



**Curriculum Vita**  
**November 2025r**

**Steven L. Prewitt, Ph.D.**

Nursing & Health Sciences Bldg · PO Box 3011 · Commerce, TX 75429  
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**EDUCATION**

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- 2010 – 2014      **Ph.D. in Exercise & Sport Sciences**  
University of Utah, Salt Lake City, UT  
*Emphasis:* Sport Pedagogy  
*Cognate:* Higher Education Teaching  
Mentor: James Hannon, PhD  
Dissertation Title: *The use of the Personalized System of Instruction model to teach health-related fitness*
- 1998 – 1999      **Post-Baccalaureate Teaching Certificate**  
Warner Pacific College, Portland, OR  
Physical Education & Secondary Biology
- 1995 – 1996      **M.S. in Exercise & Movement Science**  
University of Oregon, Eugene, OR  
*Concentration:* Sports Medicine
- 1989 – 1993      **B.S. in Health & Human Performance**  
George Fox University, Newberg, OR  
*Concentration:* Athletic Training

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**ACADEMIC APPOINTMENTS**

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- 2020 – Present      **Associate Professor**  
Texas A&M University – Commerce  
Department of Health & Human Performance
- 2020 – Present      **Adjunct Professor**  
California Baptist University  
Division of Online & Professional Studies

2018 – May 2022	<b>Assistant Department Chair</b> Texas A&M University – Commerce Department of Health & Human Performance
2014 – 2020	<b>Assistant Professor</b> Texas A&M University – Commerce Department of Health & Human Performance
2012 – 2014	<b>Visiting Instructor &amp; PETE Coordinator</b> University of Utah Department of Exercise & Sport Science
2003 – 2005	<b>Adjunct Instructor</b> Clark Community College Department of Health & Physical Education
1999	<b>Adjunct Instructor</b> Warner Pacific College Department of Health & Physical Education

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## **PUBLIC EDUCATION EXPERIENCES**

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2005 – 2010	<b>High School and Middle School Teacher &amp; Coach</b> La Center School District, La Center, WA Courses taught: <ul style="list-style-type: none"><li>• Physical Education</li><li>• Girls' Weight Training</li><li>• Health</li><li>• Biology</li><li>• Human Anatomy</li><li>• Genetics</li><li>• Marine Biology</li><li>• Health Sciences</li></ul> Sports Coached: <ul style="list-style-type: none"><li>• Boys Football</li><li>• Boys Basketball</li><li>• Girls Basketball</li><li>• Boys &amp; Girls Track</li></ul>
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2000 – 2004

**High School Teacher & Medical Arts Magnet  
Director**

Fort Vancouver High School, Vancouver School  
District, Vancouver, WA

Courses taught:

- Human Anatomy
- Health Sciences I
- Health Sciences II
- Athletic Medicine

Sports Coached:

- Boys Football
- Boys Basketball
- Boys & Girls Track

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**TEACHING EXPERIENCES**

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***East Texas A&M University – Commerce, Instructor of Record***

- HHPK 144 – Foundations of Kinesiology\*
- HHPK 250 – Individual & Dual Activities
- HHPK 251 – Team Sports
- HHPK 253 – Lifetime Activities and Sport
- HHPK 302 – (formerly HHPK 274) – Adapted Physical Education
- HHPK 311 – Introduction to Coaching\*
- HHPK 314 – Methods of Teaching Physical Education I
- HHPK 315 – Methods of Teaching Physical Education II
- HHPK 444 – Administration of Kinesiology and Sports Programs
- HHPK 516 – Current Issues in Kinesiology\*
- HHPK 522 – Teaching Health-Related Fitness\*
- HHPK 523 – Teaching Games, K-12\*
- HHPK 528 – Sport Psychology\*
- HHPK 534 – Exercise in Health & Disease\*
- HHPK 536 – Adapted Kinesiology\*
- HHPK 537 – Internship\*
- HHPK 551 – Advanced Research in Kinesiology\*
- HHPK 589 – Independent Study
- HHPK 590 – Sport Coaching\*
- HHPK 595 – Critiquing and Conducting Research\*
- HHPK 597 – Special Topics
- HHPS 210 – Sport Psychology\*
- HHPS 330 – Fitness and Wellness Programming\*
- HHPS 350 – Social Issues in Global Sport Economy
- HHPS 400 – Management of Sport & Recreation Organizations\*
- HHPS 490 – Honors Thesis

