2007.
- Who's Who in Health Science Education, awarded 2006.
- Nominee for Paul W. Barrus Award for Excellence in Teaching, 2006.
- Who's Who Among America's Teachers, awarded 2005.
- Fellowship of Christian Athletes, Huddle Coach of the Year Award, 2002-2003.
- Emil Mamaliga Outstanding Teacher of the Year Award, 1999-2000.

Personal Information

- National Archery in the School Program Basic Archery Instructor, 2015-2017, 2024.
- Association of College and University Educators, Certificate in Effective College Instruction, 2021.
- Wylie High School Band Camp movement instructor, 2018, 2019.
- Completed Quality Matters IYOC (Improving Your Online Course), 2016.
- Fitness instructor, Glen Oaks Hospital, February-December 2016.
- Certified REFIT® Instructor, 2015-2017.
- Field Examiner, Pro-Ed, 2015-current.
- The Gift of Joy Project, Board Member and Secretary, April 2014-2018 (DFW charitable organization serving women in shelters, transitional housing, and maternity homes).
- For His Glory Outreach, Board Member and Secretary, Feb-September 2014 (Providing oversight for Maison de Enfants de Dieu in Port au Prince, Haiti.).
- For His Glory Outreach, Board Member and Chairwoman, 2014-2015 (Providing oversight for Maison de Enfants de Dieu in Port au Prince, Haiti).
- State of Texas EC-6 Generalist Certification, 2014-2020.
- Certified Adapted Physical Educator, 2014-.
- Fitness Coordinator and Instructor, Community Seeds, Lone Oak, TX (2013-2016)
- Volunteer Middle School Volleyball coach, Greenville Christian School (2012)
- Volunteer Middle School Cross Country coach, Greenville Christian School (2010-2012)
- Tutor and Sitter, Children's Medical Center-Dallas (2009-2012)
- State of Texas Lifetime Teaching Certificate- All-Level Physical Education, Secondary English, EC-6 Generalist.
- American Heart Association- First Aid, CPR, and AED Certified
- Member: TAHPERD, 1993-present.
- National Championships competitor, Great Urban Race, 2008, 2009
- Competitor: Warrior Dash, 2009, 2010