- HHPS 520 – Governance and Ethics in Sport\*
- HHPS 525 – Marketing & Public Relations in Sports\*
- HHPS 535 – Sociology of Sport\*
- HHPS 539 – Sport Law\*
- HHPS 552 – Public Relations & Media in International Sport\*
- HHPS 584 – Administration of Sport & Recreation Programs\*
- HHPS 597 – Hidden Disabilities in Sport\*
- HHPS 597 – Special Sports Event Planning
- FRA 149 – Archery

\*On-line courses

***California Baptist, Instructor of Record***

- KIN 303 Foundations of Kinesiology\*
- KIN 363 Movement Experiences for Children\*
- KIN 404 Movement Experiences for Middle School Students\*
- KIN 570 Research Methods\*

\*On-line courses

***University of Utah, Instructor of Record***

- ESSF 1073 – Circuit Training
- ESSF 1085 – Elementary Weight Training
- ESS 2500 – Exploration of Movement Science
- ESS 2510 – Introduction to Teaching Physical Education
- ESS 3551 – Application of Human Motor Development Across the Lifespan
- ESS 3710 – Elementary Methods
- ESS 2600 – Sport in American Society
- ESS 4387 – Resistance Training for Special Populations\*
- ESS 5491 – Student Teaching Seminar
- ESS 5495 – Student Teaching in PE
- ESS 6101 – Teaching Health Related Fitness K-12\*
- ESS 6102 – Teaching Games K-12\*
- ESS 6104 – Professional Issues in Physical Education\*
- ESS 6105 – Curriculum Design in Physical Education\*
- ESS 6106 – Teaching Interdisciplinary Physical Education\*
- ESS 6108 – Supervision in Physical Education\*
- ESS 6109 – Assessment and Evaluation in Physical Education\*
- ESS 6110 – Reflective Teaching in Physical Education\*
- ESS 6220 – Teaching Elementary PE

\*On-line courses

Developed University of Utah Online Master's program courses:

- ESS 6100 – Effective Teaching
- ESS 6101 – Teaching Health Related Fitness K-12
- ESS 6102 – Teaching Games K-12
- ESS 6104 – Professional Issues in Physical Education
- ESS 6105 – Designing Curriculum in Physical Education
- ESS 6106 – Teaching Interdisciplinary Physical Education
- ESS 6107 – Adapted Physical Education
- ESS 6108 – Supervision in Physical Education
- ESS 6109 – Assessment and Evaluation in Physical Education
- ESS 6110 – Reflective Teaching in Physical Education

***Clark Community College, Instructor of Record***

- HPE 258 Fitness–Wellness
- PE 291 Care & Prevention of Athletic Injuries
- PE 108 On-line Physical Education

***Warner Pacific College, Instructor of Record***

- PE 101 – Weight Training & Conditioning
- PE 300X – Introduction to Strength & Conditioning

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**OTHER EXPERIENCES**

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2017 – 2020

**Director, ASPIRE Summer Experience**

Texas A&M University – Commerce &  
Commerce Independent School District

2010 – 2012

**Graduate Assistant**

University of Utah  
Department of Exercise & Sport Science

Duties:

- Elementary PE Specialist, Early Light Academy,  
South Jordan, UT
- ESSF 1073 – Circuit Training
- ESSF 1085 – Elementary Weight Training
- ESS 2510 – Introduction to Teaching Physical  
Education
- ESS 3551 – Application of Human Motor  
Development Across the Lifespan

2004 – 2005

**Athletic Trainer**

Clark Community College  
Vancouver, WA

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**PUBLICATIONS & PRESENTATIONS**

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***Published Articles***

1. Rosselli, A., Wachira, E., **Prewitt, S.L.**, Roberts, S., Culpepper, D., Bolton, C., & Mackenzie, M. (2023). Improving perceptions of individuals with disabilities through a wheelchair basketball tournament. *The Physical Educator*. 80(1).
2. Lovings, T. **Prewitt, S.L.**, Henderson, H., & Brusseau, T. (2020). Curricular approaches used by Adapted PE teachers. *The Physical Educator*. 77(4), 695-707.
3. Baghurst, T., **Prewitt, S.L.**, & Tapps, T. (2019). Physiological demands of extreme obstacle course racing: A case study. *International Journal of Environmental Research and Public Health*, 16(16), 2879-2886.
4. **Prewitt, S.L.**, Rosselli, C., & Rosselli, A. (2019). Physical activity and social interactions of rural elementary children during recess. *Journal of Physical Activity Research*, 4(2), 114-117.
5. Rosselli, A. **Prewitt, S.**, & Culpepper, D. (2018). The effects of moderate exercise on depressive symptoms. *Advances in Applied Psychology*, 3(3), 34-47.
6. Bell, J.M., **Prewitt, S.L.**, Bernhardt, V., & Culpepper, D. (2018). The relationship of athlete identity and career exploration and engagement of NCAA Division II athletes. *International Journal of Exercise Science*, 11(5), 493-502.
7. Johnson, B., **Prewitt, S.L.**, Stewardson, L., Durler, E., and Shannon, S. (2017). Early childhood motor development: importance, barriers, and suggestions for improvement. *TAHPERD Journal*, 85(2), 14-17.
8. **Prewitt, S.L.**, Hannon, J.C., Colquitt, G., Brusseau, T., Newton, M., & Shaw, J. (2015). Effect of the personalized system of instruction on health-related fitness knowledge and class time physical activity. *The Physical Educator*, 72(5), 23-39.

9. **Prewitt, S.L.**, Hannon, J.C., Coquitt, G., Brusseau, T.A., Newton, M., & Shaw, J. (2015). Implementation of a personal fitness unit using the personalized system of instruction. *The Physical Educator*, 72(3), 382-402.
10. **Prewitt, S.L.**, Hannon, J.C., & Brusseau, T. (2015). Incorporating Scottish Highland Games and activities into your PE classes. *Strategies*, 28(3), 18-27.
11. **Prewitt, S.L.**, Hannon, J.C., & Brusseau, T.A. (2013). Children and pedometers: A study in reactivity and knowledge. *International Journal of Exercise Science*, 6(3), 230-235.
12. **Prewitt, S.L.**, Hannon, J.C., Brusseau, T., Newton, M., Shaw, J., & Summerhays, J. (2013). Effect of female only versus coed physical education classes on social physique anxiety in 7th grade girls. *International Journal of Secondary Education*, 1(5), 26-30
13. **Prewitt, S.L.** Golf is a good walk spoiled. *UAHPERD Newsletter*, April 2012.
14. **Prewitt, S.L.** Crate Ball and Zombie Tag. *UAHPERD Newsletter*, April 2011.

### **Future Publications**

1. **Prewitt, S.L.** & Meek, G. (forthcoming). Coaches' perception of the Motivational Climate.
2. **Prewitt, S.L.**, Neill, D., Bernhardt, V., Featherston, K. & Rhodes, L. (forthcoming). Physical activity, stressors, and coping skills of undergraduate kinesiology students.
3. **Prewitt, S.L.**, Neill, D., Bernhardt, V., Featherston, K. & Rhodes, L. (forthcoming). Physical activity, stressors, and coping skills of undergraduate nursing students.

### **Presentations**

1. **Prewitt, S.L.** & Meek, B.G. (2024). Coaches' perception of motivational climate. North American Coach Development Summit, Columbus, OH.

2. Culpepper, D., Roberts, S., & **Prewitt, S.L.** (2021). eSports: A sport and a degree. Presentation at Texas Association for Health, Physical Education, Recreation & Dance Annual Conference, Arlington, TX.
3. Rosselli, A., **Prewitt, S.**, & Culpepper, D. (2021). Setting Junior Faculty up for Research Success - Strategies for 'Teaching Institutions'. Presentation at National Association for Kinesiology in Higher Education Annual Conference, Virtual.
4. Roberts, S., **Prewitt, S.**, & Spearman, A. (2021). Hidden disabilities in PETE Programs: Do they have a place? Presentation at National Association for Kinesiology in Higher Education Annual Conference, Virtual.
5. Roberts, S. & **Prewitt, S.** (accepted 2020). The Practicalities of being Autism Friendly: Challenges for the Sport Industry. Presented at the Applied Sport Management Association (ASMA) Conference, Waco, TX
6. **Prewitt, S.** (2020). The reality of inclusion in sport for individuals on the autism spectrum. Virtual Industry Guest Lecture Week. Coventry University, Coventry, UK. – **Invited Speaker**
7. **Prewitt, S.** & Rosselli, T. (2020). Using profanity as a motivator in coaching: Fair or foul? National Association for Kinesiology in Higher Education Annual Conference, Palm Springs, CA.
8. Roberts, S., **Prewitt, S.** & Tietjen-Smith, T. (2019). The Reality of Inclusion in Sport for Individuals on the Autistic Spectrum: What Does It Look Like? Sport Management Association of Australia & New Zealand (SMAANZ), Christchurch, New Zealand
9. Rosselli, A. & **Prewitt, S.L.** (2019). Using a wheelchair basketball tournament to improve perceptions of individuals with disabilities: A quantitative analysis. Texas Association for Health, Physical Education, Recreation & Dance Annual Conference, Arlington, TX.
10. **Prewitt, S.L.**, Roberts, S., Rosselli, C., & Doe, D. (2019). The "Hidden Fan": Stadia disability provision for fans on the Autistic Spectrum. North American Society for Sport Management Annual Conference, New Orleans, LA.

11. **Prewitt, S.L.**, & Bolton, C. (2019). An interdisciplinary approach to service learning: The impact of a wheelchair basketball tourney on student success. National Association for Kinesiology in Higher Education Annual Conference, Savannah, GA.
12. **Prewitt, S.L.** (2019). Overcoming barriers for rural universities. National Association for Kinesiology in Higher Education Annual Conference, Savannah, GA.
13. Alderman, C., Tremmel, P., Letzring, T., Reid, M., Pruitt, S., & **Prewitt, S.L.** (2019). ASPIRE: A school partnership for innovation, recreation and enrichment. Texas Association of School Administrators Mid-Winter Conference, Austin, TX.
14. **Prewitt, S.L.** & Tietjen-Smith, T. (2018). Barriers and recruitment strategies for rural university kinesiology programs. American Kinesiology Association Annual Conference, Denver, CO.
15. **Prewitt, S.L.** & Rosselli, C. (2018). European backyard games. Texas Association for Health, Physical Education, Recreation & Dance Annual Conference, Galveston, TX.
16. Rosselli, A., Culpepper, D., & **Prewitt, S.L.** (2018). Personal branding: setting yourself apart from the competition. Texas Association for Health, Physical Education, Recreation & Dance Annual Conference, Galveston, TX.
17. **Prewitt, S.L.** (2017). Rugby and other games in three easy steps. Texas Association for Health, Physical Education, Recreation & Dance Annual Conference, Fort Worth, TX.
18. **Prewitt, S.L.**, Rosselli, A., & Culpepper, D. (2017). Professional preparation: getting ready for your first job. Texas Association for Health, Physical Education, Recreation & Dance Annual Conference, Fort Worth, TX.
19. **Prewitt, S.L.** (2017). Back to the future: Using PSI in Kinesiology. National Association of Kinesiology in Higher Education Annual Conference, Orlando, FL.
20. **Prewitt, S.L.**, and Bolton, C. (2016). Transforming from mentee to mentor: Stewardship of stewards. National Association of Kinesiology in Higher Education Annual Conference, San Diego, CA

21. **Prewitt, S.L.** (July 2015). Introduction to Personalized System of Instruction. Texas AHPERD Summer Conference, San Marcos, TX.
22. **Prewitt, S.L.** (2015). Using the Personalized System of Instruction to teach online courses. ***Faculty Lion Educator Dissemination***. Texas A&M University – Commerce. – **Invited Speaker**
23. **Prewitt, S.L.**, Hannon, J.C., Colquitt, G., Brusseau, T., Newton, M., & Shaw, J. (2015). Effect of the personalized system of instruction on health-related fitness knowledge and class time physical activity. Poster presentation at the Society of Health and Physical Educators National Conference, Seattle, WA.
24. **Prewitt, S.L.**, Hannon, J.C., Colquitt, G., Brusseau, T.A., Newton, M., & Shaw, J. (2015). Implementation of a personal fitness unit using the personalized system of instruction. Poster presentation at the Society of Health and Physical Educators National Conference, Seattle, WA.
25. Brusseau, T.A., & **Prewitt, S.L.** (2014). Effective classroom management for elementary PE teachers. Granite School District, UT.
26. **Prewitt, S.L.**, Hannon, J.C., Brusseau, T., Newton, M., Shaw, J., & Summerhays, J. (2014). Effect of female only versus coed physical education classes on social physique anxiety in 7th grade girls. Oral presentation at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, St. Louis, MO.
27. **Prewitt, S.L.** (2014). How to incorporate Scottish Highland Games into Physical Education. Utah AHPERD Annual Meeting, Salt Lake City, UT.
28. Goh, T.L., Hannon, J.C., **Prewitt, S.L.**, & Yu, F. (2013). Children's Physical Activity and On-Task Behavior following Active Academic Lessons. Poster presented at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Charlotte, NC.
29. **Prewitt, S.L.** (April 2013). Introduction to Personalized System of Instruction. Utah AHPERD Annual Meeting, Provo, UT.

30. **Prewitt, S.L.**, & Hannon, J.C. (2012). Children and Pedometers: A Study in Reactivity and Knowledge. Poster presented at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Boston, MA.
31. **Prewitt, S.L.**, Burns, R., & Harveson, A. (2012). Sport Education: It's Not What You Think. Utah AHPERD Annual Meeting, Park City, UT.
32. **Prewitt, S.L.** (2011). Highland Games for High School and Middle School. Utah AHPERD Annual Meeting, Park City, UT.
33. Goh, T.L., Hannon, J.C., **Prewitt, S.L.**, & Yu, F. (2011). *Take 10!* Intervention in-service. Copper Hills Elementary School, Magna, UT.

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## **SERVICE**

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### **Professional Service**

2021 – 2024	<b>Committee Member</b> Adapted Physical Education Scholar Texas Association of Health, Physical Education, Recreation & Dance
2020 – 2021	<b>Parliamentarian</b> National Association for Kinesiology in Higher Education
2018 – 2022	<b>Committee Chair/Past Chair</b> Higher Education Administration Texas Association of Health, Physical Education, Recreation & Dance
2016 – 2019	<b>Associate Editor</b> <i>International Journal of Kinesiology in Higher Education</i>
2015 – Present	<b>Manuscript Reviewer</b> <i>Biomedical Human Kinetics</i> <i>International Journal of Exercise &amp; Science</i> <i>TAHPERD Journal</i>

*International Journal of Kinesiology in Higher Education*

2015 – 2016	<b>Conference Session Reviewer</b> SHAPE America National Conference SHAPE America PETE Conference
2015 – 2017	<b>Committee Chair, By-Laws</b> National Association for Kinesiology in Higher Education
2014 – 2017	<b>Committee Chair, Professional Preparation</b> Texas Association of Health, Physical Education, Recreation & Dance
2012 – 2014	<b>Vice-President, Physical Activity &amp; Recreation</b> Utah Association for Health, Physical Education, Recreation & Dance
2010 – 2012	<b>Vice-President, Physical Education</b> Utah Association for Health, Physical Education, Recreation & Dance

**University Service**

**University**

2020 – Present	<b>Curriculum Committee</b>
2014 – 2017	<b>Committee Member</b> Quality Enhancement Program Global Scholar Selection

**College**

2020 – Present	<b>Committee Member</b> Tenure & Promotion (Chair 2024)
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**Department**

2021 – Present	<b>Study Abroad Coordinator</b> 2024 – The Olympics – Germany, Switzerland, France
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2023 – Thorpe Cup – Germany

2015 – Present

**Committee Member**

Kinesiology & Sport Studies Strategic Planning  
Marketing & Public Relations  
Computer & Technology  
Tenure & Promotion

2014 – 2017

**Faculty Advisor**

Phi Pi Delta, Student Organization

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**THESIS & PROJECTS**

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**Thesis**

- Rachel Mathey (Committee Member): Motivational coaching interventions aimed at enhancing the confidence and performance of country club tennis players.
- Veronika Kramarenko (Committee Member):
- Chaehyun Byun (Committee Member): Dance Exergaming Achieves Similar Energy Expenditure as Traditional Exercise with Greater Enjoyment Rate. Graduated August 2025.
- Ai Ogata (Committee member): Risk Factors of Medial Tibial Stress Syndrome in Division II Track and Field/Cross-Country Athletes. Graduation May 2019.
- Jeffery Williams (Committee member): Lower Extremity Neurodynamic Mobilization and Its Effect on Range of Motion In Collegiate Football Athletes. Graduation May 2018.
- Keith Crabtree (Committee member): Impact of the Ingestion of Dark Chocolate on the Cardiovascular Fitness of Moderately Active Individuals. Graduation August 2017.
- Jade Bell (Committee Chair): Athlete Identity, Team Motivational Climate and Career Exploration and Engagement. Graduation August 2017.
- Tacara Lovings (Committee member): Curricular Approaches Used by Adapted PE Teachers. Graduation: May 2014

## **Masters Projects**

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|----------------------|-------------|
| • Tyler Anderson     | Summer 2015 |
| • Skyler Beard       | Summer 2015 |
| • Hillary Tolman     | Summer 2015 |
| • Benjamin Chase     | Fall 2014   |
| • Tufui Taukiaho     | Fall 2014   |
| • Sharon Christensen | Summer 2014 |
| • Amy Newman         | Summer 2014 |
| • Mathew Paskett     | Summer 2014 |
| • Melinda Wilder     | Summer 2014 |
| • Nick Leifting      | Spring 2014 |
| • Lucky Radley       | Spring 2014 |
| • Michelle Bradshaw  | Fall 2013   |
| • Rochelle Deeter    | Fall 2013   |

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## **GRANTS**

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1. Hott, B. L., Jones, B. A., Reid, M., Hanks, M., & **Prewitt, S.** (\$317,649.03). Project RURAL TAPS: Recruiting Underrepresented Rural Aspiring teacher Leaders: Training and Partnerships for Special education. Texas Education Agency. **Awarded**
2. University of Utah Teaching Grant (\$7,000). Improving Youth Physical Activity Service and Teaching Opportunities. **Awarded** 2014; \$7,000.
3. Murdock Trust Partners in Science Grant (\$15,000). Impact of mesozooplankton on microzooplankton in Vancouver Lake. **Awarded** 2008-2010; \$15,000.
4. AAHPERD Graduate Student Grant. Comparisons of computer-assisted versus traditional instruction on student attitude and content knowledge in personal fitness. (2013), not funded, \$3000.
5. AAHPERD Research Consortium Graduate Student Grant. The effect of a PSI instructional model on psychosocial outcomes in a high school personal fitness class. Finalist (2012), not funded, \$3000.
6. AAHPERD Research Consortium Graduate Student Grant. The effect of gender environment on social physique anxiety and fitness in adolescent girls' physical education. Finalist (2011), not funded, \$3000.

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## **AWARDS, CERTIFICATES, HONORS & MEMBERSHIPS**

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### **Awards**

- Paul W. Barrus Distinguished Faculty Award for Teaching, Texas A & M University – Commerce 2017-2018
- Ruth Abernathy Presidential Graduate Scholarship recipient, AAHPERD, 2014
- Utah Association for Health, Physical Education, Recreation & Dance Graduate Student of the Year, 2013
- University of Utah, Exercise and Sport Science Department, Pedagogy Graduate Student of the Year, 2013

### **Certificates**

- Basic Archery Instructor, National Archery in the Schools Program, 2015 – present
- Physical Best Health-Fitness Specialist, 2014 – present

### **Honors**

- Global Fellow, Texas A&M University – Commerce, Awarded Spring 2018
- “Excellence in Teaching, Research, & Service” Award, Texas A&M University – Commerce Athletic Department, 2015.

### **Memberships (Present & Past)**

- SHAPE America
- Texas Association of Health, Physical Education, Recreation & Dance (TAHPERD)
- National Strength & Conditioning Association (NSCA) – previously CSCS
- United States Center for Coaching Excellence
- Sport Management Association of Australia & New Zealand (SMAANZ)
- American Sport Management Association (ASMA)
- National Association for Kinesiology in Higher Education (NAKHE)
- National Consortium for Physical Education for Individuals with Disabilities
- National Association of Sport and Physical Education (NASPE)
- Utah Alliance of Health, Physical Education, Recreation, and Dance (UAHPERD)